



Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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POKE BOWLS

Salmon - white rice	380	490	21	3	0	70	1270	52	3	5	22	4	10	8	15
Salmon - brown rice	380	570	23	3	0	70	1270	63	7	5	23	4	10	6	10
Salmon - crispy sticky rice	380	500	22	3	0	70	1270	52	3	5	22	4	10	8	15
Volcano - white rice	378	490	22	3	0.1	70	1000	51	2	4	22	4	10	8	15
Volcano - brown rice	378	570	24	3	0.1	70	1000	62	7	4	23	4	10	6	10
Volcano - crispy sticky rice	378	500	23	3	0.1	70	1000	51	2	4	22	4	10	8	15
Salmon & Tuna - white rice	380	480	19	3	0	65	1260	52	3	5	23	6	10	6	10
Salmon & Tuna - brown rice	380	560	21	3	0	65	1260	62	7	5	24	6	10	6	10
Salmon & Tuna - crispy sticky rice	380	490	20	3	0	65	1260	52	3	5	23	6	10	8	15
Tuna - white rice	380	460	17	2.5	0	60	1260	52	3	5	25	6	10	8	15
Tuna - brown rice	380	540	19	2.5	0	60	1260	63	7	5	26	6	10	6	10
Tuna - crispy sticky rice	380	470	18	2.5	0	60	1260	52	3	5	25	6	10	8	15
Veggy - white rice	360	440	19	3	0	15	1060	55	6	6	11	20	40	10	20
Veggy - brown rice	360	510	21	3	0	15	1060	66	10	6	13	20	40	8	15
Veggy - crispy sticky rice	360	450	20	3	0	15	1060	55	6	6	11	20	40	10	20

SUSHI TACOS

Salmon Taco (2)	101	170	9	1.5	0.1	25	950	12	1	1	9	4	8	4	8
Salmon Taco (3)	144	240	14	2	0.1	35	1300	18	2	1	12	6	10	6	10
Tuna Taco (2)	101	160	8	1	0.1	25	950	12	1	1	10	4	8	4	8
Tuna Taco (3)	144	230	11	2	0.1	30	1290	18	2	1	14	6	15	6	10
Lobster Taco (2)	94	120	5	0.5	0.1	35	270	9	1	1	10	4	6	4	6
Lobster Taco (3)	136	180	8	1	0.1	45	390	14	2	1	14	8	10	6	10

APPETIZERS & SALADS

Popcorn Shrimp	120	200	7	1	0.1	110	530	18	1	1	17	4	2	6	20
Shrimp Tempura	60	180	8.0	0.0	0.1	40	125	18	0	0	8	0	0	0	0
Three Salads	120	130	3.5	0.0	0	60	790	13	4	8	8	2	6	40	8
Wakame	125	110	2.0	0.0	0	0	1650	13	4	9	0	0	0	110	0
Miso Soup	255	70	3.0	0.5	0	0	810	8	1	1	6	0	0	20	25
Grilled Salmon Salad	276	260	19.0	2.5	0	30	340	12	3	6	12	80	80	8	8
Green Salad	172	190	10	1.5	0	0	250	17	3	10	7	30	10	6	10
Spicy Squid Salad	110	120	3.0	0.0	0	170	320	12	0	12	12	0	2	2	6
Tataki Tuna Salad	276	250	17.0	2.5	0.1	30	340	12	3	6	14	80	80	8	8
Yasai Salad	258	200	15.0	1.0	0	5	890	13	3	9	3	80	25	25	6
Edamame Beans	135	170	5.0	0.0	0	0	440	15	7	2	13	8	15	8	20
Fruit Bowl	207	110	0.5	0.1	0	0	3	28	4	20	2	8	140	4	4

Small Ramen Soup

Miso	290	240	9	2	0	50	820	24	2	2	15	0	4	20	15
Miso with Grilled Chicken	330	320	15	2.5	0	70	895	30	2	2	18	4	12	20	17
Miso with Seafood	340	300	10.5	2.3	0	90	990	26	2	2	24	2	4	22	19
Miso with Shrimp Tempura	310	300	11.5	2	0.1	65	860	30	2	2	18	0	4	20	15
Shoyu	290	140	3	0.5	0	50	200	18	1	0	8	2	4	4	4
Shoyu with Grilled Chicken	330	220	9	1	0	70	275	24	1	0	11	6	12	4	6
Shoyu with Seafood	340	200	4.5	0.8	0	90	370	20	1	0	17	4	4	6	8
Shoyu with Shrimp Tempura	310	200	5.5	0.5	0.1	65	240	24	1	0	11	2	4	4	4
Tonkotsu	290	220	6	2.5	0	55	660	26	1	1	7	0	4	4	4
Tonkotsu with Grilled Chicken	330	300	12	3	0	75	735	32	1	1	10	4	12	4	6
Tonkotsu with Seafood	340	280	7.5	2.8	0	95	830	28	1	1	16	2	4	6	8
Tonkotsu with Shrimp Tempura	310	280	8.5	2.5	0.1	70	700	32	1	1	10	0	4	4	4

