



Nutrition Information (Canada) 2017

CLASSIC ROLLS	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALIFORNIA ROLL	269g	380	60	7	1	0	0	1040	76	4	12	9
CALIFORNIA ROLL (Brown Rice)	269g	320	70	7	1	0	0	700	57	6	8	8
CALIFORNIA ROLL & INARI	298g	490	70	8	1.5	0	0	1230	99	2	22	10
CLASSIC MISO ROLL	298g	470	140	16	3	0	45	1110	63	2	13	20
COOKED TUNA ROLL	269g	520	160	18	3	2.5	50	740	58	1	8	33
CREAM CHEESE ROLL - EEL	269g	570	170	20	11	0	45	910	66	2	11	15
CREAM CHEESE ROLL - IMITATION CRAB	269g	460	120	13	7	0	15	1230	75	2	13	12
CREAM CHEESE ROLL - SALMON	269g	500	170	19	9	0	45	790	64	2	10	19
CREAM CHEESE ROLL - SHRIMP	269g	440	110	12	7	0	120	880	64	2	10	19
CREAM CHEESE ROLL - SMOKED SALMON	269g	510	180	21	9	0	45	1140	64	2	10	18
CREAM CHEESE ROLL - TUNA	269g	480	140	16	8	1	35	790	64	2	10	21
CRUNCHY DRAGON ROLL - IMITATION CRAB	227g	550	250	28	1	0	5	1150	69	6	27	12
CRUNCHY DRAGON ROLL - SALMON	227g	580	280	32	2.5	0	25	840	61	6	25	17
CRUNCHY DRAGON ROLL - TUNA	227g	560	260	30	2	1	20	840	61	6	25	19
CRUNCHY SHRIMP ROLL	291g	510	160	18	1	0	140	1260	72	4	16	17
CRUNCHY SHRIMP ROLL (Brown Rice)	291g	490	160	18	1	0	140	1050	60	5	13	17
DRAGON ROLL	276g	460	90	11	4	0	25	800	69	3	10	12
DRAGON ROLL SPECIAL	170g	320	60	7	2.5	0	15	560	49	2	7	8
EEL ROLL	269g	510	110	12	5	0	40	1100	66	2	16	15
EEL ROLL (Brown Rice)	269g	460	110	13	5	0	40	810	50	4	12	14
FULLMOON COMBO	280g	470	110	13	1.5	0	45	1330	78	3	15	11
FULLMOON COMBO (Brown Rice)	280g	390	110	12	1.5	0	45	880	59	5	9	12
HALF & HALF COMBO	227g	370	120	13	2	0.2	50	710	47	3	11	16
HAWAIIAN ROLL - IMITATION CRAB	369g	610	220	24	1.5	0	5	1840	89	5	22	12
HAWAIIAN ROLL - SALMON	369g	670	290	33	3.5	0	40	1220	73	5	17	22
HAWAIIAN ROLL - SHRIMP	369g	580	210	24	1.5	0	150	1340	73	5	17	23
HAWAIIAN ROLL - TUNA	369g	640	250	28	3	1.5	30	1210	73	5	17	26
INARI	213g	380	50	6	1	0	0	920	78	0	22	8
INARI SPECIAL	156g	270	80	9	1.5	0	35	830	42	1	19	9
MARINA PLATE	206g	480	110	12	6	0	50	790	52	0	9	14
