



# Nutrition Facts

	Serving Size(g)	Calories	Cal. From Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carb.(g)	Dietary Fiber(g)	Sugar(g)	Protein(g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV
<b>MENU</b>																
<b>Bowls</b> *Values do not include sauces, salads or rice.																
Chicken Bowl	113	213	69	8	2	0	68	237	20	0	1	33	5	1	2	22
Spicy Chicken Bowl	113	213	69	8	2	0	68	237	20	0	0	33	5	1	2	22
Chicken Breast Bowl	113	212	55	6	1.5	0	53	140	0	0	0	32	1	0	1	8
Curry Chicken Bowl	113	213	69	8	2	0	68	237	20	0	0	33	5	1	2	22
Spicy Pork Loin Bowl	113	447	326	36	4	0	79	580	1	0	0	25	0	0	1	32
Steak Bowl	113	370	243	27	8.5	0	79	68	0	0	0	30	1	0	2	24
Salmon Bowl	113	207	76	8	1.5	0	38	69	0	0	0	25	1	7	2	2
Tempura Bowl	154	752	672	75	10	0	67	68	7	1	1	8	21	10	2	3
<b>Plates</b> *Values do not include sauces, salads or rice.																
Chicken Plate	170	321	103	11.5	3	0	102	355	30	0	1	50	8	1.5	3	33.5
Spicy Chicken Plate	170	321	103	11.5	3	0	102	355	30	0	0	50	8	1.5	3	33.5
Chicken Breast Plate	170	319	84	9	2	0	80	212	0	0	0	48	1.5	0	1.5	13
Spicy Pork Loin Plate	170	673	491	55	6	0	119	872	1	0	1	38	0	0	1.5	48.5
Steak Plate	170	557	365	41	13	0	119	102	0	0	0	45	1.5	0	3	36
Steak and Chicken Plate	170	439	234	26	8	0	110	229	15	0	0.5	48	5	1	3.5	34.5
Shrimp Plate (2 skewers)	125	124	12	1	0.5	0	246	232	12	0	0	26	6	5	4.8	22
Shrimp (1 skewer) and Chicken Plate	147.5	223	57	6	3.5	0	174	294	21	0	0.5	38	7	3	4.4	27.5
Shrimp (1 skewer) and Steak Plate	147.5	340	189	21	8	0	182	167	6	0	0	36	4	2	3.9	29
Salmon Plate	170	310	113	13	2	0	57	104	0	0	0	38	2	10.5	2.6	3
<b>Combo Plates</b> *Values do not include sauces, salads or rice.																
Tempura Plate	201	972	877	97	13	0	84	85	8.5	1	1.5	10	25	13	4.5	7
Tempura & Chicken Plate	224.5	843	664	74	11	0	101	230	21	1	1.5	32	24	10	5	21
Tempura & California Roll	295	850	686	76	10	0	55	647	35	3	3	11.5	20.5	13	5	31
California Roll & Chicken Plate	241	329	124	14	3	0	56	773	44	2	2	31	4	4	4	42.5
California Roll & Chicken Breast Plate	241	327	114	13	2	0	45	700	29	2	2	30	1	3	3	32
California Roll & Steak Plate	241	446	256	28	7.5	0	64	646	29	2	2	28	1	3	4	44
Yakisoba Noodle & Chicken Plate	417	572	310	34	4	0	51	547	40	3	7	32	7	201	2	88
Yakisoba Noodle & Chicken Breast Plate	417	570	300	33	3	0	40	474	25	3	6	31	4	200	1	78
Yakisoba Noodle & Steak Plate	417	689	441	49	8.5	0	59	420	25	3	6	30	4	200	2	90
<b>Kids Plates</b> *Values do not include sauces, salads or rice.																
Kid Chicken Plate	85	161	51	6	2	0	51	178	15	0	0.5	25	4	1	2	16.5
Kid Tempura Plate	139.5	682	613	68	10	0	50	52	6	1	1	6	20	9	3	5
Kid Steak Plate	85	278	183	20	7	0	59	51	0	0	0	23	1	0	1.5	18
<b>Sauce</b>																
Curry Sauce	230	240	126	14	8	0	0	1330	25	3	6	4	2	8	4	6
Side of Tempura Sauce (3 oz)	85	13	0	0	0	0	0	413	2	0	2	2	0	0	0	2
Teriyaki Sauce (1.5 oz)	42.5	96	0.5	0	0	0	0	421	25	0.5	8.5	1	0	0	0.5	1
Sweet & Sour Sauce (2 oz)	57	114	0	0	0	0	0	250	30	0	30	0	0	0	0	0
<b>Rice</b>																
White Rice-Plate Size	160	174	2	0	0	0	0	0	39	0	0	3	0	0	2	8
White Rice-Bowl Size	227	247	3	0	0	0	0	0	55	0	0	4	0	0	3	11
Brown Rice-Plate Size	160	190	9	1	0	0	0	0	41	3	0	4	0	0	2	4
Brown Rice-Bowl Size	227	270	13	1	0	0	0	0	58	4	0	6	0	0	3	6
<b>Signature Salads</b>																
Oriental Salad with Dressing	51.5	118	84	9	0.5	0	0	58	8	1	3	6	12	7	3	4
Sumi Salad with Dressing	119	192	130	14	1	0	0	203	13	3.5	3	3	7	53	5.5	6
Tomato & Cucumber Salad with Dressing	176	95	61	7	1	0	0	467	9	2	4	1	23	47.5	2	3
Cucumber Seaweed Salad with Dressing	170	97	67	7	1	0	0	294	8	1	3	1	9	44	4	4
Corn & Bowtie Pasta Salad with Dressing	184	237	96	11	1	0	0	262	36	5	1	5	11	40.5	1	3.5
Linguine Noodle Salad with Dressing	176	189	28	3	0	0	0	251	36	6	3.5	3.5	7	32	1	3
Thai Noodle Salad with Dressing	162	155	21	2	0	0	0	250	30.5	1	4	1.5	5	30	1	1.8
<b>Entrée Salads</b> *Values do not include Dressings.																
