



Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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**POKE BOWLS**

Salmon - white rice	380	490	21	3	0	70	1270	52	3	5	22	4	10	8	15
Salmon - brown rice	380	570	23	3	0	70	1270	63	7	5	23	4	10	6	10
Salmon - crispy sticky rice	380	500	22	3	0	70	1270	52	3	5	22	4	10	8	15
Salmon - salad	317	310	20	3	0	70	980	14	2	6	19	8	15	6	15
Spicy Shrimp - white rice	380	510	18	2.5	0	165	1260	56	3	6	29	8	10	10	20
Spicy Shrimp - brown rice	380	590	20	2.5	0	165	1260	67	7	6	30	8	10	8	20
Spicy Shrimp - crispy sticky rice	380	520	19	2.5	0	165	1260	56	3	6	29	8	10	10	20
Spicy Shrimp - salad	345	310	17	2.5	0	125	1430	19	2	6	22	10	20	10	20
Volcano - white rice	378	490	22	3	0.1	70	1000	51	2	4	22	4	10	8	15
Volcano - brown rice	378	570	24	3	0.1	70	1000	62	7	4	23	4	10	6	10
Volcano - crispy sticky rice	378	500	23	3	0.1	70	1000	51	2	4	22	4	10	8	15
Volcano - salad	317	310	20	3	0	70	980	14	2	6	19	8	15	6	15
Salmon & Tuna - white rice	380	480	19	3	0	65	1260	52	3	5	23	6	10	6	10
Salmon & Tuna - brown rice	380	560	21	3	0	65	1260	62	7	5	24	6	10	6	10
Salmon & Tuna - crispy sticky rice	380	490	20	3	0	65	1260	52	3	5	23	6	10	8	15
Salmon & Tuna - salad	317	300	18	2.5	0	65	970	14	2	6	21	8	15	6	15
Tuna - white rice	380	460	17	2.5	0	60	1260	52	3	5	25	6	10	8	15
Tuna - brown rice	380	540	19	2.5	0	60	1260	63	7	5	26	6	10	6	10
Tuna - crispy sticky rice	380	470	18	2.5	0	60	1260	52	3	5	25	6	10	8	15
Tuna - salad	317	290	16	2.5	0	60	970	14	2	6	22	8	20	6	15
Veggy - white rice	360	440	19	3	0	15	1060	55	6	6	11	20	40	10	20
Veggy - brown rice	360	510	21	3	0	15	1060	66	10	6	13	20	40	8	15
Veggy - crispy sticky rice	360	450	20	3	0	15	1060	55	6	6	11	20	40	10	20
Veggy - salad	290	270	19	3	0	15	1060	17	6	7	9	20	45	10	20
Poke Chicken & Mango (white rice)	396	500	18	3	0	85	1310	56	4	9	29	4	25	8	8
Poke Chicken & Mango (brown rice)	396	580	21	3	0	85	1310	67	8	9	30	4	25	6	6
Poke Chicken & Mango (crispy rice)	396	510	19	3	0	85	1310	56	4	9	29	4	25	8	8
Poke Chicken & Mango Salad	341	340	19	3	0	85	1320	19	5	10	26	10	30	6	10
Lobster & Shrimp - white rice	418	480	18	2.5	0.1	130	1230	53	4	5	25	5	30	10	20
Lobster & Shrimp - brown rice	418	560	21	2.5	0.1	130	1230	64	9	5	26	5	30	8	20
Lobster & Shrimp - salad	418	490	19	2.5	0.1	130	1230	53	4	5	25	5	30	10	20
Lobster & Shrimp - crispy sticky rice	418	330	19	2.5	0.1	130	1240	18	9	8	23	8	35	10	25
Spicy Salmon - white rice	402	500	19	3	0.1	75	1070	55	5	9	24	6	30	8	15
Spicy Salmon - brown rice	402	570	22	3	0.1	75	1070	67	10	9	26	6	30	6	15
Spicy Salmon - crispy sticky rice	402	510	20	3	0.1	75	1070	55	5	9	24	6	30	8	15
Spicy Salmon - salad	372	340	19	3	0.1	75	1080	20	7	11	22	10	35	8	15
Spicy Tuna - white rice	402	470	15	2	0.1	65	1060	55	5	9	27	6	30	10	15
Spicy Tuna - brown rice	402	540	18	2	0.1	65	1060	67	10	9	28	6	30	8	15
Spicy Tuna - crispy sticky rice	402	480	16	2	0.1	65	1060	55	5	9	27	6	30	10	15
Spicy Tuna - salad	372	310	15	2	0.1	65	1070	20	7	11	25	10	35	8	15
Diablo - white rice	412	540	22	3	0.1	100	1540	57	5	7	28	2	8	10	15
Diablo - brown rice	412	610	25	3	0.1	100	1540	6	10	7	30	2	8	8	15
Diablo - crispy sticky rice	412	550	23	3	0.1	100	1540	57	5	7	28	2	8	10	15
Diablo - salad	382	380	22	3	0.1	100	1550	22	7	9	26	8	10	10	15
Sunrise - white rice	383	540	25	3.5	0.1	90	1730	54	4	7	22	15	8	8	10
Sunrise - brown rice	383	610	27	3.5	0.1	90	1730	63	8	7	24	15	8	6	10
Sunrise - crispy sticky rice	383	550	26	3.5	0.1	90	1730	54	4	7	22	15	8	8	10
Sunrise - salad	353	380	28	3.5	0.1	90	1470	21	6	7	20	30	10	8	10
Umami - white rice	392	620	28	4	0	90	1590	64	4	3	24	6	10	8	20
Umami - brown rice	392	690	30	4	0	90	1590	73	8	3	26	6	10	6	20
Umami - crispy sticky rice	392	630	29	4	0	90	1590	64	4	3	24	6	10	8	20
Umami - salad	362	460	28	4	0	90	1600	31	6	3	22	12	15	8	20
Salmon tataki - white rice	374	480	20	3	0.1	65	1230	50	3	4	21	4	10	6	10
Salmon tataki - brown rice	374	550	23	3	0.1	65	1230	61	8	4	23	4	10	2	10
Salmon tataki - crispy sticky rice	374	490	21	3	0.1	65	1230	50	3	4	21	4	10	6	10
Salmon tataki - salad	345	320	21	3	0.1	65	1240	15	4	7	19	10	15	4	15
Tuna Tataki - white rice	374	450	16	2.5	0.1	60	1220	50	3	4	24	4	10	6	10
Tuna Tataki - brown rice	374	530	18	2.5	0.1	60	1220	61	8	4	26	40	10	4	8
Tuna Tataki - crispy sticky rice	374	460	17	2.5	0.1	60	1220	50	3	4	24	4	10	6	10
Tuna Tataki - salad	345	290	16	2.5	0.1	75	1340	14	4	7	22	10	15	4	10