ORANGE ROLL	283g	380	50	6	1	0	95	1620	74	3	15	10
RAINBOW ROLL	340g	600	150	17	6	0	40	1170	75	4	13	18
RAINBOW ROLL SPECIAL	227g	430	110	12	4.5	0	35	890	51	0	10	13
REAL CRAB ROLL	269g	460	140	16	0.5	0	50	1100	66	4	16	17
REAL CRAB ROLL (Brown Rice)	269g	410	150	17	0.5	0	50	830	51	6	12	16
RED CHILI ROLL - EBI	227g	350	100	12	1	0	15	940	50	2	11	13
RED CHILI ROLL - SALMON	227g	410	150	17	2.5	0	30	820	50	2	11	14
RED CHILI ROLL - TUNA	227g	390	130	14	2	1	25	810	50	2	11	16
SEASIDE COMBO	206g	360	50	6	1.5	0.5	30	680	62	1	9	17
SEASIDE COMBO (Brown Rice)	206g	270	25	3	0.5	0.5	60	390	43	3	4	16
SHORELINE COMBO	319g	500	90	11	2	0	25	1100	88	3	14	18
SHORELINE COMBO (Brown Rice)	319g	400	80	10	2	0	25	540	64	5	7	19
SNACK PACK	206g	320	45	5	1	0	0	910	65	3	10	8
SNACK PACK (Brown Rice)	206g	190	5	1	0	0	0	310	42	4	6	4
SPICY ROLL - IMITATION CRAB	269g	520	160	18	1.5	0	10	1550	80	3	16	9
SPICY ROLL - IMITATION CRAB (Brown Rice)	269g	440	160	17	1.5	0	10	1100	61	5	10	10
SPICY ROLL - SALMON	269g	460	140	16	2	0	35	790	63	2	10	19
SPICY ROLL - SALMON (Brown Rice)	269g	410	150	17	2	0	35	460	45	4	5	18
SPICY ROLL - SHRIMP	269g	390	70	8	0.5	0	125	890	63	2	10	19
SPICY ROLL - SHRIMP (Brown Rice)	269g	340	80	9	0.5	0	125	570	45	4	5	18
SPICY ROLL - SMOKED SALMON	269g	520	180	20	3	0	40	1470	69	3	13	17
SPICY ROLL - SMOKED SALMON (Brown Rice)	269g	440	170	19	3	0	40	1020	50	5	7	18
SPICY ROLL - TUNA	269g	440	110	12	1.5	1.5	25	780	63	2	10	22
SPICY ROLL - TUNA (Brown Rice)	269g	380	110	13	1.5	1.5	25	460	45	4	5	21
SPICY JUMBO ROLL - SALMON	269g	440	140	16	2	0	25	760	61	3	10	15
SPICY JUMBO ROLL - SHRIMP	269g	390	90	10	0.5	0	95	840	61	3	10	16
SPICY JUMBO ROLL - SMOKED SALMON	269g	440	150	17	2.5	0	30	1080	61	3	10	14
SPICY JUMBO ROLL - TUNA	269g	420	110	13	1.5	1	20	750	61	3	10	18
VEGETABLE COMBO	269g	340	70	7	1	0	0	640	67	5	11	6
VEGETABLE COMBO (Brown Rice)	269g	270	70	7	1	0	0	200	48	7	5	7
YUM YUM ROLL	198g	410	180	20	1.5	0	10	1030	52	3	14	7

