



	Serving Size (g)	Calories (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (g)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Potassium (%)	Calcium (%)	Iron (%)
POKE BOWLS														
Salmon - white rice	380	490	21	3	0	70	1270	52	3	5	22	14	8	15
Salmon - brown rice	380	570	23	3	0	70	1270	63	7	5	23	14	6	10
Salmon - crispy sticky rice	380	500	22	3	0	70	1270	52	3	5	22	14	8	15
Salmon - salad	317	310	20	3	0	70	980	14	2	6	19	14	6	15
Spicy Shrimp - white rice	380	510	18	2.5	0	165	1260	56	3	6	29	11	10	20
Spicy Shrimp - brown rice	380	590	20	2.5	0	165	1260	67	7	6	30	11	8	20
Spicy Shrimp - crispy sticky rice	380	520	19	2.5	0	165	1260	56	3	6	29	11	10	20
Spicy Shrimp - salad	345	310	17	2.5	0	125	1430	19	2	6	22	11	10	20
Volcano - white rice	378	490	22	3	0.1	70	1000	51	2	4	22	13	8	15
Volcano - brown rice	378	570	24	3	0.1	70	1000	62	7	4	23	13	6	10
Volcano - crispy sticky rice	378	500	23	3	0.1	70	1000	51	2	4	22	13	8	15
Volcano - salad	317	310	20	3	0	70	980	14	2	6	19	13	6	15
Salmon & Tuna - white rice	380	480	19	3	0	65	1260	52	3	5	23	16	6	10
Salmon & Tuna - brown rice	380	560	21	3	0	65	1260	62	7	5	24	16	6	10
Salmon & Tuna - crispy sticky rice	380	490	20	3	0	65	1260	52	3	5	23	16	8	15
Salmon & Tuna - salad	317	300	18	2.5	0	65	970	14	2	6	21	16	6	15
Tuna - white rice	380	460	17	2.5	0	60	1260	52	3	5	25	15	8	15
Tuna - brown rice	380	540	19	2.5	0	60	1260	63	7	5	26	15	6	10
Tuna - crispy sticky rice	380	470	18	2.5	0	60	1260	52	3	5	25	15	8	15
Tuna - salad	317	290	16	2.5	0	60	970	14	2	6	22	15	6	15
Veggy - white rice	360	440	19	3	0	15	1060	55	6	6	11	10	10	20
Veggy - brown rice	360	510	21	3	0	15	1060	66	10	6	13	10	8	15
Veggy - crispy sticky rice	360	450	20	3	0	15	1060	55	6	6	11	10	10	20
Veggy - salad	290	270	19	3	0	15	1060	17	6	7	9	10	10	20
Chicken & Mango - white rice	396	500	18	3	0	85	1310	56	4	9	29	6	8	8
Chicken & Mango - brown rice	396	580	21	3	0	85	1310	67	8	9	30	6	6	6
Chicken & Mango - crispy rice	396	510	19	3	0	85	1310	56	4	9	29	6	8	8
Chicken & Mango - salad	341	340	19	3	0	85	1320	19	5	10	26	6	6	10
Karaage Chicken & Mango - white rice	422	640	32	6	0.2	90	1560	67	5	8	20	6	8	20
Karaage Chicken & Mango - brown rice	422	710	34	6	0.2	90	1560	78	9	8	21	6	6	15
Karaage Chicken & Mango - crispy rice	422	650	33	6	0.2	90	1560	67	0	8	20	6	0	20
Karaage Chicken & Mango - Salad	359	460	31	6	0.2	90	1270	29	4	9	17	6	6	20
Lobster & Shrimp - white rice	418	480	18	2.5	0.1	130	1230	53	4	5	25	5	10	20
Lobster & Shrimp - brown rice	418	560	21	2.5	0.1	130	1230	64	9	5	26	5	8	20
Lobster & Shrimp - salad	418	490	19	2.5	0.1	130	1230	53	4	5	25	5	10	20
Lobster & Shrimp - crispy sticky rice	418	330	19	2.5	0.1	130	1240	18	9	8	23	5	10	25
