



Nutrition Menu

The nutritional information seen here was prepared by MenuTrinfo®, 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.

NIGIRI

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
American Wagyu	90	25	2.5	1.0	0	0	0	5	45	20	12	0	0	0	4
Bluefin Chutoro [1PC]	60	25	3.0	0.5				5	15	30	6		0		3
Charbroiled Mackerel	110	35	4.0	1.0				20	170	105	11		0		7
Conch	60	0	0	0	0	0	0	20	50	15	11	0	0	0	4
Eel	80	20	2.0	0	0	0	1.5	25	50	65	12	0	0	0	5
Garlic Ponzu Salmon	100	30	3.0	0.5	0	1.0	1.0	10	135	95	12	0	0	0	6
Garlic Skipjack Tuna	80	10	1.5	0	0	0	0	10	140	100	12	0	2	0	6
Hokkaido Scallop	70	0	0	0	0	0	0	10	55	90	12	0	0	0	5
Salmon	90	25	2.5	0.5	0	1.0	1.0	10	30	85	11	0	0	0	5
Salmon Toro	110	35	4.0	1.0	0	1.0	1.0	15	35	125	11	0	0	0	7
Sea Bream with Yuzu Pepper	70	5	0.5	0	0	0	0	0	190	15	11	0	0	0	5
Seared Beef with Yakiniiku Sauce	100	25	2.5	1.0	0	0	0	15	200	75	14	0	2	2	6
Seared Bluefin Chutoro [1PC]	60	25	3.0	0.5				5	55	30	5		0		3
Seared Eel with Miso Cream Cheese	110	35	4.0	1.0	0	0	1.5	25	130	70	13	0	1	0	5
Seared Hokkai Octopus	60	0							15	0	11		0		4
Seared Salmon with	120	50	6	1.0	0	1.0	1.0	15	60	85	11	0	0	0	5

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Japanese Mayo															
Seared Salmon with Miso Cream Cheese	110	40	4.5	1.0	0	0.5	0.5	15	135	85	13	0	1	0	5
Seared Salmon Toro	120	50	6	1.0				10	105	0	12		0		5
Seared Scallop with Japanese Mayo	100	25	3.0	0	0	0	0	15	85	90	12	0	0	0	5
Shrimp	60	0	0	0	0	0	0	25	60	60	11	0	0	0	4
Snow Crab [1PC]	40	0	0	0	0	0	0	10	105	35	5	0	0	0	4
Spanish Mackerel (Aji)	90	25	3.0	1.0	0	0	0	15	60	15	11	0	0	0	5
Squid	60	0	0	0	0	0	0	45	55	15	11	0	0	0	5
Sweet Shrimp (Red Shrimp)	70	0	0	0	0	0	0	50	100	100	11	0	0	0	6
Tamago	130	30	3.0	1.0	0	0	0	130	220	15	19	0	8	0	6
Teriyaki Yellowtail	190	80	9	2		3	1	30	95	170	17		2	1	9
Tuna	70	0	0	0	0	0	0	10	25	110	11	0	0	0	6
Umami Oil Salmon	110	45	5	1.0	0	1.0	1	10	230	90	12	0	0	0	5
Umami Oil Seared Beef	110	40	4.5	1.5	0	0	0	15	230	65	12	0	0	0	6
Yellowtail	80	15	2.0	0.5	0	0	0	15	25	85	11	0	0	0	5
Yuzu Jalapeño Sweet Shrimp	70	0	0	0	0	0	0	50	170	105	12	0	0	0	7
Yuzu Jalapeño Tuna	70	0	0	0	0	0	0	10	90	115	12	0	0	0	7

GUNKAN

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
American Wagyu	110	30	3.5	1.0	0	0	0	10	110	35	16	0	1	0	6
Ikura (Salmon Roe)	90	5	0.5	0	0	0	0	80	115	70	16	0	0	0	7

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Inari	130	40	4.5	0.5	0	0	0	0	150	30	19	0	5	0	4
Negitoro	130	35	4.0	0.5	0	2.0	1.0	15	40	200	14	0	0	0	10
Sea Urchin [1PC]	45	5	0.5	0	0	0	0	70	60	15	7	0	0	0	2
Snow Crab Meat	90	0	0	0	0	0	0	15	170	70	14	0	0	0	7
Umami Oil Hokkai Octopus	70	25	2.5	0					210	0	7		1	0	4
Umami Sesame Patagonian Scallops	120	30	3.5	0		0	0	10	300	150	16		1	0	7

