



Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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SUSHI BURGER

Salmon Tataki	264	510	24	4	0	60	400	51	4	2	24	15	15	6	35
Tuna Tataki	264	490	20	3	0	55	390	51	4	2	27	15	15	8	35
Lobster & Shrimp	243	440	19	2.5	0.1	55	560	52	4	2	18	15	10	10	35
Karaage Chicken	268	670	36	7	0.1	85	670	63	3	2	22	0	10	6	40
Soft Shell Crab (entire)	212	430	18	3	0	65	810	49	3	2	17	2	10	10	30
Shrimp Chips (8)	30	130	5	1.5	0	0	370	18	2	6	2	0	0	0	4

KARAAGE CHICKEN

Karaage Chicken Appetizer (6pcs)	120	330	21	4.5	0.2	70	470	18	0	0	17	0	4	0	10
Karaage Chicken Meal (10pcs)	420	770	38	8	0.3	120	800	74	2	2	32	35	15	6	25

SUSHI BURITO

Karaage Chicken	350	570	27	5	0.2	70	920	60	3	2	19	45	15	4	20
Salmon & Shrimp Tempura	370	500	19	2	0	90	1060	56	3	2	23	15	10	4	10
Spicu Tuna & Mango	368	440	11	1.5	0	50	290	58	3	8	25	100	30	6	15
Spicy Shrimp & Mango	378	450	16	2	0	110	780	56	4	7	19	30	30	6	20
Salmon & Crab	340	460	18	2.5	0	50	400	52	3	2	22	50	15	6	15
Tuna & Salmon	372	440	12	2	0.1	45	540	55	3	1	24	20	15	6	20

POKE BOWLS

Salmon - white rice	380	510	23	3	0.1	70	1270	52	3	5	22	4	10	8	15
Salmon - brown rice	380	590	25	3	0.1	70	1270	63	7	5	23	4	10	6	10
Salmon - crispy sticky rice	380	520	24	3	0.1	70	1270	52	3	5	22	4	10	8	15
Salmon - salad	317	320	21	3	0.1	70	980	14	2	6	19	8	15	6	15
Spicy Shrimp - white rice	380	530	19	2.5	0.1	165	1260	56	3	6	29	8	10	10	20
Spicy Shrimp - brown rice	380	610	21	2.5	0.1	165	1260	67	7	6	30	8	10	8	20
Spicy Shrimp - crispy sticky rice	380	530	20	2.5	0.1	165	1260	56	3	6	29	8	10	10	20
Spicy Shrimp - salad	345	320	18	2.5	0.1	125	1430	19	2	6	22	10	20	10	20
Volcano - white rice	378	510	24	3	0.2	70	1000	51	2	4	22	4	10	8	15
Volcano - brown rice	378	590	26	3	0.2	70	1000	62	7	4	23	4	10	6	10
Volcano - crispy sticky rice	378	520	25	3	0.2	70	1000	51	2	4	22	4	10	8	15
Volcano - salad	317	320	21	3	0.1	70	980	14	2	6	19	8	15	6	15
Salmon & Tuna - white rice	380	500	21	3	0.1	65	1260	52	3	5	23	6	10	6	10
Salmon & Tuna - brown rice	380	580	23	3	0.1	65	1260	62	7	5	24	6	10	6	10
Salmon & Tuna - crispy sticky rice	380	510	22	3	0.1	65	1260	52	3	5	23	6	10	8	15
Salmon & Tuna - salad	317	310	19	2.5	0.1	65	970	14	2	6	21	8	15	6	15
Tuna - white rice	380	480	19	2.5	0.1	60	1260	52	3	5	25	6	10	8	15
Tuna - brown rice	380	560	21	2.5	0.1	60	1260	63	7	5	26	6	10	6	10
Tuna - crispy sticky rice	380	490	20	2.5	0.1	60	1260	52	3	5	25	6	10	8	15
Tuna - salad	317	300	17	2.5	0.1	60	970	14	2	6	22	8	20	6	15
Veggy - white rice	360	460	20	3	0.1	15	1060	55	6	6	11	20	40	10	20
Veggy - brown rice	360	530	22	3	0.1	15	1060	66	10	6	13	20	40	8	15
Veggy - crispy sticky rice	360	470	21	3	0.1	15	1060	55	6	6	11	20	40	10	20
Veggy - salad	290	280	20	3	0.1	15	1060	17	6	7	9	20	45	10	20
Poke Chicken & Mango (white rice)	396	520	19	3	0.1	85	1310	56	4	9	29	4	25	8	8
Poke Chicken & Mango (brown rice)	396	600	22	3	0.1	85	1310	67	8	9	30	4	25	6	6
Poke Chicken & Mango (crispy rice)	396	530	20	3	0.1	85	1310	56	4	9	29	4	25	8	8
Poke Chicken & Mango Salad	341	350	20	3	0.1	85	1320	19	5	10	26	10	30	6	10

SUSHI TACOS

Salmon Taco (2)	101	170	9	1.5	0.1	25	950	12	1	1	9	4	8	4	8
Salmon Taco (3)	144	240	14	2	0.1	35	1300	18	2	1	12	6	10	6	10
Tuna Taco (2)	101	160	8	1	0.1	25	950	12	1	1	10	4	8	4	8
Tuna Taco (3)	144	230	11	2	0.1	30	1290	18	2	1	14	6	15	6	10
Lobster Taco (2)	94	120	5	0.5	0.1	35	270	9	1	1	10	4	6	4	6
Lobster Taco (3)	136	180	8	1	0.1	45	390	14	2	1	14	8	10	6	10

