



Nutrition Information

The nutritional information seen here was prepared by MenuTrinco®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polysaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	
NIGIRI																
Aburi Eel with Miso Cream Cheese	110	35	4.0	1.0	0	1.5	25	130	70	13		1			5	
Aburi Salmon with Miso Cream Cheese	110	40	4.5	1.0	0.5	0.5	15	135	85	13		1			5	
Albacore Otoro	90	0	0.5	0			10	40	15	11					9	
Conch	60						20	50	15	11					4	
Dashi Olive Salmon	100	30	3.5	0.5		1.0	1.5	10	40	90	12				5	
Dashi Olive Sweet Shrimp	80	10	1.0	0	0	0.5	50	110	105	12					7	
Eel	80	20	2.0	0	0	1.5	25	50	65	12					5	
Garlic Ponzu Salmon	100	30	3.0	0.5	1.0	1.0	10	135	95	12					6	
Hamachi Tataki with Ponzu Oil	120	40	4.5	1.5	0	1.5	15	125	85	13					5	
Hokkaido Scallop	70	0	0		0		10	55	90	12					5	
Octopus	60	0	0				20	60	35	11					4	
Premium American Beef	90	25	2.5	1.0	0	0	5	45	20	12					4	
Red Snapper with Yuzu Pepper	70	5	0.5					190	15	11					5	
Salmon	90	25	2.5	0.5		1.0	1.0	10	30	85	11				5	
Salmon Toro	110	35	4.0	1.0	1.0	1.0	15	35	125	11					7	
Seared Albacore Otoro	90	0	0.5	0			10	230	15	11					9	
Seared Beef with Yakkiniku Sauce	100	25	2.5	1.0	0	0	15	200	75	14		2	2		6	
Seared Salmon Japanese Mayo	120	50	6	1.0	1.0	1.0	15	60	85	11					5	
Seared Scallop Japanese Mayo	100	25	3.0	0	0		15	85	90	12					5	
Shrimp	60	0	0				25	60	60	11					4	
Spanish Mackerel (Aji)	90	25	3.0	1.0			15	60	15	11					5	
Squid	60	0	0				45	55	15	11					5	
Sweet Shrimp (Red Shrimp)	70	0	0				50	100	100	11					6	
Tamago	130	30	3.0	1.0			130	220	15	19		8			6	
Toro (1 PC)	60	25	3.0				5	15	30	6					3	
Tuna	70	0	0	0	0		10	25	110	11					6	
Umami Oil Salmon	110	45	5	1.0		1.0	10	230	90	12					5	
Umami Oil Seared Beef	110	40	4.5	1.5	0		15	230	65	12					6	
Yellowfin Tuna Toro	80	0	0	0	0		10	25	135	12					7	
Yellowtail	80	15	2.0	0.5			15	25	85	11					5	
Yuzu Jalapeño Sweet Shrimp	70	0	0				50	170	105	12					7	
Yuzu Jalapeño Tuna	70	0	0	0	0		10	90	115	12					7	
ROLLS																
Caterpillar Roll	110	35	4.0	0.5	0.5	2.5	10	75	140	15	2	1			4	
Golden Crunchy Roll	210	80	9	1.0	0	1.0	20	320	115	28	2	3			5	
Ikura Norimaki	120	0	0	0	0	0	40	90	100	24	1	1			6	
Kappa Maki	90	0	0		0	0	35	55	19						2	
Kura Roll	130	50	5	1.0	0.5	1.0	20	150	115	15	1				5	
Philadelphia Roll	140	60	7	2.0	0.5	1.0	20	170	115	14		1			5	
Rainbow Roll	130	45	5	1.0	0	1.0	20	160	135	15	1				6	
Real Crab California Roll	170	70	8	1.0	0	1.0	20	180	90	20	1				5	
Red Dragon Roll	120	40	4.5	0.5	0	1.0	15	160	120	15					5	
Salmon Golden Crunchy Roll	160	60	6	1.0	0.5	1.0	10	180	105	20	1	2			5	
Salmon Skin Roll	90	0	0.5	0	0	0	5	45	60	20					3	
Shrimp Avocado Roll	130	50	6	0.5	0	1.5	25	190	130	15	1	1			4	
Spicy Crunchy Taco (1 PC)	170	80	10	1.0	0	1.0	40	290	105	14	1	2			6	
Spicy Garlic Popcorn Shrimp Roll	170	70	8	0.5	0	1.0	30	220	90	19	1	2			6	
Spicy Garlic Tempura Philadelphia Roll	210	100	12	1.5	1.0	1.5	10	90	95	20	1	1			4	
Spicy Popcorn Shrimp Roll	170	80	9	1.0	0	1.0	30	250	85	18	1	1			6	
Spicy Tuna Roll	130	20	2.5	0	0	0	10	115	130	20		1			7	
Tekka Maki	100	0	0	0	0	0	5	40	95	19					5	
Tempura Philadelphia Roll	190	100	11	1.5	1.0	1.5	5	60	90	19	1				4	
Texan Roll	170	70	8	2.5	0	1.5	15	170	150	17	1	2			7	
Tiger Roll	120	40	4.5	0.5	0	0.5	25	190	100	15		1			4	