NIGIRI & SASHIMI /2 pcs

Syake Nigiri	62	80	2.0	0.3	0	20	15	8	0	0	7	0	0	0	2
Syake Nigiri (brown rice)	62	100	2.5	0.3	0	20	15	10	1	0	7	0	0	0	2
Syake Sashimi	42	45	2.0	0.3	0	20	14	0	0	0	6	0	2	0	2
Seared Syake	66	80	2.0	0.3	0	20	230	8	0	0	7	0	0	0	2
Seared Syake (brown rice)	66	100	2.5	0.3	0	20	230	10	1	0	8	0	0	0	2
Izumidai Nigiri	58	60	0.5	0.2	0	15	15	8	0	0	6	0	0	0	2
Izumidai Nigiri (brown rice)	58	80	1.0	0.2	0	15	15	10	1	0	7	0	0	0	2
Izumidai Sashimi	38	30	0.5	0.2	0	15	125	0	0	6	6	0	0	0	2
Seared Izumidai Nigiri	68	100	4.5	0.5	0	15	790	8	0	0	6	0	4	0	2
Seared Izumidai Nigiri (brown rice)	68	110	5.0	0.5	0	15	790	10	1	0	7	0	4	0	2
Philly Kunsei Syake	61	70	2.0	0.5	0	5	200	8	0	0	5	2	0	0	2
Philly Kunsei Syake (brown rice)	61	90	2.5	0.5	0	5	200	11	1	0	6	2	0	0	2
Ebi Nigiri	44	50	0.2	0.0	0	20	20	8	0	0	3	0	0	2	2
Ebi Nigiri (brown rice)	44	70	0.5	0.0	0	20	20	10	1	0	4	0	0	0	2
Ebi Sashimi	24	15	0.2	0.0	0	20	19	0	0	0	3	0	2	0	2
Maguro Nigiri	58	70	0.3	0.1	0	15	10	8	0	0	7	0	0	0	2
Maguro Nigiri (brown rice)	58	80	0.5	0.1	0	15	10	10	1	0	7	0	0	0	2
Maguro Sashimi	38	30	0.3	0.1	0	15	9	0	0	0	7	0	2	0	2
Inari	92	160	5	2	0	0	180	22	1	5	5	4	2	10	8
Inari (brown rice)	92	190	6	2	0	0	180	26	2	5	6	4	2	10	8
Kunsei Syake Nigiri	46	50	0.5	0.1	0	5	125	8	0	0	4	0	0	0	2
Kunsei Syake Nigiri (brown rice)	46	70	1.0	0.1	0	5	125	10	1	0	4	0	0	0	2
Kunsei Syake Sashimi	26	20	0.5	0.1	0	5	129	0	0	0	3	0	2	0	0
Masago Red	74	90	1.0	0.0	0	100	680	15	0	4	3	0	2	0	0
Masago Red (brown rice)	74	110	1.5	0.0	0	100	680	18	2	4	4	0	2	0	0
Masago Orange	74	90	1.0	0.0	0	100	680	15	0	4	3	0	2	0	0
Masago Orange (brown rice)	74	110	1.5	0.0	0	100	680	18	2	4	4	0	2	0	0
Karai Syake	100	130	3.0	0.4	0	25	120	18	0	1	8	0	2	2	6
Karai Syake (brown rice)	100	150	4.0	0.4	0	25	120	21	2	1	8	0	2	0	4
Karai Maguro	100	120	1.5	0.2	0	20	120	18	0	1	9	0	2	2	6
Karai Maguro (brown rice)	100	140	2.5	0.2	0	20	120	21	2	1	9	0	2	0	4
Karai Ebi	100	120	2.0	0.2	0	50	150	18	0	1	8	2	2	2	8
Karai Ebi (brown rice)	100	140	2.5	0.2	0	50	150	21	2	1	8	2	2	2	8



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TARTARE MAKI

Maki Tartare Salmon	123	170	6.0	1.0	0	50	400	19	1	2	10	6	4	4	10
Maki Tartare Shrimp	123	160	4.0	0.5	0	90	440	19	1	2	10	8	4	6	15
Maki Tartare Veggie	125	100	2.5	0.4	0	0	740	19	2	4	1	50	40	2	6
Maki Tartare Tuna	123	160	4.0	0.4	0	45	400	19	1	2	12	6	4	4	10
Maki Tartare Tilapia	123	150	4.0	0.5	0	50	400	19	1	2	10	6	4	4	8

TARTARE

Tartare Salmon	108	160	6	1	0	45	440	6	1	1	16	2	6	4	8
Tartare Tuna	108	130	2	0.4	0	35	440	6	1	1	21	2	6	4	8
Tartare Smoked Salmon & Salmon	136	270	21	3	0	40	730	1	1	0	20	2	4	4	8

