

Retail - Feb 2019	Serving size (g)	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)
<b>Sushi</b>												
Vegetable Cali Spring Roll Combo	320	380	45	5	0	0	0	1160	78	6	25	6
Deluxe Combo	303	430	50	6	1	0	35	750	72	8	10	22
California Crunch Roll	244	400	120	13	3	0	5	950	64	6	14	7
Salmon Nigiri Combo	272	420	90	10	2	0	40	690	61	6	9	20
Tuna Volcano Combo	431	670	170	19	2.5	0	70	1490	94	9	17	26
Tuna Avocado Combo	361	510	60	7	1	0	40	810	82	9	12	29
Tuna & Salmon Roll	224	300	25	3.5	0	0	25	630	50	6	8	20
Tuna & Salmon Combo	371	530	80	9	1.5	0	50	850	83	9	12	31
Mini Salmon Avocado Roll	112	170	45	5	1	0	10	440	25	3	4	8
Mini Tuna Avocado Roll	112	150	20	2	0	0	10	430	25	3	4	9
Mayo Salmon Onigiri	78	130	35	3.5	0.5	0	10	150	21	2	3	4
Vegetable Gyoza Dumplings-4 pc	71	130	40	4.5	0	0	0	440	17	1	2	4
Inari Pack 2pcs	92	150	30	3.5	0	0	0	280	27	2	6	4
Salmon Avocado Roll	223	360	90	11	2	0	25	610	51	6	7	15
Salmon Volcano Roll	252	400	130	14	3	0	20	780	55	7	10	13
Brown Rice California Roll	210	270	35	4	0.5	0	5	710	50	4	8	8
Brown Rice Spicy California Roll	230	360	110	13	1.5	0	20	980	51	3	9	8
Brown Rice Vegetable California Roll	201	250	35	4	0.5	0	0	710	47	4	8	6
Shrimp Tempura Roll	247	370	70	8	3	0	10	760	64	8	11	10
California Roll	210	280	35	4	0.5	0	5	720	54	6	8	7
Orange California Roll	227	310	50	6	0.5	0	55	960	57	6	11	10
Rainbow Roll	213	270	60	7	1	0	35	680	40	5	6	12
Spicy Salmon Roll	232	390	120	13	2.5	0	30	740	50	6	8	14
Spicy California Roll	230	370	110	13	1.5	0	20	980	56	6	10	8
Spicy California Spring Roll w/chili	225	320	80	9	1	0	15	880	54	2	18	5
Spicy Tuna Roll	232	340	70	8	1	0	20	750	49	6	9	15
Teriyaki Chicken Roll	265	350	50	7	1	0	35	960	60	7	13	13
Sashimi Tray	177	250	90	10	2.5	0	70	400	3	0	2	34
Tuna Avocado Roll	223	310	40	4.5	0.5	0	20	610	51	6	7	17
Vegetable California Roll	201	260	35	4	0.5	0	0	720	51	6	8	6
Vegetable Spring Roll w/sweet chili - 3 Pc	213	250	30	3	0	0	0	640	52	3	20	3
<b>Combos</b>												
Angel Combo	247	340	35	4.5	0.5	0	10	700	67	8	9	12
Salmon Avocado & Nigiri Combo	252	390	90	10	2	0	35	660	57	7	8	18
Salmon Combo	380	600	140	15	3	0	45	900	89	10	13	26
Calli Samurai Combo	227	300	40	4.5	1	0	30	710	56	6	8	10
Calli Shogun Combo	340	450	50	6	1	0	40	900	83	9	12	17
Crazy Combo	486	820	310	35	4.5	0	100	1810	108	12	17	18
Fiji Combo	391	600	150	17	3.5	0	45	1000	87	10	15	22
Nigiri Combo	272	370	50	5	1	0	45	720	63	6	9	17
Spicy Spring Roll & Sushi Combo	355	530	140	16	2	0	20	1560	85	5	24	9
Spicy Tuna Samurai Combo	252	360	60	6	1	0	30	700	55	6	9	19
Spicy Tuna Shogun	340	470	70	8	1.5	0	50	900	77	8	12	22
Tuna Lovers Combo	380	510	45	5	0.5	0	35	890	89	10	13	29
Tuna Samurai Combo	252	330	20	2.5	0	0	25	650	57	6	8	21
<b>Sides</b>												
Hosomaki Salmon & Tuna Snack Pack	105	140	15	1.5	0	0	5	460	27	3	5	6
Mini Cucumber Roll	105	120	0	0	0	0	0	460	28	4	5	4
Mini Avocado Roll	105	150	20	2.5	0	0	0	460	28	4	5	4
Mini Mango Roll	105	130	5	1	0	0	0	460	29	3	6	3
Spicy Salmon Snack Pack	123	200	60	7	1	0	15	590	26	3	6	7
Spicy Tuna Snack Pack	123	180	40	4.5	0.5	0	10	530	26	3	5	8
Spicy Salmon Onigiri	178	270	30	3.5	1	0	15	320	47	5	6	10
Spicy California Onigiri	178	280	45	5	0.5	0	5	470	51	5	7	6
Tempura Shrimp Onigiri	173	270	35	4	1.5	0	5	320	52	5	7	6
