



NUTRITIONAL INFORMATION

SUSHI

COOKED

	6	6	6	6.3	6	6.5	7	9.7	7.1	6	6.7	4	5	5.7	6.4	7	12	7.1	7.1	7
california crunch roll	california roll	california roll (furikake)	california roll (maki)	california roll (real crab)	california roll (spicy)	caterpillar roll	dynamite roll	golden dragon roll	philly roll	shrimp roll	skinny california roll	skinny california wrap	skinny fresh summer wrap	spider roll	super crunch roll	sushi burrito - the bay bridge	tempura crunch roll	tempura shrimp roll	wasabi crunch roll	
6	6	6	6.3	6	6.5	7	9.7	7.1	6	6.7	4	5	5.7	6.4	7	12	7.1	7.1	7	
170	170	170	178	170	184	199	275	201	170	190	113	142	162	181	198	340	201	201	199	
360	230	230	260	240	300	330	500	420	450	300	100	180	140	340	420	540	320	320	420	
15	3	3	4	5	7	15	15	18	12	6	4	3	0	8	18	16	7	7	16	
4	0	0	1	0	1.5	3	2	5	8	0	0	0	0.5	1	5	3	1	1	10	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
10	0	0	10	0	15	45	25	10	45	90	35	15	32	45	10	15	45	45	15	
1050	400	420	480	430	770	420	1450	1290	1080	1170	320	600	400	880	1280	2100	1020	1020	1290	
46	43	43	48	45	60	39	85	54	66	54	9	39	20	57	54	84	70	70	59	
3	2	2	2	2	4	3	5	4	6	6	2	6	4	5	4	8	6	6	9	
7	5	5	6	5	7	9	20	8	15	6	2	12	6	9	20	8	9	13	13	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
7	7	7	6	7	8	9	10	8	18	12	6	3	4	9	8	12	4	4	13	



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RAW

	-serving size (oz)	-serving size (g)	calories (kcal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrates (g)	dietary fiber (g)	total sugars (g)	added sugars (g)	protein (g)
alaskan roll	9.7	275	500	3	1	0	25	1200	75	10	15	0	40
california sunrise roll	6	170	250	3	0	0	10	540	45	2	7	0	7
double fire roll	6	170	360	9	2	0	30	1160	60	4	6	0	10
hand roll - tuna	7.4	210	300	0	0	0	10	240	60	2	4	0	16
hawaiian sunset roll	6	170	390	6	0	0	30	750	57	9	18	0	21
hawaiian volcano roll	8	227	600	10	0	0	45	1560	108	12	32	0	20
keto roll	6	170	330	8	1	0	55	650	24	5	0	8	24
nigiri, 6 pieces	5.9	167	280	5	2	0	40	230	48	1	0	0	10
nigiri, 8 pieces	7.8	221	360	6	2	0	50	300	64	2	0	0	14
paleo roll	6	170	220	12	1	0	45	40	8	4	2	0	19
phoenix roll	8	227	520	8	0	0	60	1520	72	16	20	0	36
poke bowl - classic tuna	16	454	770	7	1	0	20	1850	122	8	10	0	30
poke bowl - spicy salmon	16	454	770	9	2	0	25	1860	132	9	14	0	36
poke bowl - spicy tuna	16	454	770	9	2	0	25	1860	132	9	14	0	36
rainbow roll	6.6	187	380	8	2	0	35	520	67	2	7	0	11
red dragon roll	9.7	275	450	7	0	0	20	1100	70	10	10	0	20
salmon roll	7.1	201	340	8	2	0	20	680	54	8	6	0	12
sashimi -tuna & salmon	4.8	136	120	0	0	0	30	60	0	0	0	0	24
skinny rainbow roll	4	147	150	8	2	0	10	50	6	2	2	0	16
skinny spicy tuna roll	5	142	180	3	0	0	15	600	39	6	12	0	3
spicy tuna roll	5	142	270	5	0	0	15	690	45	9	15	0	15
sushi burrito - great big giant	12	340	540	16	3	0	35	2040	82	8	24	0	18
sushi donuts	8	227	410	10	2	0	105	690	36	2	9	9	12
tiger roll	9.7	275	450	7	0	0	50	1300	75	5	15	0	15
TSA roll	6	170	290	2	1	0	55	900	54	7	16	0	14
tuna roll	6.1	173	210	0	0	0	20	45	45	0	3	0	12