HOSOMAKI /6 pcs

Philly Kappa	114	130	4.5	2.5	0	10	40	18	2	1	4	4	8	4	4
Philly Kappa (brown rice)	114	160	6.0	2.5	0	10	40	23	3	1	4	4	8	4	4
Akanasu Avocado	149	370	26.0	8.0	0.2	15	640	27	6	4	8	8	10	8	10
Akanasu Avocado (brown rice)	149	400	27.0	8.0	0.2	15	640	31	8	4	8	8	10	8	10
Kappa	104	90	1.0	0.2	0	0	10	18	2	1	3	0	8	4	4
Kappa (brown rice)	104	120	2.0	0.2	0	0	10	22	3	1	3	0	8	2	2
Avocado	119	160	8.0	1.5	0	0	15	20	4	0	4	2	10	4	6
Avocado (brown rice)	119	160	9.0	1.5	0	0	10	18	5	0	3	2	10	2	6
Oshinko	114	90	1.0	0.2	0	0	450	18	1	0	3	0	10	4	2
Oshinko (brown rice)	114	120	2.0	0.2	0	0	450	23	3	0	3	0	10	2	2
Akanasu	109	310	20.0	7.0	0.2	15	640	24	4	4	7	4	4	8	8
Akanasu (brown rice)	109	340	21.0	7.0	0.2	15	640	28	6	4	7	4	4	6	6
Syake	116	140	3.5	0.5	0	20	25	17	1	0	11	0	6	4	6
Syake (brown rice)	116	170	4.5	0.5	0	20	25	22	3	0	11	0	6	4	4
Syake Spicy	119	150	4.0	0.5	0	20	60	17	1	0	11	0	6	4	6
Syake Spicy (brown rice)	119	180	5.0	0.5	0	20	60	22	3	0	11	0	6	4	4
Tekka	116	130	1.5	0.3	0	20	25	17	1	0	12	0	6	4	4
Tekka (brown rice)	116	160	2.5	0.3	0	20	25	22	3	0	13	0	6	4	4
Tekka Spicy	119	140	2.0	0.3	0	20	55	17	1	0	12	0	6	4	4
Tekka Spicy (brown rice)	119	170	3.0	0.3	0	20	55	22	3	0	13	0	6	4	4
Tamago	112	150	3.5	1.0	0	150	180	22	1	5	6	4	4	6	6
Tamago (brown rice)	112	180	4.5	1.0	0	150	180	27	3	5	7	4	4	4	6
Kani Kama	104	120	1.5	0.3	0	5	260	20	1	0	6	0	4	4	4
Kani Kama (brown rice)	104	150	2.5	0.3	0	5	260	24	3	0	7	0	4	2	2
Tempura Syake	131	170	4.0	0.5	0	15	85	24	2	1	9	0	6	4	8
Tempura Syake (brown rice)	131	200	5.0	0.5	0	15	85	28	3	1	10	0	6	4	6
Tempura Tekka	131	160	2.5	0.3	0	15	85	24	2	1	11	0	6	4	8
Tempura Tekka (brown rice)	131	190	3.0	0.3	0	15	85	28	3	1	11	0	6	4	6

MAKI /8 pcs

Black Mamba	227	400	18	2	0.1	120	570	37	2	1	20	6	10	4	15
Black Mamba (brown rice)	227	440	19	2	0.1	120	570	43	4	1	21	6	10	2	10
Vancouver	168	230	11.0	3.5	0.1	20	300	26	3	1	10	8	8	6	8
Vancouver (brown rice)	168	270	12.0	3.5	0.1	20	300	31	5	1	11	8	8	6	5
911	169	200	4.0	0.5	0	40	300	30	2	2	12	2	8	4	8
911 (brown rice)	169	240	5.0	0.5	0	40	300	36	5	2	12	2	8	4	6
Ebi Maki	178	190	4.0	0.5	0	50	240	30	2	2	9	2	10	6	10
Ebi Maki (brown rice)	178	230	5.0	0.5	0	50	240	36	5	2	10	2	10	4	10
Twin Salmon	180	230	9.0	1.5	0	45	400	26	3	1	13	2	10	4	8
Twin Salmon (brown rice)	180	270	10.0	1.5	0	45	400	32	5	1	13	2	10	4	6
Chef's Maki	190	220	6.0	1.0	0	60	510	28	3	4	12	2	25	6	6
Chef's Maki (brown rice)	190	260	7.0	1.0	0	60	510	34	5	4	12	2	25	4	4
Dragon	210	320	13.0	1.0	0	60	330	40	3	2	10	2	15	2	6
Dragon (brown rice)	210	360	13.0	1.0	0	60	330	46	5	2	11	2	15	2	4
California Classic	162	180	5.0	1.0	0	5	290	27	2	0	7	2	8	4	6
California Classic (brown rice)	162	220	6.0	1.0	0	5	290	33	3	0	8	2	8	4	4
Sweetheart	178	220	6.0	1.0	0	50	390	29	2	1	14	0	15	4	8
Sweetheart (brown rice)	178	260	7.0	1.0	0	50	390	35	4	1	15	0	15	4	8
Red Tiger	222	320	13.0	2.0	0	80	530	28	1	0	23	2	6	4	15
Red Tiger (brown rice)	222	360	14.0	2.0	0	80	530	34	4	0	24	2	6	2	15
Chicken Teriyaki	166	270	12.0	1.5	0	25	190	34	3	2	6	4	15	4	6
Chicken Teriyaki (brown rice)	166	310	13.0	1.5	0	25	190	40	5	2	7	4	18	4	6