APPETIZERS & SALADS

Popcorn Shrimp	120	200	7	1	0.1	110	530	18	1	1	17	4	2	6	20
Shrimp Tempura	60	180	8.0	0.0	0.1	40	125	18	0	0	8	0	0	0	0
Three Salads	120	130	3.5	0.0	0	60	790	13	4	8	8	2	6	40	8
Wakame	125	110	2.0	0.0	0	0	1650	13	4	9	0	0	0	110	0
Miso Soup	240	45	1	0.2	0	0	1280	6	2	3	4	0	0	6	6



Serving Size (g) Calories Total Fat (g) Saturated fat (g) Trans fat (g) Cholesterol (mg) Sodium (mg) Carbohydrates (g) Dietary Fibers (g) Sugar (g) Protein (g) Vitamin A (%) Vitamin C (%) Calcium (%) Iron (%)

Grilled Salmon Salad	276	260	19.0	2.5	0	30	340	12	3	6	12	80	80	8	8	
Green Salad	172	190	10	1.5	0	0	250	17	3	10	7	30	10	6	10	
Spicy Squid Salad	110	120	3.0	0.0	0	170	320	12	0	12	12	0	2	2	6	
Tataki Tuna Salad	276	250	17.0	2.5	0.1	30	340	12	3	6	14	80	80	8	8	
Edamame Beans	135	170	5.0	0.0	0	0	440	15	7	2	13	8	15	8	20	
Small Ramen Soup																
Miso	290	240	9	2	0	50	1240	23	2	3	16	2	4	25	15	
Miso with Grilled Chicken	330	290	10	2.5	0	75	1370	24	3	4	24	10	4	25	15	
Miso with Seafood	340	280	10	2.5	0	80	1340	24	3	4	23	2	4	25	20	
Miso with Shrimp Tempura	310	290	11	2	0	60	1260	28	2	3	18	2	4	25	15	
Tonkotsu	290	220	6	2.5	0	55	660	26	1	1	7	0	4	4	4	
Tonkotsu with Grilled Chicken	330	300	12	3	0	75	735	32	1	1	10	4	12	4	6	
Tonkotsu with Seafood	340	280	7.5	2.8	0	95	830	28	1	1	16	2	4	6	8	
Tonkotsu with Shrimp Tempura	310	280	8.5	2.8	0.1	70	700	32	1	1	10	0	4	4	4	
NIGIRI & SASHIMI /2 pcs																
Syake Nigiri	62	80	2.0	0.3	0	20	15	8	0	0	7	0	0	0	2	
Syake Nigiri (brown rice)	62	100	2.5	0.3	0	20	15	10	1	0	7	0	0	0	2	
Syake Sashimi	42	45	2.0	0.3	0	20	14	0	0	0	6	0	2	0	2	
Seared Syake	66	80	2.0	0.3	0	20	230	8	0	0	7	0	0	0	2	
Seared Syake (brown rice)	66	100	2.5	0.3	0	20	230	10	1	0	8	0	0	0	2	
Izumidai Nigiri	58	60	0.5	0.2	0	15	15	8	0	0	6	0	0	0	2	
Izumidai Nigiri (brown rice)	58	80	1.0	0.2	0	15	15	10	1	0	7	0	0	0	2	
Izumidai Sashimi	38	30	0.5	0.2	0	15	125	0	0	6	6	0	0	0	2	
Seared Izumidai Nigiri	68	100	4.5	0.5	0	15	790	8	0	0	6	0	4	0	2	
Seared Izumidai Nigiri (brown rice)	68	110	5.0	0.5	0	15	790	10	1	0	7	0	4	0	2	
Philly Kunsei Syake	61	70	2.0	0.5	0	5	200	8	0	0	5	2	0	0	2	
Philly Kunsei Syake (brown rice)	61	90	2.5	0.5	0	5	200	11	1	0	6	2	0	0	2	
Ebi Nigiri	44	50	0.2	0.0	0	20	20	8	0	0	3	0	0	2	2	
Ebi Nigiri (brown rice)	44	70	0.5	0.0	0	20	20	10	1	0	4	0	0	0	2	
Ebi Sashimi	24	15	0.2	0.0	0	20	19	0	0	0	3	0	2	0	2	
Maguro Nigiri	58	70	0.3	0.1	0	15	10	8	0	0	7	0	0	0	2	
Maguro Nigiri (brown rice)	58	80	0.5	0.1	0	15	10	10	1	0	7	0	0	0	2	
Maguro Sashimi	38	30	0.3	0.1	0	15	9	0	0	0	7	0	2	0	2	
Inari	92	160	5	2	0	0	180	22	1	5	5	4	2	10	8	
Inari (brown rice)	92	190	6	2	0	0	180	26	2	5	6	4	2	10	8	
Kunsei Syake Nigiri	46	50	0.5	0.1	0	5	125	8	0	0	4	0	0	0	2	
Kunsei Syake Nigiri (brown rice)	46	70	1.0	0.1	0	5	125	10	1	0	4	0	0	0	2	
Kunsei Syake Sashimi	26	20	0.5	0.1	0	5	129	0	0	0	3	0	2	0	0	
Masago Red	74	90	1.0	0.0	0	100	680	15	0	4	3	0	2	0	0	
Masago Red (brown rice)	74	110	1.5	0.0	0	100	680	18	2	4	4	0	2	0	0	
Masago Orange	74	90	1.0	0.0	0	100	680	15	0	4	3	0	2	0	0	
Masago Orange (brown rice)	74	110	1.5	0.0	0	100	680	18	2	4	4	0	2	0	0	
Karai Syake	100	180	10.0	1.5	0.1	25	125	14	0	1	7	0	2	2	4	
Karai Syake (brown rice)	100	200	11.0	1.5	0.1	25	125	19	2	1	7	0	2	0	4	
Karai Maguro	100	170	9.0	1.5	0.1	20	125	14	0	1	8	0	2	2	4	
Karai Maguro (brown rice)	100	190	10.0	1.5	0.1	20	125	19	2	1	8	0	2	0	4	
Karai Ebi	100	170	9.0	1.5	0.1	50	150	14	0	1	7	2	2	2	8	
Karai Ebi (brown rice)	100	190	10.0	1.5	0.1	50	150	19	2	1	7	2	2	2	8	
TARTARE MAKI																
Maki Tartare Salmon	123	190	9.0	1.5	0.1	50	400	19	1	2	10	6	4	4	10	
Maki Tartare Shrimp	123	180	6.0	1.0	0.1	90	440	19	1	2	10	8	4	6	15	
Maki Tartare Veggie	125	120	4.5	1.0	0.1	0	740	19	2	4	1	50	40	2	6	
Maki Tartare Tuna	123	180	6.0	1.0	0.1	45	400	19	1	2	12	6	4	4	10	
TARTARE																
Tartare Salmon	151	260	17	2.5	0.2	45	860	7	1	1	19	2	10	4	10	
Tartare Tuna	108	160	4	1	0.1	35	440	6	1	1	21	2	6	4	8	
Tartare Smoked Salmon & Salmon	136	270	21	3	0	40	730	1	1	0	20	2	4	4	8	
HOSOMAKI /6 pcs																
Philly Kappa	114	130	4.5	2.5	0	10	40	18	2	1	4	4	8	4	4	
Philly Kappa (brown rice)	114	160	6.0	2.5	0	10	40	23	3	1	4	4	8	4	4	
Akanasu Avocado	149	370	26.0	8.0	0.2	15	640	27	6	4	8	8	10	8	10	



