



nutrition information

PLUS ROLLS*	Serving Size (g)	Calories (cal)	Calories From Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALIFORNIA PLUS	6oz [170g]	230	40	4	1	0	0	800	44	3	8	6
CALIFORNIA PLUS (Brown Rice)	6oz [170g]	200	50	5	1	0	0	480	32	4	5	6
CREAM CHEESE PLUS - SALMON	6oz [170g]	290	100	11	5	0	40	600	39	2	8	11
CREAM CHEESE PLUS - SALMON (Brown Rice)	6oz [170g]	260	100	12	5	0	40	290	27	3	4	11
CREAM CHEESE PLUS - SMOKED SALMON	6oz [170g]	360	150	16	7	0	50	790	40	2	8	17
CREAM CHEESE PLUS - SMOKED SALMON (Brown Rice)	6oz [170g]	330	150	17	7	0	50	470	28	3	4	17
CREAM CHEESE PLUS - SHRIMP	6oz [170g]	260	70	8	5	0	65	730	39	2	8	11
CREAM CHEESE PLUS - SHRIMP (Brown Rice)	6oz [170g]	230	80	9	5	0	65	420	27	3	4	11
CREAM CHEESE PLUS - STEELHEAD	6oz [170g]	280	90	10	5	0	40	600	39	2	8	12
CREAM CHEESE PLUS - STEELHEAD (Brown Rice)	6oz [170g]	250	90	11	6	0	40	290	27	3	4	12
CREAM CHEESE PLUS - SMOKED STEELHEAD	6oz [170g]	290	90	10	3	0	40	610	39	2	8	26
CREAM CHEESE PLUS - SMOKED STEELHEAD (Brown Rice)	6oz [170g]	260	100	11	6	0	40	290	28	3	4	13
CREAM CHEESE PLUS - TUNA	6oz [170g]	280	70	8	5	0	40	600	39	2	8	13
CREAM CHEESE PLUS - TUNA (Brown Rice)	6oz [170g]	250	80	9	5	0	40	290	27	3	4	13
EEL PLUS	6oz [170g]	300	80	9	2	0	60	730	46	2	12	12
EEL PLUS (Brown Rice)	6oz [170g]	260	90	10	2	0	55	390	33	3	8	12
SEASIDE PLUS - EEL	6oz [170g]	380	130	15	4	0	105	650	47	1	10	19
SEASIDE PLUS - EEL (Brown Rice)	6oz [170g]	340	140	15	4	0	105	270	33	2	6	18
SEASIDE PLUS - SALMON	6oz [170g]	290	60	7	1	0	35	680	45	1	9	15
SEASIDE PLUS - SALMON (Brown Rice)	6oz [170g]	250	70	7	2	0	35	300	31	2	5	15
SEASIDE PLUS - STEELHEAD	6oz [170g]	280	40	4	2	0	40	670	45	1	9	18
SEASIDE PLUS - STEELHEAD (Brown Rice)	6oz [170g]	240	40	5	2	0	40	290	31	2	5	18
SEASIDE PLUS - SHRIMP	6oz [170g]	230	10	1	0	0	90	930	45	2	9	14
SEASIDE PLUS - SHRIMP (Brown Rice)	6oz [170g]	190	10	2	0	0	90	550	31	3	5	14
SEASIDE PLUS - TUNA	6oz [170g]	280	10	1	0	0	40	680	45	1	9	19
SEASIDE PLUS - TUNA (Brown Rice)	6oz [170g]	290	20	2	0	0	40	300	31	2	5	19
SPICY PLUS - SALMON	6oz [170g]	280	80	9	2	0	25	630	39	2	8	12
SPICY PLUS - SALMON (Brown Rice)	6oz [170g]	240	90	10	2	0	25	320	28	3	5	12
SPICY PLUS - STEELHEAD	6oz [170g]	270	60	7	2	0	30	620	39	2	8	14
SPICY PLUS - STEELHEAD (Brown Rice)	6oz [170g]	240	70	8	2	0	30	310	28	3	5	14
SPICY PLUS - SHRIMP	6oz [170g]	240	40	5	1	0	65	800	39	2	8	11
SPICY PLUS - SHRIMP (Brown Rice)	6oz [170g]	200	50	6	1	0	65	490	28	3	5	11
SPICY PLUS - TUNA	6oz [170g]	270	50	5	1	0	25	630	39	2	8	15
SPICY PLUS - TUNA (Brown Rice)	6oz [170g]	230	50	6	1	0	25	310	28	3	5	15
VEGETABLE PLUS	6oz [170g]	230	40	4	1	0	0	600	46	4	9	5
VEGETABLE PLUS (Brown Rice)	6oz [170g]	190	40	5	1	0	0	250	33	5	5	5

