



Nutrition Facts

Bowls *Values do not include sauces, salads, or rice.	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Chicken Bowl	113	213	69	8	2	0	68	237	20	0	1	33	5	1	2	22
Spicy Chicken Bowl	113	213	69	8	2	0	68	237	20	0	0	33	5	1	2	22
Chicken Breast Bowl	113	212	55	6	1.5	0	53	140	0	0	0	32	1	0	1	8
Curry Chicken Bowl	113	213	69	8	2	0	68	237	20	0	0	33	5	1	2	22
Spicy Pork Loin Bowl	113	447	326	36	4	0	79	580	1	0	0	25	0	0	1	32
Steak Bowl	113	370	243	27	8.5	0	79	68	0	0	0	30	1	0	2	24
Salmon Bowl	113	207	76	8	1.5	0	38	69	0	0	0	25	1	7	2	2
Tempura Bowl	154	752	672	75	10	0	67	68	7	1	1	8	21	10	2	3
Plates *Values do not include sauces, salads, or rice.	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Chicken Plate	170	321	103	11.5	3	0	102	355	30	0	1	50	8	1.5	3	33.5
Spicy Chicken Plate	170	321	103	11.5	3	0	102	355	30	0	0	50	8	1.5	3	33.5
Chicken Breast Plate	170	319	84	9	2	0	80	212	0	0	0	48	1.5	0	1.5	13
Spicy Pork Loin Plate	170	673	491	55	6	0	119	872	1	0	1	38	0	0	1.5	48.5
Steak Plate	170	557	365	41	13	0	119	102	0	0	0	45	1.5	0	3	36
Steak and Chicken Plate	170	439	234	26	8	0	110	229	15	0	0.5	48	5	1	3.5	34.5
Shrimp Plate (2 skewers)	125	124	12	1	0.5	0	246	232	12	0	0	26	6	5	4.8	22
Shrimp (1 skewer) and Chicken Plate	147.5	223	57	6	3.5	0	174	294	21	0	0.5	38	7	3	4.4	27.5
Shrimp (1 skewer) and Steak Plate	147.5	340	189	21	8	0	182	167	6	0	0	36	4	2	3.9	29
Salmon Plate	170	310	113	13	2	0	57	104	0	0	0	38	2	10.5	2.6	3
Combo Plates *Values do not include sauces, salads, or rice.	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Tempura Plate	201	972	877	97	13	0	84	85	8.5	1	1.5	10	25	13	4.5	7
Tempura & Chicken Plate	224.5	843	664	74	11	0	101	230	21	1	1.5	32	24	10	5	21
Tempura & California Roll	295	850	686	76	10	0	55	647	35	3	3	11.5	20.5	13	5	31
California Roll & Chicken Plate	241	329	124	14	3	0	56	773	44	2	2	31	4	4	4	42.5
California Roll & Chicken Breast Plate	241	327	114	13	2	0	45	700	29	2	2	30	1	3	3	32
California Roll & Steak Plate	241	446	256	28	7.5	0	64	646	29	2	2	28	1	3	4	44
Yakisoba Noodle & Chicken Plate	417	572	310	34	4	0	51	547	40	3	7	32	7	201	2	88
Yakisoba Noodle & Chicken Breast Plate	417	570	300	33	3	0	40	474	25	3	6	31	4	200	1	78
Yakisoba Noodle & Steak Plate	417	689	441	49	8.5	0	59	420	25	3	6	30	4	200	2	90
Kids Plates *Values do not include sauces, salads, or rice.	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Kid Chicken Plate	85	161	51	6	2	0	51	178	15	0	0.5	25	4	1	2	16.5
Kid Tempura Plate	139.5	682	613	68	10	0	50	52	6	1	1	6	20	9	3	5
Kid Steak Plate	85	278	183	20	7	0	59	51	0	0	0	23	1	0	1.5	18
Sauces	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Curry Sauce	230	240	126	14	8	0	0	1330	25	3	6	4	2	8	4	6
Side of Tempura Sauce (3 oz)	85	13	0	0	0	0	0	413	2	0	2	2	0	0	0	2