The average adult requires approximately 2,000 to 2,400 calories per day; however, individual calorie needs may vary.



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HYBRID ROLLS	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BERRY ROLL - EEL	170g	260	45	5	2	0	10	480	42	2	10	6
BLUEBERRY ROLL - SALMON	227g	370	140	16	2	0	20	720	46	3	9	12
BLUEBERRY ROLL - SALMON (Brown Rice)	227g	330	140	16	2	0	20	480	36	4	5	12
BLUEBERRY ROLL - SHRIMP	227g	340	110	12	1	0	60	770	46	3	9	12
BLUEBERRY ROLL - SHRIMP (Brown Rice)	227g	300	110	12	1	0	60	530	36	4	5	12
BLUEBERRY ROLL - SMOKED SALMON	227g	370	150	17	2	0	25	910	46	3	9	11
BLUEBERRY ROLL - SMOKED SALMON (Brown Rice)	227g	330	150	17	2	0	25	670	36	4	5	11
BLUEBERRY ROLL - TUNA	227g	360	130	14	1.5	0.5	15	720	46	3	9	13
BLUEBERRY ROLL - TUNA (Brown Rice)	227g	320	130	14	1.5	0.5	15	480	36	4	5	13
DONE DEAL ROLL - SALMON	198g	390	170	20	5	0	35	660	41	2	7	14
DONE DEAL ROLL - SHRIMP	198g	350	130	14	4	0	90	730	41	2	7	15
DONE DEAL ROLL - TUNA	198g	380	150	17	4.5	1	25	660	41	2	7	17
DYNAMITE ROLL - SALMON	227g	440	180	21	2.5	0	40	820	50	3	16	14
DYNAMITE ROLL - SMOKED SALMON	227g	440	190	22	3	0	40	1000	50	3	16	14
DYNAMITE ROLL - TUNA	227g	430	170	19	2.5	0.5	35	820	50	3	16	16
G ROLL - SALMON	184g	350	130	14	3.5	0	20	650	46	2	10	11
G ROLL - SHRIMP	184g	320	100	11	2.5	0	60	690	46	2	10	11
G ROLL - TUNA	184g	340	110	13	3	0.5	15	650	46	2	10	12
HAPPY MANGO ROLL	227g	430	150	17	7	0	25	660	53	3	20	10
JALAPENO ROLL - SALMON	227g	320	90	10	2	0	15	620	49	4	8	12
JALAPENO ROLL - SHRIMP	227g	290	60	7	1	0	55	670	49	4	8	12
JALAPENO ROLL - SMOKED SALMON	227g	340	120	13	2.5	0	30	730	43	3	7	15
JALAPENO ROLL - TUNA	227g	330	100	11	2	0.5	25	440	43	3	7	17
MANGO SHRIMP ROLL	170g	300	110	12	2.5	0	25	610	41	1	13	8
RED ROCK	198g	400	150	17	4.5	1	35	820	45	2	11	17
SPICY MANGO ROLL - SALMON	227g	400	180	20	6	0	25	540	46	4	13	12
SPICY MANGO ROLL - SALMON (Brown Rice)	227g	370	180	20	6	0	25	360	35	5	10	11
SPICY MANGO ROLL - SHRIMP	227g	370	150	17	5	0	65	590	46	4	13	12
SPICY MANGO ROLL - SHRIMP (Brown Rice)	227g	340	150	17	5	0	65	400	35	5	10	11
SPICY MANGO ROLL - TUNA	227g	390	160	18	6	0.5	20	540	46	4	13	13
SPICY MANGO ROLL - TUNA (Brown Rice)	227g	360	170	19	6	0.5	20	350	35	5	10	13
SPICY TRIO	170g	290	120	13	1.5	0.3	15	550	35	3	6	11
ULTIMATE CHILI COMBO	170g	290	100	11	1	0	15	640	40	1	8	9

CHEF SAMPLERS**	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CHEF SAMPLER A	156g	260	50	6	1.5	0	15	510	39	1	6	10
CHEF SAMPLER A (Brown Rice)	156g	230	60	6	1.5	0	15	320	28	3	3	10
CHEF SAMPLER B	156g	280	70	8	2	0	10	640	44	2	8	7
CHEF SAMPLER B (Brown Rice)	156g	260	70	8	2	0	15	310	32	3	4	7
CHEF SAMPLER C	156g	260	70	8	1.5	0	10	640	39	2	7	9
CHEF SAMPLER C (Brown Rice)	156g	230	80	9	1.5	0	10	470	30	3	5	9
CHEF SAMPLER D	156g	260	50	5	1.5	0	10	580	46	2	7	6
CHEF SAMPLER D (Brown Rice)	156g	230	50	6	1.5	0	10	350	33	3	4	6

