

PRODUCT	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	SUGARS (g)	PROTEIN (g)
Avocado Spring Roll	24	1	0	0	45	3	0	1
Bento Box 1	53	2	0	7	84	5	1	4
Bento Box 2 (seaweed salad)	54	1	0	4	132	7	1	3
Bento Box 2 (squid salad)	60	2	0	19	147	7	1	10
California & Vegetable Combo	33	0	0	0	68	7	1	1
California Roll	37	1	0	1	78	6	1	1
California Roll (real crab)(12-grain)	28	1	0	2	59	4	1	1
Chef's Special (tuna, salmon) California	47	1	9	47	82	7	1	3
Chef's Special (tuna, salmon) fantasy	53	1	0	53	91	7	1	3
Crawfish & Salmon Roll	44	44	0	4	98	6	1	1
Dragon Roll	54	21	0	12	101	6	1	2
Edamame	10	0	0	0	2	0	0	2
Edo (tuna, salmon, eel)	41	1	0	51	25	0	0	19
Eel Roll	49	2	0	12	75	6	1	2
Fantasy Roll (salmon)	48	2	0	3	93	6	1	2
Fantasy Roll (shrimp)	46	2	0	8	100	6	1	2
Fantasy Roll (tuna)	46	2	0	2	93	6	1	2
Fantasy Roll (tuna, shrimp, salmon)	47	2	0	5	95	6	1	2
Fantasy Spring Roll (salmon)	39	2	0	3	90	4	1	2
Fantasy Spring Roll (shrimp)	37	2	0	9	98	4	1	2
Fantasy Spring Roll (tuna)	37	2	0	3	91	4	1	2
Fantasy Spring Roll (tuna, salmon, shrimp)	37	2	0	5	93	4	1	2
Fruity Spring Roll (blueberries)	16	1	0	0	23	2	1	0
Fruity Spring Roll (raspberries)	15	1	0	0	23	2	0	0
Fruity Spring Roll (strawberries)	15	1	0	0	20	2	0	0
Fusion Roll (ebi)	28	1	0	9	91	4	1	2
Fusion Roll (salmon)	35	1	0	5	84	4	1	3
Fusion Roll (tuna)	32	1	0	4	85	4	1	3
Ginger	0	0	0	0	0	0	0	0
Golden Spicy Roll (salmon)	43	2	0	3	75	6	1	1

Golden Spicy Roll (shrimp)	29	1	0	9	82	6	1	2
Golden Spicy Roll (tuna)	41	1	0	3	75	6	1	2
Golden Spicy Roll (tuna, salmon, shrimp)	41	2	0	5	77	6	1	2
Golden Tempura Shrimp Roll	57	2	1	5	112	8	2	2
Grilled Chicken Rice Bowl (12-grain)	331	7	1	69	569	43	3	21
Grilled Chicken Spring Roll	28	1	0	6	83	3	0	3
Grilled Salmon Rice Bowl (12-grain)	354	9	1	56	546	43	3	23
Grilled Shrimp Rice Bowl (12-grain)	309	4	1	119	616	44	3	22
Hand Roll (salmon)	19	1	0	2	26	2	0	1
Hand Roll (shrimp)	18	1	0	5	31	2	0	1
Hand Roll (tuna)	18	1	0	1	26	2	0	1
Hawaii Roll (salmon)	49	2	0	4	68	6	1	2
Hawaii Roll (shrimp)	46	2	0	12	79	6	1	2
Hawaii Roll (tuna)	47	2	0	2	69	6	1	2
Hawaii Roll (tuna, salmon, shrimp)	47	2	0	6	72	6	1	2
Ichiban Roll (salmon)	34	1	0	4	58	6	1	2
Ichiban Roll (tuna & salmon)	33	0	0	3	58	6	1	2
Ichiban Roll (tuna)	32	0	0	3	58	6	1	2
Inari	32	1	0	0	80	5	2	1
Kobe (with spicy tuna)	21	0	0	2	17	0	0	2
Kyoto (tuna, salmon, eel) tuna roll	59	1	0	29	28	0	0	11
Large Nigiri Combo (tuna, salmon, eel)	52	1	0	15	77	5	1	4
Marina Combo (tuna)	35	0	0	1	69	6	1	2
Nagano (tuna, salmon, eel) tuna roll	71	2	0	35	29	0	0	10
Nigiri (ebi)	0	0	0	2	1	0	0	0
Nigiri (eel)	5	0	0	5	1	0	0	0
Nigiri (octopus)	0	0	0	1	1	0	0	0
Nigiri (salmon roe)	2	0	0	6	1	0	0	1
Nigiri (salmon)	1	0	0	1	1	0	0	1
Nigiri (squid)	0	0	0	5	1	0	0	0
Nigiri (tamago)	2	0	0	8	1	0	0	0
Nigiri (tuna)	0	0	0	1	1	0	0	1
Nigiri (yellowtail)	3	0	0	0	1	0	0	0
Philly Roll (imitation crab)	53	3	1	6	97	6	1	1
Philly Roll (smoked salmon)	55	3	1	8	99	6	1	2