Spicy Salmon - white rice	402	500	19	3	0.1	75	1070	55	5	9	24	14	8	15
Spicy Salmon - brown rice	402	570	22	3	0.1	75	1070	67	10	9	26	14	6	15
Spicy Salmon - crispy sticky rice	402	510	20	3	0.1	75	1070	55	5	9	24	14	8	15
Spicy Salmon - salad	372	340	19	3	0.1	75	1080	20	7	11	22	14	8	15
Spicy Tuna - white rice	402	470	15	2	0.1	65	1060	55	5	9	27	15	10	15
Spicy Tuna - brown rice	402	540	18	2	0.1	65	1060	67	10	9	28	15	8	15
Spicy Tuna - crispy sticky rice	402	480	16	2	0.1	65	1060	55	5	9	27	15	10	15
Spicy Tuna - salad	372	310	15	2	0.1	65	1070	20	7	11	25	15	8	15
Diablo - white rice	412	540	22	3	0.1	100	1540	57	5	7	28	14	10	15
Diablo - brown rice	412	610	25	3	0.1	100	1540	6	10	7	30	14	8	15
Diablo - crispy sticky rice	412	550	23	3	0.1	100	1540	57	5	7	28	14	10	15
Diablo - salad	382	380	22	3	0.1	100	1550	22	7	9	26	14	10	15
Umami - white rice	392	620	28	4	0	90	1590	64	4	3	24	8	8	20
Umami - brown rice	392	690	30	4	0	90	1590	73	8	3	26	8	6	20
Umami - crispy sticky rice	392	630	29	4	0	90	1590	64	4	3	24	8	8	20
Umami - salad	362	460	28	4	0	90	1600	31	6	3	22	8	8	20
POKE BASE														
White Rice	150	180	0.00	0	0	0	3	39	0	0	3	1	2	2
Brown Rice	150	250	2.5	0	0	0	2	50	5	0	5	1	0	0
Crispy Sticky Rice	150	190	1	0	0	0	3	39	0	0	3	1	2	2
Salad	150	20	0.2	0	0	0	15	4	2	3	1	5	2	4
APPETIZERS & SALADS														
Imperial Roll (1pc)	50	140	6	1.5	0	0	200	15	2	2	3	0	2	6
Popcorn Shrimp	120	200	7	1	0.1	110	530	18	1	1	17	2	6	20
Shrimp Tempura	60	180	8.0	0.0	0.1	40	125	18	0	0	8	2	0	0
Wakame	125	110	2.0	0.0	0	0	1650	13	4	9	0	1	110	0
Miso Soup Regular	240	120	7	1.5	0	0	1280	6	2	3	10	1	20	10
Miso Soup Spicy	240	130	7	1.5	0	0	1380	7	2	4	10	1	20	10
Miso Soup Seafood	305	250	14	3.5	0	45	1310	8	2	4	24	2	35	20
Spicy Squid Salad	110	120	3.0	0.0	0	170	320	12	0	12	12	2	2	6
Edamame Beans	135	170	5.0	0.0	0	0	440	15	7	2	13	0	8	20
Edamame	150	200	6.0	0.0	0	0	840	18	8	2	16	0	8	17
Tokyo Fries	180	560	43.0	7.0	0	30	540	39	3	3	5	1	0	1
Takoyaki	180	360	12.0	0.0	0	80	720	36	0	0	9	3	8	0



	Serving Size (g)	Calories (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (g)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Potassium (%)	Calcium (%)	Iron (%)	
NIGIRI & SASHIMI /2 pcs															
Syake Nigiri	62	80	2.0	0.3	0	20	15	8	0	0	7	4	0	2	
Syake Nigiri (brown rice)	62	100	2.5	0.3	0	20	15	10	1	0	7	4	0	2	
Syake Sashimi	42	45	2.0	0.3	0	20	14	0	0	0	6	4	0	2	
Seared Syake	66	80	2.0	0.3	0	20	230	8	0	0	7	4	0	2	
Seared Syake (brown rice)	66	100	2.5	0.3	0	20	230	10	1	0	8	4	0	2	
Izumidai Sashimi	42	50	1.0	0.4	0	30	30	0	0	0	12	2	0	1	
Izumidai Nigiri	58	60	0.5	0.2	0	15	15	8	0	0	6	2	0	2	
