



Sushi • Bar • Restaurant

Nutritional Information - U.S.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

FOOD MENU ITEMS	Serving Size (ounces)	Serving Size (grams)	Calories	Calories Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (grams)	Fiber (grams)	Sugar (grams)	Proteins (grams)
SHAREABLES													
Searched Tuna	2.93	83	110	35	4	1	0	25	450	2	1	3	16
Spring Roll	7.48	212	470	250	28	6	0	0	1700	49	4	5	6
Edamame	2.47	70	80	6438	3.5	0	0	0	4	4	2	1	8
Pineapple Cheese Wonton	4.76	135	300	150	17	8	0	35	420	33	1	12	5
Tunacado	6.38	181	240	100	11	3	0	35	720	7	2	4	28
Lobster Spring Roll	6.6	187	420	250	28	11	0	85	720	27	2	7	15
Wings Black Pepper Teriyaki	8.50	241	610	330	37	11	0	265	1150	17	5	7	54
Wings Chili Ponzu	7.97	226	590	340	38	11	0	265	800	16	1	10	47
Wings Sesame Garlic	9.03	256	710	410	46	13	0	250	1580	22	1	22	54
Scallop Dynamite	5.22	148	220	140	16	3	0	55	270	4	1	0	16
Garlic Edamame	3.99	113	170	50	6	1.5	0	5	440	17	10	1	13
Agedashi Tofu	14.39	408	480	260	29	5	0	0	2200	36	6	0	18
Crispy Spicy Tuna	5.33	151	310	90	10	2	0	35	1190	43	2	7	13
Chicken Yakitori	7.30	207	250	70	8	1.5	0	105	820	17	2	24	28
Garlic Ponzu Yellowtail	2.68	76	150	90	10	3	0	45	300	3	0	3	13
Chili Ponzu Yellowtail	5.19	147	260	140	15	4	0	70	430	4	5	12	26
Shishito Peppers	4.44	126	140	65	7	5	0	20	670	15	3	4	4
Tempura Shrimp	7.05	200	300	150	17	4	0	120	1600	21	1	1	16
Tempura Calamari	9.88	280	520	270	30	6	0	240	1510	34	2	1	28
Tempura Vegetable	7.41	210	390	240	27	5	0	0	930	32	26	1	6
RA Chips & Salsa	8.47	240	400	210	23	5	0	50	1200	27	4	10	20
Pork Gyoza	4.97	141	250	110	12	4	0	20	990	25	0	7	10
"RA"ckin' Shrimp	6.42	182	490	260	29	6	0	165	1140	34	2	3	24
Hot Mess	8.3	235	700	370	41	12	0	65	1,560	68	2	8	14
Poke-Sashimi Taco	6.4	182	330	180	20	4	0	40	710	22	<1	8.05	15
"RA"ckin' Shrimp Taco	4.8	136	290	170	19	3.5	0	40	610	22	6	9	8
"RA"ckin' Rice	8.0	218	405.91	200.55	22.92	12	1	152	660	34	3	3	13
Snow Crab Salad	8.5	240	460	190	21	3.5	0	40	1,100	48	2	5	20
Beef Short Ribs	5.7	161	280	80	9	2	0	135	480	6	3	28	45
SASHIMI													
Mackerel	3.7	106	310	230	26	8	0	60	580	4	0	0	15
Octopus	3.92	111	70	10	1	0	0	150	290	2	0	0	14
Striped Bass	4.40	126	120	35	4	1	0	50	430	3	0	0	17
Scallops	3.39	96	80	5	1	0	0	30	120	4	0	0	14
Salmon	4	113	130	54	6	1	0	55	100	0	0	0	20
Halibut	4.66	132	90	5	1	0	0	40	490	4	0	0	18
Tuna	4	113	140	45	5	1	0	40	45	0	0	0	23
Yellowtail	4	113	140	45	5	2	0	55	45	0	0	0	23
Sea Urchin	2.43	69	100	60	7	4	0	140	160	5	0	0	6
Tuna Belly	3	85	140	45	5	0	0	40	45	0	0	0	23