ROLLS

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Caterpillar Roll	110	35	4.0	0.5	0	0.5	2.5	10	75	140	15	2	1	0	4
Crispy Cod Fish Taco	170	90	10	1.5		2.5	2	10	210	95	14	1	0		5
Crunchy Roll	140	40	4.5	0	0	0	0.5	20	160	60	20	1	2	0	5
Golden Crunchy Roll	210	80	9	1.0	0	0	1.0	20	320	115	28	2	3	0	5
Kappa Maki	90	0	0	0	0	0	0	0	35	55	19	0	0	0	2
Kura Roll	130	50	5	1.0	0	0.5	1.0	20	150	115	15	1	0	0	5
Philadelphia Roll	140	60	7	2.0	0	0.5	1.0	20	170	115	14	0	1	0	5
Rainbow Roll	130	45	5	1.0	0	0	1.0	20	160	135	15	1	0	0	6
Salmon Skin Roll	90	0	0.5	0	0	0	0	5	45	60	20	0	0	0	3
Shrimp Avocado Roll	130	50	6	0.5	0	0	1.5	25	190	130	15	1	1	0	4
Snow Crab California Roll	170	70	8	1.0	0	0	1.0	20	180	90	20	1	0	0	5
Spicy Crunchy Taco	170	80	10	1.0	0	0	1.0	40	290	105	14	1	2	0	6
Spicy Popcorn Shrimp Roll	170	80	9	1	0	0	1	30	250	85	18	1	1	0	6

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Spicy Salmon Crunchy Roll	220	100	11	1.5	0	2.0	2.0	25	180	210	19	1	2	1	10
Spicy Salmon Roll	150	40	4.5	1.0	0	1.0	1.0	15	125	125	21	1	1	0	6
Spicy Tuna Crunchy Roll	160	45	5	0	0	0	0.5	25	180	190	19	2	3	1	9
Spicy Tuna Roll	130	20	2.5	0	0	0	0	10	115	130	20	0	1	0	7
Spider Roll	170	45	5	0	0	0	0	10	390	70	28	1	4	2	5
Tekka Maki	100	0	0	0	0	0	0	5	40	95	19	0	0	0	5
Tiger Roll	120	40	4.5	0.5	0	0	0.5	25	190	100	15	0	1	0	4
Tempura Philadelphia Roll	190	100	11	1.5	0	1.0	1.5	5	60	90	19	1	0	0	4

WRAPS

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Panko Tuna Wrap	150	80	9	0.5	0	0	1.0	15	270	150	10	2	2	1	7
Spicy Panko Tuna Wrap	160	90	10	1.0		0	1.0	15	220	150	10	2	1	0	8

HAND ROLLS

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Avocado Hand Roll	90	35	4.0	0.5	0	0.5	2.5	0	20	160	12	2	0	0	2
Crunchy Hand Roll	150	60	6	0.5	0	0	1.0	30	190	85	16	1	1	0	6
Cucumber Hand Roll	50	0	0.5	0	0	0	0	0	20	80	11	0	0	0	2
Eel Hand Roll	100	30	3.5	0.5	0	0	2.0	25	75	115	12	1	1	0	5
Negitoro Hand Roll	110	35	4.0	0.5	0	2.0	1.0	15	30	190	10	0	0	0	9
Salmon Skin Hand Roll	60	10	1.0	0	0	0	0	5	40	80	11	1	0	0	3

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Snow Crab California Hand Roll	150	80	9	1.5	0	0	1.0	25	180	90	11	1	0	0	5
Spicy Patagonian Scallop Hand Roll	90	25	3.0	0	0	0	0	10	140	115	12	0	1	0	5
Spicy Salmon Hand Roll	120	50	5	1.0	0	1.0	1.0	15	115	130	11	0	0	0	6
Spicy Tuna Hand Roll	100	25	3.0	0	0	0	0	15	110	150	11	0	0	0	7
Spicy Yellowtail Hand Roll	120	40	5.0	1.0	0	0	0	20	110	135	12	0	0	0	6
Spider Hand Roll	160	60	7	0.5	0	0	0	20	240	80	19	1	2	0	5
Vegetable Hand Roll	70	20	2.0	0	0	0	1.0	0	35	125	12	2	0	0	2

