

Item Name	Serving Size (g)	Servings per Container	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Brown Rice Spicy Roll with Salmon	182	1	320	120	13	2	25	440	43	4	12	10	4	0	6
Brown Rice Spicy Roll with Tuna	192	1	270	50	6	1	25	430	42	3	13	10	2	2	6
Brown Rice California Dragon Roll	249	1	360	110	12	1.5	<5	770	57	5	7	15	15	2	6
California Nigiri	325	1	520	110	12	2.5	35	1180	81	1	20	10	8	2	6
California Roll Brown Rice	206	1	260	45	4.5	0	<5	570	52	5	6	10	4	2	6
California Roll	190	1	270	35	3.5	0.5	<5	760	52	1	6	10	4	2	4
Calirainbow Roll	343	1	550	120	14	3	55	1120	75	1	27	15	10	4	8
Chef's Special SM with Salmon	315	1	570	170	19	3.5	45	1080	74	2	23	15	10	2	8
Chef's Special SM with Tuna and Shrimp	211	1	200	40	4.5	0.5	55	760	50	<1	14	10	2	2	8
Chef's Special SM with Tuna	226	1	340	50	6	1	30	730	50	<1	18	25	2	2	6
Chef's Special with Salmon and Shrimp	206	1	330	70	8	1.5	50	760	50	1	13	10	4	2	8
Chef's Special with Salmon	252	1	500	190	21	4.5	65	720	48	1	26	10	10	2	6
Chef's Special with Tuna	267	1	400	50	6	1	65	700	47	0	31	10	2	4	8
Cooked Salmon Roll	211	1	340	50	6	1.5	20	840	57	0	12	15	4	2	4
Eel Roll	227	1	380	80	9	2	60	1050	64	0	11	35	2	4	8
Family California Roll	316	1	450	50	6	1	<5	1270	87	2	10	20	6	2	8
French Crunchy Roll	265	1	550	250	28	10	45	1460	62	1	12	15	2	4	4
Fuji Combo	222	1	350	70	8	1.5	35	1060	57	1	10	10	4	4	4
Hosomaki Miniroll	323	1	460	60	7	1	0	1130	90	3	8	20	10	2	8
Michigan Jalapeno Roll	224	1	330	35	3.5	0.5	20	730	57	2	14	30	45	2	6
Minirainbow Roll with Salmon	265	1	420	120	13	3	45	810	52	1	21	10	10	2	6
Minirainbow Roll with Shrimp	230	1	300	35	4	0	80	850	52	1	14	10	4	2	10
Minirainbow Roll with Tuna	260	1	370	60	7	1.5	30	790	52	1	22	40	4	2	8
Minirainbow Roll with Yellow Tuna	260	1	340	35	3.5	0.5	30	790	52	1	23	10	4	2	8
Nigiri	205	1	380	110	12	2.5	45	650	46	0	20	0	6	2	4
Philadelphia Roll	242	1	420	110	13	8	35	1070	68	0	9	15	2	4	4
Real Crab Roll	247	1	330	30	3	0	15	960	64	1	10	10	4	2	6
Red Dragon Roll	256	1	360	15	2	0	60	660	47	0	29	10	2	2	8
Spicy California Roll	194	1	300	60	7	1	5	800	52	1	6	10	4	2	4
Spicy Crunchy Roll	211	1	370	80	9	2.5	90	860	57	1	14	10	2	2	10
Spicy Roll with Salmon	182	1	360	110	12	2.5	25	680	48	1	12	10	4	2	4
Spicy Roll with Tuna	192	1	310	45	4.5	1	25	670	47	0	14	10	2	2	6
Spring Roll	226	1	290	45	5	0.5	20	810	56	5	5	100	15	4	6
Sushi California Inari	236	1	390	80	9	0	0	1130	68	<1	10	8	2	10	8
Sushi Sliced Avocado Roll	223	1	260	100	11	1.5	0	440	42	7	2	140	20	4	6
Sushi Spicy Tuna Shrimp Roll	369	1	590	110	13	2	105	1400	77	15	33	15	2	4	10
Tekamaki Roll with Salmon	227	1	420	80	9	2	35	850	61	0	19	15	4	2	6
Tekamaki Roll with Tuna	227	1	360	10	1.5	0	35	830	61	0	20	15	0	2	6
Tekamaki Roll with Shrimp	204	1	320	10	1	0	85	910	61	0	14	15	0	2	10
Tempura Shrimp Roll	202	1	410	110	13	1.5	30	960	63	0	9	10	2	0	4
Vegetable Roll Brown Rice	207	1	260	45	5	0.5	0	470	54	5	4	60	6	2	6
Vegetable Roll	207	1	300	35	4	0.5	0	750	60	2	5	60	6	2	4
Yellow California Roll	202	1	280	30	3.5	0	30	1020	54	1	6	10	4	2	4
Volcano Roll	248	1	390	100	11	1.5	40	1080	51	0	18	10	2	4	4

Because the world deserves better sushi.