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NIGIRI													
Shrimp	1.55	44	50	0	0	0	0	45	160	7	0	2.45	5
Striped Bass	1.94	55	70	10	1	0	0	15	150	10	0	2.7	6
Tuna	1.91	54	80	13.5	1.5	0	0	10	150	11	0	2.5	6
Smoked Salmon	1.76	50	70	9	1	0	0	5	300	11	0	2.5	4
Quail Egg	0.32	9	15	9	1	0	0	5	15	0	0	0	1
Sweet Egg	2.96	84	180	100	11	3	0	240	220	14.0	0.3	6.9	7
Mackerel	1.76	50	110	45	5	0.5	0	15	270	11	0	2.45	5
Smelt Roe	1.17	33	50	0	0	0	0	0	170	12	0.87	2.45	1
Flying Fish	1.56	44	70	0	0	0	0	5	260	15	0.87	2.45	2
Salmon Roe	1.97	56	100	18	2	0	0	20	350	16	0.87	2.45	4
Scallop	2.68	76	80	0	0	0	0	15	230	13	0	2.45	8
Octopus	1.59	45	60	0	0	0	0	5	180	11	0.26	2.45	3
Albacore	2.1	59	90	20	2.5	0.5	0	15	170	9	0.26	2.45	9
Halibut	1.9	55	70	4.5	0.5	0	0	10	180	9	0	2.73	6
Yellowtail	1.56	44	70	9	1	0	0	10	120	9	0	2.45	5
Salmon	1.59	50	80	13.5	1.5	0	0	10	160	11	0	2.45	5
Fresh Water Eel	2.08	59	125	45	5	2	0	60	350	14	0	4.75	6
Sea Urchin	1.76	50	70	13.5	1.5	0	0	50	170	12	0.87	2.45	3
Sweet Shrimp w/ Head	1.91	54	90	18	2	0	0	25	260	11	0	2.45	2
Snow Crab	1.84	52	60	0	0	0	0	10	320	11	0.26	2.45	5
Tuna Belly	1.9	54	110	36	4	1.5	0	10	210	11	0	2.45	7
HAND ROLL													
Spicy Tuna	2.72	77	80	20	2	0	0	20	300	9	1	4	7
Chili Ponzu Yellowtail	2.75	78	130	60	7	2	0	20	240	10	1	5	7
Shrimp Tempura	3.81	108	170	80	9	2	0	25	480	16	2	5	7
Spicy Salmon	2.68	76	120	55	6	1	0	15	150	9	2	4	7
MAKI SUSHI													
California Roll	6.81	193	410	180	20	3.5	0	20	820	50	5	12	8
Vegetarian Roll	5.75	163	240	20	2	0	0	0	530	49	4	13	5
Philadelphia Roll	6.47	183	300	117	13	7	0	45	940	32	3	12	15
Avocado Roll	7.47	212	370	180	20	3	0	0	420	42	8	11	5
Tuna Roll	5.30	5.3	200	9	1	0	0	25	550	32	3	6	16
Cucumber Roll	3.42	97	10	0	0	0	0	0	400	31	3	6	2
Eel Cucumber Roll	5.68	161	280	60	7	2	0	60	880	46	3	9	10
Spicy Tuna Roll	6.24	177	310	80	9	1.5	0	35	760	44	3	13	14
Spicy Yellowtail Roll	5.47	155	310	126	14	3.5	0	30	460	33	3	11	13
Spicy Salmon Roll	6	178	300	80	9	2	0	25	690	41	3	11	14
Spicy Shrimp Roll	6	167	250	70	6	1	0	55	730	41	3	12	13
Shrimp Tempura Roll	7	190	330	90	10	2	0	25	890	52	5	12	9
Rainbow Roll	10	272	510	190	21	4	0	55	920	58	6	12	21