<b>Poke</b>												
Salmon Supreme Poke	432	670	210	23	5	0	50	1160	88	9	16	24
Spicy Korean Shrimp Poke	424	510	25	3	0	0	140	1450	101	10	30	18
Tuna Tsunami Poke	429	590	110	13	2.5	0	30	1220	92	10	21	24
<b>Donburi Bowl</b>												
Teriyaki Chicken Rice Bowl	405	540	60	7	1.5	0	55	700	91	10	15	27
Sukiyaki Beef Rice Bowl	417	540	70	8	2	0	25	910	96	10	18	19
Tofu Rice Bowl	408	580	100	11	0.5	0	0	960	107	10	22	11
Teriyaki Salmon Rice Bowl	405	580	120	13	2.5	0	40	670	90	10	14	21
<b>Noodle Bowl - Udon</b>												
Noodle Soup - Udon	606	400	40	4.5	0	0	0	2250	14	3	6	12
Vegetable Noodle Soup - Udon	703	450	40	4.5	0	0	0	2810	28	7	15	14
Tempura Vegetable Noodle Soup - Udon	703	590	140	15	2.5	0	0	2360	36	6	9	14
Kimchi Noodle Soup - Udon	703	430	40	4.5	0	0	0	3110	19	6	9	14
Vegetable Curry Noodle Soup - Udon	703	480	80	9	2	0	0	2660	23	5	8	13
Kitsune Tofu Noodle Soup - Udon	654	510	90	10	0	0	0	2540	25	4	13	15
Tempura Shrimp Noodle Soup - Udon	654	490	80	9	2.5	0	15	2300	23	4	7	15
Sukiyaki Beef Noodle Soup - Udon	664	470	60	7	1	0	20	2510	17	3	9	21
Fried Chicken Noodle Soup - Udon	664	520	90	10	1.5	0	55	2440	16	3	6	27
Seafood Noodle Soup - Udon	623	400	40	4.5	0	0	30	2300	14	3	6	12
Chicken Curry Noodle Soup - Udon	761	610	130	15	3.5	0	55	2850	25	5	8	29
Beef Curry Noodle Soup - Udon	761	560	110	12	3	0	20	2920	25	5	11	23
<b>Noodle Bowl - Soba</b>												
Noodle Soup - Soba	606	470	60	7	0	0	0	2140	88	0	1	18
Vegetable Noodle Soup - Soba	703	530	60	7	0	0	0	2700	102	4	9	20
Tempura Vegetable Noodle Soup - Soba	703	660	160	18	2.5	0	0	2250	110	3	3	20
Kimchi Noodle Soup - Soba	703	500	60	7	0	0	0	3000	94	3	3	20
Vegetable Curry Noodle Soup - Soba	703	550	110	12	2	0	0	2550	97	2	3	19
Kitsune Tofu Noodle Soup - Soba	654	580	110	12	0	0	0	2430	100	1	7	21
Tempura Shrimp Noodle Soup - Soba	654	560	100	12	2.5	0	15	2200	98	1	1	21
Sukiyaki Beef Noodle Soup - Soba	664	550	90	10	1	0	20	2400	91	0	3	28
Fried Chicken Noodle Soup - Soba	664	600	110	12	1.5	0	55	2330	91	0	1	33
Seafood Noodle Soup - Soba	623	470	60	7	0	0	30	2200	88	0	1	18
Chicken Curry Noodle Soup - Soba	761	680	160	17	3.5	0	55	2740	100	2	3	35
Beef Curry Noodle Soup - Soba	761	630	130	15	3	0	20	2810	100	2	5	29
<b>Ramen Noodle Bowl</b>												
Tonkotsu Chasu Ramen Bowl	751	590	190	21	7	13	60	2260	82	6	6	28
Miso Chasu Ramen Bowl	751	570	120	14	2.5	0	20	3600	91	8	14	27
Miso Tofu Ramen Bowl	764	580	110	12	0	0	0	3680	101	8	19	22
<b>Sides</b>												
Miso Soup	350	20	5	1	0	0	0	480	1	1	0	2
Edamame	100	130	35	4	1.5	0	0	650	12	1	1	12
Chicken Gyoza Dumplings-4pc	71	120	30	3.5	0.5	0	10	510	16	0	1	7
Vegetable Gyoza Dumplings-4 pc	71	130	40	4.5	0	0	0	440	17	1	2	4
Shrimp Shumai	116	350	120	14	5	0	35	670	19	1	5	9
Seaweed Salad	99	100	35	4	0	0	0	620	15	3	9	1
<b>Bento Box: Step 1 - Choose your Protein</b>												
Bento Box - Chicken teriyaki option	60	100	20	2.5	0.5	0	40	200	4	0	3	15
Bento Box - Chicken curry option	110	140	45	5	1.5	0	30	430	10	1	4	13
Bento Box - Beef option	60	90	30	3	1	0	15	330	6	0	5	8
Bento Box - Beef curry option	110	130	50	6	2	0	15	540	11	1	6	8
Bento Box - Salmon option	60	130	70	7	1.5	0	30	180	4	0	3	11
Bento Box - Vegetable curry option	110	110	50	6	2</							