

AFC Cold Items

	cal	fat	carb	sodium	protein
marina plate	360	15	53	880	19
california roll	370	6	74	1300	10
crunchy shrimp roll	480	17	70	1580	18
rainbow roll	490	17	71	1250	25
california salad roll	270	8	47	820	6
crunchy california roll	380	17	53	1000	6
chef sampler	260	8	41	750	7
spicy tuna roll	260	10	39	590	14
spicy salmon roll	290	11	39	600	11
spicy california roll	300	6	55	920	6
hawaiian poke bowl	800	43	94	1570	32

AFC Hot Items

	cal	fat	carb	sodium	protein
orange chicken	730	11	141	730	25
shrimp dumpling	310	9	46	800	10
teriyaki chicken stir-fry	790	14	134	1700	42
yakisoba bowl stir-fry	760	15	138	580	25