Izumidai Nigiri (brown rice)	58	80	1.0	0.2	0	15	15	10	1	0	7	2	0	2	
Izumidai Sashimi	38	30	0.5	0.2	0	15	125	0	0	6	6	2	0	2	
Ebi Nigiri	44	50	0.2	0.0	0	20	20	8	0	0	3	2	2	2	
Ebi Nigiri (brown rice)	44	70	0.5	0.0	0	20	20	10	1	0	4	2	0	2	
Ebi Sashimi	24	15	0.2	0.0	0	20	19	0	0	0	3	2	0	2	
Maguro Nigiri	58	70	0.3	0.1	0	15	10	8	0	0	7	3	0	2	
Maguro Nigiri (brown rice)	58	80	0.5	0.1	0	15	10	10	1	0	7	3	0	2	
Maguro Sashimi	38	30	0.3	0.1	0	15	9	0	0	0	7	3	0	2	
Inari	92	160	5	2	0	0	180	22	1	5	5	4	10	8	
Inari (brown rice)	92	190	6	2	0	0	180	26	2	5	6	4	10	8	
Inari Salmon	136	200	8	1	0	25	75	22	0	0	11	4	6	4	
Inari Tuna	136	190	5	0.5	0	20	75	22	0	0	13	4	4	4	
Kunsei Syake Nigiri	46	50	0.5	0.1	0	5	125	8	0	0	4	4	0	2	
Kunsei Syake Nigiri (brown rice)	46	70	1.0	0.1	0	5	125	10	1	0	4	4	0	2	
Kunsei Syake Sashimi	26	20	0.5	0.1	0	5	129	0	0	0	3	4	0	0	
Sphink	149	220	9.0	1.5	0	25	300	24	2	1	9	4	6	6	
Spjink (brown rice)	149	260	10.0	1.5	0	25	300	29	4	1	10	4	6	4	
HOSOMAKI /6 pcs															
Philly Kappa	114	130	4.5	2.5	0	10	40	18	2	1	4	3	4	4	
Philly Kappa (brown rice)	114	160	6.0	2.5	0	10	40	23	3	1	4	3	4	4	
Akanasu Avocado	149	370	26.0	8.0	0.2	15	640	27	6	4	8	4	8	10	
Akanasu Avocado (brown rice)	149	400	27.0	8.0	0.2	15	640	31	8	4	8	4	8	10	
Kappa	104	90	1.0	0.2	0	0	10	18	2	1	3	2	4	4	
Kappa (brown rice)	104	120	2.0	0.2	0	0	10	22	3	1	3	2	2	2	
Avocado	119	160	8.0	1.5	0	0	15	20	4	0	4	4	4	6	
Avocado (brown rice)	119	160	9.0	1.5	0	0	10	18	5	0	3	4	2	6	
Akanasu	109	310	20.0	7.0	0.2	15	640	24	4	4	7	4	8	8	
Akanasu (brown rice)	109	340	21.0	7.0	0.2	15	640	28	6	4	7	4	6	6	
Syake	116	140	3.5	0.5	0	20	25	17	1	0	11	3	4	6	
Syake (brown rice)	116	170	4.5	0.5	0	20	25	22	3	0	11	3	4	4	
Syake Spicy	119	150	4.0	0.5	0	20	60	17	1	0	11	3	4	6	
Syake Spicy (brown rice)	119	180	5.0	0.5	0	20	60	22	3	0	11	3	4	4	
Tekka	116	130	1.5	0.3	0	20	25	17	1	0	12	2	4	4	
Tekka (brown rice)	116	160	2.5	0.3	0	20	25	22	3	0	13	2	4	4	
Tekka Spicy	119	140	2.0	0.3	0	20	55	17	1	0	12	2	4	4	
Tekka Spicy (brown rice)	119	170	3.0	0.3	0	20	55	22	3	0	13	2	4	4	
Tempura Syake	131	170	4.0	0.5	0	15	85	24	2	1	9	3	4	8	
Tempura Syake (brown rice)	131	200	5.0	0.5	0	15	85	28	3	1	10	3	4	6	
Tempura Tekka	131	160	2.5	0.3	0	15	85	24	2	1	11	3	4	8	
Tempura Tekka (brown rice)	131	190	3.0	0.3	0	15	85	28	3	1	11	3	4	6	
MAKI /8 pcs															
Black Mamba	227	400	18	2	0.1	120	570	37	2	1	20	2	4	15	
Black Mamba (brown rice)	227	440	19	2	0.1	120	570	43	4	1	21	2	2	10	
Vancouver	168	230	11.0	3.5	0.1	20	300	26	3	1	10	4	6	8	
Vancouver (brown rice)	168	270	12.0	3.5	0.1	20	300	31	5	1	11	4	6	5	
911	169	200	4.0	0.5	0	40	300	30	2	2	12	2	4	8	
911 (brown rice)	169	240	5.0	0.5	0	40	300	36	5	2	12	2	4	6	
