



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

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)
<b>SHAREABLES</b>													
Seared Tuna	2.93	83	110		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
Filet Mignon Skewers (3 skewers)	8	215	555	420	48	12	0	109	945	26	0	24	31
Chicken Skewers	3 skewers	185	438	347	39.2	7.1	0.0	80.0	895.6	26	<1	23.9	21.6
Edamame	2.47	70	85	347	3.6	0.5	0	0	180	7	3.6	2	7.6
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
*RA*lipop	7	187	180	70	8	2	0	45	970	7	2	11	21
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
Garlic Edamame	3.99	113	170	50	6	1.5	0	5	440	17	10	1	13
Agedashi Tofu	11.15	316	410	210	23	4.5	0	0	890	36	1	5	14
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
Chili Ponzu Yellowtail	5.19	147	260	140	15	4	0	70	430	4	5	12	26
Garlic Ponzu Yellowtail	3	97	95	30	3	1	0	28	520	4	0	3	13
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	6.53	185	340	200	23	5	0	0	820	30	3	10	5
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' Fried Rice	17.9	507	1020	260	29	13	0.5	305	3,220	154	11	4	35
Chashu Pork Fried Rice	18.8	532	1200	450	50	23	0	230	2,560	156	18	2	34
Smoky Salmon Fried Rice	18.6	527	1130	370	41	15	0.5	300	2,590	154	13	5	35
Spicy Chicken Fried Rice	18.3	518	1010	250	28	12	0.5	255	2,390	154	14	4	37
<b>SASHIMI</b>													
Mackerel	3.7	106	310	230	26	8	0	60	580	4	0	0	15
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
Octopus	3.92	111	70	10	1	0	0	150	290	2	0	0	14
Tuna Belly	3	85	140	45	5	0	0	40	45	0	0	0	23

<b>Menu Items</b>	<b>Serving Size (ounces)</b>	<b>Serving Size (grams)</b>	<b>Calories</b>	<b>Calories Fat (grams)</b>	<b>Total Fat (grams)</b>	<b>Saturated Fat (grams)</b>	<b>Trans Fat (grams)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbohydrates (grams)</b>	<b>Fiber (grams)</b>	<b>Sugar (grams)</b>	<b>Proteins (grams)</b>
<b>NIGIRI</b>													
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
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
Seared Sweet Shrimp	1.87	53	75	15	2	0	0	35	180	9	1	1.00	5
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
Filet Mignon Nigiri	2.2	62	80	0	0	1	0	15	230	14	5	1	7
<b>HAND ROLL</b>													
Spicy Tuna	2.72	77	80	20	2	0	0	20	300	9	1	4	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
California Hand Roll	3.65	103	170	18	2	0	0	5	370	29	2	4	9
Vegetarian	4.12	117	122	30	3	0	0	0	215	21	2	1	3
Philadelphia Hand Roll	3.13	89	199	90	10	4	0	30	252	20	2	5	8
Avocado	3.56	101	154	62	7	1	0	0	211	22	3	0	3
Tuna Hand Roll	2.42	69	109	0	0	0	0	5	182	18	0	10	10
Cucumber Hand Roll	2.46	70	110	9	1	0	0	0	130	23	1	10	2
Eel Cucumber	3.57	101	178	60	7	1	3	35	325	22	1	1	8
Spicy Yellowtail	3.59	101	139	35	4	1	0	8	364	21	2	1	5
Spicy Shrimp	3.59	100	138	35	2	0	0	5	409	22	2	1	5
<b>MAKI SUSHI</b>													
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	155	6	<1	0	0	0	213	32	<1	2	5
Vegetable Tempura Roll	6	159	320	100	11	2	0	0	530	51	6	7	4
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
Soft Shell Crab	7	212	450	220	24	5	0	55	1240	47	3	19	11

