

Higher Ed - 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)
Sushi												
Alaska Roll	265	360	60	7	1	0	20	1080	61	7	13	14
Salmon Avocado Roll	223	360	90	11	2	0	25	610	51	6	7	15
Salmon Crunch Roll	216	360	140	16	3	0	25	860	43	5	10	11
Salmon Volcano Roll	252	400	130	14	3	0	20	780	55	7	10	13
Atlantic Salmon Lava Roll	254	410	130	15	2.5	0	35	750	52	6	9	15
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
California Roll	210	280	35	4	0.5	0	5	720	54	6	8	7
Green Dragon Roll	238	330	70	8	1	0	5	720	57	7	8	8
Inari Dragon Crunch Roll	218	350	110	12	2	0	75	1160	48	4	16	12
Inari Sushi	150	250	50	6	0	0	0	450	44	4	10	6
Kamikaze Roll	210	310	120	13	2	0	20	770	37	4	7	11
Philadelphia Roll	224	360	110	13	5	0	35	880	51	6	8	13
Sesame Shrimp Avocado Roll	210	340	120	14	2	0	95	950	41	5	8	12
Shrimp Tempura Roll	247	370	70	8	3	0	10	760	64	8	11	10
Simply Shrimp Roll	340	610	210	24	8	0	45	1310	83	9	16	14
Spicy Salmon Roll	232	390	120	13	2.5	0	30	740	50	6	8	14
Spicy Cali Mango Crunch Roll	251	410	120	13	2.5	0	15	1070	63	6	14	7
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 Shrimp Volcano Roll	285	420	140	16	2	0	165	1240	50	6	8	18
Spicy Tuna Roll	232	340	70	8	1	0	20	750	49	6	9	15
Sweet & Spicy Shrimp Inari	184	350	140	16	2	0	90	800	37	2	11	12
Teriyaki Chicken Roll	265	350	90	7	1	0	35	960	60	7	13	13
Teriyaki Chicken Spring Roll	217	310	50	5	1	0	35	1060	53	1	15	9
Tropical Tuna Crunch Roll	221	340	110	12	2.5	0	20	820	46	4	11	13
Atlantic Salmon Sashimi	203	330	180	20	4.5	0	80	420	4	0	2	32
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
Green Dragon Crunch Roll	241	310	50	6	1.5	0	0	930	59	7	12	6
Vegetable Spring Roll w/sweet chili - 3 Pc	213	250	30	3	0	0	0	640	52	3	20	3
Combos												
Assorted Maki Boat	416	600	120	14	2	0	15	1300	105	12	16	13
Salmon Avocado & Nigiri Combo	252	390	90	10	2	0	35	660	57	7	8	18
Atlantic Salmon Classic Combo	336	510	170	19	4	0	65	760	57	6	9	28
Atlantic Salmon Maki Combo	325	510	130	15	3	0	35	980	73	9	13	19
Salmon Combo	380	600	140	15	3	0	45	900	89	10	13	26
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
Crunch Combo	463	720	210	23	4.5	0	25	1620	111	11	24	15
California Crunch Roll	244	400	120	13	3	0	5	950	64	6	14	7
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
Shrimp Shogun Combo	377	570	160	19	2.5	0	180	1450	79	10	12	22
Shrimp Lovers Combo	397	570	140	16	2	0	155	1430	89	10	15	18
Spicy Spring Roll & Sushi Combo	355	530	140	16	2	0	20	1560	85	5	24	9
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
Platters												
Sapporo Platter Assorted Maki Platter	919	1270	220	26	3	0	25	3590	235	28	37	31
Osaka Platter Maki & Nigiri Platter	1009	1430	240	27	4.5	0	180	3700	231	24	38	59
Kyoto Platter Mega Maki Platter	1501	2070	370	42	7	0	100	5710	372	43	61	56
Tokyo Platter Mega Maki & Nigiri Platter	1507	2220	470	53	9	0	255	5520	344	37	59	88
Sides												
Chicken Gyoza Dumplings	91	150	40	4.5	1	0	15	600	21	1	1	9
