

Nutrition facts

MENU	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
Bowls *Values do not include sauces, salads or rice.																
Chicken Bowl	113	213	69	7.7	1.8	0	68	237	19.7	0	0.7	33.2	5	1	2	22.3
Chicken Breast Bowl	113	212	55	6.1	1.5	0	53	140	0	0	0	32	1	0	1	8
Spicy Chicken Bowl	113	213	69	7.7	1.8	0	68	237	19.7	0	0	33.2	5	1	2	22.3
Spicy Pork Bowl	113	447	326	36.2	4.2	0	79	580	0.7	0	0	25	0	0	1	32.3
Steak Bowl	113	370	243	27	8.5	0	79	68	0	0	0	30	1	0	2	24
Curry Steak Bowl	113	370	243	27	8.5	0	79	68	0	0	0	30	1	0	2	24
Curry Chicken Bowl	113	213	69	7.7	1.8	0	68	237	19.7	0	0	33.2	5	1	2	22.3
Salmon Bowl	113	207	75.6	8.4	1.6	0	38	69	0	0	0	25.1	1.1	7	1.7	2.1
Tempura Bowl	179	226	156	17.3	0.19	0	95	91	8.4	1.1	1.6	10.7	41	14	5.2	7.6
Plates *Values do not include sauces, salads or rice.																
Chicken Plate	170	321	103.4	11.5	2.8	0	102	355	29.7	0	1	49.9	7.5	1.5	3	33.5
Chicken Breast Plate	170	319	83.7	9.3	1.9	0	80	212	0	0	0	48.1	1.5	0	1.5	12.9
Spicy Chicken Plate	170	321	103.4	11.5	2.8	0	102	355	29.7	0	0	49.9	7.5	1.5	3	33.5
Spicy Chicken Breast Plate	170	319	83.2	9.3	1.9	0	80	212	0	0	0	48.1	1.5	0	1.5	12.9
Spicy Pork Plate	170	673	491	54.6	6.3	0	119	872	1	0	1	38	0	0	1.5	48.5
Steak Plate	170	557	365.4	40.6	12.8	0	119	102	0	0	0	45	1.5	0	3	36
Salmon Plate	170	310	113.4	12.6	2.4	0	57	104	0	0	0	37.6	1.7	10.5	2.6	3.2
Shrimp Plate (2 skewers)	124.8	124	12	1.34	0.36	0	246	232	12.4	0	0	26	6	4.6	4.8	22
Shrimp (1 skewer) and Steak (4oz) Plate	175	432	249	27.7	8.68	0	202	184	6.2	0	0	43	4	2.3	4.4	35
Shrimp (1 skewer) and Chicken (4oz) Plate	175.4	437	75.6	8.4	2.02	0	94.6	353	25.9	1	1.7	37.4	6.2	13	3.2	24.7
Steak (4oz) and Chicken (4oz) Plate	226	583	312	34.7	10.3	0	147	305	19.7	0	0.7	63	6	1	4	46.3
Combo Plates *Values do not include sauces, salads or rice.																
Tempura Plate	235	297	205	22.8	0.2	0	112	129	11	1.6	3.8	13.1	46	17.8	6.5	12.8
Tempura & California Roll Plate	465	584	212.4	23.6	0.61	0	98.5	1266	75.7	3	22.2	12.8	55.6	20.1	9.7	28.4
California Roll & Chicken Plate	415	529	87.8	9.7	2.1	0	73.5	1398	85.2	1.3	21.7	37.9	15.7	3.3	5.9	38.6
California Roll & Chicken Breast Plate	415	528	74	8.2	1.6	0	58.5	1301	65.5	1.3	21	39.4	11.9	2.3	5.2	24.3
California Roll & Steak Plate	415	686	262	29.1	8.8	0	84.5	1229	65.5	1.3	21	37.4	11.7	2.3	5.9	40.3
Yakisoba Noodle & Chicken (4oz) Plate	397	363	71.1	7.9	1.8	0	68	454	52.6	2.4	6.2	40.2	43.1	107	8.1	51.9
Yakisoba Noodle & Steak (4oz) Plate	397	520	245.4	27.3	8.5	0	79	284	32.9	2.4	5.5	37	39.1	106	8.1	29.6
Yakiudon Noodle & Shrimp Skewer Plate	374	267	11.7	1.3	0.18	0	76.5	1372	54.3	3.4	12.6	38.2	41.1	107	6.2	5.5
Tempura & Chicken (4oz) Plate	276	491	262	29.1	2.1	0	172	342	29.9	1.7	1.9	44.1	49.9	18.8	7.8	34.4
Kids Plates *Values do not include sauces, salads or rice.																