HYBRID PARTY TRAYS**	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
HAPPY HEART PLATTER	156g	240	50	6	1	0.5	40	560	33	1	6	15
HYBRID GO TRAY	156g	330	140	15	2	0.2	20	570	40	2	12	11
HYBRID GO TRAY (Brown Rice)	156g	290	140	15	2	0.2	20	360	30	3	9	11
HYBRID ICHI PLATTER	156g	340	160	18	1	0	10	700	38	3	13	8
HYBRID ICHI PLATTER (Brown Rice)	156g	300	160	18	1	0	10	440	29	3	13	8
HYBRID NI PLATTER	156g	310	100	11	2	0.3	25	540	40	1	9	13
HYBRID NI PLATTER (Brown Rice)	156g	270	100	11	2	0.3	25	300	30	1	6	13
HYBRID SAN PLATTER	156g	300	100	12	1	0	15	610	40	2	10	10
HYBRID SAN PLATTER (Brown Rice)	156g	260	100	12	1	0	15	370	30	2	7	10
HYBRID ROKU TRAY	156g	310	110	13	2	0	20	570	41	2	10	10
HYBRID ROKU TRAY (Brown Rice)	156g	270	110	13	2	0	20	360	31	2	7	10
HYBRID YON TRAY	156g	330	140	16	2	0.2	15	610	41	3	13	9
HYBRID YON TRAY (Brown Rice)	156g	290	140	16	2	0.2	15	370	30	3	13	9
MOONLIGHT PARTY TRAY	156g	280	90	10	2	0.2	25	540	39	1	8	10
SUNNY DELIGHT PARTY TRAY	156g	340	140	16	2	0	20	600	40	2	13	10
SUNRISE PLATTER	156g	310	120	13	2	0	10	580	42	2	13	8
SUNSET PLATTER	156g	320	120	14	1.5	0	25	550	39	2	11	12
SUSHI MAKI TRAY	156g	240	70	8	1	0	5	540	42	2	7	5

DUMPLINGS	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
GRILLED DUMPLING (Shrimp)	156g	270	70	8	2	0	25	730	42	5	2	9
GRILLED DUMPLING (Vegetable)	156g	330	130	14	3	0	0	610	44	5	0	9