Ebi Maki	178	190	4.0	0.5	0	50	240	30	2	2	9	2	6	10	
Ebi Maki (brown rice)	178	230	5.0	0.5	0	50	240	36	5	2	10	2	4	10	
Twin Salmon	180	230	9.0	1.5	0	45	400	26	3	1	13	4	4	8	
Twin Salmon (brown rice)	180	270	10.0	1.5	0	45	400	32	5	1	13	4	4	6	
Dragon	210	320	13.0	1.0	0	60	330	40	3	2	10	4	2	6	
Dragon (brown rice)	210	360	13.0	1.0	0	60	330	46	5	2	11	4	2	4	
California Classic	162	180	5.0	1.0	0	5	290	27	2	0	7	2	4	6	
California Classic (brown rice)	162	220	6.0	1.0	0	5	290	33	3	0	8	2	4	4	
Red Tiger	222	320	13.0	2.0	0	80	530	28	1	0	23	2	4	15	
Red Tiger (brown rice)	222	360	14.0	2.0	0	80	530	34	4	0	24	2	2	15	
Chicken Teriyaki	166	270	12.0	1.5	0	25	190	34	3	2	6	4	4	6	
Chicken Teriyaki (brown rice)	166	310	13.0	1.5	0	25	190	40	5	2	7	4	4	6	
Sunkiss	182	270	11.0	1.5	0	50	450	25	2	1	15	4	4	8	
Sunkiss (brown rice)	182	310	13.0	1.5	0	50	450	31	4	1	16	4	4	6	
Tokyo	197	260	12.0	1.5	0	35	490	28	3	2	12	2	2	6	
Tokyo (brown rice)	197	300	13.0	1.5	0	35	490	34	5	2	12	2	2	4	



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Viper	196	270	11.0	2.0	0	45	540	33	3	2	9	2	17	7
Viper (brown rice)	196	310	12.0	2.0	0	45	540	39	5	2	10	2	15	7
SUMOMAKI /5 pcs														
Lion Roll	203	360	18	2	0.1	65	860	39	2	8	6	3	2	4
Lion Roll (brown rice)	203	390	19	2	0.1	65	860	44	4	8	7	3	2	4
Vegetarian Roll	167	170	7	1	0	5	170	26	3	2	4	2	6	6
Vegetarian Roll (brown rice)	167	210	8	1	0	5	170	31	5	2	5	2	4	5
California Roll	211	230	9.0	1.5	0.1	130	480	29	3	5	9	4	6	10
California Roll (brown rice)	211	260	10.0	1.5	0.1	130	480	34	5	6	9	4	6	10
Dynamite Roll	160	230	10.0	1.0	0	40	280	29	3	2	7	4	4	4
Dynamite Roll (brown rice)	160	260	11.0	1.0	0	40	270	34	5	2	7	4	4	4
Spicy Salmon Crunch Roll	171	180	3.0	0.4	0	20	120	27	1	2	10	3	2	8
Spicy Salmon Crunch Roll (brown rice)	171	210	4.0	0.4	0	20	120	32	3	2	10	3	0	6
Spicy Tuna Crunch Roll	171	170	1.5	0.2	0	15	115	27	1	2	11	3	2	8
Spicy Tuna Crunch Roll (brown rice)	171	200	2.5	0.2	0	15	115	32	3	2	11	3	2	6
Boston Roll	176	170	4.5	0.5	0.1	55	390	24	2	2	9	4	6	8
Boston Roll (brown rice)	176	210	6.0	0.5	0.1	55	390	29	4	2	9	4	4	6
Tuna Kamikaze Roll	180	200	4.5	0.5	0	40	430	29	2	2	12	3	2	8
Tuna Kamikaze Roll (brown rice)	180	240	5.0	0.5	0	40	430	34	4	2	12	3	2	6
Salmon Kamikaze Roll	180	210	6.0	0.5	0	45	430	29	2	2	11	3	2	8
Salmon Kamikaze Roll (brown rice)	180	250	7.0	0.5	0	45	430	34	4	2	12	3	0	6
Snow Crab Roll	170	190	4.0	0.5	0	30	530	26	2	1	11	2	4	6
Snow Crab Roll (brown rice)	170	220	5.0	0.0	0	30	530	31	4	1	11	2	2	4
Rainbow Roll	194	220	6.0	1.0	0	25	125	28	2	2	14	4	2	10
Rainbow Roll (brown rice)	194	250	7.0	1.0	0	25	125	33	4	2	14	4	2	8
Red-Eye Roll	157	180	2.5	0.3	0	45	360	27	1	1	13	4	4	6