Oriental Salad	97	157	91	10	1	0	0	83	12	3	0	5	35	15	13	12
Sumi Salad	247	164	96	10.5	1	0	0	92	11	7	7.5	6.5	4	131	16	13
Seared Ahi Tuna Sashimi Salad	246	148	11	1	0	0	51	78	5.5	2	2	30	69	110	8	10
Grilled Chicken Salad	278	487	252	28	5	0	49	822	37	5	5	22	17.5	53	4	29
Grilled Salmon Salad	298	556	275	31	4	0	38	236	30	6	5.5	35.5	30	45	16	17
Spicy Sashimi Salad	292	242	78.5	9	1	0	34	195	21	2	9	53	41	41.5	7.5	67
<b>Entrée Salad Dressings (1 OZ)</b>																
Oriental Dressing	28.5	174	121	13	0	0	0	73	8	0	8	0	0	0	0	0
Sumi Dressing	28.5	197	156	17	0	0	0	340	7	0	7	0	0	0	0	0
Wasabi Vinaigrette Dressing	28.5	154	121	13	1	0	0	191	5	0	2.5	0	0	0	0	0
Sweet Mustard Vinaigrette Dressing	28.5	150	125	14	1	0	0	184	5	0	2.5	0	0	0	0	0
<b>Soup</b>																
Udon Noodle (w/Grilled Chicken)	797	505	73.5	8	2	0	59	4156	99	2	30	47	7	2.5	7	25
Udon Noodle (w/Tempura)	771	657	286	32	4	0	41	4012	88	3	30	26	16	3.5	7	12
Dumpling Soup	630	360	121.5	13.5	4	0	18.5	2031	39	27	14	14	3.5	50	0.5	35
Miso Soup	269	22	6	1	0	0	1	158	2	0	0	2	2	1	2	8
<b>Rolls</b>																
Vegetable Roll	210	203	35	4	1	0	0	780	40	2	0.5	4	2	13	1	44
California Roll	259	280	121.5	13.5	2	0	9	991	48	3	3	9	1	5.5	4	43
Shrimp Roll	264	259	40	4	1	0	61	630	45	2	2	12	3	14	3	50
Philadelphia Roll	249	428	215	24	10	0	70	693	41	2	1	15	4	8	5	45
Salmon Roll	256	317	101	11	2	0	31	574	40	2	2	15	1	10	1	45
Spicy Tuna Roll	279	276	39	4	1	0	32	568	40	2	1	20	2	8	2	47
Tempura Roll	249	328	79	9	2	0	48	1178	52	1	3	5.5	1	1	5	43
Tuna Roll	256	260	38	4	1	0	26	562	40	2	1	17	1.5	8	2	46
<b>Specialty Rolls</b>																
Rainbow Roll	300.5	324	54	6	1	0	59	1072	49	2	4	20	1	9.5	1.4	56
Spicy Tempura Roll	268	393	12	12	2	0	68	961	39	2	17	17	1	6	4	48
Caterpillar Roll	605	440	164	18	3	0	75	1170	54	5	18	18	33	11	8.5	49
Red Bull Roll	337.5	484	67.5	7.5	1.5	0	114	1566	72	1	28	28	3	3	5.8	49
Hawaiian Roll	327.5	341	49.5	5.5	1	0	44	1046	49	2	25	25	2	7	2.9	45
Washington Roll	234.5	418	131	15	10	0	82	1073	50	2	24	24	2	12	2.8	46
Dragon Roll	342	373	68	8	1	0	20	1546	65.5	3	12	12	1	10	1.9	115
Tiger Roll	285	428	147	16	3	0	94	1197	53	2	13	13	22	6.5	4.5	18
<b>Sushi</b>																
Sushi Special Box	284	346	63	7	1.5	0	51	700	38	0.5	0.5	29	1	6	2	77
Hand Roll California (1 roll)	87.5	63	23	2.5	0.5	0	3.5	235	11	1	1	3	1	5.5	3	10
Hand Roll Spicy Tuna (1 roll)	87.5	77	19	2	0.5	0	7	121	9	1	0.5	5	1	6	3	10
Hand Roll Salmon (1 roll)	112	121	52	6	1	0	16	133	9	1	0.5	7.5	1	7	3	10
Hand Roll Tuna (1 roll)	102	93	20	2	0.5	0	13	127	9	1	0.5	8	1	6	3	11
Hand Roll Unagi (1 roll)	116	152	56	6	1	0	46	195	14	1	1	9	22	6	3	11
Hand Roll Shrimp(1 roll)																