**POKE BASE**

White Rice	150	180	0.00	0	0	0	3	39	0	0	3	0	0	2	2
Brown Rice	150	250	2.5	0	0	0	2	50	5	0	5	0	0	0	0



Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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Crispy Sticky Rice	150	190	1	0	0	3	39	0	0	3	0	0	2	2
Salad	150	20	0.2	0	0	15	4	2	3	1	8	8	2	4

#### APPETIZERS & SALADS

Imperial Roll (1pc)	50	140	6	1.5	0	200	15	2	2	3	0	0	2	6
Vegetable Tempura	135	480	23	1.5	0	1390	63	6	12	7	0	0	8	6
Popcorn Shrimp	120	200	7	1	0.1	110	530	18	1	1	17	4	6	20
Shrimp Tempura	60	180	8.0	0.0	0.1	40	125	18	0	8	0	0	0	0
Wakame	125	110	2.0	0.0	0	0	1650	13	4	9	0	0	110	0
Miso Soup Regular	240	120	7	1.5	0	0	1280	6	2	3	10	0	20	10
Miso Soup Spicy	240	130	7	1.5	0	0	1380	7	2	4	10	0	20	10
Miso Soup Seafood	305	250	14	3.5	0	45	1310	8	2	4	24	2	35	20
Green Salad	172	190	10	1.5	0	0	250	17	3	10	7	30	10	6
Spicy Squid Salad	110	120	3.0	0.0	0	170	320	12	0	12	12	0	2	6
Edamame Beans	135	170	5.0	0.0	0	0	440	15	7	2	13	8	15	8

#### Small Ramen Soup

Miso	290	240	9	2	0	50	1240	23	3	3	16	2	4	25
Miso with Grilled Chicken	330	290	10	2.5	0	75	1370	24	3	4	24	10	4	25
Miso with Seafood	340	280	10	2.5	0	80	1340	24	3	4	23	2	4	25
Miso with Shrimp Tempura	310	290	11	2	0	60	1260	28	2	3	18	2	4	25
Tonkotsu	290	220	6	2.5	0	55	660	26	1	1	7	0	4	4
Tonkotsu with Grilled Chicken	330	300	12	3	0	75	735	32	1	1	10	4	12	4
Tonkotsu with Seafood	340	280	7.5	2.8	0	95	830	28	1	1	16	2	4	6
Tonkotsu with Shrimp Tempura	310	280	8.5	2.8	0.1	70	700	32	1	1	10	0	4	4

