

# nutrition information

## WHITE RICE

	Serving Size (g)	Calories (Cal)	Calories from Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>ROLLS</b>												
BERRY ROLL	170	231	44	5	1	0	2	770	44	3	12	5
BLUEBERRY ROLL (SALMON)	226	348	132	15	2	0	22	917	45	6	10	12
BLUEBERRY ROLL (SHRIMP)	226	328	106	12	2	0	52	938	45	3	10	14
BLUEBERRY ROLL (STEELHEAD)	226	343	122	14	2	0	25	912	45	3	10	13
BLUEBERRY ROLL (TUNA)	226	341	108	12	2	0	24	915	45	3	10	14
DONE DEAL ROLL	198	367	148	17	5	0	64	814	39	2	7	17
DYNAMITE ROLL	226	428	194	22	6	0	74	1106	42	2	8	19
CRUNCHY DRAGON / HOT CRUNCHY ROLL	170	297	83	9	1	0	21	778	41	3	8	13
CRUNCHY TEMPURA ROLL	170	287	62	7	0	0	38	835	46	2	8	11
HAPPY MANGO ROLL	226	443	191	21	7	0	75	694	53	4	21	14
JALAPENO ROLL	226	307	59	7	1	0	19	898	48	4	9	15
MANGO SHRIMP ROLL	170	366	171	19	4	0	45	614	41	2	6	10
RED ROCK / FUJISAN	198	400	136	15	4	0	64	961	42	2	11	23
SPICY MANGO ROLL	226	399	155	17	5	0	56	815	46	4	14	17
ULTIMATE CHILI COMBO	170	285	82	9	1	0	19	887	41	1	9	11
<b>CHEF SAMPLERS</b>												
CHEF SAMPLER A *	268	410	27	2	0	0	61	931	65	1	12	24
CHEF SAMPLER B *	218	355	55	6	1	0	48	969	57	2	12	12
<b>PLUS ROLLS</b>												
CALIFORNIA PLUS	340	460	77	9	1	0	0	1591	88	6	16	12
CREAM CHEESE PLUS (SALMON)	340	577	194	22	10	0	78	1213	77	3	15	22
CREAM CHEESE PLUS (SMOKED SALMON)	340	724	291	32	13	0	103	1570	79	4	15	33
CREAM CHEESE PLUS (SHRIMP)	340	521	144	16	9	0	132	1459	77	3	15	21
CREAM CHEESE PLUS (STEELHEAD)	340	568	174	20	10	0	84	1202	77	3	15	24
CREAM CHEESE PLUS (SMOKED STEELHEAD)	340	587	180	20	12	0	84	1212	78	3	15	26
CREAM CHEESE PLUS (TUNA)	340	565	147	16	9	0	81	1209	77	3	15	26
EEL PLUS	340	601	154	17	4	0	116	1459	91	3	23	23
SEASIDE PLUS (EEL)	340	763	257	29	7	0	211	1295	94	2	19	38
SEASIDE PLUS (SALMON)	340	579	112	13	2	0	68	1363	90	2	17	30
SEASIDE PLUS (STEELHEAD)	340	562	72	8	3	0	80	1342	90	2	17	35
SEASIDE PLUS (SHRIMP)	340	469	12	1	0	0	177	1855	90	3	17	28
SEASIDE PLUS (TUNA)	340	555	18	2	0	0	75	1355	90	2	17	38
SPICY PLUS (SALMON)	340	550	156	17	3	0	50	1262	78	3	16	23
SPICY PLUS (STEELHEAD)	340	538	128	14	3	0	58	1248	78	3	16	27
SPICY PLUS (SHRIMP)	340	474	87	10	1	0	125	1601	78	4	16	22
SPICY PLUS (TUNA)	340	534	91	10	1	0	54	1257	78	3	16	29
VEGETABLE PLUS	340	452	73	8	1	0	0	1192	91	7	18	9

NOTE: Percent daily values based on a 2,000 calorie diet. Your daily values may differ.

Condiments such as ginger, wasabi(horseradish) and soy sauce are not included in the calculated values.