Serving Size (g) | Calories | Total Fat (g) | Saturated fat (g) | Trans fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibers (g) | Sugar (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%)

Akanasu Avocado (brown rice)	149	400	27.0	8.0	0.2	15	640	31	8	4	8	8	10	8	10
Kappa	104	90	1.0	0.2	0	0	10	18	2	1	3	0	8	4	4
Kappa (brown rice)	104	120	2.0	0.2	0	0	10	22	3	1	3	0	8	2	2
Avocado	119	160	8.0	1.5	0	0	15	20	4	0	4	2	10	4	6
Avocado (brown rice)	119	160	9.0	1.5	0	0	10	18	5	0	3	2	10	2	6
Oshinko	114	90	1.0	0.2	0	0	450	18	1	0	3	0	10	4	2
Oshinko (brown rice)	114	120	2.0	0.2	0	0	450	23	3	0	3	0	10	2	2
Akanasu	109	310	20.0	7.0	0.2	15	640	24	4	4	7	4	4	8	8
Akanasu (brown rice)	109	340	21.0	7.0	0.2	15	640	28	6	4	7	4	4	6	6
Syake	116	140	3.5	0.5	0	20	25	17	1	0	11	0	6	4	6
Syake (brown rice)	116	170	4.5	0.5	0	20	25	22	3	0	11	0	6	4	4
Syake Spicy	119	150	4.0	0.5	0	20	60	17	1	0	11	0	6	4	6
Syake Spicy (brown rice)	119	180	5.0	0.5	0	20	60	22	3	0	11	0	6	4	4
Tekka	116	130	1.5	0.3	0	20	25	17	1	0	12	0	6	4	4
Tekka (brown rice)	116	160	2.5	0.3	0	20	25	22	3	0	13	0	6	4	4
Tekka Spicy	119	140	2.0	0.3	0	20	55	17	1	0	12	0	6	4	4
Tekka Spicy (brown rice)	119	170	3.0	0.3	0	20	55	22	3	0	13	0	6	4	4
Tamago	112	150	3.5	1.0	0	150	180	22	1	5	6	4	4	6	6
Tamago (brown rice)	112	180	4.5	1.0	0	150	180	27	3	5	7	4	4	4	6
Kani Kama	104	120	1.5	0.3	0	5	260	20	1	0	6	0	4	4	4
Kani Kama (brown rice)	104	150	2.5	0.3	0	5	260	24	3	0	7	0	4	2	2
Tempura Syake	131	190	5.0	1.0	0.1	15	85	24	2	1	9	0	6	4	8
Tempura Syake (brown rice)	131	220	6.0	1.0	0.1	15	85	28	3	1	10	0	6	4	6
Tempura Tekka	131	18	3.0	1.0	0.1	15	85	24	2	1	11	0	6	4	8
Tempura Tekka (brown rice)	131	210	4.0	1.0	0.1	15	85	28	3	1	11	0	6	4	6
MAKI / 8 pcs															
Black Mamba	227	400	18	2	0.1	120	570	37	2	1	20	6	10	4	15
Black Mamba (brown rice)	227	440	19	2	0.1	120	570	43	4	1	21	6	10	2	10
Vancouver	168	230	11.0	3.5	0.1	20	300	26	3	1	10	8	8	6	8
Vancouver (brown rice)	168	270	12.0	3.5	0.1	20	300	31	5	1	11	8	8	6	5
911	169	240	9.0	1.5	0.1	40	300	28	2	2	11	0	8	4	6
911 (brown rice)	169	260	10.0	1.5	0.1	40	300	32	4	2	11	0	8	4	6
Ebi Maki	178	230	9.0	1.5	0.1	50	240	28	3	2	9	2	10	6	10
Ebi Maki (brown rice)	178	250	10.0	1.5	0.1	50	240	34	5	2	9	2	10	6	10
Twin Salmon	180	230	9.0	1.5	0	45	400	26	3	1	13	2	10	4	8
Twin Salmon (brown rice)	180	270	10.0	1.5	0	45	400	32	5	1	13	2	10	4	6
Chef's Maki	190	220	6.0	1.0	0	60	510	28	3	4	12	2	25	6	6
Chef's Maki (brown rice)	190	260	7.0	1.0	0	60	510	34	5	4	12	2	25	4	4
Dragon	210	320	13.0	1.0	0	60	330	40	3	2	10	2	15	2	6
Dragon (brown rice)	210	360	13.0	1.0	0	60	330	46	5	2	11	2	15	2	4
California Classic	162	180	5.0	1.0	0	5	290	27	2	0	7	2	8	4	6
California Classic (brown rice)	162	220	6.0	1.0	0	5	290	33	3	0	8	2	8	4	4
Sweetheart	178	260	11.0	1.5	0.1	50	390	26	2	1	14	0	15	4	8
Sweetheart (brown rice)	178	280	12.0	1.5	0.1	50	390	32	4	1	14	0	15	4	8
Red Tiger	222	370	20.0	3.0	0.1	80	530	25	1	0	23	2	6	4	15
Red Tiger (brown rice)	222	390	21.0	3.0	0.1	80	530	31	3	0	23	2	6	2	15
Chicken Teriyaki	166	290	16.0	2.0	0.2	25	190	26	3	2	11	4	15	4	6
Chicken Teriyaki (brown rice)	166	320	16.0	2.0	0.2	25	190	32	5	2	11	4	15	4	6
SUMOMAKI / 5 pcs															
Lion Roll	203	360	18	2	0.1	65	860	39	2	8	6	70	20	2	4
Lion Hand Roll	128	220	10	1	0	50	540	25	2	4	5	35	15	2	2
Lion Roll (brown rice)	203	390	19	2	0.1	65	860	44	4	8	7	70	20	2	4
Lion Hand Roll (brown rice)	128	240	11	1	0	50	540	28	3	4	6	95	15	0	2
Vegetarian Roll	167	170	7	1	0	5	170	26	3	2	4	45	45	6	6
Vegetarian Hand Roll	129	120	6.0	0.5	0	0	115	17	3	1	3	35	45	4	6
Vegetarian Roll (brown rice)	167	210	8	1	0	5	170	31	5	2	5	45	45	4	5
Vegetarian Hand Roll (brown rice)	129	140	6	0.5	0	0	110	19	4	1	4	35	45	4	6
California Roll	211	230	9.0	1.5	0.1	130	480	29	3	5	9	15	10	6	10
California Hand Roll	171	170	7.0	1.0	0.0	130	460	20	3	5	8	15	10	6	10
California Roll (brown rice)	211	260	10.0	1.5	0.1	130	480	34	5	6	9	15	10	6	10
California Hand Roll (brown rice)	171	190	7.0	1.0	0	130	460	23	4	5	8	15	10	6	8



Serving Size (g) Calories Total Fat (g) Saturated fat (g) Trans fat (g) Cholesterol (mg) Sodium (mg) Carbohydrates (g) Dietary Fibers (g) Sugar (g) Protein (g) Vitamin A (%) Vitamin C (%) Calcium (%) Iron (%)

