Nutrition Chart

*Wasabi, Soy Sauce, and Pickled Ginger are not calculated in the figures

% DV = Percent Daily Value

Note: Percent Daily Values based on a 2,000 calorie diet. Your Daily Values may differ.

SALADS	Serving Size	Calories	Calories from Fat	Total Fat	% DV	Saturated Fat	% DV	Cholesterol	% DV	Sodium	% DV	Total Carb	% DV	Dietary Fiber	% DV	Sugars	Protein	Vit A	%Vit C	%Calcium	Iron
Calamari Salad	cont. (113g	148	26	3g	5	0g	0	307mg	102	1023mg	43	22g	7	1g	4	6g	8g	9	2	7	2
Edamame (Soybeans)	/2 cup (75g)	90	45	5g	8	1g	5	0g	0	0mg	0	3g	1	8g	30	2g	9g	0	4	4	8
Edamame Salad	pack (113g)	124	61	7g	11	1g	5	0g	0	350mg	15	9g	3	1g	4	7g	7g	5	7	11	9
Harusame Salad	cont. (142g	148	15	2g	3	0g	0	0g	0	1401mg	58	33g	11	0g	0	8g	2g	7	0	0	0
Seabreeze Salad	cont. (113g	113	26	3g	5	1g	5	0g	0	1617mg	67	23g	8	0g	0	23g	0 g	4	23	23	17

SUSHI (A-L)	Serving Size	Calories	Calories from Fat	Total Fat	% DV	Saturated Fat	% DV	Cholesterol	% DV	Sodium	% DV	Total Carb	% DV	Dietary Fiber	% DV	Sugars	Protein	Vit A	%Vit C	%Calcium	Iron
California Roll	pack (273g)	361	54	6g	9	1g	5	0g	0	637mg	27	66g	22	3g	12	7g	10g	9	6	7	7
California Roll & Inari	pack (302g)	504	97	11g	17	1g	5	0g	0	738mg	31	87g	29	2g	8	8g	14g	5	3	15	11
California Roll Plus	pack (373g)	494	87	10g	15	1g	5	0g	0	847mg	35	87.6g	29	5g	20	10g	14g	11	9	9	10
Cream Cheese Roll with Salmon	pack (273g)	517	178	20g	31	9g	45	71g	24	288mg	12	59g	20	2g	8	7g	23g	15	2	4	20
Crunchy Shrimp Roll	pack (295g)	508	186	21g	32	2.5g	13	106g	35	769mg	32	64g	21	5g	20	10g	20g	11	8	8	10
Dragon Roll	pack (280g)	507	165	18g	28	4g	20	90g	30	412mg	17	66g	22	4g	16	13g	18g	57	6	13	10
Eel Roll (Freshwater Eel)	pack (273g)	493	145	16g	25	4g	20	106g	35	439mg	18	65g	22	2g	8	13g	20g	65	3	14	10
Eel Roll (Sea Eel)	pack (273g)	435	104	12g	18	2g	10	103g	34	691mg	29	66g	22	2g	8	13g	14g	8	3	4	6
Fullmoon Combo	pack (273g)	423	113	13g	20	2g	10	39g	13	724mg	30	64g	21	3g	12	7g	13g	9	6	7	7
Futomaki	pack (309g)	507	54	6g	9	2g	10	44g	15	816mg	34	96g	32	2g	8	33g	10g	17	16	9	12
Inari	pack (220g)	420	78	9g	14	1g	5	0g	0	496mg	21	73g	24	0g	0	7g	11g	0	0	13	8
Maki & Inari	pack (316g)	562	84	9g	14	1g	5	22g	7	747mg	31	102g	34	1g	4	20g	13g	10	7	14	12