\* Chef sampler A (Rainbow Roll, Tuna Roll, Nigiri), Chef Sampler B ( California Roll, Dragon Roll, Tempura Roll)

## BROWN RICE

	Serving Size (g)	Calories (Cal)	Calories from Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>BROWN RICE</b>												
<b>ROLLS</b>												
BERRY ROLL	170	200	50	6	1	0	2	477	33	3	8	5
BLUEBERRY ROLL (SALMON)	226	316	138	15	3	0	22	624	34	4	6	12
BLUEBERRY ROLL (SHRIMP)	226	297	113	13	2	0	52	645	34	4	6	13
BLUEBERRY ROLL (STEELHEAD)	226	312	128	14	3	0	25	619	34	4	8	13
BLUEBERRY ROLL (TUNA)	226	310	115	13	2	0	24	622	34	4	6	14
DONE DEAL ROLL	198	336	155	17	5	0	64	521	28	3	4	17
DYNAMITE ROLL	226	397	201	22	6	0	74	813	31	3	5	19
CRUNCHY DRAGON / HOT CRUNCHY ROLL	170	266	89	10	1	0	21	485	30	4	5	13
CRUNCHY TEMPURA ROLL	170	261	67	7	0	0	38	592	37	3	5	11
HAPPY MANGO ROLL	226	412	197	22	7	0	75	401	42	5	18	13
JALAPENO ROLL	226	271	66	7	1	0	19	561	35	5	5	14
MANGO SHRIMP ROLL	170	346	175	19	4	0	45	419	33	3	4	10
RED ROCK / FUJISAN	198	369	142	16	4	0	64	668	31	3	7	23
SPICY MANGO ROLL	226	368	161	18	6	0	56	523	35	5	10	17
ULTIMATE CHILI COMBO	170	254	88	10	2	0	19	595	30	2	6	11
<b>CHEF SAMPLERS</b>												
CHEF SAMPLER A *	268	346	27	4	1	0	60	563	48	3	7	25
CHEF SAMPLER B *	218	311	55	6	1	0	48	703	44	3	8	13
<b>PLUS ROLLS</b>												
CALIFORNIA PLUS	340	393	91	10	1	0	0	957	64	8	10	12
CREAM CHEESE PLUS (SALMON)	340	510	207	23	10	0	78	588	54	5	8	21
CREAM CHEESE PLUS (SMOKED SALMON)	340	658	304	34	13	0	103	946	56	6	8	33
CREAM CHEESE PLUS (SHRIMP)	340	455	157	17	9	0	132	834	54	5	8	21
CREAM CHEESE PLUS (STEELHEAD)	340	502	187	21	11	0	84	578	54	5	8	24
CREAM CHEESE PLUS (SMOKED STEELHEAD)	340	520	193	21	12	0	84	588	55	5	8	26
CREAM CHEESE PLUS (TUNA)	340	498	160	18	9	0	81	584	54	5	8	26
EEL PLUS	340	528	169	19	4	0	116	776	65	5	15	23
SEASIDE PLUS (EEL)	340	681	274	30	7	0	211	529	65	4	11	35
SEASIDE PLUS (SALMON)	340	498	129	14	3	0	68	597	62	4	9	29
SEASIDE PLUS (STEELHEAD)	340	481	88	10	3	0	80	576	62	4	9	35
SEASIDE PLUS (SHRIMP)	340	387	28	3	0	0	177	1089	62	5	9	28
SEASIDE PLUS (TUNA)	340	472	34	4	0	0	75	589	62	4	9	38
SPICY PLUS (SALMON)	340	483	169	19	3	0	50	633	55	5	9	23
SPICY PLUS (STEELHEAD)	340	471	142	16	4	0	58	618	55	5	9	27
SPICY PLUS (SHRIMP)	340	407	100	11	2	0	125	971	55	6	9	22
SPICY PLUS (TUNA)	340	467	104	12	2	0	54	628	55	5	9	29
VEGETABLE PLUS	340	379	88	10	1	0	0	504	65	9	10	9



# nutrition information

## SALADS

	Serving Size (g)	Calories (Cal)	Calories from Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>SALADS</b>												
CALAMARI SALAD	113	148	26	3	0	0	307	1023	22	1	6	8
EDAMAME (SOYBEANS)	75	90	45	5	8	0	0	0	3	8	2	9
EDAMAME SALAD	113	124	61	7	1	0	0	350	9	1	7	7
SEABREEZE SALAD	113	113	26	3	1	0	0	1617	23	0	23	0
SEARED SEABASS SALAD	255	137	13	1	0	0	48	76	10	2	6	23
SEARED TUNA SALAD	255	205	75	8	4	0	44	75	18	2	6	29
TINY OCTOPUS SALAD	113	82	7	1	0	0	234	501	1	0	0	17
TROPICAL MANGO SALAD	212	228	63	7	1	0	56	60	11	3	6	26
TUNA AVOCADO SALAD	212	265	111	12	2	0	56	63	8	5	1	26