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SPECIAL HYBRID ITEMS	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALIFORNIA ROLL SP	170g	250	45	5	1	0	0	670	49	2	8	6
CALIFORNIA ROLL SP (Brown Rice)	170g	210	50	6	1	0	0	450	37	4	5	5
CALIFORNIA ROLL - QUINOA	184g	250	50	6	1	0	0	490	44	5	5	8
CALIFORNIA ROLL - QUINOA (Brown Rice)	184g	230	60	6	1	0	0	370	37	5	4	7
CALIFORNIA SALAD ROLL SP	170g	280	80	9	1	0	5	650	47	2	7	6
CALIFORNIA SALAD ROLL SP (Brown Rice)	170g	240	80	9	1	0	5	440	35	4	4	5
CALIFORNIA SALAD ROLL - QUINOA	184g	280	90	10	1	0	5	470	42	5	5	8
CALIFORNIA SALAD ROLL - QUINOA (Brown Rice)	184g	260	90	10	1	0	5	360	36	5	3	7
CREAM CHEESE ROLL SP - EEL	170g	340	110	12	7	0	20	570	43	1	7	8
CREAM CHEESE ROLL SP - EEL (Brown Rice)	170g	300	110	12	7	0	20	350	31	2	4	8
CREAM CHEESE ROLL SP - IMITATION CRAB	170g	290	80	9	5	0	10	700	47	1	8	7
CREAM CHEESE ROLL SP - IMITATION CRAB (Brown Rice)	170g	250	90	10	5	0	10	480	35	2	5	6
CREAM CHEESE ROLL SP - SALMON	170g	310	100	12	6	0	20	520	42	1	7	10
CREAM CHEESE ROLL SP - SALMON (Brown Rice)	170g	270	110	12	6	0	20	300	30	2	4	9
CREAM CHEESE ROLL SP - SHRIMP	170g	290	80	9	5	0	50	550	42	1	7	10
CREAM CHEESE ROLL SP - SHRIMP (Brown Rice)	170g	250	80	10	5	0	50	340	30	2	4	9
CREAM CHEESE ROLL SP - SMOKED SALMON	170g	310	110	12	6	0	25	660	42	1	7	9
CREAM CHEESE ROLL SP - SMOKED SALMON (Brown Rice)	170g	280	110	13	6	0	25	440	30	2	4	9
CREAM CHEESE ROLL SP - TUNA	170g	300	90	10	5	0.5	20	520	42	1	7	11
CREAM CHEESE ROLL SP - TUNA (Brown Rice)	170g	260	100	11	5	0.5	20	300	30	2	4	10
CRUNCHY CA ROLL SP	170g	390	160	18	4.5	0	5	860	53	3	14	6
CRUNCHY CA ROLL SP (Brown Rice)	170g	350	160	18	4.5	0	5	680	42	4	11	6
CRUNCHY DRAGON ROLL SP - IMITATION CRAB	170g	430	210	23	1	0	5	850	52	5	20	9
CRUNCHY DRAGON ROLL SP - IMITATION CRAB (Brown Rice)	170g	410	210	24	1	0	5	720	44	5	18	8
CRUNCHY DRAGON ROLL SP - SALMON	170g	440	220	25	1.5	0	15	740	49	5	19	10
CRUNCHY DRAGON ROLL SP - SALMON (Brown Rice)	170g	420	220	25	1.5	0	15	600	41	5	17	10
CRUNCHY DRAGON ROLL SP - TUNA	170g	440	210	24	1.5	0.3	10	740	49	5	19	11
CRUNCHY DRAGON ROLL SP - TUNA (Brown Rice)	170g	410	220	24	1.5	0.3	10	600	41	5	17	11
CRUNCHY ROLL SP	227g	440	170	19	4.5	0	5	1170	61	3	14	9
CRUNCHY ROLL SP (Brown Rice)	227g	410	170	19	4.5	0	5	980	50	4	12	9
CRUNCHY SHRIMP TEMPURA ROLL SP	227g	430	180	20	4.5	0	25	740	55	3	18	9
CRUNCHY SHRIMP TEMPURA ROLL SP (Brown Rice)	227g	400	180	21	4.5	0	25	560	45	4	16	8
CRUNCHY TEMPURA ROLL	170g	330	100	12	1	0	35	840	50	2	16	8
EEL ROLL SP	170g	330	70	8	3.5	0	25	700	42	1	10	9
EEL ROLL SP (Brown Rice)	170g	290	70	8	3.5	0	25	520	31	2	8	9
HAPPY MANGO SP	227g	430	150	17	7	0	25	660	53	3	20	10
HAPPY MANGO SP (Brown Rice)	227g	400	150	17	7	0	25	480	43	5	17	9
SPICY CALIFORNIA ROLL SP	198g	340	110	13	1	0	5	770	53	3	9	6
SPICY CALIFORNIA ROLL SP (Brown Rice)	198g	300	120	13	1	0	5	530	39	4	5	5
SPICY SALMON ROLL SP	170g	280	60	7	1	0	15	520	47	1	7	9
SPICY SALMON ROLL SP (Brown Rice)	170g	230	60	7	1	0	15	280	33	3	4	8
SPICY SHRIMP ROLL SP	170g	250	30	3.5	0.4	0	50	560	47	1	7	9
SPICY SHRIMP ROLL SP (Brown Rice)	170g	210	35	4	0.4	0	50	320	33	3	4	9
SPICY TUNA ROLL SP	170g	270	45	5	1	0.5	10	520	47	1	7	10
SPICY TUNA ROLL SP (Brown Rice)	170g	220	50	6	1	0.5	10	280	33	3	4	10
VEGETABLE COMBO SP	170g	230	45	5	1	0	0	440	45	3	7	4
VEGETABLE COMBO SP (Brown Rice)	170g	190	50	6	1	0	0	220	33	5	4	4

SALADS	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALAMARI SALAD	113g	140	10	1	0.5	0	195	500	15	5	10	17
EDAMAME (SOYBEANS)	227g	300	60	6	0	0	0	0	30	15	5	30
SEABREEZE SALAD	113g	90	20	2.5	0	0	0	960	17	1	15	2
TINY OCTOPUS SALAD	113g	140	10	1	0.5	0	140	1380	16	0	0	17
TROPICAL MANGO SALAD	213g	240	110	12	2.5	2	30	65	10	4	5	24
TUNA AVOCADO SALAD	213g	270	150	17	3	2	30	150	8	5	2	24