SUMIOMAKI /5 pcs

Lion Roll	203	360	18	2	0.1	65	860	39	2	8	6	70	20	2	4
Lion Hand Roll	128	220	10	1	0	50	540	25	2	4	5	35	15	2	2
Lion Roll (brown rice)	203	390	19	2	0.1	65	860	44	4	8	7	70	20	2	4
Lion Hand Roll (brown rice)	128	240	11	1	0	50	540	28	3	4	6	95	15	0	2
Vegetarian Roll	167	170	7	1	0	5	170	26	3	2	4	45	45	6	6
Vegetarian Hand Roll	129	120	6.0	0.5	0	0	115	17	3	1	3	35	45	4	6
Vegetarian Roll (brown rice)	167	210	8	1	0	5	170	31	5	2	5	45	45	4	5
Vegetarian Hand Roll (brown rice)	129	140	6	0.5	0	0	110	19	4	1	4	35	45	4	6
California Roll	211	230	9.0	1.5	0.1	130	480	29	3	5	9	15	10	6	10
California Hand Roll	171	170	7.0	1.0	0.0	130	460	20	3	5	8	15	10	6	10
California Roll (brown rice)	211	260	10.0	1.5	0.1	130	480	34	5	6	9	15	10	6	10
California Hand Roll (brown rice)	171	190	7.0	1.0	0	130	460	23	4	5	8	15	10	6	8
Dynamite Roll	160	230	10.0	1.0	0	40	280	29	3	2	7	2	10	4	4
Dynamite Hand Roll	130	180	8.0	1.0	0	40	250	21	3	2	6	2	10	4	4
Dynamite Roll (brown rice)	160	260	11.0	1.0	0	40	270	34	5	2	7	2	10	4	4
Dynamite Hand Roll (brown rice)	130	200	9.0	1.0	0	40	250	24	4	2	6	2	10	4	4
Spicy Salmon Crunch Roll	171	180	3.0	0.4	0	20	120	27	1	2	10	2	8	2	8
Spicy Salmon Crunch Hand Roll	120	150	4.5	0.4	0	30	80	16	1	1	11	0	6	2	4
Spicy Salmon Crunch Roll (brown rice)	171	210	4.0	0.4	0	20	120	32	3	2	10	2	8	0	6
Spicy Salmon Crunch Hand Roll (brown rice)	120	170	5.0	0.4	0	30	80	19	2	1	11	0	6	0	4