Dynamite Roll	160	230	10.0	1.0	0	40	280	29	3	2	7	2	10	4	4
Dynamite Hand Roll	130	180	8.0	1.0	0	40	250	21	3	2	6	2	10	4	4
Dynamite Roll (brown rice)	160	260	11.0	1.0	0	40	270	34	5	2	7	2	10	4	4
Dynamite Hand Roll (brown rice)	130	200	9.0	1.0	0	40	250	24	4	2	6	2	10	4	4
Spicy Salmon Crunch Roll	171	190	8.0	1.0	0.1	20	120	25	1	2	10	0	8	2	8
Spicy Salmon Crunch Hand Roll	120	160	7.0	1.0	0.1	30	80	14	1	1	11	0	6	2	4
Spicy Salmon Crunch Roll (brown rice)	171	220	8.0	1.0	0.1	20	120	30	3	2	10	0	8	0	6
Spicy Salmon Crunch Hand Roll (brown rice)	120	180	7.0	1.0	0.1	30	80	17	2	1	11	0	6	0	4
Spicy Tuna Crunch Roll	171	180	7.0	1.0	0.1	15	115	25	1	2	11	0	8	2	8
Spicy Tuna Crunch Hand Roll	120	150	6.0	1.0	0.1	25	80	14	1	1	12	0	8	2	4
Spicy Tuna Crunch Roll (brown rice)	171	210	7.0	1.0	0.1	15	115	30	3	2	11	0	8	2	6
Spicy Tuna Crunch Hand Roll (brown rice)	120	170	6.0	1.0	0.1	25	80	17	2	1	12	0	8	0	4
Boston Roll	176	170	4.5	0.5	0.1	55	390	24	2	2	9	6	10	6	8
Boston Hand Roll	143	120	2.5	0.4	0	55	360	16	2	2	8	10	8	6	8
Boston Roll (brown rice)	176	210	6.0	0.5	0.1	55	390	29	4	2	9	6	10	4	6
Boston Hand Roll (brown rice)	143	140	3.5	0.4	0	55	360	19	3	2	9	10	8	4	8
Tuna Kamikaze Roll	180	230	9.0	1.5	0.1	40	430	29	2	2	11	0	8	2	8
Tuna Kamikaze Hand Roll	134	170	9.0	1.5	0.1	45	380	19	2	2	8	0	8	2	4
Tuna Kamikaze Roll (brown rice)	180	270	10.0	1.5	0.1	40	430	34	4	2	11	0	8	2	6
Tuna Kamikaze Hand Roll (brown rice)	134	190	10.0	1.5	0.1	45	380	22	3	2	9	0	8	0	4
Salmon Kamikaze Roll	180	240	9.0	1.5	0.1	45	430	29	2	2	10	0	8	2	8
Salmon Kamikaze Hand Roll	134	180	8.0	1.5	0.1	45	380	19	2	2	8	0	8	2	4
Salmon Kamikaze Roll(brown rice)	180	280	10.0	1.5	0.1	45	430	34	4	2	11	0	8	0	6
Salmon Kamikaze Hand Roll (brown rice)	134	200	8.0	1.5	0.1	45	380	22	3	2	8	0	8	0	4
Snow Crab Roll	170	230	9.0	1.0	0.1	30	530	26	2	1	11	2	8	4	6
Snow Crab Hand Roll	122	160	9.5	1.0	0.1	35	460	17	2	1	9	2	8	2	2
Snow Crab Roll (brown rice)	170	250	10.0	1.0	0.1	30	530	31	4	1	11	2	8	2	4
Snow Crab Hand Roll (brown rice)	122	180	10.0	1.0	0.1	35	460	20	3	1	9	2	8	2	2
Rainbow Roll	194	260	12.0	2.0	0.1	25	130	28	2	2	14	2	10	2	10
Rainbow Hand Roll	119	170	10.0	1.0	0.1	20	80	16	2	0	10	2	8	2	4
Rainbow Roll (brown rice)	194	290	13.0	2.0	0.1	25	130	33	4	2	14	2	10	2	8
RainbowHand Roll (brown rice)	119	190	12.0	1.0	0.1	20	80	19	3	1	10	2	8	0	4
Red Eye Roll	157	220	7.0	1.0	0.1	45	360	27	1	1	13	0	6	4	6
Red Eye Hand Roll	103	150	8.0	1.0	0.1	45	350	17	1	1	9	0	6	2	4
Red Eye Roll (brown rice)	157	260	8.0	1.0	0.1	45	360	32	3	1	13	0	6	2	6
Red Eye Hand Roll (brown rice)	103	170	8.0	1.0	0.1	45	350	20	2	1	9	0	6	2	2
Miami Roll	161	260	9.0	4.0	0.1	40	450	26	1	2	12	2	2	4	6
Miami Hand Roll	101	180	6.0	3.0	0.1	20	250	16	1	1	8	2	2	2	4
Miami Roll (brown rice)	161	300	9.5	4.0	0.1	40	450	31	3	2	13	2	2	2	6
MiamiHand Roll (brown rice)	101	250	6.5	3.0	0.1	20	250	29	3	1	10	2	2	2	4
Empereur Roll	168	240	10.0	2.0	0.1	20	125	27	2	1	13	0	8	2	8
Empereur Hand Roll	124	180	10.0	1.5	0.1	30	75	16	2	0	12	0	8	2	6
Empereur Roll (brown rice)	168	280	11.0	1.5	0.1	20	125	32	4	1	13	0	8	2	8
Empereur Hand Roll (brown rice)	124	200	11.0	1.5	0.0	30	75	19	3	0	13	0	8	2	4
Spicy Shrimp Roll	187	220	7.0	1.0	0.1	55	450	28	3	2	10	8	10	6	10
Spicy Shrimp Hand Roll	137	170	6.0	1.0	0.1	65	390	19	2	1	10	8	8	4	8
Spicy Shrimp Roll (brown rice)	187	250	8.0	1.0	0.1	55	450	33	5	2	10	8	10	4	10
Spicy Shrimp Hand Roll (brown rice)	137	190	7.0	1.0	0.1	65	390	22	3	1	10	8	8	2	8
Exotik Roll	203	200	4.0	1.0	0.1	55	450	32	2	7	9	6	15	6	10
Exotik Hand Roll	156	140	4.0	1.0	0.1	30	290	22	2	5	7	6	15	6	10
Exotik Roll (brown rice)	203	240	5.0	1.0	0.1	55	450	37	4	7	10	6	15	4	10
Exotik Hand Roll (brown rice)	156	210	5.0	1.0	0.1	30	290	35	4	5	9	6	15	4	8
Smoky Roll	159	230	8.0	1.5	0.1	35	460	28	2	2	9	2	6	4	8
Smoky Hand Roll	109	180	8.0	1.5	0.1	40	390	17	2	1	8	2	6	4	4
Smoky Roll (brown rice)	159	270	9.0	1.5	0.1	35	450	34	4	2	10	2	6	4	8
Smoky Hand Roll (brown rice)	109	200	8.0	1.5	0.1	40	390	20	3	1	8	2	6	2	4
Rock Lobster Roll	184	200	7.0	1.0	0	30	210	23	3	1	12	10	10	8	8
Rock Lobster Hand Roll	118	130	4.5	0.5	0	20	135	14	2	0	9	6	8	6	6
Rock Lobster Roll (brown rice)	184	230	8.0	1.0	0	30	210	28	5	1	13	10	10	6	8
Rock Lobster Hand Roll (brown rice)	118	150	5.0	0.5	0	20	135	17	4	0	9	6	8	4	6
Grilled Chicken Roll	185	300	16.0	2.0	0.1	20	380	29	2	2	10	8	40	2	10