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VEGETARIAN

	6	170	520	6	0	0	20	1280	108	8	16	0	0
	6	170	240	2	0	0	0	180	52	4	8	0	8
	4	147	100	6	2	0	0	160	16	6	16	0	6
	5	142	120	1	0	0	0	390	27	6	9	0	0
	10.6	300	540	7	0	0	0	1560	95	10	20	0	10
	9.7	275	500	13	5	0	0	250	85	10	20	0	1
	8.5	240	300	0	0	0	0	1560	72	5	15	0	2
	10.6	300	450	10	0	0	10	1200	75	10	20	0	5
	16	454	830	15	4	0	20	2600	159	10	28	0	14
	6	170	230	3	0	0	0	180	29	2	5	0	3

COMBOS

	6.1	173	290	5	1	0	25	480	3	4	4	0	12
	7.4	210	370	7	2	0	40	530	62	5	8	0	16
	9.5	269	630	20	5	0	20	1800	97	8	15	0	8
	9.4	266	520	11	3	0	45	790	89	6	9	0	16
	10.5	298	580	17	5	0	45	1110	90	4	8	0	16
	9.8	278	440	7	0.5	0	70	850	61	10	15	0	35
	6.8	193	300	1.5	0	0	0	230	60	3	3	0	9
	6.5	184	290	7	2	0	10	560	49	2	7	0	6
	6.7	190	310	9	3	0	10	740	50	3	7	0	7
	8.3	235	400	8	2	0	10	640	72	2	12	0	12
	7.4	210	430	14	3	0	45	1080	55	8	12	0	17
	7.1	201	470	6	0	0	30	1200	73	8	13	0	25
	8.1	230	430	7	2	0	50	600	80	3	10	0	15
	6	170	260	2	1	0	50	800	48	6	14	0	12
	6.7	190	260	5	1	0	15	670	57	6	12	0	13



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GRAINS

	5	5.3	5.5	6	6	6.4	6.7	6.7	7.6	8	8	12	14	18
avocado roll (brown rice)	5	5.3	5.5	6	6	6.4	6.7	6.7	7.6	8	8	12	14	18
california roll (brown rice)	5.3	5.5	6	6	6.4	6.7	6.7	7.6	8	8	12	14	18	
california roll (real crab - brown rice)	5.5	6	6	6.4	6.7	6.7	7.6	8	8	12	14	18		
combo - the top trio (brown rice)	6	6	6.4	6.7	6.7	7.6	8	8	12	14	18			
double fire roll (brown rice)	8	8	12	14	18									
california sunrise roll (brown rice)	6	6	6.4	6.7	6.7	7.6	8	8	12	14	18			
philly roll (brown rice)	6	6	6.4	6.7	6.7	7.6	8	8	12	14	18			
salmon roll (brown rice)	7.6	7.6	8	8	12	14	18							
shrimp roll (brown rice)	6.7	6.7	7.6	8	8	12	14	18						
spicy tuna roll (brown rice)	6.7	6.7	7.6	8	8	12	14	18						
spider roll (brown rice)	6.4	6.4	6.7	6.7	7.6	8	8	12	14	18				
TSA roll (brown rice)	6	6	6.4	6.7	6.7	7.6	8	8	12	14	18			
vegetarian roll (brown rice)	6	6	6.4	6.7	6.7	7.6	8	8	12	14	18			
servings	5	5.3	5.5	6	6	6.4	6.7	6.7	7.6	8	8	12	14	18
calories (kcal)	142	150	155	170	170	181	190	190	215	227	227	360	390	420
total fat (g)	4	1	2	3	5	8	2	5	12	9	9	3	4	5
saturated fat (g)	0	0	0	1	2	1	0	0	3	2	2	0	0	0
trans fat (g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0
cholesterol (mg)	15	0	25	20	55	45	35	15	840	10	10	15	15	15
sodium (mg)	960	920	860	720	1190	880	320	870	840	1200	880	870	870	870
total carbohydrates (g)	81	56	49	50	52	56	49	75	51	62	62	75	75	75
dietary fiber (g)	6	5	5	4	2	5	5	9	6	6	6	9	9	9
total sugars (g)	12	5	7	6	9	9	2	9	6	8	8	9	9	9
added sugars (g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0
protein (g)	6	7	11	14	11	9	9	18	12	12	12	9	9	9