Teriyaki Sauce (1.5 oz)	42.5	96	0.5	0	0	0	0	421	25	0.5	8.5	1	0	0	0.5	1
Sweet & Sour Sauce (2 oz)	57	114	0	0	0	0	0	250	30	0	30	0	0	0	0	0

Rice	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
White Rice-Plate Size	160	174	2	0	0	0	0	0	39	0	0	3	0	0	2	8
White Rice-Bowl Size	227	247	3	0	0	0	0	0	55	0	0	4	0	0	3	11
Brown Rice-Plate Size	160	190	9	1	0	0	0	0	41	3	0	4	0	0	2	4
Brown Rice-Bowl Size	227	270	13	1	0	0	0	0	58	4	0	6	0	0	3	6
Signature Salads	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Oriental Salad with Dressing	51.5	118	84	9	0.5	0	0	58	8	1	3	6	12	7	3	4
Sumi Salad with Dressing	119	192	130	14	1	0	0	203	13	3.5	3	3	7	53	5.5	6
Tomato & Cucumber Salad with Dressing	176	95	61	7	1	0	0	467	9	2	4	1	23	47.5	2	3
Cucumber Seaweed Salad with Dressing	170	97	67	7	1	0	0	294	8	1	3	1	9	44	4	4
Corn & Bowtie Pasta Salad with Dressing	184	237	96	11	1	0	0	262	36	5	1	5	11	40.5	1	3.5
Linguine Noodle Salad with Dressing	176	189	28	3	0	0	0	251	36	6	3.5	3.5	7	32	1	3
Thai Noodle Salad with Dressing	162	155	21	2	0	0	0	250	30.5	1	4	1.5	5	30	1	1.8
Entrée Salads *Values do not include Dressings.	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Oriental Salad	97	157	91	10	1	0	0	83	12	3	0	5	35	15	13	12
Sumi Salad	247	164	96	10.5	1	0	0	92	11	7	7.5	6.5	4	131	16	13
Seared Ahi Tuna Sashimi Salad	246	148	11	1	0	0	51	78	5.5	2	2	30	69	110	8	10
Grilled Chicken Salad	278	487	252	28	5	0	49	822	37	5	5	22	17.5	53	4	29
Grilled Salmon Salad	298	556	275	31	4	0	38	236	30	6	5.5	35.5	30	45	16	17
Spicy Sashimi Salad	292	242	78.5	9	1	0	34	195	21	2	9	53	41	41.5	7.5	67
Entrée Salad Dressings (1 OZ)	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Oriental Dressing	28.5	174	121	13	0	0	0	73	8	0	8	0	0	0	0	0
Sumi Dressing	28.5	197	156	17	0	0	0	340	7	0	7	0	0	0	0	0
Wasabi Vinaigrette Dressing	28.5	154	121	13	1	0	0	191	5	0	2.5	0	0	0	0	0
Sweet Mustard Vinaigrette Dressing	28.5	150	125	14	1	0	0	184	5	0	2.5	0	0	0	0	0
Soups	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Udon Noodle (w/Grilled Chicken)	797	505	73.5	8	2	0	59	4156	99	2	30	47	7	2.5	7	25
Udon Noodle (w/Tempura)	771	657	286	32	4	0	41	4012	88	3	30	26	16	3.5	7	12
Dumpling Soup	630	360	121.5	13.5	4	0	18.5	2031	39	27	14	14	3.5	50	0.5	35
Miso Soup	269	22	6	1	0	0	1	158	2	0	0	2	2	1	2	8
Rolls	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Vegetable Roll	210	203	35	4	1	0	0	780	40	2	0.5	4	2	13	1	44
California Roll	259	280	121.5	13.5	2	0	9	991	48	3	3	9	1	5.5	4	43
Shrimp Roll	264	259	40	4	1	0	61	630	45	2	2	12	3	14	3	50
Philadelphia Roll	249	428	215	24	10	0	70	693	41	2	1	15	4	8	5	45
Salmon Roll	256	317	101	11	2	0	31	574	40	2	2	15	1	10	1	45
Spicy Tuna Roll	279	276	39	4	1	0	32	568	40	2	1	20	2	8	2	47
Tempura Roll	249	328	79	9	2	0	48	1178	52	1	3	5.5	1	1	5	43
