



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

Menu Items	Serving Size (ounces)	Calories	Calories Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (grams)	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)
SHAREABLES												
Searched Tuna	2.93	110	35	4	1	0	25	450	2	1	3	16
Spring Roll	7.48	470	250	28	6	0	0	1700	49	4	5	6
Edamame	2.47	85	30	3.6	0.5	0	0	180	7	3.6	2	7.6
Pineapple Cheese Wonton	4.76	300	150	17	8	0	35	420	33	1	12	5
Tunacado	6.38	240	100	11	3	0	35	720	7	2	4	28
Filet Mignon Skewers (3 skewers)	8	555	420	48	12	0	109	945	26	0	24	31
Chicken Skewers	3 skewers	438	347	39	7	0	80	895	26	<1	24	22
Lobster Spring Roll	6.6	420	250	28	11	0	85	720	27	2	7	15
Wings Black Pepper Teriyaki	8.50	610	330	37	11	0	265	1150	17	5	7	54
Wings Chili Ponzu	7.97	590	340	38	11	0	265	800	16	1	10	47
Wings Sesame Garlic	9.03	710	410	46	13	0	250	1580	22	1	22	54
*RA*llipop Traditional	7	180	70	8	2	0	45	970	7	2	11	21
*RA*llipop Salmon	7	210	102	11	3	0	49	972	7	2	11	20
*RA*llipop Tuna	7	165	54	6	2	0	43	968	7	3	11	23
Garlic Edamame	3.99	170	50	6	1.5	0	5	440	17	10	1	13
Agedashi Tofu	11.15	410	210	23	4.5	0	0	890	36	1	5	14
Crispy Spicy Tuna	5.33	310	90	10	2	0	35	1190	43	2	7	13
Chicken Yakitori	7.30	250	70	8	1.5	0	105	820	17	2	24	28
Garlic Ponzu Yellowtail	6.85	200	55	10	2	0	55	535	11	1	5	24
Chili Ponzu Yellowtail	5.19	260	140	15	4	0	70	430	4	5	12	26
Shishito Peppers	4.44	140	65	7	5	0	20	670	15	3	4	4
Tempura Shrimp	7.05	300	150	17	4	0	120	1600	21	1	1	16
Tempura Calamari	9.88	520	270	30	6	0	240	1510	34	2	1	28
Tempura Vegetable	6.53	340	200	23	5	0	0	820	30	3	10	5
Tempura Lobster	6.00	364	191	21	3	0	69	496	24	1	1	18
Tempura Scallop	5.00	285	146	16	2	0	41	695	21	1	0	14
Pork Gyoza	4.97	250	110	12	4	0	20	990	25	0	7	10
*RA*ckin' Shrimp	6.42	490	260	29	6	0	165	1140	34	2	3	24
Hot Mess	8.3	700	370	41	12	0	65	1,560	68	2	8	14
Ceviche Taco	5.30	279	159	18	4	0	40	640	15	<1	8	14
*RA*ckin' Shrimp Taco	4.8	290	170	19	3.5	0	40	610	22	6	9	8
*RA*ckin' Fried Rice	17.9	1020	260	29	13	0.5	305	3,220	154	11	4	35
*RA*ckin' Rice Steak	18.0	994	269	30	14	1	302	3232	154	11	4	27
*RA*ckin' Rice Shrimp	18.0	990	250	28	13	1	308	3326	154	11	4	29
Chashu Pork Fried Rice	18.8	1200	450	50	23	0	230	2,560	156	18	2	34
Spicy Chicken Fried Rice	18.3	1010	250	28	12	0.5	255	2,390	154	14	4	37
*RA*ckin' Rice (Chicken Fried Rice)	9	510	130	15	7	1	153	1610	77	6	2	18
*RA*ckin' Rice Steak	9	497	134	15	7	0	151	1616	77	6	2	13
*RA*ckin' Rice Shrimp	9	495	125	14	6	0	154	1663	77	6	2	15
Chashu Pork Fried Rice	9	600	225	25	12	0	115	1280	78	9	1	17
Smoky Salmon Fried Rice	9	565	185	21	8	1	150	1295	77	7	3	18
Spicy Chicken Fried Rice	9	505	125	14	6	1	128	1195	77	7	2	19
SASHIMI												
Mackerel	3.7	310	230	26	8	0	60	580	4	0	0	15
Striped Bass	4.40	120	35	4	1	0	50	430	3	0	0	17
Scallops	3.39	80	5	1	0	0	30	120	4	0	0	14
Salmon	4	130	54	6	1	0	55	100	0	0	0	20
Halibut	4.66	90	5	1	0	0	40	490	4	0	0	18