Red-Eye Roll (brown rice)	157	220	3.5	0.3	0	45	360	32	3	1	13	4	2	6
Miami Roll	161	250	8.0	2.0	0.1	40	450	26	1	2	12	3	4	6
Miami Roll (brown rice)	161	290	9.0	2.0	0.1	40	450	31	3	2	13	3	2	6
Spicy Shrimp Roll	187	200	6.0	1.0	0	55	450	28	3	2	10	2	6	10
Spicy Shrimp Roll (brown rice)	187	230	7.0	1.0	0	55	450	33	5	2	10	2	4	10
Smoky Roll	159	210	6.0	1.0	0	35	460	28	2	2	9	3	4	8
Smoky Roll (brown rice)	159	240	8.0	1.0	0	35	450	34	4	2	10	3	4	8
Grilled Chicken Roll	185	270	14.0	1.5	0	20	380	29	2	2	10	4	2	10
Grilled Chicken Roll (brown rice)	185	310	15.0	1.5	0	20	370	34	4	2	11	4	2	8
Calypso	189	220	11	1.5	0.1	40	500	19	3	3	14	3	8	10
Inferno Roll	167	360	20.0	6.0	0.2	55	970	36	4	7	8	4	10	10
Inferno Roll (brown rice)	167	400	21.0	6.0	0.2	55	970	42	6	7	9	4	8	10
BLOSSOM /5 pcs														
Red Velvet	236	330	13.0	1.5	0.1	50	400	39	3	3	15	4	6	6
Red Velvet (brown rice)	236	390	14.0	1.5	0.1	50	400	48	7	3	16	4	4	4
Orange Velvet	236	350	15.0	2.0	0.1	55	410	39	3	3	14	4	6	6
Orange Velvet (brown rice)	236	410	17.0	2.0	0.1	55	400	48	7	3	15	4	4	6
Phoenix 6 pcs	260	430	13	1.5	0	70	1200	59	2	2	16	5	6	15
Phoenix (brown rice) 6 pcs	260	470	14	1.5	0	70	1200	65	5	2	17	5	4	10
Teriyaki Salmon	231	310	11	1.5	0	35	700	35	3	7	17	3	6	10
Teriyaki Salmon (brown rice)	231	340	13	1.5	0.1	35	700	40	5	7	17	3	6	8
Salmon Truffle	217	300	7.0	1.0	0	90	670	37	0	1	20	3	4	15
Salmon Truffle (brown rice)	217	340	9.0	1.0	0	90	670	43	3	1	21	3	4	15
Volcano	372	650	32.0	3.0	0.2	100	370	56	3	1	31	4	6	10
Volcano (brown rice)	372	720	34.0	3.0	0.2	100	370	67	7	1	32	4	4	10
Diablo	225	320	12.0	1.5	0.1	70	740	34	2	2	18	4	2	8
Diablo (brown rice)	225	360	13.0	1.5	0.1	70	740	39	4	2	19	4	2	8
Cherry Blossom 8 pcs	290	440	14.0	2.0	0.2	110	1220	56	0	2	20	6	6	15
Cherry Blossom (brown rice) 8 pcs	290	480	15.0	2.0	0.2	110	1220	62	3	2	20	6	6	10
Mini Volcano 4 pcs	107	190	9	1	0.1	25	145	15	2	1	8	2	2	4
Mini Volcano 4 pcs (brown rice)	107	200	10	1	0.1	25	145	18	3	1	8	2	2	4
Mini Volcano 8 pcs	214	370	19	2	0.2	50	290	30	3	2	15	4	6	8
Mini Volcano 8 pcs (brown rice)	214	400	20	2	0.2	50	290	35	5	2	15	4	4	8
Sweet Passion	155	280	21	3	0.2	50	340	13	1	2	10	3	4	8
Red Ruby	150	290	20	3	0.2	45	460	12	1	2	11	3	4	8
CRISPY ROLLS /5 pcs														
Philly	207	420	24.0	3.0	0.1	40	560	40	2	2	12	4	2	10
Philly (brown rice)	207	450	25.0	3.0	0.1	40	560	45	4	2	12	4	2	10
Dragon Eye	244	410	22.0	2.0	0.1	40	240	34	3	2	22	5	4	15
Dragon Eye (brown rice)	244	430	22.0	2.0	0.1	40	240	36	4	2	22	5	2	15
Veggie Deluxe	163	180	7.0	2.0	0.1	5	260	27	4	3	5	3	4	4
Veggie Deluxe (brown rice)	163	220	8.0	2.0	0.1	5	260	32	6	3	5	3	4	4
MONKEY BRAIN /4 pcs														
Salmon	205	380	21	3	0	55	580	31	5	5	18	14	2	15