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Caterpillar Roll	8	218	390	130	14	3	0	70	950	55	6	15	10
Soft Shell Crab	7	212	450	220	24	5	0	55	1240	47	3	19	11
Dragon Roll	8	237	450	170	19	4	0	65	1190	58	6	15	13
SPECIALTY ROLL													
Viva Las Vegas Roll	8	222	530	260	29	6	0	35	1240	55	5	24	12
Lobster Shrimp Roll	8	238	450	180	20	4	0	70	1290	44	5	30	23
Gojira Roll	8	232	510	210	23	7	0	65	1140	59	4	17	16
Vegetable Tempura Roll	8	222	540	230	26	5	0	0	840	70	46	18	7
Tootsy Maki	7	203	420	170	19	3	0	30	1130	54	6	15	9
Crunchy Calamari Roll	7	212	500	190	21	7	0	65	1200	66	5	19	11
California Dream Roll	11	320	535	227	25	4	0	20	1627	69	7	32	12
Shrimp Calamari Tempura Roll	7	205	430	180	20	8	0	65	960	54	7	18	9
Zonie Roll	8	222	360	120	13	3	0	20	690	45	6	12	16
Chili Shrimp Roll	9	262	650	380	42	8	0	135	2040	49	5	15	18
"RA"llipop	7	197	180	70	8	2	0	45	970	7	2	11	21
"RA"ckin' Roll	11	318	710	380	42	9	0	120	1370	63	7	22	19
Ultimate Shrimp Tempura Roll	9	253	440	140	15	3	0	40	1170	50	6	12	24
Crazy Monkey Roll	9	243	400	120	13	5	0	34	1090	59	7	21	11
Spicy Lobster Roll	7	190	360	140	15	3	0	30	830	46	3	14	8
Crunchy Shrimp Tempura Roll	7	188	370	130	14	3	0	40	1120	51	5	18	9
Mango Lobster Roll	9	253	430	170	19	4	0	30	1130	57	5	33	9
Chili Ponzu Yellowtail Roll	10	275	480	140	15	4	0	85	1020	55	22	59	30
Scallop Dynamite Roll	11	310	620	320	36	8	0	85	1130	52	3	21	22
Smoky Salmon Roll	8	240	460	190	21	4	0	40	1100	48	20	15	10
Lucky Heart Roll	8	221	375	111	10	5	0	30	1180	44	3	11	7
Mango Shrimp Roll	8	238	434	171	20	4	0	141	1715	33	2	10	24
SALAD													
Cucumber Sunomono	4	115	120	10	1	0	0	<5	1520	25	1	1	3
Seaweed Salad	4	4	120	41	5	0	0	0	1180	18	4	8	2
Uchi No Salad	4	125	110	70	8	2	0	0	310	7	2	1	2
Asian Chicken Salad	15	417	430	170	19	4	0	120	2020	29	6	2	36
Tuna ² Salad	12	350	380	180	20	5	0	50	840	12	7	10	38
Nutty Grilled Chicken Salad	16	465	590	320	35	6	0	120	830	31	13	17	37
Sashimi Salad	10	287	430	260	29	6	0	0	1100	15	3	7	28
Tunacado Salad	13	289	462	285	33	5	0	51	647	17	8	5	29
SOUPS													
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Spicy Shrimp Soup	22	620	420	130	14	3	0	65	4200	55	4	16	18
Chicken Udon Soup	21	586	365	30	5	1	0	40	2940	65	6	5	23
Potsticker Soup	20	552	255	70	10	5	0	10	2880	37	2	5	11
POKE													



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Ahi Tuna Poke	8	218	230	60	7	2	0	35	1010	12	3	9	31
Salmon Poke	8	222	310	150	17	3	0	60	1240	14	3	9	26
Chirashi Poke	8	217	260	90	10	2	0	60	1090	14	3	9	28
ENTREES													
Chicken Katsu	17	480	910	430	48	10	0	190	2860	56	13	37	64
Chicken Yakisoba	18	505	700	140	15	3	0	90	3350	94	6	22	46
Black Pepper Sirloin Steak	11	300	490	240	27	12	1	145	1690	14	2	3	49
Spicy Chicken Teriyaki Udon	15	435	660	140	15	3	0	80	1910	92	8	28	38
Bara Chirashi Bowl	19	535	830	180	20	5	0	65	2680	118	2	38	45
Clam Udon	19	540	700	225	25	15	1	60	2000	97	7	2	21
Teriyaki Chicken	16	440	340	30	4	1	0	160	1740	20	5	48	58
Teriyaki Beef	20	475	420	110	12	6	1	115	1940	32	5	24	45
Teriyaki Salmon	17	483	510	230	26	4	0	105	2130	34	5	48	37
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Dinner Sushi & Nigiri Assortment													
California Roll	7	193	410	180	20	4	0	20	820	50	5	12	8
Tuna Nigiri	1	27	40	7	1	0	0	5	75	6	0	1	3
Salmon Nigiri	1	25	40	7	1	0	0	5	80	6	0	1	3
Yellowtail Nigiri	1	22	35	5	1	0	0	5	60	5	0	1	3
Whitefish Nigiri	1	28	35	2	0	0	0	5	90	5	0	1	3
Shrimp Nigiri	1	22	25	0	0	0	0	23	80	4	0	1	3
Tamago Nigiri (sweet egg)	1	42	90	50	6	2	0	120	110	7	0	3	4
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Dinner Sashimi Assortment													
Tuna Sashimi	2	57	70	23	3	1	0	20	23	0	0	0	12
Salmon Sashimi	2	57	65	27	3	1	0	28	50	0	0	0	10
Yellowtail Sashimi	2	57	70	23	3	1	0	28	23	0	0	0	12
Whitefish Sashimi	2	63	60	18	2	1	0	25	215	2	0	0	9
Rice	5	136	225	0	0	0	0	0	6	52	0	0	4
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
SIDE													
Steamed Rice	8	218	360	0	0	0	0	0	10	83	0	0	6
Steamed Vegetables	8	240	80	5	1	0	0	0	1100	14	1	0	5
Seasoned Grilled Vegetables	6	156	130	20	2	0	0	0	360	23	14	0	3
Asian Coleslaw	4	123	90	45	5	1	0	<5	370	9	11	5	2
DESSERT													
Green Tea Ice Cream	2	67	150	70	8	5	0	25	50	13	0	11	3
Chocolate Gelato	3	95	160	55	6	6	0	0	30	24	0	20	3
Cinnamon Tempura Gelato	14	395	1120	513	57	21	0	215	630	135	2	132	16
Peanut Butter Caramel Crunch	5	153	690	400	45	25	0	60	280	64	0	21	8
Coconut Crème Brulee	4	118	420	243	27	17	1	110	30	40	0	55	4