SUSHI (M-R)	Serving Size	Calories	Calories from Fat	Total Fat	% DV	Saturated Fat	% DV	Cholesterol	% DV	Sodium	% DV	Total Carb	% DV	Dietary Fiber	% DV	Sugars	Protein	Vit A	%Vit C	%Calcium	Iron
M&M Roll (Tuna & Cucumber)	pack (209g)	305	8	1g	2	0g	0	19g	6	156mg	7	57g	19	1g	4	6g	13g	9	2	2	4
M&M Roll (Shrimp & Avocado)	pack (209g)	328	46	5g	8	1g	5	44g	15	283mg	12	59g	20	3g	12	6g	11g	11	5	2	5
Marina Plate	pack (210g)	378	69	8g	12	2g	10	70g	23	216mg	9	52g	17	0g	0	7g	22g	19	1	5	9
Meteor Special	pack (259g)	384	28	3g	5	0g	0	28g	9	307mg	13	69g	23	2g	8	8g	16g	8	3	3	6
Nigiri (Cuttlefish)	. piece (30g)	42	1	0g	0	1g	5	6g	2	42mg	2	8.5g	3	0g	0	1g	2g	0	1	1	2
Nigiri (Fresh Salmon)	. piece (38g)	68	12	1g	2	0g	0	8g	3	29mg	1	9g	3	0g	0	1g	5g	0	0	0	4
Nigiri (Fresh Water Eel)	. piece (45g)	108	43	5g	8	1g	5	32g	11	82mg	3	11g	4	0g	0	2g	5g	19	0	4	2
Nigiri (Fish Roe)	. piece (39g)	61	4	0.5g	1	0g	0	31g	10	367mg	15	9g	3	0g	0	1g	6g	1	0	3	3
Nigiri (Octopus)	. piece (30g)	57	13	1g	2	0g	0	14g	5	50mg	2	9g	3	0g	0	1g	2g	6	0	1	1
Nigiri (Sea Eel)	. piece (45g)	90	30	3g	5	1g	5	31g	10	157mg	7	11g	4	0g	0	2g	4g	2	0	1	1
Nigiri (Shrimp)	. piece (30g)	44	1	0g	0	1g	5	9g	3	28mg	1	8g	3	0g	0	1g	2g	0	0	0	0
Nigiri (Smoked Salmon)	. piece (38g)	68	12	1g	2	0g	0	8g	3	29mg	1	9g	3	0g	0	1g	5g	0	0	0	4
Nigiri (Egg Cake)	. piece (39g)	73	11	1g	2	0g	0	28g	9	49mg	2	13g	4	0g	0	5g	2g	4	0	1	2
Nigiri (Tilapia)	. piece (33g)	49	5	0.5g	1	0g	0	5g	2	26mg	1	8g	3	0g	0	1g	2g	0	0	0	1
Nigiri (Tuna)	. piece (38g)	60	3	0g	0	0g	0	9g	3	28mg	1	8g	3	0g	0	1g	4g	0	0	0	1
Nigiri (Yellowtail)	. piece (35g)	54	6	0.5g	1	0g	0	6g	2	25mg	1	8g	3	0g	0	1g	3g	0	1	0	1
Ocean Crab Roll	pack (273g)	390	59	7g	11	1g	5	84g	28	865mg	36	60g	20	3g	12	6g	24g	8	5	19	12
Orange Roll	pack (288g)	383	44	5g	8	0.5g	3	62g	21	1327mg	55	67g	22	3g	12	7g	20g	8	5	9	10
Rainbow Roll	pack (344g)	489	80	9g	14	1g	5	58g	19	687mg	29	66g	22	3g	12	7g	31g	9	6	5	12

SUSHI (S-Z)	Serving Size	Calories	Calories from Fat	Total Fat	% DV	Saturated Fat	% DV	Cholesterol	% DV	Sodium	% DV	Total Carb	% DV	Dietary Fiber	% DV	Sugars	Protein	Vit A	%Vit C	%Calcium	Iron
Seaside Combo (Tuna & Salmon)	pack (210g)	360	28	3g	5	1g	5	33g	11	174mg	7	58g	19	1g	4	6g	20g	9	0	1	10
Seaside Combo (Tuna, Salmon, S	pack (210g)	353	35	4g	6	1g	5	59g	20	309mg	13	59g	20g	1g	4	7g	17g	9	1	2	7
Shoreline Combo	pack (323g)	481	75	8g	12	1g	5	33g	11	504mg	21	78g	26	3g	12	9g	21g	6	6	6	12
Snack Pack (Cucumber)	pack (210g)	264	4	0g	0	0g	0	0g	0	142mg	6	57g	19	2g	8	7g	6g	10	3	2	4
Snack Pack (Imitation Crab & Cu	pack (210g)	289	7	1g	2	0 g	0	0g	0	441mg	18	61g	20	1g	4	7g	8g	9	2	2	3
Spicy Roll (Shrimp)	pack (273g)	397	95	11g	17	2g	10	113g	38	575mg	24	57g	19	2g	8	7g	19g	10	5	7	7
Spicy Roll (Salmon)	pack (273g)	485	146	16g	25	3	15	46g	15	279mg	12	59g	20	2g	8	7g	25g	9	3	4	24
Spicy Roll (Tuna)	pack (273g)	449	99	11g	17	2g	10	51g	17	275mg	11	57g	19	2g	8	7g	24g	9	3	5	8
Stardust Combo	pack (344g)	540	108	12g	18	2g	10	40g	13	592mg	25	94g	31	2g	8	11g	13g	10	5	4	7
Tempura Roll	pack (309g)	531	100	11g	17	0g	0	105g	35	1152mg	48	82g	27	2g	8	10g	25g	8	2	9	17
Tofu Roll	pack (273g)	321	25	3g	5	0g	0	0g	0	200mg	8	62g	21	4g	16	9g	11g	103	28	7	13
Tsunami Roll (Imitation Crab & F	pack (259g)	468	119	13g	20	1g	5	54g	18	1261mg	53	71g	24	3g	12	12g	19 g	11	5	11	11
Vegetable Combo (12 pieces)	pack (273g)	349	63	7g	11	1g	5	0g	0	177mg	7	65g	22	5g	20	9g	7g	130	12	6	8
Vegetable Combo (24 pieces)	pack (273g)	447	35	4g	6	1g	5	0g	0	239mg	10	92g	31	4g	16	11g	9g	85	8	3	6

MISCELLANEOUS	Serving Size	Calories	Calories from Fat	Total Fat	% DV	Saturated Fat	% DV	Cholesterol	% DV	Sodium	% DV	Total Carb	% DV	Dietary Fiber	% DV	Sugars	Protein	Vit A	%Vit C	%Calcium	Iron
Pickled Ginger	13g	9	0	0g	0	0g	0	0g	0	160mg	7	2.4g	1	0g	0	1g	0g	0	0	0	2
Green Horseradish	4g	7	0	0g	0	0g	0	0g	0	0mg	0	1g	0	0g	0	0g	0g	0	0	0	0
Soy Sauce (Pack)	1 pack (7g)	16	0	0g	0	0g	0	0g	0	660mg	28	2g	1	0g	0	0g	2g	0	0	0	0