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<b>SPECIALTY ROLL</b>													
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
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
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*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
Mango Shrimp Roll	8	238	434	171	20	4	0	141	1715	33	2	10	24
Filet Mignon Tataki Roll	7.4	209	310	80	8	3	0	30	760	43	7	9	15
Surf & Turf Roll	11	308	565	185	21	5	0	129	1925	65	1	6	29
Tako To Me Roll	10	325	570	280	32	11	0	161	2095	19	1	10	49
<b>SALAD</b>													
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
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
Spicy Cucumber Salad	6	169	50	15	1.5	0	0	0	1600	7	3	5	2
Tunacado Salad	13	289	462	285	33	5	0	51	647	17	8	5	29
<b>SOUPS</b>													
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
Spicy Chicken Soup	16	455	240	70	8	1.5	0	75	1770	9	8	1	34
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
<b>POKE</b>													
Ahi Tuna Poke without rice	7.7	218	230	60	7	1.5	0	35	1010	12	2.8	9.0	31
Salmon Poke without rice	7.8	222	310	150	17	3.0	0	60	1240	14	2.8	9.0	26
Chirashi Poke without rice	7.7	217	260	90	10	2.0	0	60	1090	14	2.8	9.0	28
Ahi Tuna Poke w/ 6 oz. Rice	13.7	382	536	60	7	1.5	0	35	1015	85	3.3	9	37
Salmon Poke w/ 6 oz. Rice	13.8	386	616	150	17	3	0	60	1245	87	3.3	9	32
Chirashi Poke w/ 6 oz. Rice	13.7	381	566	90	10	2	0	60	1095	87	3.3	9	34
<b>ENTREES</b>													
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	10	272	485	240	27	12	1	145	1689	13	1	3	48
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
Teriyaki Chicken	17	472	550	30	3	1	0	190	660	73	7	0	57
Teriyaki Beef	17	473	610	80	9	4	0	125	470	78	13	2	54
Teriyaki Salmon	16	458	710	240	26	5	0	175	570	73	11	0	45

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Hibachi Filet Mignon & Chicken	25	701	1220	475	54	17	1	364	2930	96	8	10	89
Hibachi Surf Side	28	797	1115	450	51	11	1	384	3615	108	9	7	61
Hibachi Filet Mignon and Shrimp	23	648	1000	390	43	14	1	360	2540	91	20	8	63
Hibachi Chicken and Shrimp	22	623	910	290	32	5	0	370	2640	89	15	5	65
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
<b>Sushi Combination</b>													
California roll (4 pieces)	3	97	205	90	10	2	0	10	410	25	2	6	4
Tuna Nigiri (1 piece)	1	27	40	7	1	0	0	5	75	6	0	1	3
Yellowtail Nigiri (1 piece)	1	22	35	5	1	0	0	5	60	5	0	1	3
Salmon Nigiri (1 piece)	1	25	40	7	1	0	0	5	80	6	0	1	3
Shrimp Nigiri (1 piece)	1	22	25	0	0	0	0	23	80	4	0	1	3
Tuna Sashimi (2 pieces/1 oz)	1	28	35	11	1	0	0	10	11	0	0	0	6
Yellowtail Sashimi (2 pieces/1 oz)	1	28	35	11	1	0	0	14	11	0	0	0	6
Salmon Sashimi (2 pieces/1 oz)	1	28	33	14	2	0	0	14	25	0	0	0	5
<b>Dinner Sushi &amp; Nigiri Assortment</b>													
California Roll (8 pieces)	7	193	410	180	20	4	0	20	820	50	5	12	8
Tuna Nigiri (1 piece)	1	27	40	7	1	0	0	5	75	6	0	1	3
Salmon Nigiri (1 piece)	1	25	40	7	1	0	0	5	80	6	0	1	3
Yellowtail Nigiri (1 piece)	1	22	35	5	1	0	0	5	60	5	0	1	3
Whitefish Nigiri (1 piece)	1	28	35	2	0	0	0	5	90	5	0	1	3
Shrimp Nigiri (1 piece)	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
<b>Dinner Sashimi Assortment</b>													
Tuna Sashimi (4 pieces/2 oz)	2	57	70	23	3	1	0	20	23	0	0	0	12
Salmon Sashimi (4 pieces/2 oz)	2	57	65	27	3	1	0	28	50	0	0	0	10
Yellowtail Sashimi (4 pieces/2 oz)	2	57	70	23	3	1	0	28	23	0	0	0	12
Whitefish Sashimi (4 pieces/1.5 oz)	2	63	60	18	2	1	0	25	215	2	0	0	9
Rice	5	68	253	0	0	0	0	0	4	61	0	0	5
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
<b>Nigiri Assortment</b>	9.1	262	410	88	10	1.5	0	180	800	51.5	0	14.5	26.5
Tuna (2 pieces)	1.9	54	80	14	2	0	0	10	150	11	0	2	6
Yellowtail (2 pieces)	1.6	44	70	9	1	0	0	10	120	9	0	2	5
Salmon (2 pieces)	1.6	50	80	14	2	0	0	10	160	11	0	2	5
Whitefish (1 piece)	1.0	28	35	2	0	0	0	5	90	5	0	1	3
Shrimp (1 piece)	0.8	22	25	50	0	0	0	23	80	4	0	1	3
Octopus (1 piece)	0.8	23	30	60	0	0	0	3	90	6	0	1	2
Tamago (1 piece)	1.5	42	90	50	6	2	0	120	110	7	0	3	4
<b>Sashimi Assortment</b>	9.3	262	292	89	10	2.1	0	140	364	1.1	0	0.0	48.8
Tuna Sashimi (4 pieces/2 oz)	2.0	56.5	70.0	22.5	2.5	0.5	0	20.0	23	0.0	0	0.0	11.5
Salmon Sashimi (4 pieces/2 oz)	2.0	56.5	65.0	27.0	3.0	0.5	0	27.5	50	0.0	0	0.0	10.0
Yellowtail Sashimi (4 pieces/2 oz)	2.0	56.5	70.0	22.5	2.5	0.8	0	27.5	23	0.0	0	0.0	11.5
Whitefish (3 pieces)	1.7	47.3	45.0	13.1	1.5	0.4	0	18.8	161	1.1	0	0.0	6.4
Shrimp (2 pieces)	0.8	22.7	21.4	1.4	0.2	0.0	0	35.2	51	0.0	0	0.0	4.8
Octopus (2 pieces)	0.8	22.7	20.6	2.2	0.2	0.0	0	10.8	57	0.0	0	0.0	4.6
<b>SIDES</b>													
Steamed Rice	8	109	405	0.0	0.0	0.0	0.0	0.0	7.0	97.0	1.0	0.0	8.0
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
RA'ckin Rice (Chicken Fried Rice)	9	254	510	130	15	7	1	153	1610	77	6	2	18
Chashu Pork Fried Rice	9	266	600	225	25	12	0	115	1280	78	9	1	17
Smoky Salmon Fried Rice	9	264	565	185	21	8	1	150	1295	77	7	3	18
Spicy Chicken Fried Rice	9	259	505	125	14	6	1	128	1195	77	7	2	19