#### NIGIRI & SASHIMI /2 pcs

Syake Nigiri	62	80	2.0	0.3	0	20	15	8	0	0	7	0	0	0
Syake Nigiri (brown rice)	62	100	2.5	0.3	0	20	15	10	1	0	7	0	0	0
Syake Sashimi	42	45	2.0	0.3	0	20	14	0	0	0	6	0	2	0
Seared Syake	66	80	2.0	0.3	0	20	230	8	0	0	7	0	0	0
Seared Syake (brown rice)	66	100	2.5	0.3	0	20	230	10	1	0	8	0	0	0
Izumidai Nigiri	58	60	0.5	0.2	0	15	15	8	0	0	6	0	0	0
Izumidai Nigiri (brown rice)	58	80	1.0	0.2	0	15	15	10	1	0	7	0	0	0
Izumidai Sashimi	38	30	0.5	0.2	0	15	125	0	0	6	6	0	0	0
Ebi Nigiri	44	50	0.2	0.0	0	20	20	8	0	0	3	0	0	2
Ebi Nigiri (brown rice)	44	70	0.5	0.0	0	20	20	10	1	0	4	0	0	0
Ebi Sashimi	24	15	0.2	0.0	0	20	19	0	0	0	3	0	2	0
Maguro Nigiri	58	70	0.3	0.1	0	15	10	8	0	0	7	0	0	0
Maguro Nigiri (brown rice)	58	80	0.5	0.1	0	15	10	10	1	0	7	0	0	0
Maguro Sashimi	38	30	0.3	0.1	0	15	9	0	0	0	7	0	2	0
Inari	92	160	5	2	0	0	180	22	1	5	5	4	2	10
Inari (brown rice)	92	190	6	2	0	0	180	26	2	5	6	4	2	10
Kunsei Syake Nigiri	46	50	0.5	0.1	0	5	125	8	0	0	4	0	0	0
Kunsei Syake Nigiri (brown rice)	46	70	1.0	0.1	0	5	125	10	1	0	4	0	0	0
Kunsei Syake Sashimi	26	20	0.5	0.1	0	5	129	0	0	0	3	0	2	0
Masago Red	74	90	1.0	0.0	0	100	680	15	0	4	3	0	2	0
Masago Red (brown rice)	74	110	1.5	0.0	0	100	680	18	2	4	4	0	2	0
Masago Orange	74	90	1.0	0.0	0	100	680	15	0	4	3	0	2	0
Masago Orange (brown rice)	74	110	1.5	0.0	0	100	680	18	2	4	4	0	2	0

#### HOSOMAKI /6 pcs

Philly Kappa	114	130	4.5	2.5	0	10	40	18	2	1	4	4	8	4
Philly Kappa (brown rice)	114	160	6.0	2.5	0	10	40	23	3	1	4	4	8	4
Akanasu Avocado	149	370	26.0	8.0	0.2	15	640	27	6	4	8	8	10	8
Akanasu Avocado (brown rice)	149	400	27.0	8.0	0.2	15	640	31	8	4	8	8	10	8
Kappa	104	90	1.0	0.2	0	0	10	18	2	1	3	0	8	4
Kappa (brown rice)	104	120	2.0	0.2	0	0	10	22	3	1	3	0	8	2
Avocado	119	160	8.0	1.5	0	0	15	20	4	0	4	2	10	4
Avocado (brown rice)	119	160	9.0	1.5	0	0	10	18	5	0	3	2	10	2
Oshinko	114	90	1.0	0.2	0	0	450	18	1	0	3	0	10	4
Oshinko (brown rice)	114	120	2.0	0.2	0	0	450	23	3	0	3	0	10	2
Akanasu	109	310	20.0	7.0	0.2	15	640	24	4	4	7	4	4	8
Akanasu (brown rice)	109	340	21.0	7.0	0.2	15	640	28	6	4	7	4	4	6
Syake	116	140	3.5	0.5	0	20	25	17	1	0	11	0	6	4
Syake (brown rice)	116	170	4.5	0.5	0	20	25	22	3	0	11	0	6	4
Syake Spicy	119	150	4.0	0.5	0	20	60	17	1	0	11	0	6	4
Syake Spicy (brown rice)	119	180	5.0	0.5	0	20	60	22	3	0	11	0	6	4



Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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Tekka	116	130	1.5	0.3	0	20	25	17	1	0	12	0	6	4	4
Tekka (brown rice)	116	160	2.5	0.3	0	20	25	22	3	0	13	0	6	4	4
Tekka Spicy	119	140	2.0	0.3	0	20	55	17	1	0	12	0	6	4	4
Tekka Spicy (brown rice)	119	170	3.0	0.3	0	20	55	22	3	0	13	0	6	4	4
Tamago	112	150	3.5	1.0	0	150	180	22	1	5	6	4	4	6	6
Tamago (brown rice)	112	180	4.5	1.0	0	150	180	27	3	5	7	4	4	4	6
Kanikama	104	120	1.5	0.3	0	5	260	20	1	0	6	0	4	4	4
Kanikama (brown rice)	104	150	2.5	0.3	0	5	260	24	3	0	7	0	4	2	2
Tempura Syake	131	170	4.0	0.5	0	15	85	24	2	1	9	0	6	4	8
Tempura Syake (brown rice)	131	200	5.0	0.5	0	15	85	28	3	1	10	0	6	4	6
Tempura Tekka	131	160	2.5	0.3	0	15	85	24	2	1	11	0	6	4	8
Tempura Tekka (brown rice)	131	190	3.0	0.3	0	15	85	28	3	1	11	0	6	4	6

