

Nutrition Facts												
Menu Items	Serving Size	Total Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Seaweed Wrap	1/2 sheet	10	0	0	0	0	0	0	1	1	0	1
Soy Wrap	full sheet	15	5	0.5	0	0	0	20	1	0	0	2
Sushi Rice	4.5 oz	148	0	0	0	0	0	410	35	2	3	2
<b>PROTEINS (cooked)</b>												
Teriyaki Chicken	1.5 oz	56	22.5	2	0	0	26	264	2	0	1	9
Krab Mix	1.5 oz	58	11.5	1	0	0	9.5	234	7	0	3	5
Shrimp (ebi)	0.4 oz	12.5	0	0	0	0	27	21	0	0	0	4
Shrimp Tempura	2 oz	67	5	1	0	0	25	143	11	1	1	5
Coconut Shrimp	1.6 oz	92	4	0	2	0	34	244	14	0	0	4
Tofu (firm)	1.5 oz	38	14.5	2	0	0	0	5	1	0	0	4
Fried Calamari	2 oz	182	107	0	12	0	34	186	12	1	0	6
Freshwater Eel (unagi)	1.5 oz	98	56	6	1	0	67	162	0	0	0	10
<b>PROTEINS (raw)</b>												
Salmon (sake)	1.5 oz	76	40	4	1	0	21	20	0	0	0	8.5
Poke	1.5 oz	49	5	0	0	0	19	15	0	0	0	10
Yellowtail (hamachi)	1.5 oz	62	20	2	1	0	23	17	0	0	0	10
Tuna (maguro)	1.5 oz	45	0	0	0	0	15	9	0	0	0	11
Spicy Tuna	1.5 oz	55.5	10.5	1	0	0	0	63	0	0	1	10
<b>FILLINGS</b>												
Cucumber	1.5 oz	4	0.5	0	0	0	0	1	1	0	0.5	0
Avocado	1.5 oz	71	59	7	0	0	0	3	4	3	0	1
Cream Cheese	1.5 oz	152	137	15	9	0	46	167	1.5	0	1.5	3
Spring Mix	1.5 oz	10	0	0	0	0	0	48	1.5	1	0	1
Green Onion	1.5 oz	6.5	0	0	0	0	0	2	1	1	1	0
Daikon Sprouts	1.5 oz	9	0	0	0	0	0	9	2	1	1	1
Carrot	1.5 oz	13	1	0	0	0	0	25.5	3	1	2	0
New Mexico Green Chile	1.5 oz	7.5	0	0	0	0	0	0	1.5	1.5	1.5	0
Jalapeno	1.5 oz	5	1	0	0	0	0	1	1	0.5	1	0
Mango	1.5 oz	19	1	0	0	0	0	0	5	0.5	4	0
Mandarin Oranges	1.5 oz	27	0	0	0	0	0	6	6	0	5	0
Asparagus	1.5 oz	5	0	0	0	0	0	1	1	0.5	0.5	1
Cilantro	1.5 oz	1	0	0	0	0	0	1	0	0	0	0