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Sweet Mochi Trio	6	173	330	54	6	4	0	25	60	66	0	33	4
LUNCH													
Salads													
Tuna ² Salad	7	200	210	90	10	2	0	30	610	10	4	6	21
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Bowls													
Salmon Teriyaki Bowl	20	580	820	110	12	2	0	50	1660	143	4	43	35
Chicken Teriyaki Bowl	22	615	840	45	5	2	0	100	1250	144	4	43	55
Beef Teriyaki Bowl	21	585	760	100	11	5	1	50	1790	126	4	43	38
Spicy Salmon Bowl	18	510	800	140	15	3	0	60	2470	132	3	38	33
Spicy Tuna Bowl	18	505	700	45	5	2	0	35	2500	122	3	38	41
Bara Chirashi Bowl	19	535	830	180	20	5	0	65	2680	118	2	38	45
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Sushi & Salads													
California Roll	7	193	410	180	20	4	0	20	820	50	5	12	8
Spicy Tuna Roll	6	177	310	80	9	2	0	35	760	44	3	13	14
Rainbow Roll	10	272	510	190	21	4	0	55	920	58	6	12	21
Zonie Roll	8	222	360	120	13	3	0	20	690	45	6	12	16
Spicy Lobster Roll	7	193	360	120	13	2	0	45	850	48	3	14	12
Ultimate Shrimp Tempura Roll	9	253	440	140	15	3	0	40	1170	50	6	12	24
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	81	55	35	4	1	0	0	310	3	2	1	2
Sashimi (Choose 7)													
Tuna Sashimi per slice	1	14	18	6	1	0	0	5	6	0	0	2	3
Yellowtail Sashimi per slice	1	14	18	6	1	0	0	7	6	0	0	2	3
Salmon Sashimi per slice	1	14	16	7	1	0	0	7	13	0	0	2	3
Rice	5	136	225	0	0	0	0	0	6	52	0	0	4
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	81	55	35	4	1	0	0	310	3	2	1	2
Sushi & Nigiri Assortment													
California Roll	7	193	410	180	20	4	0	20	820	50	5	12	8
Tuna Nigiri	1	27	40	7	1	0	0	5	75	6	0	2	3
Salmon Nigiri	1	25	40	7	1	0	0	5	80	6	0	2	3
Yellowtail Nigiri	1	22	35	5	1	0	0	5	60	5	0	2	3
Shrimp Nigiri	1	22	25	0	0	0	0	23	80	4	0	2	3
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	81	55	35	4	1	0	0	310	3	2	1	2
Sashimi Assortment													
Tuna Sashimi	2	57	70	23	3	1	0	20	23	0	0	0	12
Salmon Sashimi	2	57	65	27	3	1	0	28	50	0	0	0	10
Yellowtail Sashimi	2	57	70	23	3	1	0	28	23	0	0	0	12