**MAKI /8 pcs**

Black Mamba	227	400	18	2	0.1	120	570	37	2	1	20	6	10	4	15
Black Mamba (brown rice)	227	440	19	2	0.1	120	570	43	4	1	21	6	10	2	10
Vancouver	168	230	11.0	3.5	0.1	20	300	26	3	1	10	8	8	6	8
Vancouver (brown rice)	168	270	12.0	3.5	0.1	20	300	31	5	1	11	8	8	6	5
911	169	200	4.0	0.5	0	40	300	30	2	2	12	2	8	4	8
911 (brown rice)	169	240	5.0	0.5	0	40	300	36	5	2	12	2	8	4	6
Ebi Maki	178	190	4.0	0.5	0	50	240	30	2	2	9	2	10	6	10
Ebi Maki (brown rice)	178	230	5.0	0.5	0	50	240	36	5	2	10	2	10	4	10
Twin Salmon	180	230	9.0	1.5	0	45	400	26	3	1	13	2	10	4	8
Twin Salmon (brown rice)	180	270	10.0	1.5	0	45	400	32	5	1	13	2	10	4	6
Chef's Maki	190	220	6.0	1.0	0	60	510	28	3	4	12	2	25	6	6
Chef's Maki (brown rice)	190	260	7.0	1.0	0	60	510	34	5	4	12	2	25	4	4
Dragon	210	320	13.0	1.0	0	60	330	40	3	2	10	2	15	2	6
Dragon (brown rice)	210	360	13.0	1.0	0	60	330	46	5	2	11	2	15	2	4
California Classic	162	180	5.0	1.0	0	5	290	27	2	0	7	2	8	4	6
California Classic (brown rice)	162	220	6.0	1.0	0	5	290	33	3	0	8	2	8	4	4
Red Tiger	222	320	13.0	2.0	0	80	530	28	1	0	23	2	6	4	15
Red Tiger (brown rice)	222	360	14.0	2.0	0	80	530	34	4	0	24	2	6	2	15
Chicken Teriyaki	166	270	12.0	1.5	0	25	190	34	3	2	6	4	15	4	6
Chicken Teriyaki (brown rice)	166	310	13.0	1.5	0	25	190	40	5	2	7	4	18	4	6

**SUMOMAKI /5 pcs**

Lion Roll	203	360	18	2	0.1	65	860	39	2	8	6	70	20	2	4
Lion Roll (brown rice)	203	390	19	2	0.1	65	860	44	4	8	7	70	20	2	4
Vegetarian Roll	167	170	7	1	0	5	170	26	3	2	4	45	45	6	6
Vegetarian Roll (brown rice)	167	210	8	1	0	5	170	31	5	2	5	45	45	4	5
California Roll	211	230	9.0	1.5	0.1	130	480	29	3	5	9	15	10	6	10
California Roll (brown rice)	211	260	10.0	1.5	0.1	130	480	34	5	6	9	15	10	6	10
Dynamite Roll	160	230	10.0	1.0	0	40	280	29	3	2	7	2	10	4	4
Dynamite Roll (brown rice)	160	260	11.0	1.0	0	40	270	34	5	2	7	2	10	4	4
Spicy Salmon Crunch Roll	171	180	3.0	0.4	0	20	120	27	1	2	10	2	8	2	8
Spicy Salmon Crunch Roll (brown rice)	171	210	4.0	0.4	0	20	120	32	3	2	10	2	8	0	6
Spicy Tuna Crunch Roll	171	170	1.5	0.2	0	15	115	27	1	2	11	2	8	2	8
Spicy Tuna Crunch Roll (brown rice)	171	200	2.5	0.2	0	15	115	32	3	2	11	2	8	2	6
Boston Roll	176	170	4.5	0.5	0.1	55	390	24	2	2	9	6	10	6	8
Boston Roll (brown rice)	176	210	6.0	0.5	0.1	55	390	29	4	2	9	6	10	4	6
Tuna Kamikaze Roll	180	200	4.5	0.5	0	40	430	29	2	2	12	2	8	2	8
Tuna Kamikaze Roll (brown rice)	180	240	5.0	0.5	0	40	430	34	4	2	12	2	8	2	6
Salmon Kamikaze Roll	180	210	6.0	0.5	0	45	430	29	2	2	11	2	8	2	8
Salmon Kamikaze Roll (brown rice)	180	250	7.0	0.5	0	45	430	34	4	2	12	2	8	0	6
Snow Crab Roll	170	190	4.0	0.5	0	30	530	26	2	1	11	0	8	4	6
Snow Crab Roll (brown rice)	170	220	5.0	0.0	0	30	530	31	4	1	11	0	8	2	4
Rainbow Roll	194	220	6.0	1.0	0	25	125	28	2	2	14	2	10	2	10
Rainbow Roll (brown rice)	194	250	7.0	1.0	0	25	125	33	4	2	14	2	10	2	8
Red-Eye Roll	157	180	2.5	0.3	0	45	360	27	1	1	13	0	6	4	6
Red-Eye Roll (brown rice)	157	220	3.5	0.3	0	45	360	32	3	1	13	0	6	2	6
Miami Roll	161	250	8.0	2.0	0.1	40	450	26	1	2	12	4	2	4	6
Miami Roll (brown rice)	161	290	9.0	2.0	0.1	40	450	31	3	2	13	4	2	2	6
Spicy Shrimp Roll	187	200	6.0	1.0	0	55	450	28	3	2	10	10	10	6	10
Spicy Shrimp Roll (brown rice)	187	230	7.0	1.0	0	55	450	33	5	2	10	10	10	4	10
Exotik Roll	203	180	2.0	0.3	0	55	450	32	2	7	9	15	15	6	10



Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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Exotik Roll (brown rice)	203	220	3.0	0.3	0	55	450	37	4	7	10	15	15	4	10
Smoky Roll	159	210	6.0	1.0	0	35	460	28	2	2	9	2	6	4	8
Smoky Roll (brown rice)	159	240	8.0	1.0	0	35	450	34	4	2	10	2	6	4	8
Grilled Chicken Roll	185	270	14.0	1.5	0	20	380	29	2	2	10	15	40	2	10
Grilled Chicken Roll (brown rice)	185	310	15.0	1.5	0	20	370	34	4	2	11	15	40	2	8
Calypso	189	220	11	1.5	0.1	40	500	19	3	3	14	25	20	8	10
Inferno Roll	167	360	20.0	6.0	0.2	55	970	36	4	7	8	4	6	10	10
Inferno Roll (brown rice)	167	400	21.0	6.0	0.2	55	970	42	6	7	9	4	6	8	10

**BLOSSOM /5 pcs**

Red Velvet	236	330	13.0	1.5	0.1	50	400	39	3	3	15	2	6	6	6
Red Velvet (brown rice)	236	390	14.0	1.5	0.1	50	400	48	7	3	16	2	6	4	4
Orange Velvet	236	350	15.0	2.0	0.1	55	410	39	3	3	14	2	6	6	6
Orange Velvet (brown rice)	236	410	17.0	2.0	0.1	55	400	48	7	3	15	2	6	4	6
Kampai salmon	169	290	12.0	1.5	0.0	45	1140	32	3	3	13	40	8	4	15
Kampai tuna	169	270	9.0	1.0	0.0	40	1140	32	3	3	15	40	8	4	15
Kampai shrimp	169	280	9.0	1.0	0.0	70	1300	32	3	3	15	40	10	8	15
Phoenix 6 pcs	260	430	13	1.5	0	70	1200	59	2	2	16	15	6	6	15
Phoenix (brown rice) 6 pcs	260	470	14	1.5	0	70	1200	65	5	2	17	15	6	4	10
Teriyaki Salmon	231	310	11	1.5	0	35	700	35	3	7	17	40	15	6	10
Teriyaki Salmon (brown rice)	231	340	13	1.5	0.1	35	700	40	5	7	17	40	15	6	8
Salmon Truffle	217	300	7.0	1.0	0	90	670	37	0	1	20	4	6	4	15
Salmon Truffle (brown rice)	217	340	9.0	1.0	0	90	670	43	3	1	21	4	6	4	15
Sesame Tuna	222	290	5.0	0.5	0	85	900	37	0	1	22	4	6	4	15
Sesame Tuna (brown rice)	222	330	6.0	0.5	0	85	900	43	3	1	23	4	6	4	15
Volcano	372	650	32.0	3.0	0.2	100	370	56	3	1	31	4	8	6	10
Volcano (brown rice)	372	720	34.0	3.0	0.2	100	370	67	7	1	32	4	8	4	10
Diablo	225	320	12.0	1.5	0.1	70	740	34	2	2	18	4	8	2	8
Diablo (brown rice)	225	360	13.0	1.5	0.1	70	740	39	4	2	19	4	8	2	8
Cherry Blossom 8 pcs	290	440	14.0	2.0	0.2	110	1220	56	0	2	20	8	6	6	15
Cherry Blossom (brown rice) 8 pcs	290	480	15.0	2.0	0.2	110	1220	62	3	2	20	8	6	6	10
Mini Volcano 4 pcs	107	190	9	1	0.1	25	145	15	2	1	8	0	4	2	4
Mini Volcano 4 pcs (brown rice)	107	200	10	1	0.1	25	145	18	3	1	8	0	4	2	4
Mini Volcano 8 pcs	214	370	19	2	0.2	50	290	30	3	2	15	0	6	6	8
Mini Volcano 8 pcs (brown rice)	214	400	20	2	0.2	50	290	35	5	2	15	0	6	4	8

**CRISPY ROLLS /5 pcs**

Philly	207	420	24.0	3.0	0.1	40	560	40	2	2	12	4	6	2	10
Philly (brown rice)	207	450	25.0	3.0	0.1	40	560	45	4	2	12	4	6	2	10
Dragon Eye	244	410	22.0	2.0	0.1	40	240	34	3	2	22	35	15	4	15
Dragon Eye (brown rice)	244	430	22.0	2.0	0.1	40	240	36	4	2	22	35	15	2	15

