



Nutrition Facts

SUSHI

Sushi Roll

Serving Size (oz)	Pieces per Serving	Calorie From Fat	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	
California Roll	7	8	40	330	4	0	0	100	1,300	68	2	23	5	2	4	6	15
Spicy California Roll	7	8	110	410	12	2	1	15	1,460	71	2	26	6	6	6	6	15
Caviar California Roll	7	8	35	360	4	1	0	55	1,381	66	2	24	13	4	8	6	15
Real Crab California Roll	7	8	30	340	3	1	0	35	1,380	66	2	24	11	2	6	4	15
S - Avocado Roll	3	8	45	170	5	1	0	0	530	31	2	10	2	2	4	0	6
S - Carrot Roll	3	8	0	130	0	0	0	45	540	30	0	11	2	40	2	2	6
S - Cucumber Roll	3	8	0	120	0	0	0	0	520	29	0	10	2	2	2	0	6
S - Honey Inari/Bean Cake	4	6	90	300	10	0	0	0	1,080	54	0	21	7	0	0	10	30
S - Krab Roll	3	8	10	160	1	0	0	4	720	34	0	12	3	2	2	4	6
S - Spicy Tuna Roll	4	8	70	230	8	1	0	25	630	30	0	11	10	4	2	2	8
Special Spicy Tuna Roll	7	8	70	380	8	1	0	25	1,310	65	<1	24	12	6	4	2	15
Cucumber Avocado Roll	7	8	30	310	4	1	0	0	1,250	66	2	24	4	2	4	2	15
Dragon Veggie Roll	7	8	25	320	3	0	0	0	1,280	70	3	26	4	100	8	2	15
Inari California Roll	7	7	45	360	5	2	0	50	1,580	70	1	29	8	2	4	10	15
Inari/Bean Cake	7	6	50	390	6	2	0	0	1,860	73	0	35	11	2	2	10	15
Spicy Shrimp Inari	7	6	210	680	24	24	0	115	2,150	102	<1	38	22	6	4	15	50
Poached Salmon	7	8	20	320	2	0	0	20	1,270	64	0	24	12	2	2	2	15
Rock 'N Roll	7	8	90	420	10	2	0	65	1,650	72	2	31	11	30	4	6	15
Salmon Avocado Roll	7	8	50	350	5	1	0	20	1,270	66	2	24	11	2	4	2	15
Spicy Salmon Avocado Roll	7	8	120	420	13	2	0	30	1,310	66	2	24	11	6	4	2	15
Shrimp Avocado Roll	7	8	35	350	4	1	0	80	1,350	66	2	24	13	4	6	2	20
Spicy Shrimp Avocado Roll	7	8	99	418	11	15	0	95	1,390	66	<1	24	13	8	6	2	20
Shrimp Roll	7	8	10	380	1	0	0	80	1,620	79	<1	30	13	4	4	2	20
Spicy Shrimp Roll	7	8	80	390	9	1	0	95	1,390	65	<1	24	13	8	4	2	20
Spicy Tuna Avocado Roll	7	8	100	400	11	2	0	25	1,200	63	2	22	12	6	6	2	15
Spicy Yellowtail Avocado	7	8	110	430	12	2	0	30	1,310	66	2	24	12	6	6	2	15
Rainbow Roll	7	8	140	570	15	3	0	200	1,530	67	2	25	42	30	8	8	25
Spicy Rainbow Roll	7	8	180	620	20	4	0	215	1,570	66	<1	25	42	35	6	8	25
Caterpillar Roll	7	8	90	420	10	2	0	65	1,560	70	2	29	11	28	4	4	15

Nigiri Sushi

Nigiri Sushi - 6 pcs Salmon	5	6	40	350	4	1	0	35	1,200	60	0	23	16	0	0	2	15
Nigiri Sushi - 6 pcs Shrimp	5	6	10	300	1	0	0	70	1,260	60	0	23	11	2	2	2	15
Nigiri Sushi - 6 pcs Tuna	5	6	10	330	1	0	0	30	1,200	60	0	23	19	0	2	2	15
Nigiri Sushi - 6 pcs Unagi	5	6	140	460	15	4	0	140	1,490	62	0	25	17	60	0	10	15
Nigiri Sushi - 6 pcs Yellowtail	5	6	40	360	4	1	0	35	1,210	60	0	23	18	2	4	2	15
Nigiri Sushi - 6 pcs Tuna/Salmon	5	6	30	340	3	0	0	35	1,210	60	0	23	17	0	0	2	15
Nigiri Sushi - 6 pcs Tuna/Salmon/Shrimp	5	6	20	330	2	0	0	45	1,220	60	0	23	15	2	0	2	15
Nigiri Sushi - 6 pcs Tuna/Salmon/Unagi	5	6	60	380	7	2	0	69	1,300	60	0	24	17	20	0	4	15
Nigiri Sushi - 6 pcs Tuna/Salmon/Yellowtail	5	6	30	350	3	0	0	35	1,210	60	0	23	18	0	2	2	15