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Spicy Tuna Crunch Roll	171	170	1.5	0.2	0	15	115	27	1	2	11	2	8	2	8
Spicy Tuna Crunch Hand Roll	120	140	2.5	0.1	0	25	80	16	1	1	12	0	8	2	4
Spicy Tuna Crunch Roll (brown rice)	171	200	2.5	0.2	0	15	115	32	3	2	11	2	8	2	6
Spicy Tuna Crunch Hand Roll (brown rice)	120	160	3.0	0.1	0	25	80	19	2	1	12	0	8	0	4
Boston Roll	176	170	4.5	0.5	0.1	55	390	24	2	2	9	6	10	6	8
Boston Hand Roll	143	120	2.5	0.4	0	55	360	16	2	2	8	10	8	6	8
Boston Roll (brown rice)	176	210	6.0	0.5	0.1	55	390	29	4	2	9	6	10	4	6
Boston Hand Roll (brown rice)	143	140	3.5	0.4	0	55	360	19	3	2	9	10	8	4	8
Tuna Kamikaze Roll	180	200	4.5	0.5	0	40	430	29	2	2	12	2	8	2	8
Tuna Kamikaze Hand Roll	134	150	4.5	0.5	0	45	380	19	2	2	9	2	8	2	4
Tuna Kamikaze Roll (brown rice)	180	240	5.0	0.5	0	40	430	34	4	2	12	2	8	2	6
Tuna Kamikaze Hand Roll (brown rice)	134	170	5.0	0.5	0	45	380	22	3	2	10	2	8	0	4
Salmon Kamikaze Roll	180	210	6.0	0.5	0	45	430	29	2	2	11	2	8	2	8
Salmon Kamikaze Hand Roll	134	160	5.0	0.5	0	45	380	19	2	2	9	2	8	2	4
Salmon Kamikaze Roll (brown rice)	180	250	7.0	0.5	0	45	430	34	4	2	12	2	8	0	6
Salmon Kamikaze Hand Roll (brown rice)	134	180	6.0	0.5	0	45	380	22	3	2	9	2	8	0	4
Snow Crab Roll	170	190	4.0	0.5	0	30	530	26	2	1	11	0	8	4	6
Snow Crab Hand Roll	122	140	4.5	0.4	0	35	460	17	2	1	9	0	8	2	2
Snow Crab Roll (brown rice)	170	220	5.0	0.0	0	30	530	31	4	1	11	0	8	2	4
Snow Crab Hand Roll (brown rice)	122	160	5.0	0.4	0	35	460	20	3	1	9	0	8	2	2
Rainbow Roll	194	220	6.0	1.0	0	25	125	28	2	2	14	2	10	2	10
Rainbow Hand Roll	119	150	5.0	0.5	0	20	70	16	2	0	10	2	8	2	4
Rainbow Roll (brown rice)	194	250	7.0	1.0	0	25	125	33	4	2	14	2	10	2	8
RainbowHand Roll (brown rice)	119	170	6.0	0.5	0	20	70	19	3	1	10	2	8	0	4
Red Eye Roll	157	180	2.5	0.3	0	45	360	27	1	1	13	0	6	4	6
Red Eye Hand Roll	103	130	3.0	0.2	0	45	350	17	1	1	9	0	6	2	4
Red Eye Roll (brown rice)	157	220	3.5	0.3	0	45	360	32	3	1	13	0	6	2	6
Red Eye Hand Roll (brown rice)	103	150	3.5	0.2	0	45	350	20	2	1	9	0	6	2	2
Miami Roll	161	250	8.0	2.0	0.1	40	450	26	1	2	12	4	2	4	6
Miami Hand Roll	101	170	5.0	1.0	0	20	250	16	1	1	8	2	2	2	4
Miami Roll (brown rice)	161	290	9.0	2.0	0.1	40	450	31	3	2	13	4	2	2	6
Miami Hand Roll (brown rice)	101	240	6.0	1.0	0	20	250	29	3	1	10	2	2	2	4
Empereur Roll	168	200	5.0	2.0	0	20	125	27	2	1	13	2	8	2	8
Empereur Hand Roll	124	160	5.0	0.5	0	30	75	16	2	0	12	2	8	2	6
Empereur Roll (brown rice)	168	240	6.0	0.5	0	20	125	32	4	1	13	2	8	0	8
Empereur Hand Roll (brown rice)	124	180	6.0	0.5	0	30	75	19	3	0	13	2	8	0	4
Spicy Shrimp Roll	187	200	6.0	1.0	0	55	450	28	3	2	10	10	10	6	10
Spicy Shrimp Hand Roll	137	160	5.0	0.5	0	65	390	19	2	1	10	8	8	4	8
Spicy Shrimp Roll (brown rice)	187	230	7.0	1.0	0	55	450	33	5	2	10	10	10	4	10
Spicy Shrimp Hand Roll (brown rice)	137	180	6.0	0.5	0	65	390	22	3	1	10	8	8	2	8
Exotik Roll	203	180	2.0	0.3	0	55	450	32	2	7	9	15	15	6	10
Exotik Hand Roll	156	130	2.0	0.3	0	30	290	22	2	5	7	15	15	6	10
Exotik Roll (brown rice)	203	220	3.0	0.3	0	55	450	37	4	7	10	15	15	4	10
Exotik Hand Roll (brown rice)	156	200	3.0	0.3	0	30	290	35	4	5	9	15	15	4	8
Ginger Roll	175	200	6.0	0.5	0.1	50	560	26	2	2	11	2	8	4	8
Ginger Hand Roll	116	140	4.5	0.4	0	55	370	17	2	2	8	2	8	2	6
Ginger Roll (brown rice)	175	240	7.0	0.5	0.1	50	560	31	4	2	12	2	8	2	6
Ginger Hand Roll (brown rice)	116	160	5.0	0.4	0	55	370	20	3	2	9	2	8	2	4
Smoky Roll	159	210	6.0	1.0	0	35	460	28	2	2	9	2	6	4	8
Smoky Hand Roll	109	160	6.0	1.0	0	40	390	17	2	1	8	2	6	4	4
Smoky Roll (brown rice)	159	240	8.0	1.0	0	35	450	34	4	2	10	2	6	4	8
SmokyHand Roll (brown rice)	109	180	7.0	1.0	0	40	390	20	3	1	8	2	6	2	4
Rock Lobster Roll	184	200	7.0	1.0	0	30	210	23	3	1	12	10	10	8	8
Rock Lobster Hand Roll	118	130	4.5	0.5	0	20	135	14	2	0	9	6	8	6	6
Rock Lobster Roll (brown rice)	184	230	8.0	1.0	0	30	210	28	5	1	13	10	10	6	8
Rock Lobster Hand Roll (brown rice)	118	150	5.0	0.5	0	20	135	17	4	0	9	6	8	4	6
Grilled Chicken Roll	185	270	14.0	1.5	0	20	380	29	2	2	10	15	40	2	10
Grilled Chicken Hand Roll	136	210	12.0	1.0	0	25	300	18	2	1	10	10	40	2	6
Grilled Chicken Roll (brown rice)	185	310	15.0	1.5	0	20	370	34	4	2	11	15	40	2	8
Grilled Chicken Hand Roll (brown rice)	136	230	12.0	1.0	0	25	300	21	3	1	10	10	40	2	6
Calypso	191	220	10	1.5	0.1	40	500	18	3	3	14	20	15	8	10
Inferno Roll	167	360	20.0	6.0	0.2	55	970	36	4	7	8	4	6	10	10
Inferno Hand Roll	100	210	11.0	3.5	0.1	55	580	19	2	4	7	4	6	6	4
Inferno Roll (brown rice)	167	400	21.0	6.0	0.2	55	970	42	6	7	9	4	6	8	10
Inferno Hand Roll (brown rice)	100	230	12.0	3.5	0.1	55	580	22	3	4	7	4	6	4	4