Serving Size (g) Calories Total Fat (g) Saturated fat (g) Trans fat (g) Cholesterol (mg) Sodium (mg) Carbohydrates (g) Dietary Fibers (g) Sugar (g) Protein (g) Vitamin A (%) Vitamin C (%) Calcium (%) Iron (%)

Grilled Chicken Hand Roll	136	220	14.0	2.0	0.1	25	300	18	2	1	10	8	40	2	6
Grilled Chicken Roll (brown rice)	185	340	17.0	2.0	0.1	20	370	34	4	2	11	8	40	2	8
Grilled Chicken Hand Roll (brown rice)	136	250	14.0	2.0	0.1	25	300	21	3	1	10	8	40	2	6
Calypso	189	220	11	1.5	0.1	40	500	19	3	3	14	25	20	8	10
Inferno Roll	167	400	27.0	7.0	0.3	55	970	36	4	7	8	4	6	10	10
Inferno Hand Roll	100	230	15.0	4.0	0.3	55	580	19	2	4	7	4	6	6	4
Inferno Roll (brown rice)	167	420	28.0	7.0	0.3	55	970	42	6	7	9	4	6	8	10
Inferno Hand Roll (brown rice)	100	250	16.0	4.0	0.2	55	580	22	3	4	7	4	6	4	4

BLOSSOM

Phoenix	260	450	20	2.5	0.2	70	1200	52	2	2	12	10	6	6	10
Phoenix (brown rice)	260	490	21	2.5	0.2	70	1200	58	5	2	12	10	6	4	10
Teriyaki Salmon	231	310	11	1.5	0	35	700	35	3	7	17	40	15	6	10
Teriyaki Salmon (brown rice)	231	340	13	1.5	0.1	35	700	40	5	7	17	40	15	6	8
Flame	248	350	14	1.5	0.1	30	960	48	3	5	10	90	25	8	10
Flame (brown rice)	248	390	15	1.5	0.1	30	960	54	6	5	11	90	25	6	8
Salmon Truffle	217	320	11.0	1.5	0.1	90	670	35	0	1	20	4	6	4	15
Salmon Truffle (brown rice)	217	360	11.0	1.5	0.1	90	670	41	3	1	21	4	6	4	15
Sesame Tuna	222	310	8.0	1.0	0.1	85	900	35	0	1	22	4	6	4	15
Sesame Tuna (brown rice)	222	340	8.0	1.0	0.1	85	900	41	3	1	23	4	6	4	15
Volcano	372	710	38.0	4.0	0.3	100	370	56	3	1	31	4	8	6	10
Volcano (brown rice)	372	760	39.0	4.5	0.3	100	370	67	7	1	32	4	8	4	10
Diablo	225	340	15.0	2.0	0.1	70	740	30	2	2	16	2	8	2	8
Diablo (brown rice)	225	400	15.0	2.0	0.1	70	740	35	4	2	17	2	8	2	8
Magik	218	340	14.0	2.5	0.2	30	1310	35	3	1	16	2	15	4	10
Magik (brown rice)	218	370	14.0	2.5	0.2	30	1310	39	6	1	17	2	15	2	10
Cherry Blossom	290	460	20.0	3.5	0.3	110	1220	47	1	2	16	15	4	6	15
Cherry Blossom (brown rice)	290	480	21.0	3.5	0.3	110	1220	58	3	2	16	15	4	6	10
Mini Volcano 4pc	107	210	11	2	0.2	25	145	15	2	1	8	0	4	2	4
Mini Volcano 4pc (brown rice)	107	220	12	2	0.2	25	145	18	3	1	8	0	4	2	4
Mini Volcano 8pc	214	400	26.0	3.0	0.3	50	290	28	3	2	15	0	6	6	8
Mini Volcano 8pc (brown rice)	214	440	26.0	3.0	0.3	50	290	33	5	2	15	0	6	4	8

CRISPY ROLLS /5 pcs

Philly	207	420	24.0	3.0	0.1	40	560	40	2	2	12	4	6	2	10
Philly (brown rice)	207	450	25.0	3.0	0.1	40	560	45	4	2	12	4	6	2	10
Spyder	240	460	26.0	2.0	0.2	100	350	37	2	1	20	2	10	10	15
Spyder (brown rice)	240	500	27.0	2.0	0.2	100	350	43	4	1	21	2	10	10	15
Trilogie	202	400	20.0	2.0	0.1	30	75	36	1	1	17	0	6	2	10
Trilogie (brown rice)	202	430	22.0	2.0	0.1	30	75	41	4	1	18	0	6	2	10
Dragon Eye	244	410	22.0	2.0	0.1	40	240	34	3	2	22	35	15	4	15
Dragon Eye (brown rice)	244	430	22.0	2.0	0.1	40	240	36	4	2	22	35	15	2	15

