

COOKED

RAW

VEGETARIAN

Product Names	Calories		Total Fat (g)		Saturated Fat (g)		Trans Fat (g)		Cholesterol (mg)		Sodium (mg)		Carbohydrates (g)		Dietary Fiber (g)		Sugars (g)		Protein (g)	
	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice
California Roll	304	283	8	9	1	1	0	0	5	5	883	794	51	45	4	5	10	10	8	7
California & Vegetable Combo	255	230	3	4	0	1	0	0	0	0	770	665	53	46	2	5	10	10	4	4
Chicken Gyoza	213		8		1		0		0		350		27		2		3		7	
Crawfish & Salmon Roll	357	336	14	15	2	2	0	0	29	29	1036	947	48	42	4	5	10	10	11	11
Crunchy California Roll	278	262	9	9	1	1	0	0	4	4	716	717	43	39	3	4	9	9	6	5
Dragon Roll	435	415	18	19	3	3	0	0	93	93	1053	968	52	46	4	6	12	12	16	16
Eel Roll	336	314	11	12	2	2	0	0	51	51	672	583	47	41	3	5	9	9	12	12
Fantasy roll (Shrimp)	373	352	13	14	2	2	0	0	67	67	1054	965	50	44	3	5	10	10	14	14
Fantasy Spring Roll (Shrimp)	292		13		2		0		74		783		30		4		5		14	
Fusion Spring Roll (Shrimp)	200		4		1		2		113		520		22		3		2		20	
Grilled Chicken Spring Roll	226		6		1		0		47		664		24		3		2		20	
Hand Roll (Shrimp)	291	277	13	13	2	2	0	0	84	84	661	601	32	28	3	4	6	6	12	12
Hawaii Roll (Shrimp)	373	352	13	14	2	2	0	0	97	97	908	819	50	44	4	6	10	10	15	15
Ichiban Roll (Shrimp)	257	233	1	2	0	0	0	0	105	105	848	747	47	40	1	3	8	8	15	15
Inari	352	329	9	9	2	2	0	0	0	0	1125	1031	59	52	0	2	23	23	9	9
Philly Roll (Smoked Salmon)	449	428	23	24	10	10	0	0	62	62	1045	956	46	40	3	5	9	9	15	15
Potsticker	213		8		1		0		0		350		27		2		3		7	
Real Crab Roll	290	269	7	8	1	1	0	0	29	29	707	618	46	40	4	5	8	8	11	11
Shrimp California Roll	191	178	5	6	1	1	0	0	54	54	445	393	28	24	2	4	5	5	9	9
Small Nigiri Combo (Eel)	462	445	24	25	6	6	0	0	226	226	1001	930	36	31	0	2	9	9	25	25
Small Nigiri Combo (Shrimp)	235	218	1	1	0	0	6	6	186	186	726	655	33	28	0	2	6	6	23	23
Snack Sushi (Imitation Crab)	206	182	0	1	0	0	0	0	0	0	727	626	47	40	1	3	8	8	3	3
Spicy California Roll	352	331	13	14	2	2	0	0	6	6	929	840	52	46	4	5	9	9	7	7
Spicy Roll (Shrimp)	340	318	12	13	2	2	0	0	63	63	817	728	47	41	4	5	9	9	11	11
Spring Roll	226		5		1		0		58		924		32		3		5		14	
Squid Salad	120		2		0		0		150		300		4		0		6		5	
Sunshine Combo (Eel)	382	362	15	16	2	3	0	0	61	61	857	858	46	40	3	4	9	9	16	15
Sunshine Combo (Shrimp)	332	312	10	11	1	1	1	1	53	53	797	798	45	39	3	4	9	9	15	15
Sushicado Roll (Shrimp)	345	323	11	11	1	2	0	0	108	108	791	699	48	42	5	6	8	8	16	16
Tempura Shrimp Roll	469	445	18	19	5	5	0	0	27	27	968	869	66	59	6	7	13	13	11	11
Teriyaki Chicken Roll	203	321	14	15	4	4	0	0	33	33	200	607	11	37	2	4	5	10	7	9
Bento Box #1	432		13		2		0		55		841		43		4		7		34	
Bento Box #2	344		10		1		0		30		1043		40		6		10		23	
Chef's Special (Salmon & Tuna)	428	403	11	12	1	2	0	0	41	41	924	926	56	48	2	5	10	10	25	25
Crunchy Philly Roll	501	487	18	18	5	6	0	0	36	36	730	671	69	65	3	4	8	8	16	16
Crunchy Spicy Roll (Salmon)	244	229	6	7	1	1	0	0	19	19	514	515	37	33	2	3	10	10	10	10
Crunchy Spicy Roll (Shrimp)	232	216	5	5	1	1	0	0	53	53	550	551	37	33	2	3	10	10	10	10
Crunchy Spicy Roll (Tuna)	233	217	4	5	1	1	0	0	13	13	516	517	37	33	2	3	10	10	11	11
Fantasy Roll (Salmon)	388	367	14	15	2	2	0	0	25	25	999	910	50	44	3	5	10	10	14	14
Fantasy Roll (Tuna)	378	356	13	13	2	2	0	0	19	19	1000	912	50	44	3	5	10	10	15	15
Fantasy Roll (Yellowtail)	418	397	18	18	3	3	0	0	5	5	792	793	49	43	3	5	9	9	15	15