BLOSSOM

Phoenix	260	430	13	1.5	0	70	1200	59	2	2	16	15	6	6	15
Phoenix (brown rice)	260	470	14	1.5	0	70	1200	65	5	2	17	15	6	4	10
Teriyaki Salmon	231	310	11	1.5	0	35	700	35	3	7	17	40	15	6	10
Teriyaki Salmon (brown rice)	231	340	13	1.5	0.1	35	700	40	5	7	17	40	15	6	8
Flame	248	350	14	1.5	0.1	30	960	48	3	5	10	90	25	8	10
Flame (brown rice)	248	390	15	1.5	0.1	30	960	54	6	5	11	90	25	6	8
Salmon Truffle	217	300	7.0	1.0	0	90	670	37	0	1	20	4	6	4	15
Salmon Truffle (brown rice)	217	340	9.0	1.0	0	90	670	43	3	1	21	4	6	4	15
Sesame Tuna	222	290	5.0	0.5	0	85	900	37	0	1	22	4	6	4	15
Sesame Tuna (brown rice)	222	330	6.0	0.5	0	85	900	43	3	1	23	4	6	4	15
Volcano	372	650	32.0	3.0	0.2	100	370	56	3	1	31	4	8	6	10
Volcano (brown rice)	372	720	34.0	3.0	0.2	100	370	67	7	1	32	4	8	4	10
Diablo	225	320	12.0	1.5	0.1	70	740	34	2	2	18	4	8	2	8
Diablo (brown rice)	225	360	13.0	1.5	0.1	70	740	39	4	2	19	4	8	2	8
Magik	218	320	9.0	1.0	0.1	30	1310	39	2	1	16	2	15	4	8
Magik (brown rice)	218	350	10.0	1.0	0.1	30	1310	43	4	1	17	2	15	2	8
Cherry Blossom	290	440	14.0	2.0	0.2	110	1220	56	0	2	20	8	6	6	15



Serving Size (g)
 Calories
 Total fat (g)
 Saturated fat (g)
 Trans fat (g)
 Cholesterol (mg)
 Sodium (mg)
 Carbohydrates (g)
 Dietary Fibers (g)
 Sugar (g)
 Protein (g)
 Vitamin A (%)
 Vitamin C (%)
 Calcium (%)
 Iron (%)