**SUSHI PIZZA /6 pcs**

Sunrise	273	550	29	6	0.2	70	770	51	2	6	19	50	10	6	15
Sunrise (brown rice)	273	590	31	6	0.2	70	770	56	5	7	20	50	10	4	15
Authentik	252	530	30.0	5.0	0.2	70	780	43	1	1	22	6	4	6	15
Authentik (brown rice)	252	570	31.0	5.0	0.2	70	780	48	3	1	22	6	4	4	10
Lobster & Co.	248	490	26.0	4.0	0.2	65	480	43	1	4	20	10	10	6	15
Lobster & Co. (brown rice)	248	530	28.0	4.0	0.2	65	480	49	4	4	20	10	10	6	10

**TEMARI /4 pcs**

Tataki Tuna (4 pcs)	164	240	8	1	0.1	20	220	32	0	4	8	0	0	0	8
Tataki Tuna - brown rice (4 pcs)	164	320	10	1	0.1	20	220	40	4	4	12	0	0	0	0
Smoky Philly (4 pcs)	168	240	10	2	0	20	240	32	4	0	8	0	16	8	8
Smoky Philly - brown rice (4 pcs)	168	320	12	2	0.1	20	240	40	4	0	8	0	16	8	8
Teriyaki Bomb (4 pcs)	252	600	36	6	0	100	1000	48	0	12	16	0	0	8	8
Teriyaki Bomb - brown rice (4 pcs)	252	640	36	6	0.1	100	1000	56	4	12	16	0	0	0	8
Veggie Bomb (4 pcs)	216	480	28	6	0	600	760	40	0	8	8	32	32	8	8
Veggie Bomb - brown rice (4 pcs)	216	520	32	6	0.1	600	760	48	4	8	8	32	32	8	0
Temari - Crispy Lobster 4 pc	196	240	7	1	0	85	430	31	0	2	13	6	8	6	6
Temari - Crispy Lobster 4 pc (brown rice)	196	290	8	1	0	85	430	38	4	2	14	6	8	4	6

**HAKO / 6 pcs**

Siriccoco	239	360	15.0	1.5	0.1	65	320	40	3	4	15	10	15	6	8
Siriccoco (brown rice)	239	410	17.0	1.5	0.1	65	320	47	6	4	16	10	15	4	6

**TARTARE MAKI**

Maki Tartare Salmon	123	170	6.0	1.0	0	50	400	19	1	2	10	6	4	4	10
Maki Tartare Shrimp	123	160	4.0	0.5	0	90	440	19	1	2	10	8	4	6	15



Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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Maki Tartare Tuna	123	160	4.0	0.4	0	45	400	19	1	2	12	6	4	4	10	
<b>TARTARE</b>																
Tartare Salmon	108	160	6	1	0	45	440	6	1	1	16	2	6	4	8	
Tartare Tuna	108	130	2	0.4	0	35	440	6	1	1	21	2	6	4	8	
<b>SUSHI TACOS</b>																
Salmon Taco (2)	101	170	9	1.5	0.1	25	950	12	1	1	9	4	8	4	8	
Salmon Taco (3)	144	240	14	2	0.1	35	1300	18	2	1	12	6	10	6	10	
Tuna Taco (2)	101	160	8	1	0.1	25	950	12	1	1	10	4	8	4	8	
Tuna Taco (3)	144	230	11	2	0.1	30	1290	18	2	1	14	6	15	6	10	
Lobster Taco (2)	94	120	5	0.5	0.1	35	270	9	1	1	10	4	6	4	6	
Lobster Taco (3)	136	180	8	1	0.1	45	390	14	2	1	14	8	10	6	10	
<b>RAMEN SOUP</b>																
Miso	591	590	17	4	0	100	2220	67	6	6	36	2	15	40	30	
Miso Spicy	591	600	18	4	0	100	2420	68	6	7	36	2	15	40	30	
Miso with Grilled Chicken	631	630	19	4.5	0	125	2290	69	6	7	44	10	15	45	30	
Miso with Grilled Chicken spicy	631	640	20	4.5	0	125	2490	70	6	7	44	10	15	45	30	
Miso with Seafood	641	620	18	4.5	0	125	2380	68	6	7	41	2	15	40	30	
Miso with Seafood spicy	641	630	19	4.5	0	125	2580	69	6	7	41	2	15	40	30	
Miso with Shrimp Tempura	611	620	19	4	0	105	2250	70	6	6	38	2	15	40	30	
Miso with Shrimp Tempura spicy	611	630	20	4	0	105	2450	71	6	6	38	2	15	40	30	
Tonkotsu	591	550	12	4.5	0	110	1280	73	4	2	21	2	15	8	10	
Tonkotsu spicy	591	560	13	4.5	0	110	1480	74	4	2	21	2	15	8	10	
Tonkotsu with Grilled Chicken	631	630	18	5	0	130	1355	79	4	2	24	6	25	8	10	
Tonkotsu with Grilled Chicken spicy	631	640	19	5	0	130	1555	80	4	2	24	6	25	8	10	
Tonkotsu with Seafood	641	610	13	5	0	150	1450	75	4	2	30	4	15	10	15	
Tonkotsu with Seafood spicy	641	620	15	5	0	150	1650	76	4	2	30	4	15	10	15	
Tonkotsu with Shrimp Tempura	611	610	15	4.5	0	125	1320	79	4	2	24	2	15	8	10	
Tonkotsu with Shrimp Tempura spicy	611	620	16	4.5	0	125	1520	80	4	2	24	2	15	8	10	
<b>SPRING MAKI / 2 pcs</b>																
Spring Maki Shrimp	219	310	9.0	1.0	0	50	460	43	1	2	12	45	6	6	15	
Spring Maki Shrimp (brown rice)	219	360	11.0	1.0	0	50	460	51	4	2	13	45	6	6	10	
Spring Maki Salmon	263	320	9.0	1.0	0	110	420	47	1	6	13	25	90	4	10	
Spring Maki Salmon (brown rice)	263	370	11.0	1.0	0	110	520	54	4	6	13	25	90	4	8	
Spring Maki Lobster	279	380	14.0	2.0	0	135	580	47	2	5	17	25	100	6	10	
Spring Maki Lobster (brown rice)	279	430	15.0	2.0	0	135	570	55	5	5	18	25	100	6	10	
Spring Maki Tuna	212	280	8.0	0.5	0	15	410	42	1	2	10	8	4	4	8	
Spring Maki Tuna (brown rice)	212	330	9.0	0.5	0	15	410	49	4	2	11	8	4	2	6	
Spring Maki Chicken	244	310	14.0	1.0	0	25	490	43	1	36	12	20	110	6	8	
Spring Maki Chicken (brown rice)	244	390	15.0	10.0	0	25	490	51	4	3	13	20	110	4	6	
Spring Maki Veggie	258	330	12.0	1.5	0	100	390	48	2	6	7	6	100	8	15	
Spring Maki Veggie (brown rice)	258	380	14.0	1.5	0	100	390	56	5	6	8	60	100	6	10	
<b>KAARAGE CHICKEN</b>																
Appetizer	120	330	21.00	4.5	0	70	470	18	0	0	17	0	4	0	10	
Bowl with soy sauce on rice	420	780	38	8	0	120	1610	75	2	2	34	35	15	6	25	
Bowl with ponzu sauce on rice	420	770	38	8	0	120	2150	74	2	2	32	35	15	6	25	
<b>SUSHI BURRITO</b>																
Salmon & Shrimp Tempura	370	500	19	2	0	90	1060	56	3	2	23	15	10	4	10	
Spicy Tuna & Mango	368	440	11	1.5	0	50	290	58	3	8	25	100	30	6	15	
Spicy Shrimp & Mango	378	450	16	2	0	110	780	56	4	7	19	30	30	6	20	
Salmon & Crab	340	460	18	2.5	0	50	400	52	3	2	22	50	15	6	15	
Tuna & Salmon	372	420	11	1.5	0	45	540	55	3	1	24	20	15	6	20	
Veggie	374	400	13	1.5	0.1	5	300	63	8	9	10	110	110	10	15	
<b>BENTO BOX</b>																
Vegetarian	525	1010	50	11	0.1	30	2390	104	12	35	29	40	60	80	45	
Poke Bomb	426	770	41	7	0.2	120	2200	60	9	15	27	25	10	80	25	
Grilled Chicken	470	690	23	4	0.1	115	1420	75	8	8	38	35	6	50	30	
<b>ATOMIK ROLLS</b>																
Atomik Salmon - white rice	326	470	20	7	0.3	85	1820	46	3	2	26	10	10	8	10	
Atomik Salmon - brown rice	326	550	22	7	0.3	85	1810	57	7	2	27	10	10	6	8	
Atomik Tuna - white rice	326	450	16	7	0.3	80	1810	46	3	2	28	10	10	8	10	
Atomik Tuna - brown rice	326	530	19	7	0.3	80	1810	57	7	2	29	10	10	6	8	
Atomik Salmon & Tuna - white rice	326	460	18	7	0.3	80	1810	46	3	2	27	10	10	8	10	
Atomik Salmon & Tuna - brown rice	326	540	20	7	0.3	80	1810	57	7	2	28	10	10	6	8	



Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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Atomik Spicy Shrimp - white rice	336	460	17	7	0.3	120	2090	51	3	4	24	10	10	10	10
Atomik Spicy Shrimp - brown rice	336	530	19	7	0.3	120	2090	62	8	4	26	10	10	6	10
Atomik Light cream cheese	20	45	4	2.5	0.1	15	100	1	0	1	2	4	0	2	0
Atomik Mozzarella	25	70	4	3	0.2	15	150	1	0	0	6	4	0	2	0