HYBRID PARTY TRAYS**	Serving Size (g)	Calories (cal)	Calories From Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
HYBRID ICHI PLATTER	5.5oz [156g]	230	60	6	2	0	40	630	34	2	7	11
HYBRID ICHI PLATTER (Brown Rice)	5.5oz [156g]	210	60	7	2	0	40	430	27	3	4	11
HYBRID NI PLATTER	5.5oz [156g]	280	70	7	2	0	45	700	39	1	9	16
HYBRID NI PLATTER (Brown Rice)	5.5oz [156g]	250	70	8	2	0	45	400	28	2	5	16
HYBRID SAN PLATTER	5.5oz [156g]	230	40	4	1	0	20	670	38	2	7	11
HYBRID SAN PLATTER (Brown Rice)	5.5oz [156g]	200	40	5	1	0	20	380	27	2	4	11
HYBRID YON TRAY	5.5oz [156g]	250	60	7	2	0	25	660	37	2	8	10
HYBRID YON TRAY (Brown Rice)	5.5oz [156g]	220	70	7	2	0	25	390	27	3	5	10
HYBRID GO TRAY	5.5oz [156g]	260	60	7	2	0	35	640	38	2	8	13
HYBRID GO TRAY (Brown Rice)	5.5oz [156g]	230	70	8	2	0	35	360	27	2	5	12
HYBRID ROKU TRAY	5.5oz [156g]	260	60	7	2	0	30	660	38	2	8	12
HYBRID ROKU TRAY (Brown Rice)	5.5oz [156g]	230	70	7	2	0	30	380	27	3	5	12
SPRING GARDEN TRAY	5.5oz [156g]	230	20	3	2	0	50	700	32	1	6	19

WRAPS	Serving Size (g)	Calories (cal)	Calories From Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
AVOCADO SALAD ROLL	4.6oz [130g]	130	40	5	1	0	0	280	21	3	2	2
BERRY WRAP	4.6oz [130g]	180	70	8	1	0	5	590	25	2	5	3
CALIFORNIA WRAP	6.6oz [186g]	270	150	17	3	0	10	850	28	3	3	5
CREAM CHEESE WRAP - SALMON	6.6oz [186g]	290	160	18	8	0	55	390	21	3	2	12
CREAM CHEESE WRAP - SMOKED SALMON	6.6oz [186g]	400	240	26	10	0	75	660	23	4	2	21
CREAM CHEESE WRAP - STEELHEAD	6.6oz [186g]	290	150	17	8	0	60	390	21	3	2	14
CREAM CHEESE WRAP - SMOKED STEELHEAD	6.6oz [186g]	300	150	17	9	0	60	390	22	3	2	16
CREAM CHEESE WRAP - SHRIMP	6.6oz [186g]	260	130	14	7	0	100	430	21	3	2	14
CREAM CHEESE WRAP - TUNA	6.6oz [186g]	280	130	14	7	0	60	390	21	3	2	15
MANGO WRAP	6.6oz [186g]	150	40	5	1	0	0	300	28	4	7	2
SMOKED SALMON SALAD ROLL	4.6oz [130g]	210	90	10	2	0	20	350	21	2	2	9
SPICY CALIFORNIA WRAP	6.6oz [186g]	260	130	14	2	0	5	880	29	3	3	6
SPICY CHICKEN ROLL	4.6oz [130g]	210	100	9	2	0	35	730	19	1	2	12
SPICY CREAM CHEESE WRAP - SALMON	6.6oz [186g]	300	170	19	7	0	50	450	22	10	2	12
SPICY CREAM CHEESE WRAP - SMOKED SALMON	6.6oz [186g]	410	250	27	9	0	70	710	23	4	2	20
SPICY CREAM CHEESE WRAP - STEELHEAD	6.6oz [186g]	300	160	18	7	0	55	440	22	3	2	14
SPICY CREAM CHEESE WRAP - SMOKED STEELHEAD	6.6oz [186g]	310	160	18	8	0	55	450	22	3	2	15
SPICY CREAM CHEESE WRAP - SHRIMP	6.6oz [186g]	270	140	15	6	0	95	480	22	3	2	14
SPICY CREAM CHEESE WRAP - TUNA	6.6oz [186g]	290	140	15	6	0	55	440	22	3	2	15
SPICY WRAP - SALMON	6.6oz [186g]	290	150	17	3	0	35	470	22	3	3	13
SPICY WRAP - SMOKED SALMON	6.6oz [186g]	440	250	28	6	0	60	820	24	4	3	24
SPICY WRAP - STEELHEAD	6.6oz [186g]	280	130	15	3	0	45	450	22	3	3	16
SPICY WRAP - SMOKED STEELHEAD	6.6oz [186g]	300	150	16	4	0	45	460	22	3	3	18
SPICY WRAP - SHRIMP	6.6oz [186g]	250	100	12	2	0	95	510	22	3	3	16
SPICY WRAP - TUNA	6.6oz [186g]	280	110	12	2	0	40	460	22	3	3	17
SUMMER ROLL	3.6oz [102g]	130	20	2	0	0	55	460	19	1	1	10
TERIYAKI CHICKEN SALAD ROLL	4.6oz [130g]	180	40	5	1	0	50	320	18	1	2	15
VEGETABLE WRAP	6.6oz [186g]	160	60	7	1	0	0	300	25	5	3	2

