



Nutritional Information

BASES	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
white rice	5.33oz	205	0.4g	0.1g	0g	45g	0.1g	4.3g	0.6g	0mg	2mg
brown rice	5.33oz	175	1.3g	0.3g	0g	37g	0g	3.7g	2.9g	0mg	2mg
spring mix	1oz	8	0.1g	0g	0g	1.5g	0.2g	0.6g	0.6g	0mg	2mg
cauliflower rice	5oz	33	0g	0g	0g	5g	1.7g	1.7g	3.3g	0mg	167mg

PROTEINS	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
ahi tuna	1.5oz	47	0.2g	0.1g	0g	0g	0g	10.4g	0g	17mg	20mg
salmon	1.5oz	89	5.5g	1.3g	0g	0g	0g	8.5g	0g	24mg	25mg
spicy tuna	1.5oz	73	3.2g	0.5g	0g	1.5g	1.4g	9.6g	0g	17mg	131mg
hawaiian tuna	1.5oz	63	2.1g	0.3g	0g	0.9g	0.6g	9.4g	0.1g	15mg	150mg
shrimp	1.5oz	50	0.8g	0.3g	0g	0.7g	0g	9.2g	0g	92mg	395mg
octopus	1.5oz	70	0.9g	0.2g	0g	1.9g	0g	12.5g	0g	41mg	196mg
spicy crab	1.5oz	71	4.3g	0.7g	0g	6.1g	3.5g	2.3g	0.1g	3.5mg	177mg
grilled chicken	4.5oz	170	3.9g	1.1g	0g	0g	0g	34.2g	0g	122mg	248mg
asian chicken	4.5oz	195	5.1g	0.8g	0g	8.9g	6.5g	16.7g	0.6g	59mg	312mg
tofu	4.5oz	45	1.1g	0g	0g	4.5g	0g	4.5g	2.3g	0mg	23mg

SAUCES	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
shoyu	2oz	198	16g	1.3g	0g	13.1g	9.2g	3.1g	0.1g	0mg	1496mg
spicy shoyu	2oz	199	12.7g	1.1g	0g	15.5g	1.6g	2.4g	0g	0mg	2830mg
sweet chili lime	2oz	144	0g	0g	0g	36.1g	34.2g	0g	0g	0mg	954mg
wasabi aioli	2oz	291	31g	5g	0g	1.6g	0.2g	0.1g	0.1g	25mg	203mg
sriracha aioli	2oz	308	30g	5g	0g	9g	9g	0g	0g	25mg	670mg
citrus ponzu	2oz	86	0g	0g	0g	18.7g	8.5g	2.9g	0g	0mg	1372mg
champagne butter	2oz	180	17g	11g	0g	0.6g	0.1g	0g	0g	62mg	155mg
house	2oz	133	7.8g	1.1g	0g	15.8g	13.4g	2.3g	0.1g	0mg	1139mg
teriyaki	2oz	54	0g	0g	0g	13.3g	10.7g	1g	0g	0mg	517mg

TOPPINGS	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
brussel sprouts	0.5oz	7	0g	0g	0g	1.3g	0.3g	0.5g	0.7g	0mg	3mg
jalapeno	0.5oz	4	0.1g	0g	0g	0.9g	0.6g	0.1g	0.4g	0mg	0.5mg
kale	.35oz	7	0.1g	0g	0g	1.3g	0.3g	0.6g	0.5g	0mg	6mg
red onion	0.5oz	5	0g	0g	0g	1.5g	0.5g	0g	0g	0mg	0mg
edamame	1.25oz	59	3g	0.4g	0g	2.8g	1g	6.2g	2g	0mg	0.5mg
ginger	1oz	3	0g	0g	0g	0.8g	0.5g	0g	0g	0mg	51mg
cucumber	1.25oz	5	0.1g	0g	0g	0.9g	0.5g	0.2g	0.3g	0mg	1mg
pineapple	1.5oz	21	0.1g	0g	0g	5.5g	4.1g	0.2g	0.6g	0mg	0.4mg
cilantro	0.15oz	1	0g	0g	0g	0.2g	0g	0.1g	0.1g	0mg	2mg
green onion	0.25oz	3	0g	0g	0g	0.6g	0.2g	0.1g	0.2g	0mg	1mg

PREMIUM TOPPINGS	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
masago	0.75oz	28	1.4g	0g	0g	2.8g	1.4g	1.4g	0g	56mg	224mg
crab mix	0.75oz	46	3g	0.5g	0g	2.7g	1g	1.7g	0g	5mg	176mg
cucumber salad	1.5oz	9	0g	0g	0g	2.2g	1.4g	0.3g	0.2g	0mg	31mg
seaweed salad	1.4oz	28	1g	0g	0g	5.2g	0.4g	0.4g	1.2g	0mg	332mg

GARNISH	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
furikake	0.5oz	30	1.5g	0g	0g	2g	2g	1g	0g	0mg	250mg
sesame seeds	0.5oz	35	3g	0g	0g	1.5g	0g	1g	0.5g	0mg	0mg
avocado	2.5oz	114	10.5g	1.5g	0g	6g	0.2g	1.4g	4.6g	0mg	5.5mg
crispy onion	0.5oz	25	2g	0g	0g	1g	0g	0g	1g	0mg	0mg
crispy garlic	0.5oz	45	1g	0g	0g	9g	2g	1g	0.5g	0mg	0mg
wasabi	0.5oz	15	0.4g	0g	0g	1.6g	0.4g	1g	0.5g	0mg	1mg

DESSERT	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
dole whip - vanilla	5oz	170	4.9g	4.2g	0g	31.6g	23.1g	0g	0g	0mg	140mg
dole whip - pineapple	5oz	134	0.6g	0.6g	0g	31.6g	30.3g	0g	0g	0mg	12mg
mochi - vanilla	1pc - 40g	90	2.5g	1.5g	0g	16g	12g	0.9g	0g	10mg	20mg
mochi - chocolate	1pc - 40g	90	2.5g	1.5g	0g	16g	13g	0.8g	0g	10mg	10mg
mochi - green tea	1pc - 40g	90	2.5g	1.5g	0g	16g	12g	0.9g	0g	10mg	20mg
mochi - red bean	1pc - 40g	90	2g	1.5g	0g	17g	13g	1g	0g	10mg	20mg
mochi - strawberry	1pc - 40g	90	2g	1.5g	0g	16g	13g	0.8g	0g	10mg	15mg

The above nutritional data has been calculated using standard franchise recipes. The nutritional analysis determining these values was derived from supplier-provided nutrition information as well as USDA database information for common foods. Our menu items are customizable and individually prepared, and nutritional values may vary slightly from the above as a result. This information will be updated as needed to reflect our current offerings and recipes. Updated March 26, 2024.