	Serving Size (g)	Calories (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (g)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Potassium (%)	Calcium (%)	Iron (%)
Tuna	205	360	18	2.5	0	45	580	31	5	5	21	15	2	15
SUSHI PIZZA /6 pcs														
Sunrise	273	550	29	6	0.2	70	770	51	2	6	19	3	6	15
Sunrise (brown rice)	273	590	31	6	0.2	70	770	56	5	7	20	3	4	15
Authentik	252	530	30.0	5.0	0.2	70	780	43	1	1	22	4	6	15
Authentik (brown rice)	252	570	31.0	5.0	0.2	70	780	48	3	1	22	4	4	10
Lobster & Co.	248	490	26.0	4.0	0.2	65	480	43	1	4	20	2	6	15
Lobster & Co. (brown rice)	248	530	28.0	4.0	0.2	65	480	49	4	4	20	2	6	10
MINI SUSHI PIZZA														
Mini Authentik	105	340	27	3.5	0.5	15	250	18	1	1	6	1	2	6
Mini Lobster & Co.	99	330	27	3	0.5	25	200	17	1	1	5	1	2	4
Mini Sunrise	95	230	14	2.5	0.1	25	240	19	1	2	6	1	2	6
Pizza Sliders (3 Mini Sushi Pizza)	299	900	68	9	1.1	65	690	54	3	4	17	4	6	16
TEMARI /4 pcs														
Tataki Tuna (4 pcs)	164	240	8	1	0.1	20	220	32	0	4	8	1	0	8
Tataki Tuna - brown rice (4 pcs)	164	320	10	1	0.1	20	220	40	4	4	12	1	0	0
Smoky Philly (4 pcs)	168	240	10	2	0	20	240	32	4	0	8	2	8	8
Smoky Philly - brown rice (4 pcs)	168	320	12	2	0.1	20	240	40	4	0	8	2	8	8
Teriyaki Bomb (4 pcs)	252	600	36	6	0	100	1000	48	0	12	16	2	8	8
Teriyaki Bomb - brown rice (4 pcs)	252	640	36	6	0.1	100	1000	56	4	12	16	2	0	8
Veggie Bomb (4 pcs)	216	480	28	6	0	600	760	40	0	8	8	2	8	8
Veggie Bomb - brown rice (4 pcs)	216	520	32	6	0.1	600	760	48	4	8	8	2	8	0
Temari - Crispy Lobster 4 pc	196	240	7	1	0	85	430	31	0	2	13	1	6	6
Temari - Crispy Lobster 4 pc (brown rice)	196	290	8	1	0	85	430	38	4	2	14	1	4	6
HAKO / 6 pcs														
Sircocco	239	360	15.0	1.5	0.1	65	320	40	3	4	15	2	6	8
Sircocco (brown rice)	239	410	17.0	1.5	0.1	65	320	47	6	4	16	2	4	6
TARTARE MAKI														
Maki Tartare Salmon	123	170	6.0	1.0	0	50	400	19	1	2	10	10	4	10
Maki Tartare Shrimp	123	160	4.0	0.5	0	90	440	19	1	2	10	8	6	15
Maki Tartare Tuna	123	160	4.0	0.4	0	45	400	19	1	2	12	10	4	10
TARTARE														
Tuna Tartare	102	140	4.5	0.5	0	30	280	3	0	1	22	9	2	6
Salmon Tartare	103	160	8	1	0	45	300	3	0	1	17	10	2	6
Crispy Tuna Tartare (1 pc)	108	130	2	0.4	0	35	440	6	1	1	21	6	4	8
Crispy Tuna Tartare (2 pc)	216	260	4	0.8	0	70	880	12	2	2	42	12	8	16
Crispy Salmon Tartare (1 pc)	108	160	6	1	0	45	440	6	1	1	16	6	4	8
Crispy Salmon Tartare (2 pc)	216	320	12	2	0	90	880	12	2	2	32	12	8	16
SUSHI TACOS														
Salmon Taco (2)	101	170	9	1.5	0.1	25	950	12	1	1	9	4	4	8
Salmon Taco (3)	144	240	14	2	0.1	35	1300	18	2	1	12	6	6	10
Tuna Taco (2)	101	160	8	1	0.1	25	950	12	1	1	10	4	4	8
Tuna Taco (3)	144	230	11	2	0.1	30	1290	18	2	1	14	6	6	10
