



# NUTRITION INFORMATION

## Nutrition Facts

Menu Items	Serving Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)
<b>HIBACHI</b>															
Steamed Rice	9oz	300	0.5	0	0	0	10	66	<1g	0	6	0	20	0.7	90
Fried Rice	9oz	480	1	0	0	0	1600	103	3	3	12	0	40	1.6	230
Noodles	9oz	520	17	2	0	70	3350	72	3	11	16	0.2	30	1.5	100
Hibachi Chicken	7oz	280	8	2	0	105	800	15	0	5	34	0.2	30	1.5	380
Hibachi Beef	7oz	350	18	5	0	75	870	20	<1g	6	25	0.1	30	2.6	410
Hibachi Tofu	7oz	190	10	1.5	0	0	310	16	0	6	12	0	490	7.5	200
Hibachi Salmon	7oz	480	29	6	0	105	390	12	0	5	40	21.3	20	0.8	730
Hibachi Shrimp	7oz	220	6	1	0	185	1230	19	0	7	21	0.1	90	0.5	200
Teriyaki Sauce	1oz	30	0	0	0	0	150	7	0	3	0	0	0	0.1	13
Mixed Vegetables	4oz	40	0	0	0	0	90	8	3	4	2	0	50	0.5	250
<b>COMBO</b>															
Steamed Rice	9oz	300	0.5	0	0	0	10	66	<1g	0	6	0	20	0.7	90
Fried Rice	9oz	480	1	0	0	0	1600	103	3	3	12	0	40	1.6	230
Noodles	9oz	520	17	2	0	70	3350	72	3	11	16	0.2	30	1.5	100
Hibachi Chicken	3.5oz	140	4	1	0	55	400	8	0	3	17	0.1	10	0.8	190
Hibachi Beef	3.5oz	170	9	2.5	0	35	430	10	0	3	13	0	20	1.3	210
Hibachi Tofu	3.5oz	100	5	1	0	0	150	8	0	3	6	0	250	3.8	100
Hibachi Salmon	3.5oz	240	15	3	0	55	200	6	0	2	20	10.6	10	0.4	363
Hibachi Shrimp	3.5oz	110	3	0.5	0	95	620	9	0	4	11	0	40	0.2	100
Mixed Vegetables	4oz	40	0	0	0	0	90	8	3	4	2	0	50	0.5	250
Teriyaki Sauce	1oz	30	0	0	0	0	150	7	0	3	0	0	0	0.1	13
<b>BENTO</b>															
Steamed Rice	6oz	260	0	0	0	0	10	57	<1g	0	5	0	20	0.6	70
Fried Rice	6oz	410	1	0	0	0	1370	88	2	3	10	0	40	1.3	200
Noodles	6oz	450	15	1.5	0	60	2870	62	3	10	14	0.2	30	1.3	80
Hibachi Chicken	6oz	240	7	1.5	0	90	680	13	0	4	29	0.2	20	1.3	330
Hibachi Beef	6oz	300	16	4.5	0	65	750	17	0	6	22	0.1	30	2.3	360
Hibachi Tofu	6oz	170	9	1.5	0	0	260	13	0	5	10	0	420	6.5	170
Hibachi Salmon	6oz	410	25	6	0	90	330	10	0	4	34	18.2	20	0.7	620

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Hibachi Shrimp	6oz	190	5	1	0	160	1060	16	0	6	18	0.1	80	0.4	170
Mixed Vegetables	4oz	40	0	0	0	0	90	8	3	4	2	0	50	0.5	250
Cali Roll (4pc)	3.5oz	150	1.5	0	0	0	500	31	<1g	3	3	0	20	0.7	23
Dumpling (2pc)	40g	60	1	0	0	10	250	10	<1g	<1g	4	0	10	0.6	60
Spring Roll (2pc)	50g	80	1	0	0	0	300	14	0	4	0	0	0	0	0
Teriyaki Sauce	1oz	30	0	0	0	0	150	7	0	3	0	0	0	0.1	13
Hibachi Chicken	3oz	120	3.5	1	0	45	340	7	0	2	15	0.1	10	0.7	16
Hibachi Beef	3oz	150	8	2	0	30	370	9	0	3	11	0	10	1.1	180
Hibachi Tofu	3oz	80	4.5	0.5	0	0	130	7	0	3	5	0	210	3.2	80
Hibachi Salmon	3oz	210	12	3	0	45	165	5	0	2	17	9.1	10	0.3	310
Hibachi Shrimp	3oz	100	2.5	0.5	0	80	530	8	0	3	9	0	40	0.2	90
<b>POKE BOWL</b>															
Salmon Poke Bowl (1 cup)	7.1 oz	280	9	2.5	0	30	550	38	2	5	12	3.2	20	0.7	340
Salmon Poke Bowl (1 Container)	21.3 oz	820	26	8	0	85	1600	110	7	16	35	9.4	60	1.9	980
Tuna Poke Bowl (1 cup)	7.1 oz	260	6	2	0	25	540	38	2	5	13	1.7	20	0.9	300
Tuna Poke Bowl (1 Container)	21.3 oz	760	19	6	0	70	1580	110	7	16	38	4.8	60	2.5	880
<b>Sushi Roll</b>															
Avocado Roll (1 roll)	7.0 oz	320	13	2	0	0	480	48	6	4	5	0	10	0.8	440
California Roll (4 pc)	3.5 oz	150	1.5	0	0	0	500	31	<1	3	3	0	20	0.7	20
California Roll (1 roll)	7.0 oz	300	3.5	0.5	0	0	1000	61	2	7	5	0	30	1.4	50
Chicken Roll (1 roll)	7.5 oz	330	7	1.5	0	40	760	49	2	6	16	0.1	20	1.1	310
Dancing Shrimp Roll (1/3 roll)	4.1 oz	170	3.5	0.5	0	80	910	24	<1	5	11	0	50	0.7	90
Dancing Shrimp Roll (1 roll)	12.3 oz	520	10	2	0	245	2740	73	3	15	32	0.1	140	2.1	280
Green Dragon Roll (1 roll)	9.2 oz	460	17	2.5	0	105	1300	61	5	11	17	0	50	1.2	490
Quickway Roll (1/2 roll)	5.6 oz	240	8	1.5	0	75	750	29	2	4	12	0	40	1	280
Quickway Roll (1 roll)	11.2 oz	480	16	2.5	0	155	1500	58	4	8	25	0.1	80	1.9	560
Rock & Roll (1 roll)	9.6 oz	490	20	3.5	0	40	1350	58	2	9	18	6.9	40	1.9	350
Salmon Avocado Roll (1 roll)	6.5 oz	310	10	2	0	25	490	43	2	4	12	4.7	10	0.7	330
Salmon Lover Roll (1 roll)	9.0 oz	440	16	3.5	0	100	700	44	0	5	28	12.4	30	1	490
Salmon Roll (1 roll)	6.0 oz	300	8	2	0	30	510	41	0	4	14	6.2	10	0.6	240