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HAND ROLLS (SEAWEED)

Avocado Hand Roll (Seaweed)	90	35	4.0	0.5		0.5	2.5		20	160	12	2		2
Crunchy Hand Roll (Seaweed)	150	60	6	0.5		0	1.0	30	190	85	16	1	1	6
Cucumber Hand Roll (Seaweed)	50	0	0.5	0		0	0	0	20	80	11			2
Eel Hand Roll (Seaweed)	100	30	3.5	0.5		0	2.0	25	75	115	12	1	1	5
Negitoro Hand Roll (Seaweed)	110	35	4.0	0.5		2.0	1.0	15	30	190	10			9
Real Crab California Hand Roll (Seaweed)	150	80	9	1.5		0	1.0	25	180	90	11	1		5
Salmon Skin Hand Roll (Seaweed)	60	10	1.0	0		0	0	5	40	80	11	1		3
Spicy Salmon Crunchy Hand Roll (Seaweed)	240	120	14	1.5		2.0	3.0	25	190	230	18	2	2	10
Spicy Salmon Hand Roll (Seaweed)	120	50	5	1.0		1.0	1.0	15	115	130	11			6
Spicy Scallop Hand Roll (Seaweed)	100	25	3.0	0		0	0	10	135	120	12			5
Spicy Tuna Crunchy Hand Roll (Seaweed)	180	70	8	0.5		0.5	1.5	35	200	170	17	2	2	9
Spicy Tuna Hand Roll (Seaweed)	100	25	3.0	0		0	0	15	110	150	11			7
Spicy Yellowtail Hand Roll (Seaweed)	120	40	5.0	1.0		0	0	20	110	135	12			6
Spider Hand Roll (Seaweed)	160	60	7	0.5		0	0	20	240	80	19	1	2	5
Vegetable Hand Roll (Seaweed)	70	20	2.0	0		0	1.0		35	125	12	2		2

HAND ROLLS (SOY PAPER)

Avocado Hand Roll (Soy Paper)	110	45	5.0	0.5		0.5	2.5		40	135	13	2		4
Crunchy Hand Roll (Soy Paper)	170	60	7	0.5		0	1.0	30	200	60	17	1	2	8
Cucumber Hand Roll (Soy Paper)	70	10	1.5	0		0	0		35	55	12			3
Eel Hand Roll (Soy Paper)	110	35	4.0	0.5		0	2.0	25	95	90	13	1	1	7
Negitoro Hand Roll (Soy Paper)	130	40	4.5	1.0		2.0	1.0	15	50	170	11			11
Real Crab California Hand Roll (Soy Paper)	160	80	9	1.5		0	1.0	25	200	65	12	1		6
Salmon Skin Hand Roll (Soy Paper)	80	15	1.5	0		0	0	5	55	55	12			4
Spicy Salmon Crunchy Hand Roll (Soy Paper)	260	130	15	2.0		2.0	3.0	25	210	200	19	2	2	11
Spicy Salmon Hand Roll (Soy Paper)	140	50	6	1.0		1.0	1.0	15	130	105	12		1	7
Spicy Scallop Hand Roll (Soy Paper)	110	35	3.5	0.5		0	0	10	150	95	13		1	7
Spicy Tuna Crunchy Hand Roll (Soy Paper)	200	80	9	0.5		0.5	1.5	35	210	140	18	2	2	11
Spicy Tuna Hand Roll (Soy Paper)	120	35	4.0	0.5		0	0	15	125	120	12		1	8
Spicy Yellowtail Hand Roll (Soy Paper)	130	50	6	1.0		0	0	20	125	110	13		1	7
Spider Hand Roll (Soy Paper)	180	70	8	0.5		0	0	20	250	55	20	1	2	6
Vegetable Hand Roll (Soy Paper)	90	25	2.5	0		0	1.0		50	100	13	2		3

GUNKAN

Ikura (Salmon Roe)	90	5	0.5	0		0	0	80	115	70	16			7
Inari	130	40	4.5	0.5					150	30	19		5	4
Kazunoko (Herring Roe)	90	5	0.5	0				55	400	35	17		2	6
Negitoro	130	35	4.0	0.5		2.0	1.0	15	40	200	14			10
Premium American Beef	110	30	3.5	1.0		0	0	10	110	35	16		1	6
Real Crab Meat	80	0	0					15	85	30	14			5
Salmon Yukhoe	140	50	5	1.5		1.0	2.0	140	80	120	15			8
Sea Urchin	45	5	0.5					70	60	15	7			2
Tuna Yukhoe	120	25	3.0	1.0		0.5	1.5	140	75	135	15			8