Lobster Taco (2)	94	120	5	0.5	0.1	35	270	9	1	1	10	2	4	6
Lobster Taco (3)	136	180	8	1	0.1	45	390	14	2	1	14	4	6	10
RAMEN SOUP														
Pork Ramen	560	580	28	8	0	70	3440	55	3	1	24	18	12	25
SPRING MAKI / 2 pcs														
Spring Maki Shrimp	219	310	9.0	1.0	0	50	460	43	1	2	12	3	6	15
Spring Maki Shrimp (brown rice)	219	360	11.0	1.0	0	50	460	51	4	2	13	3	6	10
Spring Maki Salmon	263	320	9.0	1.0	0	110	420	47	1	6	13	4	4	10
Spring Maki Salmon (brown rice)	263	370	11.0	1.0	0	110	520	54	4	6	13	4	4	8
Spring Maki Lobster	279	380	14.0	2.0	0	135	580	47	2	5	17	2	6	10
Spring Maki Lobster (brown rice)	279	430	15.0	2.0	0	135	570	55	5	5	18	2	6	10
Spring Maki Tuna	212	280	8.0	0.5	0	15	410	42	1	2	10	4	4	8
Spring Maki Tuna (brown rice)	212	330	9.0	0.5	0	15	410	49	4	2	11	4	2	6
Spring Maki Chicken	244	310	14.0	1.0	0	25	490	43	1	36	12	5	6	8
Spring Maki Chicken (brown rice)	244	390	15.0	10.0	0	25	490	51	4	3	13	5	4	6
Spring Maki Veggie	258	330	12.0	1.5	0	100	390	48	2	6	7	2	8	15
Spring Maki Veggie (brown rice)	258	380	14.0	1.5	0	100	390	56	5	6	8	2	6	10
KAARAGE CHICKEN														
Appetizer	120	330	21.00	4.5	0	70	470	18	0	0	17	4	0	10
Bowl with soy sauce on rice	420	780	38	8	0	120	1610	75	2	2	34	8	6	25
Bowl with ponzu sauce on rice	420	770	38	8	0	120	2150	74	2	2	32	8	6	25
SUSHI BURRITO														
Salmon & Shrimp Tempura	370	500	19	2	0	90	1060	56	3	2	23	9	4	10
Spicy Tuna & Mango	368	440	11	1.5	0	50	290	58	3	8	25	11	6	15
Spicy Shrimp & Mango	378	450	16	2	0	110	780	56	4	7	19	12	6	20
Salmon & Crab	340	460	18	2.5	0	50	400	52	3	2	22	8	6	15
Tuna & Salmon	372	420	11	1.5	0	45	540	55	3	1	24	10	6	20



	Serving Size (g)	Calories (g)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (g)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Potassium (%)	Calcium (%)	Iron (%)
Veggie	374	400	13	1.5	0.1	5	300	63	8	9	10	8	10	15
BENTO BOX														
COMBOS														
Combo G (Ocean Twelve)	250	305	10	3	0	33	445	42	4	2	15	12	7	11
Combo H (Exquis)	375	457	16	2	0	66	349	60	6	2	19	14	10	16
Combo I (Sunset)	358	510	17	4	0	50	760	60	5	8	23	10	13	18
Combo K (Lotus)	415	460	16	4	0	5	513	69	8	9	14	12	22	22
Combo M (Omega)	385	475	15	3	0	78	715	64	6	9	23	10	12	22
Baby on Board Combo - Lion (white rice)	667	1030	38	4.3	0.1	80	2660	132	6	10	36	14	16	31
Baby on Board Combo - Lion (brown rice)	667	1080	40	4.3	0.1	80	2660	143	11	10	37	14	14	26
Baby on Board Combo - Kamikaze (white rice)	634	860	24	2.8	0	70	2240	122	6	4	38	16	16	35
Baby on Board Combo - Kamikaze (brown rice)	634	910	26	2.8	0	70	2240	132	10	4	40	16	14	30
Combo Salmon lover	302	390	12	2	0	70	290	42	3	1	28	14	6	15
Le Sky Combo	595	850	29	4	0.1	240	1520	95	5	7	50	10	20	50
