

CLASSIC ROLLS	Serving Size [g]	Calories (Cal)	Calories Fat (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohy- drates (g)	Dietary Fiber	Sugar (g)	Protein (g)
CALIFORNIA ROLL & INARI	10.5oz [297g]	500	80	8	1	0	0	1630	100	2	23	12
CLASSIC TUNA ROLL	7.25oz [206g]	300	5	1	0	0	35	740	56	0	11	21
CREAM CHEESE ROLL - BABY SHRIMP	9.5oz [269g]	440	120	13	6	0	130	1370	68	1	14	18
CREAM CHEESE ROLL - IMITATION CRAB	9.5oz [269g]	450	110	12	6	0	40	1500	78	2	17	12
CREAM CHEESE ROLL - SALMON	9.5oz [269g]	490	170	18	7	0	65	1000	68	1	14	18
CRUNCHY SHRIMP ROLL	10.25oz [291g]	500	160	18	1	0	110	1580	74	4	18	17
DRAGON ROLL - IMITATION CRAB	9.75oz [276g]	370	40	4.5	0.5	0	5	1320	79	3	16	9
DRAGON ROLL SPECIAL - IMITATION CRAB	6oz [170g]	270	20	2.5	0	0	5	1070	60	2	14	6
EEL ROLL	9.5oz [269g]	490	140	15	4	0	105	1370	76	3	21	17
CALIFORNIA MIX	9.5oz [269g]	400	80	9	1	0	40	1370	74	3	15	11
GRILLED SALMON ROLL	8.5oz [240g]	280	0	0	0	0	10	1090	67	2	14	6
INARI	7.5oz [213g]	420	80	9	0.5	0	0	1220	80	0	21	10
NIGIRI	7.25oz [206g]	400	110	13	3	0	95	910	58	1	13	19
RAINBOW ROLL	12oz [340g]	450	70	8	1	0	35	1270	76	4	15	24
SHORELINE COMBO	11.25oz [319g]	470	60	6	1	0	25	1400	91	2	18	18
SHRIMP TEMPURA ROLL 8	6.8oz [193g]	550	240	26	11	0	10	880	75	3	15	8
SPICY ROLL - BABY SHRIMP	9.5oz [269g]	390	70	8	0	0	115	1440	67	1	14	18
SPICY ROLL - SALMON	9.5oz [269g]	450	140	15	1.5	0	40	970	65	1	13	19
SPICY ROLL - TUNA	9.5oz [269g]	400	70	8	0	0	30	980	67	1	14	20
VEGETABLE COMBO	9.5oz [269g]	350	70	7	7	0	0	840	71	5	15	6
CRUNCHY DRAGON ROLL / HOT CRUNCHY	8oz [227g]	580	280	31	2	0	30	960	63	5	29	16
CRUNCHY TEMPURA ROLL - IMITATION CRAB	6oz [170g]	360	140	15	6	0	15	700	54	2	10	6
ULTIMATE CHILI ROLL - SALMON	6oz [170g]	290	100	11	1	0	15	770	44	2	11	9
GRILLED DUMPLING (Shrimp)	6oz [170g]	300	80	9	1.5	0	25	800	46	5	2	10
GRILLED DUMPLING (Vegetable)	6oz [170g]	370	140	15	3.5	0	0	660	48	5	0	10
CHEF SPECIAL	12oz [340g]	570	150	17	4	0	40	1410	81	4	16	25
CALAMARI SALAD	4oz [113g]	130	10	1	0.5	0	195	500	14	4	10	17
EDAMAME (SOYBEANS)	8oz [226g]	230	110	13	2.5	0	0	0	8	20	5	23
SEABREEZE SALAD	4oz [113g]	100	20	2.5	0	0	0	960	17	1	15	2
SUMMER ROLL	7.6oz [215g]	200	25	3	0	0	55	490	51	3	25	19
SOY SAUCE	1 Tbsp [15g]	35	0	0	0	0	0	740	2	2	2	2
SPICY SAUCE	3 fl oz [85g]	450	410	46	8	0	20	930	8	2	5	2
SUSHI SAUCE	1 Tbsp [15g]	30	0	0	0	0	0	310	7	0	5	0
SWEET CHILI SAUCE	1 piece [40g]	100	0	0	0	0	0	520	24	0	22	0
WASABI	0.5oz [14g]	10	0	0	0	0	0	0	2	0	0	0
YUM YUM SAUCE	1.5 fl oz [43g]	200	160	17	3	0	10	320	12	0	9	0
*Two servings per package												
NOTE: Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.												
There may be variations in nutritional contents across servings, based on variations in overall sizes and quantities of ingredients, and based upon special ordering.												
2,000 calories a day is used for general nutrition advice, but calorie needs vary.												
Condiments such as ginger, wasabi (horseradish), soy sauce, peanut sauce, and sweet chili sauce are not included in the calculated values.												