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<b>DESSERT</b>													
Cinnamon Tempura Gelato	14	395	1120	513	57	21	0	215	630	135	2	132	16
Coconut Crème Brulee	4	118	420	243	27	17	1	110	30	40	0	55	4
Sweet Mochi Trio	4	120	300	60	6	6	0	0	30	60	0	42	3
<b>LUNCH</b>													
<b>Salads</b>													
Miso Soup	6	163	35	10	1	0	0	0	710	3	0	1	3
<b>Bowls</b>													
Salmon Teriyaki Bowl	18	518	730	90	11	2	0	50	420	125	7	1	35
Chicken Teriyaki Bowl	18	508	690	25	3	1	0	50	400	129	5	1	37
Beef Teriyaki Bowl	18	505	790	70	8	4	0	55	320	145	10	1	34
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
<b>Sushi &amp; Salads</b>													
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
<b>Sashimi (Choose 7)</b>													
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	5.0	135	255	0.0	0.0	0.0	0.0	0.0	4.3	60.0	0.4	0.0	5.1
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
<b>Sushi &amp; Nigiri Assortment</b>													
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
<b>Sashimi Assortment</b>													
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
Rice	5.0	135	255	0.0	0.0	0.0	0.0	0.0	4.3	60.0	0.4	0.0	5.1
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
<b>BENTO BOX</b>													
Bento Box Vegetable Tempura	6	170	313	184	21	4	0	0	754	28	3	9	5
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	5.0	135	255	0.0	0.0	0.0	0.0	0.0	4.3	60.0	0.4	0.0	5.1

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)
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
<b>Shogun Bento Box</b>													
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	5.0	135	255	0.0	0.0	0.0	0.0	0.0	4.3	60.0	0.4	0.0	5.1
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
<b>HAPPY HOUR</b>													
Edamame	2.47	70	85	30	3.6	0.5	0	0	180	7	3.6	2	7.6
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
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 Skewers	3 skewers	185	438	347	39	7	0	80	895	26	<1	24	22
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
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
Fried Zucchini	8 pieces	140	340	255	28.6	4.9	<1	80.0	543.0	16.4	0.9	4.2	5.2
Karaage Chicken	5 pieces	140	510	375	41.6	7.2	<1	100.0	765.0	147.4	0.5	1.2	18.4
Crunchy Shrimp Tempura Roll	1 roll	188	370	130	14.0	2.5	0.0	40.0	1120.0	51.0	5.0	17.9	9.0
Shrimp Shumai	8 pieces	130	280	145	16.2	6.3	16.2	40.0	495.0	21.6	0.9	5.4	9.9
Bao Buns "RA"ckin' Chicken	2 pieces	165	395	40	4.6	0.8	<1	26.0	420.0	128.4	1.6	7.4	10.4
Bao Buns "RA"ckin' Shrimp	2 pieces	155	365	20	2.0	0.4	0.0	23.0	472.0	76.4	1.8	7.6	8.0
Bao Buns Chashu Pork	2 pieces	185	434	75	8.2	2.8	0.0	26.0	640.0	72.0	2.6	8.2	17.6