DRESSINGS & SAUCES	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
EEL SAUCE	15g	30	0	0	0	0	0	300	6	0	6	1
GINGER DRESSING	30g	50	15	1.5	0	0	0	430	8	0	4	1
HOT GARLIC SAUCE	85g	140	30	4	0	0	0	520	26	1	21	1
MAYONNAISE	15g	100	110	12	1	0	10	90	0	0	0	0
PEANUT SAUCE	40g	60	0	0	0	0	0	620	12	0	12	0
PICKLED GINGER	14g	10	0	0	0	0	0	200	2	<1	1	0
PONZU DRESSING	30g	20	0	0	0	0	0	710	3	0	3	1
SOY SAUCE	15g	35	0	0	0	0	0	740	2	2	2	2
SOY SAUCE (LOW SODIUM)	15g	10	0	0	0	0	0	540	0	0	1	1
SPICY SAUCE	15g	80	70	8	0	0	0	160	1	0	1	0
SUSHI SAUCE	15g	30	0	0	0	0	0	310	7	0	5	0
SWEET CHILI SAUCE	40g	100	0	0	0	0	0	520	24	0	22	0
WASABI	14g	10	0	0	0	0	0	0	2	0	0	0
WASABI DRESSING	30g	35	20	2	1	0	0	640	2	0	3	0
YUM YUM SAUCE	43g	200	160	17	3	0	10	320	12	0	9	0

The average adult requires approximately 2,000 to 2,400 calories per day; however, individual calorie needs may vary.



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WRAPS	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
AVOCADO SALAD ROLL	130g	100	40	4.5	0.5	0	0	40	15	3	2	2
BERRY WRAP	130g	200	60	7	2.5	0	20	160	19	2	7	5
CALIFORNIA WRAP	187g	290	150	17	1.5	0	15	790	27	2	5	7
CREAM CHEESE WRAP - IMITATION CRAB	187g	240	120	13	7	0	15	520	24	3	6	6
CREAM CHEESE WRAP - SALMON	187g	280	160	18	8	0	35	170	15	3	3	12
CREAM CHEESE WRAP - SHRIMP	187g	230	120	13	7	0	95	240	15	3	3	12
CREAM CHEESE WRAP - SMOKED SALMON	187g	280	170	19	8	0	40	450	15	3	3	11
CREAM CHEESE WRAP - TUNA	187g	260	140	16	7	1	30	170	15	3	3	14
MANGO WRAP	187g	130	40	4.5	0.5	0	0	55	22	5	7	2
SMOKED SALMON SALAD ROLL	130g	220	100	11	2	0	20	310	22	3	1	7
SPICY CALIFORNIA WRAP	187g	250	140	16	1.5	0	10	550	24	3	5	5
SPICY CHICKEN ROLL	130g	160	70	8	0	0	25	320	13	1	3	10
SPICY CREAM CHEESE WRAP - IMITATION CRAB	187g	270	150	17	7	0	15	580	24	3	6	6
SPICY CREAM CHEESE WRAP - SALMON	187g	310	190	21	8	0	35	240	15	3	4	11
SPICY CREAM CHEESE WRAP - SHRIMP	187g	260	140	16	7	0	95	310	15	3	4	12
SPICY CREAM CHEESE WRAP - SMOKED SALMON	187g	310	200	23	8	0	40	510	15	3	4	11
SPICY CREAM CHEESE WRAP - TUNA	187g	290	170	19	7	1	30	240	15	3	4	14
SPICY WRAP - IMITATION CRAB	187g	230	110	12	0.5	0	5	680	27	3	6	5
SPICY WRAP - SALMON	187g	280	160	18	2	0	30	220	15	3	3	13
SPICY WRAP - SHRIMP	187g	220	100	12	0.5	0	110	310	15	3	3	13
SPICY WRAP - SMOKED SALMON	187g	290	180	20	3	0	35	590	15	3	3	11
SPICY WRAP - TUNA	187g	260	130	15	1.5	1	20	220	15	3	3	16
SUMMER ROLL	102g	100	20	2	0.3	0	5	330	17	1	3	5
VEGETABLE WRAP	187g	130	60	7	1	0	0	50	19	5	4	2