Tuna Roll	256	260	38	4	1	0	26	562	40	2	1	17	1.5	8	2	46
Specialty Rolls	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Rainbow Roll	300.5	324	54	6	1	0	59	1072	49	2	4	20	1	9.5	1.4	56
Spicy Tempura Roll	268	393	12	12	2	0	68	961	39	2	17	17	1	6	4	48

Caterpillar Roll	605	440	164	18	3	0	75	1170	54	5	18	18	33	11	8.5	49
Red Bull Roll	337.5	484	67.5	7.5	1.5	0	114	1566	72	1	28	28	3	3	5.8	49
Hawaiian Roll	327.5	341	49.5	5.5	1	0	44	1046	49	2	25	25	2	7	2.9	45
Washington Roll	234.5	418	131	15	10	0	82	1073	50	2	24	24	2	12	2.8	46
Dragon Roll	342	373	68	8	1	0	20	1546	65.5	3	12	12	1	10	1.9	115
Tiger Roll	285	428	147	16	3	0	94	1197	53	2	13	13	22	6.5	4.5	18
Sushi	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Sushi Special Box	284	346	63	7	1.5	0	51	700	38	0.5	0.5	29	1	6	2	77
Hand Roll California (1 roll)	87.5	63	23	2.5	0.5	0	3.5	235	11	1	1	3	1	5.5	3	10
Hand Roll Spicy Tuna (1 roll)	87.5	77	19	2	0.5	0	7	121	9	1	0.5	5	1	6	3	10
Hand Roll Salmon (1 roll)	112	121	52	6	1	0	16	133	9	1	0.5	7.5	1	7	3	10
Hand Roll Tuna (1 roll)	102	93	20	2	0.5	0	13	127	9	1	0.5	8	1	6	3	11
Hand Roll Unagi (1 roll)	116	152	56	6	1	0	46	195	14	1	1	9	22	6	3	11
Hand Roll Shrimp(1 roll)	102	90	21	2	2.5	0	55.5	179	9	1	0.5	8	2	6	3.5	15
Hand Roll Shrimp Tempura (1 roll)	103	131	43	5	1	0	14.5	610	17	1	0.5	2	1	5	4	10
Hand Roll Philly (1 roll)	130	204	139.5	15.5	6.5	0	47	224	10	1	1	9	3	7	5	11
Hand Roll Red Snapper (1 roll)	102	91	21.5	2	0.5	0	3	182	13	1	0.5	3.5	1	7	2	40
Nigiri Tuna (1 pcs)	28.5	31	1	0.5	0.5	0	6	58	3	0.5	0	4	1	0.5	0.5	4.5
Nigiri Salmon (1 pcs)	28.5	45	17	2	0.5	0	8	63	3	0.5	0	3	0.5	1	0.5	4
Nigiri Red Snapper (1 pcs)	28.5	30	2	0.5	0	0	1.5	85	5.5	0.5	0.5	1	0	1	0.5	19
Nigiri Shrimp 1 pcs)	28.5	30	1.5	0.5	0	0	3	84	3	0.5	0	3	0	0.5	1	6
Vegetable Roll (6 pcs)	126	122	21	2	2.5	0	0	468	24	1	0.5	3	1	8	1	27
California Roll (6 pcs)	156	168	73	8	1	0	5	595	29	2	2	6	0.5	3	2	26
Shrimp Roll (6 pcs)	158	155	24	2.5	0.5	0	37	378	27	1	1	7	2	8	2	30
Philadelphia Roll (6 pcs)	150	257	129	14	6	0	42	416	24	1	1	9	2	5	3	27
Salmon Roll (6 pcs)	154	190	60	6.5	1	0	19	344	24	1	1	9	1	6	1	27
Spicy Tuna Roll (6 pcs)	167	166	23	2.5	0.5	0	19	341	24	1	0.5	12	12	1	1	28
Tempura Roll (6 pcs)	150	197	48	5	1	0	29	707	31	0.5	2	3	0.5	1	2.5	26
Tuna Roll (6 pcs)	154	156	23	2.5	0.5	0	16	337	24	1	0.5	10	1	5	1	28
Side Odors	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron % DV
Vegetable Spring Rolls (Egg Roll 2)	85	197	76.5	8.5	0	0	0	440	22	2	6	2	8	0	0	0
Pot Stickers (6 pcs)	108	216	181	20	3	0	12	516	23	1	1	8	2	24	2	5
Shrimp And Veggie Tempura	159	686	638	71	10	0	50	52	6	1	1	6	9	9	3	5
Vegetable Fried Noodles	332	411	258	29	2	0	0	369	25	3	6	7	3	200	0.5	72
Shrimp Tempura (5 pcs)	71	353	297	33	4	0	84	81	4.5	0.5	0	8.5	2	1.5	3	5
Edamame (Shell)	226	276	106	12	1	0	0	14	23	12	0	25	0	23	14	28.5