Kids Chicken Plate (3oz)	85	161	51.3	5.7	1.7	0	51	178	14.9	0	0.5	25.2	4	1	2	16.5
Kids Steak Plate (3oz)	85	278	182.7	20.3	6.4	0	59	51	0	0	0	22.6	1	0	1.5	18
Kids Tempura Plate	163	278	193.5	21.5	0.33	0	93	105	10.2	1.7	1.2	10.9	44.9	17.8	5.8	12.1
Sauce																
Spicy Mayo Sauce	18.4	56.4	48.6	5.4	0.7	0	2.6	254	1.6	0	1.6	0.2	0	0	0	0
Curry Sauce	230	240	126	14	8	0	0	1330	25	3	6	4	2	8	4	6
Side of Tempura (3oz) Sauce	85	13.4	0	0	0	0	0.2	413	1.7	0	2.3	0.6	0	0	0	2.3
Teriyaki Sauce	42.5	96	0.6	0.07	0	0	0	421	25.2	0.1	8.5	0.76	0	0	0.5	0.9
Rice																
White Rice-Plate Size	160	174	1.8	0.2	0	0	0	0	39	0.2	0	3	0	0	2	8
White Rice-Bowl Size	227	247	2.7	0.3	0	0	0	0	55.4	0.3	0	4.3	0	0	3	11.4
Brown Rice-Plate Size	160	190	9	1	0	0	0	0	41	2.9	0	4	0	0	2	4
Brown Rice-Bowl Size	227	270	12.6	1.4	0	0	0	0	58.2	4.1	0	5.7	0	0	3	5.7
Signature Salads																
Oriental Salad with Dressing	51.5	118.4	83.7	9.3	0.5	0	0	58	7.8	1.3	3.4	5.7	12.1	7	3.3	3.7
Sumi Salad with Dressing	119	192.3	129.6	14.4	0.7	0	0	203	13.1	3.5	3.2	3.3	7.2	53.3	5.5	5.9
Tomato & Cucumber Salad with Dressing	176	95	61	6.8	0.8	0	0	467	8.7	1.7	4	1.4	23	47.5	2	2.7
Cucumber Seaweed Salad with Dressing	170	97.4	66.6	7.4	0.85	0	0	294	8.4	1	2.7	1.2	9	43.8	3.6	3.8
Corn & Bowtie Pasta Salad with Dressing	184	237	96.3	10.7	1.22	0	0	262	35.8	4.7	1.1	4.9	11.1	40.5	1	3.5
Linguine Noodle Salad with Dressing	176	188.8	27.9	3.1	0.42	0	0	251	36.4	5.7	3.5	3.5	6.7	32.2	1	2.8
Thai Noodle Salad with Dressing	162	154.8	20.5	2.3	0.02	0	0	250	30.5	1.3	3.9	1.5	5	29.7	1.2	1.8
Soup																
Udon Noodle Tempura Soup	383	447	131.4	14.6	0.75	0	66	2339	81.7	3.8	15.9	19.7	65.6	12.4	10.2	10.8
Udon Chicken Soup	570	261	117.4	13.1	3.6	0	73.5	1408	8.9	91.1	11.9	17.9	5.8	4.8	1.1	7.1
Dumpling Soup	630	360	121.5	13.5	4	0	18.5	2031	39.3	27.2	13.9	14.4	3.5	49.7	0.5	34.7
Miso Soup	269	22	6.3	0.7	0	0	1	158	2	0.3	0.4	1.8	2.3	1	0.6	7.8
Entrée Salads																
Oriental Salad	97	156.8	91.2	10.2	1.3	0	0	83.2	11.7	2.6	0	5.4	35	15	13.4	11.8
Sumi Salad	246.7	164.1	96.1	10.5	1.4	0	0	91.7	10.8	7.2	7.5	6.5	4.2	130.7	16.1	13.4
Seared Ahi Tuna Sashimi Salad	246	148	11.3	1.26	0.4	0	51	78	5.5	2	2.4	30	68.6	109.5	7.9	9.9
Grilled Chicken Salad	278	487	252	28	5.4	0	49.2	822	36.6	4.7	5	21.9	17.5	52.7	4.1	29.2
Grilled Salmon Salad	297.6	555.8	275.4	30.6	4.4	0	38	236	30.0	6.1	5.5	35.5	30	45	16.3	17.4