SUSHI PIZZA /6 pcs

Sunrise	273	550	29	6	0.2	70	770	51	2	6	19	50	10	6	15
Sunrise (brown rice)	273	590	31	6	0.2	70	770	56	5	7	20	50	10	4	15
Authentik	252	530	30.0	5.0	0.2	70	780	43	1	1	22	6	4	6	15
Authentik (brown rice)	252	570	31.0	5.0	0.2	70	780	48	3	1	22	6	4	4	10
Lobster & Co.	248	490	26.0	4.0	0.2	65	480	43	1	4	20	10	10	6	15
Lobster & Co. (brown rice)	248	530	28.0	4.0	0.2	65	480	49	4	4	20	10	10	6	10
Rainbow 360	251	530	31.0	5.0	0.2	35	450	41	2	1	21	6	4	6	15
Rainbow 360 (brown rice)	251	570	32.0	5.0	0.2	35	450	47	5	1	22	6	4	4	15

TEMARI /4 pcs

Fireball (4 pcs)	180	230	6	0.5	0	60	550	34	1	3	10	25	8	6	8
Fireball - brown rice (4 pcs)	180	290	8	0.5	0	60	550	42	4	3	10	25	8	4	6
Tataki Tuna (4 pcs)	164	280	10	1.5	0.1	20	220	32	0	4	8	0	0	0	8
Tataki Tuna - brown rice (4 pcs)	164	360	12	1.5	0.1	20	220	40	4	4	12	0	0	0	0
Smoky Philly (4 pcs)	168	280	12	2	0.1	20	240	32	4	0	8	0	16	8	8
Smoky Philly - brown rice (4 pcs)	168	360	14	2	0.1	20	240	40	4	0	8	0	16	8	8
Teriyaki Bomb (4 pcs)	252	600	36	6	0	100	1000	48	0	12	16	0	0	8	8
Teriyaki Bomb - brown rice (4 pcs)	252	640	36	6	0.1	100	1000	56	4	12	16	0	0	0	8
Veggie Bomb (4 pcs)	216	480	28	6	0	600	760	40	0	8	8	32	32	8	8
Veggie Bomb - brown rice (4 pcs)	216	520	32	6	0.1	600	760	48	4	8	8	32	32	8	0
Temari - Crispy Lobster 4 pc	196	240	7	1	0	85	430	31	0	2	13	6	8	6	6



Serving Size (g) | Calories | Total Fat (g) | Saturated fat (g) | Trans fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibers (g) | Sugar (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%)

Temari - Crispy Lobster 4 pc (brown rice)	196	290	8	1	0	85	430	38	4	2	14	6	8	4	6	
HAKO / 6 pcs																
Sircocco	239	370	17.0	2.0	0.2	65	320	40	3	4	15	10	15	6	8	
Sircocco (brown rice)	239	420	19.0	2.0	0.2	65	320	47	6	4	16	10	15	4	6	
Sunburst	183	270	10.0	1.0	0.1	75	620	34	2	2	12	2	20	2	4	
Sunburst (brown rice)	183	310	11.0	1.0	0.1	75	620	40	4	2	13	2	20	2	4	
Tyfoon	204	290	11.0	1.5	0.1	100	590	36	2	5	13	10	15	6	8	
Tyfoon (brown rice)	204	330	13.0	1.5	0.1	100	590	42	4	5	13	10	15	4	8	
DESSERTS																
Banana chocolate Bomb (2 pcs)	56	130	6	3	0	0	15	19	1	11	1	0	4	0	6	
Banana chocolate Bomb (4 pcs)	112	250	11	5	0.2	0	30	38	2	22	2	0	8	0	12	
Geisha (3 pcs)	92	95	1	1	0	3	70	21	1	4	2	1	25	2	2	
Geisha (6 pcs)	183	190	1.5	1.0	0	5	135	42	1	7	3	2	50	4	4	
Kiwimono (3 pcs)	87	95	1	1	0	3	70	21	1	4	2	1	25	1	3	
Kiwimono (6 pcs)	174	190	1.5	1.0	0	5	135	42	2	7	3	2	50	2	6	
Paradiso (3 pcs)	92	95	1	1	0	3	70	22	1	4	2	5	30	2	2	
Paradiso (6 pcs)	183	190	2.5	1.0	0	5	135	43	2	8	3	10	60	4	4	
Ruby (3 pcs)	111	120	1	1	0	3	80	27	3	4	2	2	35	2	3	
Ruby (6 pcs)	221	240	2.0	1.0	0	5	160	54	5	7	3	4	70	4	6	