SOY PAPER HAND ROLLS

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Avocado Hand Roll (Soy Paper)	110	45	5.0	0.5	0	0.5	2.5	0	40	135	13	2	0	0	4
Crunchy Hand Roll (Soy Paper)	170	60	7	0.5	0	0	1.0	30	200	60	17	1	2	0	8
Cucumber Hand Roll (Soy Paper)	70	10	1.5	0	0	0	0	0	35	55	12	0	0	0	3
Eel Hand Roll (Soy Paper)	110	35	4.0	0.5	0	0	2.0	25	95	90	13	1	1	0	7
Negitoro Hand Roll (Soy Paper)	130	40	4.5	1.0	0	2.0	1.0	15	50	170	11	0	0	0	11
Salmon Skin Hand Roll (Soy Paper)	80	15	1.5	0	0	0	0	5	55	55	12	0	0	0	4
Snow Crab California Hand Roll (Soy Paper)	160	80	9	1.5	0	0	1.0	25	200	65	12	1	0	0	6
Spicy Patagonian Scallop Hand Roll (Soy Paper)	110	35	3.5	0.5	0	0	0	10	150	95	13	0	1	0	7

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Spicy Salmon Hand Roll (Soy Paper)	140	50	6	1.0	0	1.0	1.0	15	130	105	12	0	1	0	7
Spicy Tuna Crunchy Hand Roll (Soy Paper)	200	80	9	0.5	0	0.5	1.5	35	210	140	18	2	2	0	11
Spicy Tuna Hand Roll (Soy Paper)	120	35	4.0	0.5	0	0	0	15	125	120	12	0	1	0	8
Spicy Yellowtail Hand Roll (Soy Paper)	130	50	6	1.0	0	0	0	20	125	110	13	0	1	0	7
Spider Hand Roll (Soy Paper)	180	70	8	0.5	0	0	0	20	250	55	20	1	2	0	6
Vegetable Hand Roll (Soy Paper)	90	25	2.5	0	0	0	1.0	0	50	100	13	2	0	0	3

SIDE DISHES

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Assorted Vegetable Tempura	860	500	57	0					670	180	23		5	0	3
Chicken Gyoza Dumpling	210	80	10	0.5	0	0	0	10	400	10	14	0	0	0	6
Crispy Cod Fish & Chips	440	270	31	3.5		4	1.5	20	780	140	30		3	2	8
Crispy Chicken	260	150	17	1.5	0	0	0	50	520	200	9	0	1	0	10
Crispy Rice Hot Dog	240	110	12	4.5				30	200	180	22		2	2	10
Crispy Rice with Snow Crab Mayo	200	110	13	1.0	0	0	0	25	180	30	16	0	0	0	4
Crispy Rice with Spicy Salmon	190	100	11	1.0	0	0.5	0.5	15	115	95	17	0	1	0	6
Crispy Rice with Spicy Tuna	170	70	8	0	0	0	0	10	110	115	17	0	1	0	6
Crispy Squid	170	100	11	0	0	0	0	295	240	40	7	0	1	0	11

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Edamame	140	35	4.0	0.5	0	0	0	0	410	0	12	4	1	0	13
Fried Scallops	200	120	14	0	0	0	0	10	350	70	14	0	2	0	6
Fried Shrimp Wonton	150	70	8		0			30	690	0	12		2	0	5
Fried Takoyaki	290	170	20	1	0	0	0	45	500	0	21	0	4	0	5
Garlic Ponzu Sashimi	180	70	8	1.5	0	1.5	1.5	45	660	340	3	0	2	0	23
Kura Crispy Fries	380	240	27	2.0	0	0	0	0	680	270	30	1	2	2	3
Miso Soup	60	15	1.5	0	0	0	0	5	690	95	6	2	1	0	6
Panko Tuna Sticks	860	460	52	2.5				110	1100	790	53	2	3		45
Salmon Sashimi	20	10	1	0	0	0	0	5	5	35	0	0	0	0	2
Shrimp Tempura	150	60	6	0	0	0	0	45	680	30	13	0	4	0	8
Softshell Crab Tempura	180	80	10	0.5	0	0	0	20	750	35	18	0	4	0	6
Sweet Corn Kakiage	190	70	8	1		4	1.5		220	35	27		5	5	3
Tuna Sashimi	10	0	0	0	0	0	0	4	0	40	0	0	0	0	2
Umami Cucumber Salad	50	35	4	0.5	0	0	0	0	560	0	3	0	2	1	1
Yellowtail Sashimi	20	10	1	0	0	0	0	5	0	35	0	0	0	0	2