<b>TOPPINGS</b>													
Tempura Crunch	1.5 oz	100	45	5	2	0	0	100	25	1	1	3	
Toasted Coconut	1.5 oz	53	28	3	3	0	0	150	6	2	4	1	
Masago	0.5 oz	20	9	2	0	0	24	145	0	0	0	3	
Tobiko	0.5 oz	35	22.5	2.5	0.	5	0	83	212.5	0.5	0	3.5	
Avocado	3.0 oz	142	118	13	0	0	0	7	7	6	1	2	
Furikake Seasoning	0.5 oz	9	4	0	0	0	0	53	1	0	0	0	
Sesame Seeds	0.5 oz	30	27	3	0.	5	0	0	1	1	0	1	
Krab Mix	1.5 oz	58	11.5	1	0	0	10	234	6.5	0	3	5	
Spicy Tuna	1.5 oz	39	9	1	0	0	13	58	0	0	5	7	
Raw Fish	2.8 oz	61	20	2	1	0	19	18	0	0	0	10	
<b>SAUCES</b>													
Spicy Mayo	1.5 oz	361	335	37	5	0	33.5	504	6	0	6	0	
Unagi	1.5 oz	49	0	0	0	0	0	1107	10	0	6	2	
Fire	1.5 oz	244	138. 5	15	2	0	10	626	26. 5	1	20	1	
Mango sauce	1.5 oz	146. 5	124	14	2	0	12	94	5.5	0	5	0	
Ponzu	1.5 oz	42	0	0	0	0	0	1774	9	0	4	3	
Wasabi Mayo	1.5 oz	419	373	41	6	0	37	279.5	11	0	8	0	
Poke Sauce	1.5 oz	22	8.5	1	0	0	0	767	1.5	0	1	1	
<b>NEW SCHOOL ROLLS</b>													
Rock Star	1 roll	616	269	31	3	0	144	1708	60	6	13	29	
Rooster	1 roll	441	208	23	2	0	39	837	47	7	7	15	
Sunny Cali	1 roll	448	195	22	2	0	21	820	54. 5	7	14	10	
New Mexican	1 roll	479	148	16	2	0	34	938	55	6	14	27	
Waikiki	1 roll	504	182	20	11	0	64	1286	68	8	14	12	
Tale of Two Tunas	1 roll	353	70	8	0	0	15	864	45	7	7	27	
Sumo	1 roll	529	232	26	10	0	80	958.5	60	8	9	17	
Yellow Dragon	1 roll	439	158	18	2	0	174	1174	43. 5	6	5	28	
Sunset	1 roll	357	88	11	1	0	62	586	40	6	4	28	
Calamari Crunch	1 roll	631	323. 5	24	16	0	45.5	867	79	8	7	13	
Crazy	1 roll	646	362	40	9	0	41	1052	78	10	23	19	
<b>OLD SCHOOL ROLLS</b>													
California	1 roll	301	84.5	9	0.	5	0	9.5	647	47	6. 5	6. 5	9
Spicy Tuna	1 roll	212	11	1	0	0	0	473	36	3	4	13	
Philadelphia	1 roll	400	189	21	7	0	51	543	40	6	4	14	
Tiger	1 roll	411	71	8	0	0	276. 5	861	46	6	6. 5	45	

Caterpillar	1 roll	446	150	17	2	0	160	1391	51	7	8.	24	
Rainbow	1 roll	381. 5	135	15	5	0	19	659	49	9	7	14	
Dragon	1 roll	517	196	22	3	0	215. 5	1525	50	6	8. 5	31	
Crunch	1 roll	470	121	14	3	0	35	1259	86	8	10	17	
<b>SUSHI BURRITOS</b>													
Fistbump	1/2 burrito	421	189	21	5.	5	0	36	931	52. 5	4	6	13
Gunshow	1/2 burrito	398	139	16	2	0	145	891	36. 5	3	6	29	
Angry Bird	1/2 burrito	333	147	16	2	0	21.5	827	56	5	15	9	
Kookmeyer	1/2 burrito	502	272	23	14	0	53	973	55	4	6	10	
Dr. Eel Good	1/2 burrito	340. 5	131	14	2	0	55	1528	44	4	10	9	
Hot Chick	1/2 burrito	357	142	16	2	0	39	1133	41	4	8	15	
Beach Bum	1/2 burrito	417. 5	176	19. 5	6	0	45	1091	50	5	10	9	
<b>SIDES</b>													
Miso Soup	8 oz	78.5	20	3	0	0	0	1343. 5	9	4	4. 5	3.5	
Edamame	9 oz	282. 5	76	8	0	0	0	309	31	11	3	31	
Egg Roll	3 oz	140	40	4.5	1	0	0	240	21	3	3	4	
Gyoza	5 pcs	133	28	3	2	0	14	476	20	1	3	6	
Shrimp Tempura	4 pcs	160	12	2	1	0	60	340	27	2	2	9	
Fried Calamari	6.5 oz	437	257	0	29	0	83	445	29	1	0	14	
Scoop of Rice	4.5 oz	127. 5	0	0	0	0	0	0	29	2	0	2	
Seaweed Salad	4 oz	100	20	2	0	0	0	1480	12	4	8	4	
Poke Salad	4 oz	145	20	2	0	0	51	555	1	0	1	28	
Cucumber Salad	4 oz	185	86.5	9	0	0	0	1936	28	1	14	1	
Sunomono Salad	4 oz	145	47.5	5	0	0	6	1435	19	2	10	5	
<b>FAVORITES</b>													
Teriyaki Solo	18 oz	706	133	14	1	0	150	4814	79	4	23	61	
Teriyaki Combo	18 oz	785	165	17	2	0	150	4269	90	6	23	63	
Poke Nachos	7.7 oz	299	137	15	2	0	35	559	22	2	4	17. 5	
Hakuna Tuna Poke Bowl	13 oz	435	117	15	0	0	78	1593	48	7	9	33	