Seven Seas Combo



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	Serving Size (oz)	Pieces per Serving	Calorie From Fat	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugar (g)	protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
4 pcs ea California & Nigiri Tuna/Salmon	7	8	35	400	4	1	0	25	1,500	75	1	28	14	2	2	4	15
4 pcs ea California & Nigiri Unagi	7	8	110	470	12	3	0	95	1,690	77	1	29	14	40	2	8	15
4 pcs ea California & Nigiri Salmon	7	8	45	400	5	1	0	25	1,510	75	1	28	13	2	2	4	15
4 pcs ea California & Nigiri Tuna	7	8	20	390	2	0	0	20	1,500	75	1	28	15	2	2	4	15
4 pcs ea California & Nigiri Tuna/Shrimp/Salmon/Unagi	7	8	45	390	5	1	0	45	1,490	73	1	28	12	10	2	2	15

Tsunami Combo Medium

4 pcs ea Salmon Avocado & Nigiri Salmon	7	8	50	420	6	1	0	35	1,440	73	1	27	16	2	2	2	15
4 pcs ea Tuna Avocado & Nigiri Tuna	7	8	20	400	2	0	0	30	1,440	73	1	27	18	2	2	2	15
2 pcs ea Salmon/Tuna Avocado & 4 pcs Nigiri Salmon	7	8	45	410	5	1	0	35	1,440	73	1	27	16	2	2	2	15
2 pcs ea Salmon/Tuna Avocado & 4 pcs Nigiri Tuna	7	8	20	380	2	0	0	30	1,440	72	<1	27	18	2	2	2	15
2 pcs ea Salmon/Tuna Avocado & Nigiri Salmon/Tuna	7	8	30	390	3	0	0	30	1,440	72	<1	27	17	2	2	2	15

Spicy Tsunami Combo

4 pcs ea Spicy Salmon Avocado & Nigiri Salmon	7	8	90	450	10	1	0	40	1,460	73	1	27	16	4	2	2	15
4 pcs ea Spicy Tuna Avocado & Nigiri Tuna	7	8	50	430	6	1	0	33	1,460	73	1	27	19	4	4	2	15
2 pcs ea Spicy Salmon/Tuna Avocado & Nigiri Salmon/Tuna	7	8	60	430	7	1	0	35	1,460	73	<1	27	17	4	2	2	15
2 pcs ea Spicy Salmon/Tuna Avocado & 4 pcs Nigiri Salmon	7	8	81	450	9	1	0	40	1,460	73	1	27	17	4	2	2	15
2 pcs ea Spicy Salmon/Tuna Avocado & 4 pcs Nigiri Tuna	7	8	45	420	5	1	0	35	1,460	73	<1	27	18	2	2	2	15

Non - Sushi

Gari (Ginger)	1	-	0	20	0	0	0	0	340	5	<1	3	0	0	0	1	4
Wasabi (Green Mustard)	1	-	0	60	0	0	0	0	11	0	0	0	0	0	55	0	0
Edamame	4	-	40	150	5	1	0	0	36	14	9	2	12	10	15	10	10
Shrimp Cocktail	3	12	10	230	1	0	0	195	810	29	0	16	21	15	10	4	15
Soba (Buckwheat Noodle)	5	-	10	230	1	0	0	0	44	0	<1	0	7	0	0	2	10
Udon	5	-	0	160	1	0	0	0	140	35	2	1	5	0	0	0	0
Shrimp Spring Roll	7	2	120	330	13	3	0	45	730	43	3	21	10	0	0	0	0
Tofu Spring Roll	7	2	130	330	14	3	0	1	680	44	3	21	8	0	0	0	0
Chinese Chicken Salad	8	-	90	360	10	3	0	65	820	41	3	31	26	70	25	6	15
Green salad With Seaweed	7	-	10	160	1	0	0	0	1,110	38	3	30	5	80	25	15	10
Chuka Ika Sansai	3	-	10	120	1	0	0	5	1,030	18	<1	21	12	0	2	4	4
Sesame Seaweed Salad	4	-	90	160	10	10	0	0	1,080	27	1	26	2	2	4	25	8
Spinach Tofu Salad	5	-	30	100	4	0	0	0	550	11	5	5	9	200	4	20	15
Sunomono Salad	4	-	1	22	0	0	0	0	12	5	0	4	0	2	4	2	2
Tofu Salad	8	-	25	170	3	0	0	0	190	28	3	20	11	70	20	8	10