Rainbow Roll	45	1	0	9	85	6	1	3
Real Crab Roll	35	1	0	4	56	6	1	1
Sashimi (salmon)	23	1	0	9	7	0	0	3
Sashimi (squid)	8	0	0	36	24	0	2	1
Sashimi (tuna & salmon)	26	1	0	9	10	0	0	5
Sashimi (tuna)	17	0	0	6	8	0	0	4
Sashimi (yellowtail)	49	4	1	0	0	0	0	3
Seaweed Salad	3	0	0	0	2	0	0	0
Small Nigiri Combo (tuna & salmon)	33	0	0	6	44	4	1	3
Snack Sushi (avocado & carrot)	32	1	0	0	56	6	1	1
Snack Sushi (avocado & cucumber)	31	1	0	0	55	6	1	1
Snack Sushi (avocado)	36	1	0	0	55	6	1	1
Snack Sushi (carrot & cucumber)	27	0	0	0	56	6	1	1
Snack Sushi (carrot)	28	0	0	0	57	6	1	1
Snack Sushi (crab & avocado)	34	1	0	0	75	6	1	1
Snack Sushi (crab & carrot)	30	0	0	0	76	6	1	1
Snack Sushi (crab & cucumber)	29	0	0	0	75	6	1	1
Snack Sushi (cucumber)	26	0	0	0	55	6	1	1
Snack Sushi (imitation crab)	32	0	0	1	94	6	1	1
Special California Roll	36	1	0	1	90	6	1	1
Spicy California Roll	29	1	0	1	77	4	1	1
Spicy Roll (salmon)	44	2	0	3	63	6	1	1
Spicy Roll (salmon)(12-grain)	31	1	0	2	65	4	1	1
Spicy Roll (salmon)(brown rice)	28	1	0	2	64	3	1	1
Spicy Roll (shrimp)	42	2	0	8	70	6	1	1
Spicy Roll (shrimp)(12-grain)	30	1	0	4	68	4	1	1
Spicy Roll (shrimp)(brown rice)	28	1	0	5	68	4	1	1
Spicy Roll (tuna)	42	2	0	2	63	6	1	2
Spicy Roll (tuna)(12-grain)	30	1	0	1	66	4	1	1
Spicy Roll (tuna)(brown rice)	27	1	0	1	64	3	1	1
Spicy Roll (tuna, salmon, shrimp)	42	2	0	4	66	6	1	1
Spicy Sauce	32	1	0	1	1	0	0	0
Spring Roll	32	1	0	8	104	4	1	2
Squid Salad	4	0	0	0	0	0	0	5
Sunshine Combo (tuna, salmon, eel)	57	1	0	14	92	7	1	4

Sushi Avenue Combo (tuna)	43	2	0	5	72	6	1	1
Sushi Bowl (eel)	22	1	0	19	4	0	0	2
Sushi Bowl (salmon)	8	0	0	4	4	0	0	2
Sushi Bowl (tuna)	4	0	0	3	4	0	0	2
Sushicado (salmon)	15	0	0	4	6	0	0	2
Sushicado (salmon)(12-grain)	36	1	0	3	58	4	1	2
Sushicado (salmon)(brown rice)	29	1	0	3	58	3	1	1
Sushicado (shrimp)	12	0	0	14	6	0	0	2
Sushicado (shrimp)(12-grain)	33	1	0	9	66	4	1	2
Sushicado (shrimp)(brown rice)	27	1	0	9	66	3	1	1
Sushicado (tuna)	11	0	0	3	6	0	0	2
Sushicado (tuna)(12-grain)	33	1	0	2	58	4	1	2
Sushicado (tuna)(brown rice)	28	1	0	2	58	3	1	2
Sushicado (tuna, salmon, shrimp)	13	0	0	7	6	0	0	2
Tempura Shrimp Roll	21	1	0	3	8	0	0	1
Thai Chili Sauce	0	0	0	0	5	0	0	0
Tofu Roll	23	0	0	0	48	4	1	1
Tokyo	37	1	0	1	32	0	0	4
Vegetable Roll	8	0	0	0	6	0	0	1
Vegetable Roll (12-grain)	27	1	0	0	55	5	1	1
Vegetable Roll (brown rice)	21	1	0	0	54	4	1	0
Vegetable Spring Roll	7	0	0	0	3	0	0	1
Volcano Roll	14	0	0	3	6	0	0	2
Volcano Sushi (tuna)	71	2	0	9	194	7	2	4
Wasabi	0	0	0	0	3	0	0	0
Wasabi Sauce	28	1	0	1	1	0	0	0