Spicy Sashimi Salad	292	242	78.5	8.7	0.7	0	34.2	195	21	1.7	9.4	52.6	41	41.5	7.5	66.7
Entrée Salad Dressings (1 OZ)																
Oriental Dressing	28.3	174	121	13	0	0	0	73	7.9	0	7.9	0	0	0	0	0
Sumi Dressing	28.3	197	156	17	0	0	0	340	7.0	0	7.0	0	0	0	0	0
Wasabi Vinaigrette Dressing	28.3	154	121	13	1	0	0	191	5.1	0	2.5	0	0	0	0	0
Sweet Mustard Vinaigrette Dressing	28.3	150	125	13.9	1	0	0	184	4.9	0	2.5	0	0	0	0	0
Sushi																
Sushi Special Box	286	314	63.9	7.1	1.2	0	35	721	37	1.8	0.6	15.5	1.7	10	1.8	54.2
Sushi and Roll Combo	199	264	87.4	9.7	2	0	44	362	22	0.9	0.4	20.2	1.3	7.6	1.4	28.1
Sashimi Special Box	170	262	100	11.1	2.6	0	88	76	0	0	0	53.8	2.3	7.3	2.7	4.9
Rolls																
Vegetable Roll	238	234	36	4	0.5	0	0	886	44.6	2.7	0.42	4.8	1.6	12.7	2	52.3
California Roll	283	284	33.3	3.7	0.56	0	11	1125	53.1	2.1	4.2	8.7	0.04	4.6	3.7	60.7
Tempura (Crunchy) Roll	278	359	79.2	8.8	1.6	0	48	1284	56.2	1.9	2.59	0.7	0.6	1.3	4	50.8
Salmon Roll	285	348	102	11.3	2.18	0	31	670	44.1	1.8	0.7	15.4	1.3	10.3	1.3	52.9
Shrimp Roll	292	290	39.6	4.4	0.58	0	61	960	49.1	1.8	2.3	12.9	3	14	2.9	59.4
Tuna Roll	285	291	37.8	4.2	0.58	0	26	668	44.6	1.8	0.7	17.6	1.4	7.7	1.7	55
Spicy Tuna Roll	299	307	38.7	4.3	0.6	0	32	673	44.6	1.8	0.7	20.9	1.6	7.8	2	56.1
Philadelphia Roll	278	356	82.4	9.2	1.96	0	23	1225	51.8	1.6	8.6	12.8	0.4	7.8	0.6	146
Yellowtail Roll	292	318	63	7	1.17	0	31	681	44.8	2.7	0.5	17.9	2.8	15.7	2.7	55
Unagi Roll	293	373	120	13.3	2.4	0	91	675	44.7	3.2	0.6	17.6	44.1	10.3	2.9	51
Specialty Rolls																
Rainbow Roll	342	355	54	6	1.1	0	59	1178	53.1	2.1	4.2	20.4g	1.1	9.5	1.5	64
Spicy Crunchy Tempura Roll	307	424	112.5	12.5	2.1	0	68	1057	52.1	2.1	0.4	22.9g	34.6	3.6	40.4	10.1
Tiger Roll	312	459	146.8	16.3	2.9	0	94	1303	57.5	3.3	2.4	13.1g	21.8	6.5	4.4	55.5
Soft Shell Crab (Spider) Roll	352.7	501	111	12.3	0.53	0	21	1379	66.3	4.9	0.6	12.5g	1.9	13.6	3.9	12.4
Tempura California Roll	354.4	813	556	61.8	0.72	0	15	1234	150.7	2.4	44.8	9.3g	0.6	7.9	1.8	58
Tempura Spicy Tuna Roll	354.4	823	559	62.1	2.8	0	31.9	665	44.4	2.2	0.6	20.5g	1.5	9.2	1.9	55.6
Las Vegas Roll	329	953	716	79.6	7.4	0	54	753	44.6	2.1	1	14.1g	8.1	9.5	3.5	49.6
Dragon Roll	370	404	69.3	7.7	1.25	0	19.7	1652	69.7	2.85	4.3	13g	0.7	9.8	1.9	122.8
Caterpillar Roll	313	416	139.7	15.5	2.54	0	75	915	51.7	5.1	2.4	17.3g	33.1	49.3	3	51.8
Red Bull Roll	278	334	55	6.1	1	0	89	1045	52.1	1.6	2.2	16.1g	2.4	2.5	4.2	51.7
Washington Roll	363	449	131.3	14.6	2.9											