### COMBOS

Combo A	291	320	14	3	0	5	100	44	7	2	8	42	55	10	12
Combo B	279	390	18	3	0	40	295	49	7	2	11	4	20	8	10
Combo C	299	370	14	2	0	45	445	49	6	2	15	4	18	6	14
Combo D	306	360	14	3	0	55	465	48	7	2	14	12	20	10	16
Combo E	330	390	17	3	0	130	495	49	7	5	13	17	20	10	16
Combo F	331	388	14	2	0	82	427	51	7	4	15	13	21	10	16
Combo G	250	305	10	3	0	33	445	42	4	2	15	6	12	7	11
Combo H	375	457	16	2	0	66	349	60	6	2	19	6	21	10	16
Combo I	358	510	17	4	0	50	760	60	5	8	23	6	11	13	18
Combo K	415	460	16	4	0	5	513	69	8	9	14	41	59	22	22
Combo M (brown rice)	385	475	15	3	0	78	715	64	6	9	23	4	18	12	22
Combo N	331	420	15	3.5	0.1	85	620	48	5	3	25	6	20	8	15
Combo O	498	737	26	4	0	151	1494	88	4	10	36	12	17	15	26
Combo P	496	785	33	3	0	143	653	80	4	2	39	4	19	10	17
Combo Q	454	692	25	5	0	123	1220	91	4	13	26	11	18	9	25
Combo R	438	645	25	2	0	95	810	76	9	2	30	23	24	9	18
Combo Volcano	534	848	41	5	0	100	953	80	8	4	35	6	18	48	16
Combo Diablo	387	518	21	3	0	70	1323	58	7	5	22	6	18	44	14
Baby on Board Combo - Lion (white rice)	667	1030	38	4.3	0.1	80	2660	132	6	10	36	89	34	16	31
Baby on Board Combo - Lion (brown rice)	667	1080	40	4.3	0.1	80	2660	143	11	10	37	89	34	14	26
Baby on Board Combo - Kamikaze (white rice)	634	860	24	2.8	0	70	2240	122	6	4	38	21	22	16	35
Baby on Board Combo - Kamikaze (brown rice)	634	910	26	2.8	0	70	2240	132	10	4	40	21	22	14	30
Combo Salmon lover	302	390	12	2	0	70	290	42	3	1	28	2	10	6	15

### DESSERTS

Banana chocolate Bomb (2 pcs)	56	120	5	2	0	0	15	19	1	11	1	0	4	0	6
Banana chocolate Bomb (4 pcs)	112	240	10	4	0.1	0	30	38	2	22	2	0	8	0	12
Black sesame ice cream 100 ml	100	180	10	7	0	75	40	16	0	16	4	0	0	8	12
Vanilla ice cream 100 ml	100	180	9.0	6.0	0	25	40	20	0	14	2	0	0	4	4

### EXTRAS

Sesame Sauce	34	110	8.0	1.0	0	5	480	11	0	7	1	0	0	0	0
Ponzu sauce	30	10	0.5	0.1	0	0	2700	1	0	1	0.2	0	0	0	0
Wonton Chips	21	70	3.0	0.2	0.1	5	110	10	0	0	2	0	0	0	4
Spicy Light Mayo	24	70	8	0.5	1	10	130	1	0	0	0.2	0	0	0	0
Sweet Chili Sauce	24	45	0	0	0	0	110	9	0	8	0	0	0	0	0
Yin Yang Sauce	25	120	11	1.5	0	20	220	3	0	3	0.1	0	0	0	0
Chocolate Sauce	24	55	0.2	0.1	0	0	20	14	0	10	0.6	0	0	1	2
Maple Fudge Sauce	24	50	1	0.2	0	0	30	11	0	6	0	0	0	0	0
Gluten-Free Soy Sauce	24	20	0	0	0	0	1300	2	0	1	2	0	0	0	0
Regular Soy Sauce	24	30	0	0	0	0	720	6	0	6	1	0	0	0	1
Mini Wakame Salad	24	20	0.4	0	0	0	320	3	1	2	0	0	0	20	0
Mini Edamame Beans	28	35	1	0	0	0	110	3	1	0	3	2	4	2	4
Egg (1/2)	25	35	2	0.5	0	90	30	0	0	0	3	8	0	0	0
Grilled Chicken	40	45	1	0.3	0	25	130	1	0	0	8	10	0	2	0
Seafood (salmon, shrimp, kanikama)	50	60	1.5	0.3	0	45	160	2	0	1	9	2	0	2	4
Shrimp Tempura	20	60	2.5	0	0	15	40	6	0	0	3	0	0	0	0

### RICE BOWL

White Rice	125	85	0.15	0	0	0	0	18	0	0	2	0	0	0	0
Brown Rice	125	95	1	0	0	0	0	20	2	0	3	0	0	0	0

### SUSHI PAPER

Nori	6	2	0	0	0	0	4	0	0	0	0.4	0	0	0	0
Rice paper	10	35	0	0	0	0	95	8	0	0	0.2	0	0	0	2
Soy paper	4	15	0.5	0	0	0	20	1	0	0	2	0	0	0	0

### PLATTERS

Vegetarian 26pc	742	990	39	11	0.1	20	1260	136	14	17	27	100	110	40	40
40 pc	1876	3150	150	19	1	520	4070	300	17	30	138	80	80	60	80
60 pc	2113	3240	141	23	1	560	4920	347	22	28	139	40	80	80	100