Fantasy Spring Roll (Salmon)	399		16		2		5		38		1589		41		5		9		14	
Fantasy Spring Roll (Tuna)	297		13		2		0		20		724		30		4		5		15	
Fantasy Spring Roll (Yellowtail)	352		21		3		0		6		1222		31		4		7		10	
Fusion Spring Roll (Salmon)	231		4		4		4		64		435		22		3		2		20	
Fusion Spring Roll (Tuna)	206		4		1		0		53		454		22		3		2		21	
Fusion Spring Roll (Yellowtail)	206		4		1		0		53		454		22		3		2		21	
Golden Spicy Roll (Salmon)	347	326	13	14	2	2	0	0	27	27	853	765	46	40	3	5	9	9	11	11
Golden Spicy Roll (Shrimp)	332	310	11	12	2	2	0	0	69	69	908	820	46	40	3	5	9	9	12	11
Golden Spicy Roll (Tuna)	336	315	11	12	2	2	0	0	21	21	855	767	46	40	3	5	9	9	13	13
Golden Spicy Roll (Yellowtail)	396	375	19	19	3	4	0	0	9	9	839	751	46	40	3	5	9	9	11	11
GoldenTempura Shrimp Roll	466	442	17	18	4	5	0	0	41	41	1178	1079	66	60	5	7	14	14	12	12
Hand Roll (Salmon)	311	297	15	15	2	2	0	0	27	27	527	528	32	28	3	4	6	6	12	12
Hand Roll (Tuna)	297	283	13	13	2	2	0	0	19	19	589	530	32	28	3	4	6	6	14	14
Hand Roll (Yellowtail)	377	363	23	23	4	4	0	0	4	4	569	510	32	28	3	4	6	6	12	12
Hawaii Roll (Salmon)	398	376	16	16	2	2	0	0	29	29	819	730	50	44	4	6	10	10	14	14
Hawaii Roll (Tuna)	409	387	15	15	2	2	0	0	22	22	1059	970	53	47	4	6	13	13	17	17
Hawaii Roll (Yellowtail)	477	455	25	25	5	5	0	0	1	1	797	708	50	44	4	6	10	10	14	14
Ichiban Roll (Salmon)	283	259	4	5	1	1	0	0	30	30	751	650	47	40	1	3	8	8	14	14
Ichiban Roll (Tuna)	265	241	1	1	0	0	0	0	20	20	754	653	47	40	1	3	8	8	17	16
Ichiban Roll (Yellowtail)	370	346	14	14	3	3	0	0	0	0	727	626	47	40	1	3	8	8	14	14
Large Nigiri Combo (Tuna)	333	310	1	2	0	0	0	0	47	47	746	651	44	37	0	2	8	8	34	34
Large Nigiri Combo (Tuna, Salmon, Eel)	420	397	11	12	2	3	0	0	119	119	890	795	45	39	0	2	9	9	32	32
Marina Combo	167	162	8	8	2	2	0	0	16	16	259	259	16	15	3	3	5	5	8	8
Rainbow Roll	362	342	9	9	1	1	1	1	70	70	927	842	48	42	3	5	9	9	22	22
Sashimi (Tuna & Salmon)	129		3		0		0		41		48		3		1		1		22	
Sashimi (Salmon)	175		0		2		10		60		6		3		1		1		20	
Sashimi (Tuna)	114		1		0		0		33		51		3		1		1		24	
Sashimi (Yellowtail)	289		23		5		0		0		6		3		1		1		20	
Small Nigiri Combo (Salmon & Tuna)	266	249	3	4	0	1	0	0	44	44	557	485	33	28	0	2	6	6	24	24
Small Nigiri Combo (Salmon)	314	297	0	1	3	3	10	10	63	63	511	440	33	28	0	2	6	6	22	22
Small Nigiri Combo (Tuna)	249	232	1	1	0	0	0	0	35	35	559	488	33	28	0	2	6	6	26	26
Small Nigiri Combo (Yellowtail)	436	419	24	25	6	6	0	0	0	0	511	440	33	28	0	2	6	6	21	21
Special California Roll	296	275	7	8	1	1	0	0	11	11	975	887	50	44	3	5	10	10	8	8
Spicy Roll (Salmon)	355	333	14	15	2	2	0	0	20	20	761	673	47	41	4	5	9	9	11	11
Spicy Roll (Tuna)	344	293	12	9	2	1	0	0	14	13	763	693	47	41	4	5	9	9	12	12
Spicy Salmon Bowl	427	393	17	21	4	3	6	0	40	30	907	1393	41	39	1	5	10	12	14	13
Sunshine Combo (Eel, Salmon & Tuna)	464	435	11	12	2	2	0	0	114	114	1082	960	57	49	1	3	11	11	32	32
Sunshine Combo (Salmon)	350	329	10	1	2	2	2	2	26	26	750	751	45	39	3	4	9	9	15	15
Sunshine Combo (Tuna)	336	315	10	11	1	1	0	0	20	20	760	762	45	39	3	4	9	9	16	16
Sunshine Combo (Yellowtail)	376	356	15	16	2	3	0	0	12	12	750	751	45	39	3	4	9	9	15	15
Sushi Avenue Combo	348	327	12	13	2	2	0	0	38	38	835	746	48	42	3	5	10	10	11	11
Sushicado Roll (Salmon)	373	351	13	14	2	2	0	0	31	31	692	600	48	42	5	6	8	8	16	15
Sushicado Roll (Tuna)	354	332	10	11	1	2	0	0	20	20	69									