## DRESSINGS & SAUCES

	Serving Size (g)	Calories (Cal)	Calories from Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>DRESSINGS &amp; SAUCES</b>												
GINGER DRESSING	27	50	15	2	1	0	0	430	8	0	4	1
PONZU DRESSING	27	16	0	0	0	0	0	640	3	0	0	2
WASABI DRESSING	27	30	20	2	1	0	0	580	2	0	3	0
EEL SAUCE	15	25	0	0	0	0	0	317	6	0	6	0
HOT GARLIC SAUCE	15	25	6	1	0	0	0	92	5	0	4	0
MAYONNAISE	15	107	106	12	2	0	5	80	0	0	0	0
SPICY SAUCE	15	75	69	8	1	0	3	155	1	0	1	0
SWEET CHILI SAUCE	20	50	0	0	0	0	0	260	12	0	11	0

## WRAPS

	Serving Size (g)	Calories (Cal)	Calories from Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>WRAPS</b>												
AVOCADO SALAD ROLL	130	172	81	9	1	0	0	287	23	5	2	2
BERRY WRAP	130	175	67	8	1	0	4	593	25	2	5	3
CALIFORNIA WRAP	186	269	149	17	3	0	10	845	28	3	3	5
CREAM CHEESE WRAP (SALMON)	186	291	158	18	8	0	57	394	21	3	2	12
CREAM CHEESE WRAP (SMOKED SALMON)	186	402	236	26	10	0	76	662	23	4	2	21
CREAM CHEESE WRAP (STEELHEAD)	186	285	149	17	8	0	61	386	21	3	2	14
CREAM CHEESE WRAP (SMOKED STEELHEAD)	186	299	153	17	9	0	61	394	22	3	2	16
CREAM CHEESE WRAP (SHRIMP)	186	262	125	14	7	0	101	426	21	3	2	14
CREAM CHEESE WRAP (TUNA)	186	282	128	14	7	0	59	391	21	3	2	15
MANGO WRAP	186	154	42	5	1	0	0	297	28	4	7	2
SMOKED SALMON SALAD ROLL	130	205	88	10	2	0	20	346	21	2	2	9
SPICY CALIFORNIA WRAP	186	259	133	15	2	0	7	881	29	3	3	6
SPICY CHICKEN ROLL	130	177	79	9	2	0	30	599	16	1	2	10
SPICY CREAM CHEESE WRAP (SALMON)	186	302	174	19	7	0	50	446	22	10	2	12
SPICY CREAM CHEESE WRAP (SM. SALMON)	186	413	247	27	9	0	70	714	23	4	2	20
SPICY CREAM CHEESE WRAP (STEELHEAD)	186	296	159	18	7	0	55	438	22	3	2	14
SPICY CREAM CHEESE WRAP (SM. STEELHEAD)	186	310	164	18	8	0	55	446	22	3	2	15
SPICY CREAM CHEESE WRAP (SHRIMP)	186	272	136	15	6	0	95	478	22	3	2	14
SPICY CREAM CHEESE WRAP (TUNA)	186	293	139	15	6	0	53	443	22	3	2	15
SPICY WRAP (SALMON)	186	289	154	17	3	0	37	465	22	3	3	13
SPICY WRAP (SMOKED SALMON)	186	436	251	28	6	0	62	822	24	4	3	24
SPICY WRAP (STEELHEAD)	186	280	134	15	3	0	43	454	22	3	3	16
SPICY WRAP (SMOKED STEELHEAD)	186	299	140	16	4	0	43	464	22	3	3	18
SPICY WRAP (SHRIMP)	186	249	103	12	2	0	96	507	22	3	3	16
SPICY WRAP (TUNA)	186	277	107	12	2	0	40	461	22	3	3	17
TERIYAKI CHICKEN SALAD ROLL	130	162	37	4	1	0	43	284	17	1	2	14
SUMMER ROLL	102	122	21	2	0	0	23	443	20	2	1	6
VEGETABLE WRAP	186	160	60	7	1	0	0	304	25	5	3	2

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. There may be variations in nutritional contents across servings, based on variations in overall sizes and quantities of ingredients, and based upon special ordering.

Note: Condiments such as ginger, wasabi (horse radish), sweet chili sauce and peanut sauce are not included in the calculated values.

