

BASES	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
white rice	5.33oz	160	0g	0g	0g	37g	0g	3g	0g	0mg	0mg
brown rice	5.33oz	174	1.3g	.3g	0g	37g	0g	3.6g	2g	0mg	1.9mg
spring mix	1oz	7	0g	0g	0g	1g	0g	.3g	0g	0mg	25mg
cauliflower rice	5.33oz	36	0g	0g	0g	7.1g	3.6g	3.6g	3.6g	0mg	36mg

PROTEINS	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
ahi tuna*	1.5oz	65	.75g	0g	0g	0g	0g	13g	0g	25mg	20mg
salmon*	1.5oz	88	5.4g	1g	0g	0g	0g	8.5g	0g	24mg	25mg
spicy tuna*	1.5oz	65	3.9g	.6g	0g	1g	.9g	7.7g	.1g	10mg	125mg
hawaiian tuna*	1.5oz	73	2.5g	.3g	0g	1.1g	.6g	10.7g	.1g	19mg	353mg
shrimp	1.5oz	30	0g	0g	0g	0g	0g	5.6g	0g	26mg	177mg
octopus	1.5oz	37	.4g	0g	0g	0g	0g	8g	0g	63mg	160mg
spicy crab	1.5oz	61	3.5g	.5g	0g	6.1g	2.7g	2.5g	.2g	5mg	265mg
grilled chicken	1.5oz	60	2g	.5g	0g	0.5g	0g	10g	0g	33mg	180mg
asian chicken	1.5oz	78	4.3g	.8g	0g	5.3g	4.3g	5.5g	.4g	13mg	221mg
tofu	1.5oz	30	1.5g	0g	0g	1g	0g	3g	.5g	0mg	5mg

SAUCES	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
shoyu	1oz	151	13g	1.5g	0g	6.2g	5.5g	.7g	0g	0mg	465mg
spicy shoyu	1oz	154	10.7g	1.2g	0g	10.4g	7.9g	1g	.1g	0mg	710mg
sweet chili lime	1oz	39	0g	0g	0g	9.7g	9g	.1g	.1g	0mg	234mg
wasabi aioli	1oz	147	15.4g	2.5g	0g	.9g	.2g	.1g	0g	12mg	106mg
sriracha aioli	1oz	142	14.5g	2.4g	0g	3.1g	3g	0g	0g	12mg	269mg
citrus ponzu	1oz	19	0g	0g	0g	3.8g	2.5g	.8g	.1g	0mg	470mg
champagne butter	1oz	160	17g	11g	0g	1.3g	.4g	.6g	.1g	48mg	123mg
house	1oz	72	3.9g	.6g	0g	8.7g	7.2g	1.1g	0g	0mg	600mg
teriyaki	1oz	58	0g	0g	0g	13.6g	12.3g	.7g	0g	0mg	435mg

TOPPINGS	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
shaved brussel sprouts	.5oz	7	0g	0g	0g	1.5g	0g	.7g	.7g	0mg	0mg
jalapeno	.5oz	4	0g	0g	0g	1g	0g	.1g	.4g	0mg	0mg
kale	.5oz	4	0g	0g	0g	.9g	0g	.2g	.2g	0mg	3mg
red onion	.5oz	6	0g	0g	0g	1.4g	0g	.1g	.2g	0mg	0mg
edamame	1.5oz	50	2g	.25g	0g	3g	0g	4.5g	2g	0mg	2.5mg
ginger	1oz	5	0g	0g	0g	.g	0g	1g	.6g	0mg	340mg
cucumber	1.5oz	6	0g	0g	0g	1.6g	0g	.3g	.1g	0mg	1mg
pineapple	1.5oz	23	0g	0g	0g	5.3g	4.2g	.2g	.7g	0mg	0mg
cilantro	.20oz	1.4	0.03g	0g	0g	.23g	0g	.11g	.17g	0mg	2.6mg
green onion	.5oz	6	0g	0g	0g	1.4g	.3g	.2g	.25g	0mg	0mg

PREMIUM TOPPINGS	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
masago*	1oz	30	0g	0g	0g	4.1g	4.1g	2g	0g	71mg	608mg
crab mix	1oz	52	3.8g	.6g	0g	2.9g	1.1g	1.8g	0g	5mg	114mg
cucumber salad	1.5oz	10	0g	0g	0g	2.4g	1.5g	.3g	.3g	0mg	56mg
seaweed salad	1.5oz	30	.4g	0.1g	0g	6g	4.7g	.4g	1.3g	0mg	417mg

GARNISH	SERVING	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CARBS	SUGAR	PROTEIN	FIBER	CHOLEST	SODIUM
furikake	.5oz	52	3.2g	.5g	0g	5g	3.2g	1.4g	.9g	0mg	396mg
sesame seeds	.5oz	80	7g	1g	0g	3.7g	0g	2.4g	2g	0mg	1.6mg
avocado	half	160	14.5g	2.25g	0g	8.5g	.35g	2g	6.5g	0mg	8mg
crispy onion	.5oz	81	6.1g	0g	0g	8.1g	4g	0g	0g	0mg	30mg
crispy garlic	.5oz	45	1g	0g	0g	9g	2g	1g	0g	0mg	0mg
wasabi	.5oz	15	.4g	0g	0g	1.6g	.4g	1g	.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	.6g	.6g	0g	31.6g	30.3g	0g	0g	0mg	12mg
mochi - vanilla	1pc - 40g	90	2.5g	1.5g	0g	16g	12g	.9g	0g	10mg	20mg
mochi - chocolate	1pc - 40g	90	2.5g	1.5g	0g	16g	13g	.8g	0g	10mg	10mg
mochi - green tea	1pc - 40g	90	2.5g	1.5g	0g	16g	12g	.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	.8g	0g	10mg	15mg
mochi - mango	1pc - 40g	80	2g	1.5g	0g	16g	13g	0g	0g	0mg	5mg

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 from the above as a result. Menu items, ingredients, and recipes may vary by location and by state, and are subject to product availability. This information is not intended as medical or dietary advice; guests with food allergies or specific dietary questions should consult a qualified health professional and review our allergen information before ordering. This information will be updated as needed to reflect our current offerings and recipes. Updated August 7, 2026.

**Consuming raw or undercooked seafood may increase your risk of foodborne illness.*