RAMEN SOUP																
Miso	591	590	17	4	0	100	2220	67	6	6	36	2	15	40	30	
Miso with Grilled Chicken	631	630	19	4.5	0	125	2290	69	6	7	44	10	15	45	30	
Miso with Seafood	641	620	18	4.5	0	125	2380	68	6	7	41	2	15	40	30	
Miso with Shrimp Tempura	611	620	19	4	0	105	2250	70	6	6	38	2	15	40	30	
Tonkotsu	591	550	12	4.5	0	110	1280	73	4	2	21	2	15	8	10	
Tonkotsu with Grilled Chicken	631	630	18	5	0	130	1355	79	4	2	24	6	23	8	12	
Tonkotsu with Seafood	641	610	13.5	4.8	0	150	1450	75	4	2	30	4	15	10	14	
Tonkotsu with Shrimp Tempura	611	610	14.5	4.5	0	125	1320	79	4	2	24	2	15	8	10	
SPRING MAKI / 2 pcs																
Spring Maki Shrimp	219	310	9.0	1.0	0	50	460	43	1	2	12	45	6	6	15	
Spring Maki Shrimp (brown rice)	219	360	11.0	1.0	0	50	460	51	4	2	13	45	6	6	10	
Spring Maki Salmon	263	320	9.0	1.0	0	110	420	47	1	6	13	25	90	4	10	
Spring Maki Salmon (brown rice)	263	370	11.0	1.0	0	110	520	54	4	6	13	25	90	4	8	
Spring Maki Lobster	279	380	14.0	2.0	0	135	580	47	2	5	17	25	100	6	10	
Spring Maki Lobster (brown rice)	279	430	15.0	2.0	0	135	570	55	5	5	18	25	100	6	10	
Spring Maki Tuna	212	280	8.0	0.5	0	15	410	42	1	2	10	8	4	4	8	
Spring Maki Tuna (brown rice)	212	330	9.0	0.5	0	15	410	49	4	2	11	8	4	2	6	
Spring Maki Chicken	244	310	14.0	1.0	0	25	490	43	1	36	12	20	110	6	8	
Spring Maki Chicken (brown rice)	244	390	15.0	10.0	0	25	490	51	4	3	13	20	110	4	6	
Spring Maki Veggie	258	330	12.0	1.5	0	100	390	48	2	6	7	6	100	8	15	
Spring Maki Veggie (brown rice)	258	380	14.0	1.5	0	100	390	56	5	6	8	60	100	6	10	
COMBOS																
Combo A	291	320	14	3	0.0	5	100	44	7	2	8	42	55	10	12	
Combo B	279	390	18	3	0.1	40	295	49	7	2	11	4	20	8	10	
Combo C	299	390	15	3	0.1	45	445	49	6	2	15	4	18	6	14	
Combo D	306	360	14	3	0.1	55	465	48	7	2	14	12	20	10	16	
Combo E	330	390	17	3	0.0	130	495	49	7	5	13	17	20	10	16	
Combo F	331	410	15	2	0.1	82	427	51	7	4	15	13	21	10	16	
Combo G	250	305	10	3	0.0	33	445	42	4	2	15	6	12	7	11	
Combo H	375	480	17	2	0.1	66	349	60	6	2	19	6	21	10	16	
Combo I	358	510	17	4	0.2	50	760	60	5	8	23	6	11	13	18	
Combo K	415	460	16	4	0.2	5	513	69	8	9	14	41	59	22	22	
Combo M (brown rice)	385	490	16	3	0.1	78	715	64	6	9	23	4	18	12	22	
Combo N	331	420	15	3.5	0.1	85	620	48	5	3	25	6	20	8	15	
Combo O	498	760	27	4	0.1	151	1494	88	4	10	36	12	17	15	26	
Combo P	496	785	33	3	0.1	143	653	80	4	2	39	4	19	10	17	
Combo Q	454	730	26	6	0.1	123	1220	91	4	13	26	11	18	9	25	
Combo R	438	480	26	2	0.1	95	810	76	9	2	30	23	24	9	18	
Combo Volcano	534	848	41	5	0.0	100	953	80	8	4	35	6	18	48	16	
Combo Diablo	387	530	22	4	0.1	70	1323	58	7	5	22	6	18	44	14	
Baby on Board Combo - Lion (white rice)	667	1070	40	5	0.2	80	2660	132	6	10	36	89	34	16	31	



