

Product	Serving Size (g)	Servings per package	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Sugar (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Cholesterol (mg)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Edamame	56.5g.	2	85	24	3	0	220	1	8	3	0	6	6	1	6	7
Spring Roll (Vegetables)	99g.(2pcs.)	2	68	15	2	0	170	0	12	2	0	2	16	8	1	11
Spring Roll (Shrimp, Crab)	99g.(2pcs.)	2	102	18	2	0	299	0	14	2	36	7	16	8	2	14
Healthy Choice	56.6g.(4pcs.)	3	56	0	0	0	107	2	12	0	0	1	3	3	0	1
Veggie Roll	66g.(3pcs.)	3	71	10	1	0	111	2	14	1	0	1	9	5	1	2
California Roll	66g.(3pcs.)	3	74	11	1	0	138	2	14	1	1	2	3	3	1	2
Colossal California Roll	49.5g.(2pcs.)	4	55	8	1	0	103	1	10	1	0	1	2	2	0	1
Crab Salad Roll	66g.(3pcs.)	3	76	13	1	0	140	2	14	1	1	2	3	3	1	2
Blazing California Roll	66g.(3pcs.)	3	82	14	2	0	168	2	15	1	1	2	4	3	1	2
Snow Crab Roll	66g.(3pcs.)	3	75	12	1	0	136	2	13	1	6	3	3	4	1	2
Inari	42g.(1pc.)	3	90	18	2	0	197	4	15	0	0	2	0	0	3	2
Inari Combo	132g.(4pcs.)	2	139	27	3	0	304	5	24	1	1	4	3	3	3	3
Inari Roll	66g.(3pcs.)	3	117	30	3	0	253	4	18	1	1	4	4	3	4	3
Boston Roll	66g.(3pcs.)	3	78	10	1	0	177	2	15	1	2	2	4	3	0	2
Nagano Twilight	66g.(2pcs.)	3	84	12	1	0	105	2	11	0	11	7	12	0	0	2
Nagano Special	113g.(4pcs.)	2	228	30	3	1	344	5	36	0	25	13	6	2	1	3
Kobe Meridian	66g.(3pcs.)	3	73	13	1	0	128	2	12	1	7	3	4	2	1	2
Living Color Roll	75g.(3pcs.)	3	105	19	2	0	169	2	14	1	22	7	6	4	1	3
Handroll (V)	113	2	110	19	2	0	147	2	20	3	0	3	17	10	2	5
Handroll (M)	113	2	117	15	2	0	160	2	18	1	9	8	16	5	1	5
Nippon Favorite	56g.(4pcs.)	3	78	7	1	0	114	2	13	0	6	5	9	1	0	2
Sushicado	66g.(3pcs.)	3	94	19	2	0	115	2	14	1	7	6	11	3	1	3
Fujiyama Aurora	75g.(5pcs.)	3	104	16	2	0	197	3	18	1	3	4	7	4	1	3
Tokyo Fantasy	66g.(3pcs.)	3	87	14	2	0	145	2	13	0	9	5	9	2	1	3
Dynamite Roll	66g.(3pcs.)	3	88	17	2	0	156	2	14	1	5	4	7	3	1	2
Hissho Special	140g.(7pcs.)	2	149	26	3	1	253	3	22	1	13	10	16	3	1	4
Hissho Supreme	113g.(5pcs.)	2	159	31	3	1	237	3	21	1	19	12	14	3	0	4
Philadelphia Roll	66g.(3pcs.)	3	85	22	2	2	167	2	13	1	7	2	3	1	1	2
Bagel Roll	66g.(3pcs.)	3	125	48	5	3	149	2	13	1	20	6	6	3	2	2
United Combo	66g.(3pcs.)	3	91	21	2	1	192	2	15	1	5	3	4	3	1	2
L.P.J Combo	66g.(3pcs.)	3	75	14	2	0	133	2	12	1	9	3	7	2	1	2
Eel Roll	66g.(3pcs.)	3	82	16	2	0	114	2	12	0	18	4	12	2	1	2
Caterpillar Roll	66g.(3pcs.)	3	85	17	2	0	142	2	13	1	12	4	9	2	1	2
Rock 'n Roll Sushi	66g.(3pcs.)	3	102	27	3	0	138	5	16	1	18	4	13	2	1	2
Rock 'n Roll Special	127g.(7pcs.)	2	185	52	6	1	268	3	19	1	43	11	30	4	1	4
Rock 'n Roll Supreme	113g.(5pcs.)	2	157	40	4	1	246	5	22	1	36	8	22	3	1	3
Crunchy Roll	66g.(3pcs.)	3	70	5	1	0	145	2	12	0	24	4	2	2	1	3
Tempura Shrimp Roll	127g.(4pcs.)	2	168	42	5	0	207	3	26	1	28	5	3	5	3	5
Salmon Lover	95g.(4pcs.)	2	193	76	8	4	185	2	14	0	45	15	5	4	3	2
Yellowtail Jalapeno	66g.(3pcs.)	3	76	7	1	0	113	2	12	0	8	5	2	4	1	2
Nirvana Red Snapper	110g.(4pcs.)	2	210	94	10	4	443	4	16	0	49	11	6	3	2	2
Tuna Yellowtail Spring Roll	99g.(2pcs.)	2	107	28	3	1	237	0	12	1	14	8	13	6	1	12
V3 Roll	66g.(3pcs.)	3	67	10	1	0	110	2	14	1	0	1	6	5	1	2
Flying Colors	56.6g.(4pcs.)	3	74	12	1	0	123	2	16	1	0	2	10	5	1	2
Very Veggie Roll	163g.(4pcs.)	2	97	15	2	0	202	8	27	2	0	3	13	16	2	4
Grilled Chicken Spring Roll	99g.(2pcs.)	2	98	30	4	1	261	0	16	3	42	8	14	7	1	14
Natural Seaweed Salad	56	2	51	10	1	0	904	2	10	3	0	1	7	5	7	2
Seaweed Salad	56	2	70	32	4	0	840	8	10	1	0	1	0	3	5	3
Hijiki Seaweed Salad	56	2	62	0	0	0	448	7	10	1	0	1	4	17	10	25
Squid Salad	56	2	71	9	1	0	540	3	4	0	0	12	0	0	2	6
LOW CARB OPTIONS																
Healthy Choice (Brown Rice)	56.6g.(4pcs.)	3	35	2	0	0	1	0	7	1	0	1	3	3	0	2
Veggie Roll (Brown Rice)	66g.(3pcs.)	3	58	12	1	0	4	0	10	2	0	1	9	5	1	2
California Roll (Brown Rice)	66g.(3pcs.)	3	64	14	2	0	44	0	11	2	1	2	3	3	1	2
Tokyo Fantasy (Brown Rice)	66g.(3pcs.)	3	67	16	2	0	38	0	8	1	9	5	9	2	1	3
Nippon Favorite (Brown Rice)	56.6g.(4pcs.)	3	65	10	1	0	7	0	9	1	6	5	9	1	0	3
Sushicado (Brown Rice)	66g.(3pcs.)	3	73	21	2	0	8	0	8	1	7	5	11	3	1	3
Sashimi	84g.(6pcs.)	1	132	53	6	1	38	0	1	0	43	19	13	3	1	3
Sashimi Plus	126g.(9pcs.)	1	199	79	9	2	58	0	2	0	64	28	20	5	2	4

Percent Daily Values are based on a 2000 calorie diet.

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