SIDES

Chicken Gyoza Dumpling	160	80	10	0.5				10	400	10	14			6
Crispy Chicken	230	150	17	1.5				50	520	200	9		1	10
Crispy Rice with Crab Mayo	200	110	13	1.0			0	25	180	30	16			4
Crispy Rice with Spicy Salmon	190	100	11	1.0		0.5	0.5	15	115	95	17		1	6
Crispy Rice with Spicy Tuna	170	70	8	0		0		10	110	115	17		1	6
Crispy Squid	170	100	11	0				295	240	40	7		1	11
Edamame	140	35	4.0	0.5					410	0	12	4	1	13
Fried Takoyaki	260	150	17	0.5				40	480	0	22		5	5
Garlic Ponzu Sashimi	180	70	8	1.5		1.5	1.5	45	660	340	3		2	23
Harajuku Summer Salad	80	60	7	1.0		2.5	2.5		350	90	5		4	1
Kura Crispy Fries	380	240	27	2.0					680	270	30	1	2	3
Shishito Salmon Skin	240	170	19	1.0		3.0	1.0	15	420	15	13		3	3
Shrimp Tempura	150	60	6	0		0	0	45	680	30	13		4	8
Softshell Crab Tempura	180	80	10	0.5		0	0	20	750	35	18		4	6
Yellowtail Cheek	870	520	59	7				205	510	1060	9			56

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SOUP AND NOODLES

Beef Udon	410	170	20	8			50	1350	10	38		6		16
Kitsune Udon	260	45	5	0.5			10	1180	10	40		8		10
Miso Ramen	570	220	24	6		0	1.0	110	2880	280	66	4	8	23
Miso Soup	60	15	1.5	0		0	0	5	690	95	6	2	1	6
Shoyu Ramen	530	180	21	5.0		0	1.0	105	2590	280	65	3	7	21
Shrimp Tempura Udon	310	70	7	0		0	0	55	1130	25	43		3	15
Tantanmen	640	260	29	5		2.0	2.5	95	2790	320	73	6	11	26
Tonkotsu Ramen	510	210	23	5		0	1.0	95	2530	310	58	3	7	18

OJYU

Beef Ojyu	660	340	38	17		0	0	85	600	75	56	1	6	22
Ten Jyu	580	180	20	1.0		1.0	1.0	90	1090	180	76	2	9	23

TEPPANYAKI Available at select locations

Garlic Beef Steak	310	200	23	7		5.0	2.5	45	1150	85	8	1	4	2	17
Garlic Fried Rice	490	150	16	9		1.0	5.0	240	1290	220	75	2	4	16	
Garlic Shrimp	160	90	10	2.5		3.0	2.0	90	1240	230	8	1	4	10	
Tonkotsu Yakisoba	330	50	6	1.0		3.0	1.0	50	690	410	52	2	1	16	

DESSERTS

Hokkaido Milk Creamy Tart	170	80	9	4.5	0				20		21		21		2
Japanese Style Soy Milk Donuts	280	140	15	6				40	160		30		30	4	5
Mochi Ice Cream Black Sesame	180	35	4.0	2.0				10	30	100	36		18	16	2
Mochi Ice Cream Black Sesame / Matcha Green Tea	180	40	4.5	2.5				10	35	110	34		20	19	2
Mochi Ice Cream Black Sesame / Strawberry	180	30	3.5	2.0				10	30	100	37		21	20	2
Mochi Ice Cream Matcha Green Tea	180	45	5	3.0				10	40	120	32		22	22	2
Mochi Ice Cream Matcha Green Tea / Strawberry	180	35	4.0	2.5				10	35	110	35		23	23	2
Mochi Ice Cream Strawberry	180	25	3.0	2.0				10	30	100	38		24	24	2
NY Cheesecake	190	100	11	7				60	150		17		11		4
Sesame Ball	210	80	9					15		24	3		21		6
Taiyaki Ice Cream	450	190	21	8	0	6	2.5	40	320		51	19	16		7
Vanilla Ice Cream	310	170	19	12				80	80		29		29		6
Warabimochi	200	30	3.5	0				0	310	39	3		36	21	6
Watermelon	35	0	0			0		0	125	8			7		1

SOFT DRINKS

Coke	200							60		54		54	54		
Coke Zero	0							55							
Diet Coke	0							55							
Green Tea (Hot/Ice)	0							0	40						1
Lemonade	210							130	30	50		50	50		
Pibb Xtra	190							55		52		52	52		
Raspberry Iced Tea	180									46		44	44		
Sprite	200							45	0	50		44			0

BEER, SAKE, WINE

Asahi	140							0		9					1
Hakutsuru Draft Sake	170									2		2			
Hakutsuru Sayuri Nigori	290									8		8			
Hot Sake	390							5	75	15					1
House Sake Cold	230							0	45	9					1
Plum Wine Shot	80									10					
Sapporo 12oz	140									10					1
Sapporo 16oz	190									14					2
Sapporo Light	110									9					1