Nigiri Combo	351	390	20	3	0.1	85	1210	51	2	0	27	13	7	10
DESSERTS														
Banana chocolate Bomb (2 pcs)	56	120	5	2	0	0	15	19	1	11	1	3	0	6
Banana chocolate Bomb (4 pcs)	112	240	10	4	0.1	0	30	38	2	22	2	6	0	12
Japanese Cheese Cake	140	410	26	14	0.0	260	260	38	0	22	8	4	8	8
Chocolate Brownie	60	240	11	0	0.0	10	90	37	1	24	2	0	0	19
PLATTERS														
Deluxe Platter (full platter)	1450	2210	85	13	1	380	3300	260	25	17	100	28	30	80
Deluxe Platter (per serving, serves 4)	360	560	21	3	0	100	830	65	6	4	25	7	8	20
Le Boreale Platter (full platter)	2081	3150	135	19	1	615	6110	268	24	24	203	44	50	116
Le Boreale Platter (per serving, serves 4)	520	790	34	5	0	155	1530	67	6	6	51	30	10	30
EXTRAS														
Passion Fruit Mayo	30	90	8.0	0.5	0.2	10	140	4	0	4	0.2	0	0	0
Miso Sauce	30	90	9	0.5	0.3	10	340	1	0	1	1	0	2	2
Sesame Sauce	24	105	11.0	0.5	0	5	210	2	0	2	1	0	0	0
Spicy Light Mayo	24	70	8	0.5	1	10	130	1	0	0	0.2	0	0	0
Gluten-Free Soy sauce	24	20	0	0	0	0	1300	2	0	1	2	0	0	0
Regular Soy Sauce	24	30	0	0	0	0	720	6	0	6	1	0	0	1
Yin Yang Sauce	25	120	11	1.5	0	20	220	3	0	3	0.1	0	0	0
Sweet Chili Sauce	24	45	0	0	0	0	110	9	0	8	0	0	0	0
Ponzu sauce	30	10	0.5	0.1	0	0	2700	1	0	1	0.2	0	0	0
Chocolate Sauce	24	55	0.2	0.1	0	0	20	14	0	10	0.6	0	1	2
Maple Fudge Sauce	24	50	1	0.2	0	0	30	11	0	6	0	0	0	0
Avocado (30g)	30	50	5	1	0	0	2	3	2	0	1	4	0	2
Cucucumber (30 g)	30	5	0	0	0	0	1	1	0	1	0	1	0	0
Mini Wakame Salad	24	20	0.4	0	0	0	320	3	1	2	0	0	20	0
Mini Edamame Beans	28	35	1	0	0	0	110	3	1	0	3	0	2	4
Wonton Chips	21	70	3.0	0.2	0.1	5	110	10	0	0	2	0	0	4
Japanese Crab Stick (1 pc)	30	30	0	0	0	5	250	5	0	2	2	1	0	0
Shrimp (5 pcs)	30	20	0	0	0	40	170	0	0	0	4	1	2	0
Shrimp Tempura	20	60	2.5	0	0	15	40	6	0	0	3	1	0	0
Salmon (30 g)	30	45	2	0	0	15	15	0	0	0	6	3	0	2
Smoked Salmon (30 g)	30	35	2	0	0	5	240	0	0	0	5	3	0	2
Tuna (30 g)	30	30	0	0	0	15	10	0	0	0	7	3	0	2
Crab (30 g)	30	35	0	0	0	35	115	0	0	0	7	3	4	2
Lobster (15 g)	15	15	0	0	0	10	55	0	0	0	3	3	0	0
Seafood (salmon, shrimp, kanikama)	50	60	1.5	0.3	0	45	160	2	0	1	9	3	2	4
Karaage Chicken (2 pcs)	40	110	7	2	0	25	150	6	0	0	5	4	0	4
Grilled Chiken	40	45	1	0.3	0	25	130	1	0	0	8	4	2	0
Red Masago (8 g)	8	10	0	0	0	25	180	1	0	1	1	0	0	0
Tempura (15 g)	15	50	5	1	0	0	2	2	0	0	0	0	0	2
Ginger (30 g)	30	20	0	0	0	0	460	5	0	0	0	3	0	0
Cream Cheese (20 g)	20	45	4	3	0	15	100	1	0	1	2	1	2	0
Wasabi (20 g)	20	60	2	0	0	0	680	9	1	3	0	1	0	0
RICE BOWL														
White Rice	125	85	0.15	0	0	0	0	18	0	0	2	1	0	0
Brown Rice	125	95	1	0	0	0	0	20	2	0	3	1	0	0
SUSHI PAPER														
Nori	6	2	0	0	0	0	4	0	0	0	0.4	3	0	0
Rice paper	10	35	0	0	0	0	95	8	0	0	0.2	0	0	2
Soy paper	4	15	0.5	0	0	0	20	1	0	0	2	0	0	0