Karaage Chicken	139	200	90	10	2.5	0	75	410	5	1	0	25
Pork Gyoza Dumplings	91	150	45	5	1.5	0	10	620	20	1	1	7
Shrimp Shumai	116	350	120	14	5	0	35	670	19	1	5	9
Spicy Sauce	40	240	230	25	3.5	0	25	320	0	0	2	0
Tempura Shrimp	100	300	210	24	6	0	35	280	15	1	3	5
Chilled Bowls												
Beef Teriyaki Bowl	352	480	45	5	1.5	0	25	1030	88	1	19	17
Chicken Pad Thai Noodle Bowl	355	450	90	9	1	0	60	950	76	4	22	11
Chicken Teriyaki Bowl	352	510	60	6	1	0	45	1070	93	1	19	15
Karaage Chicken Bowl	352	480	60	6	1.5	0	40	950	86	8	14	19
Shrimp Pad Thai Noodle Bowl	335	370	50	6	0.5	0	85	990	68	4	19	9
Teriyaki Salmon Rice Bowl	353	470	30	3.5	0	0	30	950	91	1	19	18
Hot Food												
Bento Box w/ Beef	315	410	80	9	2	0	25	1070	64	6	12	17
Bento Box w/ Chicken	315	440	90	10	1.5	0	45	1100	68	6	12	16
Bento Box w/ Inari	315	450	100	12	1	0	5	1130	75	7	15	12
Bento Box w/ Tempura Shrimp	315	480	150	17	4	0	25	860	69	7	8	11
Bento Box w/Salmon	315	400	70	8	1	0	40	930	62	6	9	18
Donburi Salmon Rice Bowl	417	570	110	13	1	0	30	720	90	10	14	20
Donburi Beef	417	580	120	13	2	0	25	890	93	10	17	18
Donburi Chicken	417	610	130	14	2	0	45	930	97	10	17	16
Donburi Tempura Shrimp Rice Bowl	402	650	210	24	4.5	0	20	590	95	11	12	11
Donburi Tofu Inari	410	620	150	16	1	0	0	950	104	10	21	11
Miso Soup	243	35	10	1	0	0	0	670	4	1	2	2
Ramen Beef	751	470	70	8	3	0	20	2830	83	1	10	20
Ramen Chasu	751	510	110	13	4.5	0	30	2890	82	2	9	22
Ramen Chicken	751	490	80	8	3	0	35	2850	85	1	11	19
Ramen Salmon	751	460	70	7	2.5	0	25	2730	81	1	9	21
Ramen Tempura Shrimp	762	510	90	10	4.5	0	20	2720	91	2	10	17
Ramen Tofu Inari	775	550	110	12	2.5	0	5	3020	95	2	16	18
Yaki Udon - Beef	448	490	80	9	1.5	0	20	1330	79	2	17	18
Yaki Udon - CHICKEN	448	520	100	11	1.5	0	40	1370	83	2	18	16
Yaki Udon - SALMON	442	480	80	9	1	0	20	1170	76	2	15	18
Yaki Udon - Tempura Shrimp	435	510	100	11	3	0	10	1120	85	3	16	11
Yaki Udon - TOFU	448	550	120	13	0.5	0	0	1420	90	2	22	12
Poke Bowls												
Salmon Poke Bowl	431	700	200	22	5	0	70	1270	89	9	18	33
Tuna Poke Bowl	431	550	35	4	0.5	0	50	1250	88	9	17	39
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
Salads												
Salmon Salad	217	200	100	12	2	0	25	540	9	2	4	13
Rainbow Salad	210	150	70	8	1	0	30	560	9	2	4	9
Seaweed Salad	99	100	35	4	0	0	0	620	15	3	9	1
Tuna Salad	217	160	60	7	1	0	15	530	10	3	4	13
Burritos												
Salmon Tsunami Burrito	363	670	290	33	7	0	55	1170	64	7	13	24
Big Katuna Burrito	370	500	100	12	1.5	0	35	1080	67	7	15	27
Colossal Cali Burrito	373	640	260	29	4.5	0	35	1470	75	8	15	12
Pressed Sushi Futomaki												
Salmon & Tuna Pressed Sushi	225	400	130	14	3	0	25	980	55	6	10	12
Shrimp & Surimi Pressed Sushi	225	360	100	12	2	0	35	900	57	5	10	6
Festive Futomaki Roll	207	260	50	6	0	0	5	1050	45	5	13	6
Snack Packs												
Spicy California Roll Snack Pack	122	190	60	6	1	0	10	650	29	3	6	4
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