Cherry Blossom (brown rice)	290	480	15.0	2.0	0.2	110	1220	62	3	2	20	8	6	6	10	
CRISPY ROLLS /5 pcs																
Philly	207	420	24.0	3.0	0.1	40	560	40	2	2	12	4	6	2	10	
Philly (brown rice)	207	450	25.0	3.0	0.1	40	560	45	4	2	12	4	6	2	10	
Spyder	240	460	26.0	2.0	0.2	100	350	37	2	1	20	2	10	10	15	
Spyder (brown rice)	240	500	27.0	2.0	0.2	100	350	43	4	1	21	2	10	10	15	
Trilogie	202	400	20.0	2.0	0.1	30	75	36	1	1	17	0	6	2	10	
Trilogie (brown rice)	202	430	22.0	2.0	0.1	30	75	41	4	1	18	0	6	2	10	
Dragon Eye	244	410	22.0	2.0	0.1	40	240	34	3	2	22	35	15	4	15	
Dragon Eye (brown rice)	244	430	22.0	2.0	0.1	40	240	36	4	2	22	35	15	2	15	
SUSHI PIZZA /6 pcs																
Sunrise	273	550	29	6	0.2	70	770	51	2	6	19	50	10	6	15	
Sunrise (brown rice)	273	590	31	6	0.2	70	770	56	5	7	20	50	10	4	15	
Authentik	252	530	30.0	5.0	0.2	70	780	43	1	1	22	6	4	6	15	
Authentik (brown rice)	252	570	31.0	5.0	0.2	70	780	48	3	1	22	6	4	4	10	
Lobster & Co.	248	490	26.0	4.0	0.2	65	480	43	1	4	20	10	10	6	15	
Lobster & Co. (brown rice)	248	530	28.0	4.0	0.2	65	480	49	4	4	20	10	10	6	10	
Rainbow 360	251	530	31.0	5.0	0.2	35	450	41	2	1	21	6	4	6	15	
Rainbow 360 (brown rice)	251	570	32.0	5.0	0.2	35	450	47	5	1	22	6	4	4	15	
O'Gratin	261	500	27.0	4.5	0.2	130	290	41	1	1	22	15	40	8	20	
O'Gratin (brown rice)	261	540	28.0	4.5	0.2	130	290	47	4	1	23	15	40	6	20	
TEMARI /4 pcs																
Fireball (1 pc)	45	60	1.5	0.2	0.1	15	140	9	0.3	1	2.5	6	2	2	2	
Fireball - brown rice (1 pc)	45	75	2	0.2	0.1	15	140	11	0.8	1	2.5	6	2	1	2	
Fireball (4 pcs)	180	230	6	0.5	0	60	550	34	1	3	10	25	8	6	8	
Fireball - brown rice (4 pcs)	180	290	8	0.5	0	60	550	42	4	3	10	25	8	4	6	
Tataki Tuna (1 pc)	41	60	2	0.2	0	5	55	8	0	1	2	0	0	0	2	
Tataki Tuna - brown rice (1 pc)	41	80	2.5	0.2	0	5	55	10	1	1	3	0	0	0	0	
Tataki Tuna (4 pcs)	164	240	8	1	0.1	20	220	32	0	4	8	0	0	0	8	
Tataki Tuna - brown rice (4 pcs)	164	320	10	1	0.1	20	220	40	4	4	12	0	0	0	0	
Smoky Philly (1 pc)	42	60	2.5	0.5	0.1	5	60	8	1	0	2	0	4	2	2	
Smoky Philly - brown rice (1 pc)	42	80	3	0.5	0.1	5	60	10	1	0	2	0	4	2	2	
Smoky Philly (4 pcs)	168	240	10	2		20	240	32	4	0	8	0	16	8	8	
Smoky Philly - brown rice (4 pcs)	168	320	12	2	0.1	20	240	40	4	0	8	0	16	8	8	
Teriyaki Bomb (1 pc)	63	150	9	1.5	0.1	25	250	12	0	3	4	0	0	2	2	
Teriyaki Bomb - brown rice (1 pc)	63	160	9	1.5	0	25	250	14	1	3	4	0	0	0	2	
Teriyaki Bomb (4 pcs)	252	600	36	6	0	100	1000	48	0	12	16	0	0	8	8	
Teriyaki Bomb - brown rice (4 pcs)	252	640	36	6	0	100	1000	56	4	12	16	0	0	0	8	
Veggie Bomb (1 pc)	54	120	7	1.5	0	150	190	10	0	2	2	8	8	2	2	
Veggie Bomb - brown rice (1 pcs)	54	130	8	1.5		150	190	12	1	2	2	8	8	2	0	
Veggie Bomb (4 pcs)	216	480	28	6	0	600	760	40	0	8	8	32	32	8	8	
Veggie Bomb - brown rice (4 pcs)	216	520	32	6	0.1	600	760	48	4	8	8	32	32	8	0	
HAKO / 6 pcs																
Sircocco	239	360	15.0	1.5	0	65	320	40	3	4	15	10	15	6	8	
Sircocco (brown rice)	239	410	17.0	1.5	0	65	320	47	6	4	16	10	15	4	6	
Sunburst	183	260	8.0	0.5	0	75	620	34	2	2	12	2	20	2	4	
Sunburst (brown rice)	183	300	9.0	0.5	0	75	620	40	4	2	13	2	20	2	4	
Tyfoon	204	280	9.0	1.0	0	100	590	36	2	5	13	10	15	6	8	
Tyfoon (brown rice)	204	320	11.0	1.0	0	100	590	42	4	5	13	10	15	4	8	
DESSERTS																
Banana chocolate Bomb (2 pcs)	56	120	5	2		0	15	19	1	11	1	0	4	0	6	
Banana chocolate Bomb (4 pcs)	112	240	10	4	0	0	30	38	2	22	2	0	8	0	12	
Geisha (3 pcs)	92	95	1	1	0	3	70	21	1	4	2	1	25	2	2	
Geisha (6 pcs)	183	190	1.5	1.0	0	5	135	42	1	7	3	2	50	4	4	
Kiwimono (3 pcs)	87	95	1	1	0	3	70	21	1	4	2	1	25	1	3	
Kiwimono (6 pcs)	174	190	1.5	1.0	0	5	135	42	2	7	3	2	50	2	6	
Paradiso (3 pcs)	92	95	1	1	0	3	70	22	1	4	2	5	30	2	2	
Paradiso (6 pcs)	183	190	2.5	1.0	0	5	135	43	2	8	3	10	60	4	4	
Ruby Mint (3 pcs)	111	120	1	1	0	3	80	27	3	4	2	2	35	2	3	
Ruby Mint (6 pcs)	221	240	2.0	1.0	0	5	160	54	5	7	3	4	70	4	6	
RAMEN SOUP																
Miso	591	580	18	4.5	0	100	1570	70	5	3	34	2	15	35	30	
Miso with Grilled Chicken	631	660	24	5	0	120	1645	76	5	3	37	6	23	35	32	
Miso with Seafood	641	640	19.5	4.8		140	1740	72	5	3	43	4	15	37	34	
Miso with Shrimp Tempura	611	640	20.5	4.5	0	115	1610	76	5	3	37	2	15	35	30	
Shoyu	591	400	7	1.5	0	100	470	58	3	1	22	2	10	8	10	
Shoyu with Grilled Chicken	631	490	13	2	0	120	545	64	3	1	25	6	18	8	12	
Shoyu with Seafood	641	460	8.5	1.8	0	140	640	60	3	1	31	4	10	10	14	
Shoyu with Shrimp Tempura	611	460	9.5	1.5	0	115	510	64	3	1	25	2	10	8	10	
Tonkotsu	591	550	12	4.5	0	110	1280	73	4	2	21	2	15	8	10	
Tonkotsu with Grilled Chicken	631	630	18	5	0	130	1355	79	4	2	24	6	23	8	12	
Tonkotsu with Seafood	641	610	13.5	4.8	0	150	1450	75	4	2	30	4	15	10	14	
Tonkotsu with Shrimp Tempura	611	610	14.5	4.5	0	125	1320	79	4	2	24	2	15	8	10	
SPRING MAKI / 2 pcs																
Spring Maki Shrimp	219	310	9.0	1.0	0	50	460	43	1	2	12	45	6	6	15	
Spring Maki Shrimp (brown rice)	219	360	11.0	1.0	0	50	460	51	4	2	13	45	6	6	10	
Spring Maki Salmon	263	320	9.0	1.0		110	420	47	1	6	13	25	90	4	10	
Spring Maki Salmon (brown rice)	263	370	11.0	1.0	0	110	520	54	4	6	13	25	90	4	8	
Spring Maki Lobster	279	380	14.0	2.0	0	135	580	47	2	5	17	25	100	6	10	
Spring Maki Lobster (brown rice)	279	430	15.0	2.0	0	135	570	55	5	5	18	25	100	6	10	
Spring Maki Tuna	212	280	8.0	0.5	0	15	410	42	1	2	10	8	4	4	8	
Spring Maki Tuna (brown rice)	212	330	9.0	0.5	0	15	410	49	4	2	11	8	4	2	6	
Spring Maki Chicken	244	310	14.0	1.0	0	25	490	43	1	36	12	20	110	6	8	



Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibers (g)	Sugar (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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Spring Maki Chicken (brown rice)	244	390	15.0	10.0	0	25	490	51	4	3	13	20	110	4	6
Spring Maki Veggie	258	330	12.0	1.5	0	100	390	48	2	6	7	6	100	8	15
Spring Maki Veggie (brown rice)	258	380	14.0	1.5	0	100	390	56	5	6	8	60	100	6	10
COMBOS					0										
Combo A	291	320	14	3	0	5	100	44	7	2	8	42	55	10	12
Combo B	279	390	18	3	0	40	295	49	7	2	11	4	20	8	10
Combo C	299	370	14	2	0	45	445	49	6	2	15	4	18	6	14
Combo D	306	360	14	3	#REF!	55	465	48	7	2	14	12	20	10	16
Combo E	330	390	17	3	0	130	495	49	7	5	13	17	20	10	16
Combo F	331	388	14	2	#REF!	82	427	51	7	4	15	13	21	10	16
Combo G	250	305	10	3	#REF!	33	445	42	4	2	15	6	12	7	11
Combo H	375	457	16	2	0.1	66	349	60	6	2	19	6	21	10	16
Combo I	358	510	17	4	0.1	50	760	60	5	8	23	6	11	13	18
Combo K	415	460	16	4	0	5	513	69	8	9	14	41	59	22	22
Combo M	385	475	15	3	0	78	715	64	6	9	23	4	18	12	22
Combo O	498	737	26	4		151	1494	88	4	10	36	12	17	15	26
Combo P	496	785	33	3	0	143	653	80	4	2	39	4	19	10	17
Combo Q	454	692	25	5	0	123	1220	91	4	13	26	11	18	9	25
Combo R	438	645	25	2	0.1	95	810	76	9	2	30	23	24	9	18
Combo Volcano	534	848	41	5	1	100	953	80	8	4	35	6	18	48	16
Combo Diablo	387	518	21	3	0	70	1323	58	7	5	22	6	18	44	14
Baby on Board Combo - Lion (white rice)	667	1030	38	4.3	0	80	2660	132	6	10	36	89	34	16	31
Baby on Board Combo - Lion (brown rice)	667	1080	40	4.3	0	80	2660	143	11	10	37	89	34	14	26
Baby on Board Combo - Kamikaze (white rice)	634	860	24	2.8	0	70	2240	122	6	4	38	21	22	16	35
Baby on Board Combo - Kamikaze (brown rice)	634	910	26	2.8	0	70	2240	132	10	4	40	21	22	14	30
EXTRAS					0										
Sesame Sauce	34	110	8.0	1.0		5	480	11	0	7	1	0	0	0	0
Ponzu sauce	24	10	0.5	0.1	0	0	1160	1	0	1	0.2	0	0	0	0
Wonton Chips	21	70	3.0	0.2	0	5	110	10	0	0	2	0	0	0	4
Spicy Light Mayo	24	70	8	0.5		10	130	1	0	0	0.2	0	0	0	0
Sweet Chili Sauce	24	45	0	0	0	0	110	9	0	8	0	0	0	0	0
Yin Yang Sauce	25	120	11	1.5	0	20	220	3	0	3	0.1	0	0	0	0
Chocolate Sauce	24	55	0.2	0.1	0	0	20	14	0	10	0.6	0	0	1	2
Maple Fudge Sauce	24	50	1	0.2	0	0	30	11	0	6	0	0	0	0	0
Gluten-Free Soy Sauce	24	20	0	0	0	0	1300	2	0	1	2	0	0	0	0
Regular Soy Sauce	24	30	0	0	0	0	720	6	0	6	1	0	0	0	1
RICE															
White rice	125	85	0.15	0	0	0	0	18	0	0	2	0	0	0	0
Brown rice	125	95	1	0	0	0	0	20	2	0	3	0	0	0	0

The nutrition information listed here was generated with Genesis SQL and is based on standard recipes and formulations. Variation may occur due to, among other things, differences in products assembly and preparation at the restaurant level, differences in suppliers, ingredient substitution, recipe revision or season of the year. MTY Tiki Ming Enterprises Inc. and its employees do not assume any responsibility for any variation in the actual nutritional content of the products offered in its outlets and the nutritional information listed here.