CHEF SAMPLERS	Serving Size (g)	Calories (cal)	Calories From Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CHEF SAMPLER A	9.5oz [268g]	410	30	2	0	0	60	930	65	1	12	24
CHEF SAMPLER A (Brown Rice)	9.5oz [268g]	350	30	4	1	0	60	560	48	3	7	25
CHEF SAMPLER B	7.5oz [212g]	360	60	6	1	0	50	970	57	2	12	12
CHEF SAMPLER B (Brown Rice)	7.5oz [212g]	310	60	6	1	0	50	700	44	3	8	13

DUMPLINGS	Serving Size (g)	Calories (cal)	Calories From Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
GRILLED DUMPLING (Shrimp)	6oz [170g]	280	70	7	1	0	50	680	43	2	1	9
GRILLED DUMPLING (Vegetable)	6oz [170g]	320	60	6	1	0	0	1190	58	2	12	8

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. There may be variations in nutritional contents across servings, based on variations in overall sizes and quantities of ingredients, and based upon special ordering.

Condiments such as ginger, wasabi (horseradish), soy sauce, peanut sauce, and sweet chili sauce are not included in the calculated values

Chef Sampler A contains Rainbow Roll, Tuna Roll, Nigiri
 Chef Sampler B contains California Roll, Dragon Roll, Tempura Roll

* Two servings per package

** Hybrid ICHI Platter (4 servings per package) contains Red Dragon Roll, White Dragon Roll, Spicy Mango Roll, Summer Roll

Hybrid NI Platter (4 servings per package) contains Nigiri Sushi, Crunchy Dragon Roll, Red Rock

Hybrid SAN Platter (4.5 servings per package) contains Rainbow Roll, Seaside Roll, Ultimate Chili Roll, White Dragon Roll, Orange Dragon Roll

Hybrid YON Tray (7 servings per package) contains Red Dragon Roll, White Dragon Roll, Orange Dragon Roll, California Roll, Spicy Mango Roll, Red Rock

Hybrid GO Tray (7 servings per package) contains Red Dragon Roll, White Dragon Roll, Orange Dragon Roll, Nigiri Sushi, Red Rock, Spicy Mango Roll

Hybrid ROKU Tray (13 servings per package) contains Red Dragon Roll, White Dragon Roll, Orange Dragon Roll, Nigiri Sushi, Ultimate Chili Roll, Spicy Mango Roll, California Roll, Red Rock, Seaside Roll

Spring Garden Tray (4 servings per package) contains Rainbow Roll, Tuna Roll, Tuna Sashimi

SPECIAL HYBRID ITEMS	Serving Size (g)	Calories (cal)	Calories From Fat (g)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALIFORNIA ROLL SP	6oz [170g]	240	40	5	1	0	0	820	47	3	8	6
CALIFORNIA ROLL SP (Brown Rice)	6oz [170g]	210	50	6	1	0	0	480	34	4	4	6
CALIFORNIA SALAD ROLL SP	6oz [170g]	270	170	9	1	0	5	800	46	3	8	6
CALIFORNIA SALAD ROLL SP (Brown Rice)	6oz [170g]	240	80	9	1	0	5	500	34	4	5	6
CREAM CHEESE ROLL SP	6oz [170g]	310	100	11	6	0	40	670	42	1	8	12
CREAM CHEESE ROLL SP (Brown Rice)	6oz [170g]	270	100	12	6	0	40	370	30	2	5	11
CRUNCHY CA ROLL SP	6oz [170g]	430	210	24	9	0	5	870	51	3	11	6
CRUNCHY CA ROLL SP (Brown Rice)	6oz [170g]	410	220	24	8	0	5	650	42	4	8	6
CRUNCHY DRAGON ROLL SP/HOT CRUNCHY ROLL SP	6oz [170g]	410	200	23	7	0	25	600	40	3	5	13
CRUNCHY DRAGON ROLL SP/HOT CRUNCHY ROLL SP (Brown Rice)	6oz [170g]	390	210	23	7	0	25	410	32	3	3	13
CRUNCHY ROLL SP	8oz [227g]	520	240	27	9	0	5	1350	62	4	13	10
CRUNCHY ROLL SP (Brown Rice)	8oz [227g]	490	250	28	9	0	5	1110	52	5	10	10
CRUNCHY SHRIMP TEMPURA ROLL SP	8oz [227g]	610	250	27	11	0	15	1220	85	3	16	9
CRUNCHY SHRIMP TEMPURA ROLL SP (Brown Rice)	8oz [227g]	580	250	28	11	0	15	940	73	4	12	9
EEL ROLL SP	6oz [170g]	300	80	9	2	0	60	660	44	1	10	