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Rice	5	136	225	0	0	0	0	0	6	52	0	0	4
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	81	55	35	4	1	0	0	310	3	2	1	2
BENTO BOX													
Bento Box Vegetable Tempura	6	170	370	200	22	4	0	0	245	40	14	1	3
Bento Box Shrimp Tempura	6	170	230	80	9	2	0	75	655	29	1	1	9
Bento Box Chicken Teriyaki	6	183	190	30	3	1	0	110	1030	13	1	12	27
Bento Box Chicken Katsu	6	168	270	120	13	3	0	70	950	17	1	6	20
Bento Box Salmon Teriyaki	6	170	230	90	10	2	0	55	900	11	1	6	24
Bento Box Beef Teriyaki	6	170	200	70	8	3	0	65	660	9	1	6	24
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	81	55	35	4	1	0	0	310	3	2	1	2
Rice	5	136	225	0	0	0	0	0	6	52	0	0	4
Pork Gyoza	1	24	42	18	2	1	0	3	165	4	0	1	2
Vegetable Spring Roll	7	212	120	250	28	6	0	0	1700	49	4	5	6
SHOGUN BENTO BOX													
Shogun Bento Box Beef Teriyaki	6	170	200	70	8	3	0	65	660	9	1	6	24
Shogun Bento Box Chicken Teriyaki	6	183	190	30	3	1	0	110	1030	13	1	12	27
Shogun Bento Box Chicken Katsu	6	168	270	120	13	3	0	70	950	17	1	6	20
Shogun Bento Box Salmon Teriyaki	6	170	230	90	10	2	0	55	900	11	1	6	24
Shogun Half California Roll	3	97	205	90	10	2	0	10	410	25	3	6	4
Shogun Bento Box Sashimi	6	170	205	72	8	2	0	75	95	0	0	0	33
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	81	55	35	4	1	0	0	310	3	2	1	2
Rice	5	136	225	0	0	0	0	0	6	52	0	0	4
Shrimp Vegetable Tempura	6	170	250	120	13	3	0	0	455	35	9	1	6
Pork Gyoza	1	24	42	18	2	1	0	3	165	4	0	1	2
Vegetable Spring Roll	7	212	120	250	28	6	0	0	1700	49	4	5	6
HAPPY HOUR													
Edamame	2	70	80	6438	4	0	0	0	4	4	2	1	8
Salmon Nigiri	2	50	80	14	2	0	0	10	160	11	0	2	5
Shrimp Nigiri	2	44	50	0	0	0	0	45	160	7	0	2	5
Seaweed Salad	4	4	120	41	5	0	0	0	1180	18	4	8	2
Tuna Nigiri	2	54	80	14	2	0	0	10	150	11	0	2	6
Yellowtail Nigiri	2	44	70	9	1	0	0	10	120	9	0	2	5
Spicy Salmon Roll	6	178	300	80	9	2	0	25	690	41	14	14	7
Spicy Tuna Roll	6	177	310	80	9	2	0	35	760	44	3	13	14
Spicy Shrimp Roll	6	167	250	70	6	1	0	55	730	41	3	12	13
California Roll	7	193	410	180	20	4	0	20	820	50	5	12	8
Pork Gyoza	5	141	250	110	12	4	0	20	990	25	0	7	10
Pineapple Cheese Wontons	5	135	300	150	17	8	0	35	420	33	1	12	5



Sushi • Bar • Restaurant

Nutritional Information - U.S.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

FOOD MENU ITEMS	Serving Size (ounces)	Serving Size (grams)	Calories	Calories Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (grams)	Fiber (grams)	Sugar (grams)	Proteins (grams)
Tootsy Maki	7	203	420	170	19	3	0	30	1130	54	5	14	9
Spicy Yellowtail Roll	5	155	310	126	14	4	0	30	460	33	3	11	13
Crunchy Calamari Roll	7	212	500	190	21	7	0	65	1200	66	5	19	11
Spring Rolls	7	212	470	250	28	6	0	0	1700	49	4	5	6
Chicken Yakitori	7	207	250	70	8	2	0	105	820	17	2	24	28
Seared Tuna	3	83	110	35	4	1	0	25	450	2	1	3	16
Garlic Ponzu Yellowtail	3	76	150	90	10	3	0	45	300	3	0	3	13
Shrimp Tempura Roll	7	190	330	90	10	2	0	25	890	52	5	12	9
Crispy Spicy Tuna	5	151	310	90	10	2	0	35	1190	43	2	7	13
Shrimp Tempura	7	200	300	150	17	4	0	120	1600	21	1	1	16
"RA" Chips & Salsa	8	240	400	210	23	5	0	50	1200	27	4	9	20
Shishito Peppers	4	126	140	65	7	5	0	20	670	15	3	4	4
Viva Las Vegas Roll	8	222	530	260	29	6	0	35	1240	55	5	24	12
Rainbow Roll	10	272	510	190	21	4	0	55	920	58	6	12	21
"RA" ckin' Shrimp	6	182	490	260	29	6	0	165	1140	34	2	3	24