NOODLES

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Beef Udon	410	170	20	8	0	0	0	50	1350	10	38	0	6	0	16
Kitsune Udon	260	45	5	0.5	0	0	0	10	1180	10	40	0	8	0	10
Miso Ramen	570	220	24	6	0	0	1.0	110	2880	280	66	4	8	0	23
Shoyu Ramen	530	180	21	5.0	0	0	1.0	105	2590	280	65	3	7	0	21
Shrimp Tempura Udon	310	70	7	0	0	0	0	55	1130	25	43	0	3	0	15

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Tantanmen	640	260	29	5	0	2.0	2.5	95	2790	320	73	6	11	0	26
Tonkotsu Ramen	510	210	23	5	0	0	1.0	95	2530	310	58	3	7	3	18

DESSERTS

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Goopy Butter Cake	220	80	9	4.5				45	130	0	33		26	25	2
Black Sesame Mochi Ice Cream	180	35	4.0	2.0	0	0	0	10	30	100	36	0	18	16	2
Black Sesame/Matcha Mochi Ice Cream	180	40	4.5	2.5	0	0	0	10	35	110	34	0	20	19	2
Matcha Green Tea Mochi Ice Cream	180	45	5	3.0	0	0	0	10	40	120	32	0	22	22	2
Sesame Ball	210	80	9	0	0	0	0	0	15	0	24	3	21	0	6
Strawberry/Matcha Mochi Ice Cream	180	35	4.0	2.5	0	0	0	10	35	110	35	0	23	23	2
Strawberry Mochi Ice Cream	180	25	3.0	2.0	0	0	0	10	30	100	38	0	24	24	2
Strawberry/Black Sesame Mochi Ice Cream	180	30	3.5	2.0	0	0	0	10	30	100	37	0	21	20	2
NY Cheesecake	190	100	11	7	0	0	0	60	150	0	17	0	11	0	4
Taiyaki Ice Cream	450	190	21	8	0	6	2.5	40	320	0	51	19	16	0	7
Vanilla Ice Cream	310	170	19	12	0	0	0	80	80	0	29	0	29	0	6
Warabimochi	200	30	3.5	0	0	0	0	0	0	310	39	3	36	21	6
Watermelon	35	0	0	0	0	0	0	0	0	125	8	0	7	0	1

SOFT DRINKS

Coke	200	0	0	0	0	0	0	0	60	0	54	0	54	54	0
Coke Zero	0	0	0	0	0	0	0	0	55	0	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	0	0	55	0	0	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	0	0	55	70	0	0	0	0	0
Dr. Pepper	200	0	0	0	0	0	0	0	80	0	53	0	51	51	0
Ginger Ale	170	0	0	0	0	0	0	0	55	0	45	0	44	44	0
Green Tea (Hot/Iced)	0	0	0	0	0	0	0	0	0	40	0	0	0	0	1
Iced Tea (Unsweetened)	0	0	0	0	0	0	0	0	15	180	1	0	0	0	0
Lemonade	200-210	0	0	0	0	0	0	0	130-210	0	50-54	0	50-54	50-54	0
Mist Twist	200	0	0	0	0	0	0	0	40	90	54	0	54	54	0
Mountain Dew	220	0	0	0	0	0	0	0	70	0	58	0	58	58	0
Pepsi	200	0	0	0	0	0	0	0	40	0	56	0	56	56	0
Pibb Xtra	190	0	0	0	0	0	0	0	55	0	52	0	52	52	0
Raspberry Iced Tea	90-180	0	0	0	0	0	0	0	0-110	0	23-46	0	23-44	23-44	0
Sparkling Lychee Oolong Tea	120										31		31	29	
Sprite	200	0	0	0	0	0	0	0	45	0	50	0	44	0	0

ALCOHOL

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Asahi	140	0	0	0	0	0	0	0	0	0	9	0	0	0	1
Hakutsuru Draft Sake	170	0	0	0	0	0	0	0	0	0	2	0	2	0	0
Hakutsuru Sayuri Nigori	290	0	0	0	0	0	0	0	0	0	8	0	8	0	0
Hot Sake	390	0	0	0	0	0	0	0	5	75	15	0	0	0	1
House Sake Cold	230	0	0	0	0	0	0	0	0	45	9	0	0	0	1

Menu Item	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Poly-unsaturated Fat (g)	Mono-unsaturated Fat	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Plum Wine Shot	80	0	0	0	0	0	0	0	0	0	10	0	0	0	0
Sapporo 12oz	140	0	0	0	0	0	0	0	0	0	10	0	0	0	1
Sapporo 16oz	190	0	0	0	0	0	0	0	0	0	14	0	0	0	2
Sapporo Light	110	0	0	0	0	0	0	0	0	0	9	0	0	0	1