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Serving Size (g)	Calories	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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Baby on Board Combo - Lion (brown rice)	667	1120	42	5	0.2	80	2660	143	11	10	37	89	34	14	26
Baby on Board Combo - Kamikaze (white rice)	634	880	25	4	0.1	70	2240	122	6	4	38	21	22	16	35
Baby on Board Combo - Kamikaze (brown rice)	634	940	17	4	0.1	70	2240	132	10	4	40	21	22	14	30

EXTRAS															
Sesame Sauce	34	110	8.0	1.0	0	5	480	11	0	7	1	0	0	0	0
Ponzu sauce	24	10	0.5	0.1	0	0	1160	1	0	1	0.2	0	0	0	0
Wonton Chips	21	70	3.0	0.2	0.1	5	110	10	0	0	2	0	0	0	4
Spicy Light Mayo	24	70	8	0.5	1	10	130	1	0	0	0.2	0	0	0	0
Sweet Chili Sauce	24	45	0	0	0	0	110	9	0	8	0	0	0	0	0
Yin Yang Sauce	25	120	11	1.5	0	20	220	3	0	3	0.1	0	0	0	0
Chocolate Sauce	24	55	0.2	0.1	0	0	20	14	0	10	0.6	0	0	1	2
Maple Fudge Sauce	24	50	1	0.2	0	0	30	11	0	6	0	0	0	0	0
Gluten-Free Soy Sauce	24	20	0	0	0	0	1300	2	0	1	2	0	0	0	0
Regular Soy Sauce	24	30	0	0	0	0	720	6	0	6	1	0	0	0	1
Mini Wakame Salad	24	20	0.4	0	0	0	320	3	1	2	0	0	0	20	0
Mini Edamame Beans	28	35	1	0	0	0	110	3	1	0	3	2	4	2	4

RICE															
White rice	125	85	0.15	0	0	0	0	18	0	0	2	0	0	0	0
Brown rice	125	95	1	0	0	0	0	20	2	0	3	0	0	0	0

PLATTERS															
Vegetarian 26pc	742	990	39	11	0.1	20	1260	136	14	17	27	100	110	40	40
40 pc	1876	3180	152	20	1	520	4070	300	17	30	138	80	80	60	80
60 pc	2113	3280	143	24	1	560	4920	347	22	28	139	40	80	80	100