



	Serving Size	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)
SUSHI									
California Roll	1 pack	504	87	2	14	11	1	0	738
California Roll & Inari	1 pack	361	66	3	10	6	1	0	637
Cream Cheese Roll (Salmon)	1 pack	517	59	2	23	20	9	71	288
Crunchy Crab Roll	1 pack	499	70	5	14	20	1	57	695
Crunchy Shrimp Roll	1 pack	508	64	5	20	21	2.5	106	769
Dragon Roll	1 pack	507	66	4	18	18	4	90	412
Eel Roll (Fresh Water Eel)	1 pack	493	65	2	20	16	4	106	439
Fullmoon Combo	1 pack	423	64	3	13	13	2	39	724
Grilled Salmon Roll	1 pack	485	60	2	24	16	3	46	355
Hawaiian Roll	1 pack	453	85	5	16	4	1	57	400
Inari	1 pack	420	73	0	11	9	1	0	496
Marina Plate	1 pack	378	52	0	22	8	2	70	216
Orange Roll	1 pack	383	67	3	20	5	0.5	62	1327
Rainbow Roll	1 pack	489	66	3	31	9	1	58	687
Seaside Combo (Tuna & Salmon)	1 pack	360	58	1	20	3	1	33	174
Seaside Combo (Tuna, Salmon, Shrimp, Eel)	1 pack	353	59	1	17	4	1	59	309
Shoreline Combo	1 pack	481	78	3	21	8	1	33	504
Snack Pack (Immitation Crab & Cucumber)	1 pack	289	61	1	8	1	0	0	441
Snack Pack (Cucumber)	1 pack	264	57	2	6	0	0	0	142
Spicy Roll (Shrimp)	1 pack	397	57	2	19	11	2	113	575
Spicy Roll (Salmon)	1 pack	485	59	2	25	16	3	46	279
Spicy Roll (Tuna)	1 pack	449	57	2	24	11	2	51	275
Stardust Combo	1 pack	540	94	2	13	12	2	40	592
Tempura Roll	1 pack	531	82	2	25	11	0	105	1152
Tsunami Roll (Immitation Crab & Roe)	1 pack	468	71	3	19	13	1	54	1261
Vegetable Combo (12 pcs.)	1 pack	349	65	5	7	7	1	0	177
Nigiri									
Nigiri (Fresh Salmon)	1 pc.	68	9	0	5	1	0	8	29
Nigiri (Fresh Water Eel)	1 pc.	108	11	0	5	5	1	32	82
Nigiri (Fish Roe)	1 pc.	61	9	0	6	0.5	0	31	367
Nigiri (Octopus)	1 pc.	57	9	0	2	1	0	14	50
Nigiri (Shrimp)	1 pc.	44	8	0	2	0	1	9	28
Nigiri (Smoked Salmon)	1 pc.	68	9	0	5	1	0	8	29
Nigiri (Tuna)	1 pc.	60	8	0	4	0	0	9	28
Salad									
Edamame (Soybeans)	1/2 cup	90	3	8	9	5	1	0	0
Seabreeze Salad	1 cont.	113	23	0	0	3	1	0	1617
Calamari Salad	1 cont.	148	22	1	8	3	0	307	1023
Condiments									
Pickled Ginger	13 g	9	2.4	0	0	0	0	0	160
Green Horseradish	4 g	7	1	0	0	0	0	0	0
Soy Sauce (pack)	1 pack	16	2	0	2	0	0	0	660