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Shrimp Tempura (1 roll)	6.7 oz	340	10	1.5	0	65	650	49	2	4	14	0	40	1	280
Spicy Salmon Roll (1 roll)	7.0 oz	370	14	2.5	0	35	790	43	0	5	16	6.8	10	0.9	310
Spicy Shrimp & Crab Roll (1 roll)	7.0 oz	290	3	0.5	0	90	1170	50	1	5	14	0	60	1.1	110
Spicy Tuna Roll (1 roll)	7.0 oz	330	8	1.5	0	25	780	43	0	5	18	3.5	10	1.3	250
Tuna Roll (1 roll)	6.0 oz	260	3	1	0	20	500	41	0	4	16	3.2	10	0.9	180
Volcano Roll (1/2 roll)	5.1 oz	240	7	1	0	10	940	36	1	8	8	1.2	20	1.2	110
Volcano Roll (1 roll)	10.2 oz	480	13	2.5	0	20	1880	73	3	16	17	2.4	40	2.4	230
<b>APPETIZER, SIDE AND SAUCE</b>															
Chicken Dumpling (2pc)	40 g	60	1	0	0	10	250	10	<1	<1	4	0	10	0.6	60
Chicken Dumpling (5pc)	99 g	150	2.5	0	0	25	610	25	1	1	9	0	20	1.5	150
Spring Roll (2pc)	50 g	80	1	0	0	0	300	14	0	4	0	0	0	0	0
Spring Roll (4pc)	100 g	160	2	0	0	0	600	28	0	8	0	0	0	0	0
Shrimp Tempura (3pc)	72 g	170	9	1.5	0	100	250	8	0	0	16	0	50	0.8	160
Yummy Sauce	0.5 oz	70	7	1	0	<5	80	2	0	1	0	0	0	0.1	10
<b>BEVERAGES</b>															
Pepsi	20oz	250	0	0	0	0	55	66	0	66	0	0	0	0	0
Diet Pepsi	20oz	0	0	0	0	0	65	0	0	0	0	0	0	0	0
Mountain Dew	20oz	290	0	0	0	0	105	77	0	77	0	0	0	0	0
Crush Sodas	20oz	270	0	0	0	0	120	87	0	83	0	0	0	0	0
Schweppes Gingerale	20oz	210	0	0	0	0	100	55	0	54	0	0	0	0	0
Dr Pepper	20oz	240	0	0	0	0	95	66	0	65	0	0	0	0	0
Pureleaf Unsweet	18.5oz	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Pureleaf Sweetened	18.5oz	160	0	0	0	0	5	42	0	42	0	0	0	0	0
Pureleaf Raspberry	18.5oz	180	0	0	0	0	10	46	0	46	0	0	0	0	0
Bubly Sparkling Flavors	12oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lipton Tea	20oz	120	0	0	0	0	180	33	0	32	0	0	0	0	0
Brisk Lemonade	20oz	110	0	0	0	0	160	28	0	28	0	0	0	0	0
Brisk Fruit Punch	20oz	110	0	0	0	0	135	29	0	28	0	0	0	0	0
Brisk Sweet Tea	20oz	120	0	0	0	0	170	32	0	32	0	0	0	0	0
Gatorade	20oz	140	0	0	0	0	270	36	0	34	0	0	0	0	75
Aquafina	20oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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