REGIONAL SPECIAL	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
ABURI NIGIRI MIX - SALMON & TUNA	213g	360	90	11	2.5	1	40	490	45	1	7	23
ABURI SALMON CHEESE ROLL	198g	430	180	21	6	0	20	730	51	3	12	12
CHIRASHI BOWL - CHICKEN	312g	440	90	10	0.5	0	60	1110	63	2	11	26
CHIRASHI BOWL - EEL	312g	580	160	18	6	0	40	1080	70	4	15	15
CHIRASHI BOWL - SEAFOOD	312g	450	110	12	2.5	0.5	25	880	68	3	11	20
MINI ROLL PACK	120g	180	30	3.5	1	0	10	380	32	1	6	5
RAMEN NOODLE SALAD	333g	380	140	15	2	0	0	1060	50	3	9	13
ROASTED EEL & CUCUMBER ROLL	198g	370	100	12	4	0	15	820	51	2	12	10
SEARED TUNA MISO & MAYO ROLL	198g	400	120	14	3.5	0.5	10	890	58	4	17	14
SHRIMP DYNAMITE ROLL	198g	340	100	11	1	0	90	1150	50	2	14	13
TUNA TATAKI ROLL	198g	420	160	18	4.5	0.5	10	910	52	3	11	14
UNA MAYO ROLL	198g	590	270	30	6	0	40	880	51	3	16	12

PLUS ROLLS*	Serving Size (g)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALIFORNIA PLUS	170g	230	40	4.5	0.5	0	0	610	45	2	7	5
CALIFORNIA PLUS (Brown Rice)	170g	210	50	4.5	0.5	0	0	490	38	2	6	4
CREAM CHEESE PLUS - EEL	170g	330	100	11	6	0	25	540	40	1	7	8
CREAM CHEESE PLUS - IMITATION CRAB	170g	270	70	8	4.5	0	10	710	45	1	8	7
CREAM CHEESE PLUS - SALMON	170g	290	100	11	5	0	25	480	39	1	6	10
CREAM CHEESE PLUS - SHRIMP	170g	260	70	8	4.5	0	65	520	39	1	6	11
CREAM CHEESE PLUS - SMOKED SALMON	170g	300	100	12	6	0	25	660	39	1	6	10
CREAM CHEESE PLUS - TUNA	170g	280	80	9	5	0.5	20	480	39	1	6	12
SEASIDE PLUS - EEL	170g	370	70	8	4	0	30	640	48	0	7	11
SEASIDE PLUS - SALMON	170g	310	60	7	1.5	0	30	520	46	0	7	14
SEASIDE PLUS - SHRIMP	170g	250	5	0.5	0	0	110	600	46	0	7	15
SEASIDE PLUS - SMOKED SALMON	170g	310	80	9	2	0	35	870	46	0	7	13
SEASIDE PLUS - TUNA	170g	290	35	4	1	1	20	510	46	0	7	17
SPICY PLUS - IMITATION CRAB	170g	270	60	7	0.5	0	0	800	48	2	8	7
SPICY PLUS - SALMON	170g	300	100	11	1.5	0	20	490	40	1	6	12
SPICY PLUS - SHRIMP	170g	260	60	7	0.5	0	75	550	40	1	6	12
SPICY PLUS - SMOKED SALMON	170g	300	110	13	2	0	25	740	40	1	6	11
SPICY PLUS - TUNA	170g	290	80	9	1	1	15	490	40	1	6	14
VEGETABLE PLUS	170g	220	35	4	0.5	0	0	440	45	3	7	4
VEGETABLE PLUS (Brown Rice)	170g	170	30	3.5	0	0	0	160	34	5	3	5

*Two servings per package.

**Based upon a recommended serving size of 156 grams per serving.

The average adult requires approximately 2,000 to 2,400 calories per day; however, individual calorie needs may vary.

Condiments such as ginger, wasabi(horseradish), soy sauce, peanut sauce, and sweet chili sauce are not included in the calculated values.

Additional nutrition information available upon request.

2016 Updated