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Tuna	4	140	45	5	1	0	40	45	0	0	0	23
Yellowtail	4	140	45	5	2	0	55	45	0	0	0	23
Sea Urchin	2.43	100	60	7	4	0	140	160	5	0	0	6
Octopus	3.92	70	10	1	0	0	150	290	2	0	0	14
Tuna Belly	3	140	45	5	0	0	40	45	0	0	0	23
NIGIRI												
Shrimp	1.55	50	0	0	0	0	45	160	7	0	2.45	5
Striped Bass	1.94	70	10	1	0	0	15	150	10	0	2.7	6
Tuna	1.91	80	13.5	1.5	0	0	10	150	11	0	2.5	6
Smoked Salmon	1.76	70	9	1	0	0	5	300	11	0	2.5	4
Quail Egg	0.32	15	9	1	0	0	5	15	0	0	0	1
Sweet Egg	2.96	180	100	11	3	0	240	220	14.0	0.3	6.9	7
Mackerel	1.76	110	45	5	0.5	0	15	270	11	0	2.45	5
Smelt Roe	1.17	50	0	0	0	0	0	170	12	0.87	2.45	1
Flying Fish	1.56	70	0	0	0	0	5	260	15	0.87	2.45	2
Salmon Roe	1.97	100	18	2	0	0	20	350	16	0.87	2.45	4
Scallop	2.68	80	0	0	0	0	15	230	13	0	2.45	8
Octopus	1.59	60	0	0	0	0	5	180	11	0.26	2.45	3
Halibut	1.9	70	4.5	0.5	0	0	10	180	9	0	2.73	6
Yellowtail	1.56	70	9	1	0	0	10	120	9	0	2.45	5
Salmon	1.59	80	13.5	1.5	0	0	10	160	11	0	2.45	5
Fresh Water Eel	2.08	125	45	5	2	0	60	350	14	0	4.75	6
Sea Urchin	1.76	70	13.5	1.5	0	0	50	170	12	0.87	2.45	3
Seared Sweet Shrimp	1.87	75	15	2	0	0	35	180	9	1	1.00	5
Snow Crab	1.84	60	0	0	0	0	10	320	11	0.26	2.45	5
Tuna Belly	1.9	110	36	4	1.5	0	10	210	11	0	2.45	7
Filet Mignon Nigiri	2.2	80	0	0	1	0	15	230	14	5	1	7
HAND ROLL												
Spicy Tuna	2.72	80	20	2	0	0	20	300	9	1	4	7
Shrimp Tempura	3.81	170	80	9	2	0	25	480	16	2	5	7
Spicy Salmon	2.68	120	55	6	1	0	15	150	9	2	4	7
California Hand Roll	3.65	170	18	2	0	0	5	370	29	2	4	9
Vegetarian	4.12	122	30	3	0	0	0	215	21	2	1	3
Philadelphia Hand Roll	3.13	199	90	10	4	0	30	252	20	2	5	8
Avocado	3.56	154	62	7	1	0	0	211	22	3	0	3
Tuna Hand Roll	2.42	109	0	0	0	0	5	182	18	0	10	10
Cucumber Hand Roll	2.46	110	9	1	0	0	0	130	23	1	10	2
Eel Cucumber	3.57	178	60	7	1	3	35	325	22	1	1	8
Spicy Yellowtail	3.59	139	35	4	1	0	8	364	21	2	1	5
Spicy Shrimp	3.59	138	35	2	0	0	5	409	22	2	1	5
MAKI SUSHI												
California Roll	6.81	410	180	20	3.5	0	20	820	50	5	12	8
Vegetarian Roll	5.75	240	20	2	0	0	0	530	49	4	13	5
Philadelphia Roll	6.47	300	117	13	7	0	45	940	32	3	12	15
Avocado Roll	7.47	370	180	20	3	0	0	420	42	8	11	5
Tuna Roll	5.30	200	9	1	0	0	25	550	32	3	6	16
Cucumber Roll	3.42	155	6	<1	0	0	0	213	32	<1	2	5
Eel Cucumber Roll	5.68	280	60	7	2	0	60	880	46	3	9	10
Spicy Tuna Roll	6.24	310	80	9	1.5	0	35	760	44	3	13	14
Spicy Yellowtail Roll	5.47	310	126	14	3.5	0	30	460	33	3	11	13
Spicy Salmon Roll	6	300	80	9	2	0	25	690	41	3	11	14
Spicy Shrimp Roll	6	250	70	6	1	0	55	730	41	3	12	13
Shrimp Tempura Roll	7	330	90	10	2	0	25	890	52	5	12	9
Rainbow Roll	10	510	190	21	4	0	55	920	58	6	12	21
Soft Shell Crab	7	450	220	24	5	0	55	1240	47	3	19	11
SPECIALTY ROLL												

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Lobster Filet Mignon Roll	9.5	524	271	30	6	1	114	966	30	4	5	33
*RA*awesome Roll	11.6	627	320	36	8	0	55	1874	70	4	7	20
Viva Las Vegas Roll	8	530	260	29	6	0	35	1240	55	5	24	12
Lobster Shrimp Roll	8	450	180	20	4	0	70	1290	44	5	30	23
Gojira Roll	8	510	210	23	7	0	65	1140	59	4	17	16
Vegetable Tempura Roll	6	320	100	11	2	0	0	530	51	6	7	4
Tootsy Maki	7	420	170	19	3	0	30	1130	54	6	15	9
Crunchy Calamari Roll	7	500	190	21	7	0	65	1200	66	5	19	11
Zonie Roll	8	360	120	13	3	0	20	690	45	6	12	16
Chili Shrimp Roll	9	650	380	42	8	0	135	2040	49	5	15	18
*RA*ckin' Roll	11	710	380	42	9	0	120	1370	63	7	22	19
Ultimate Shrimp Tempura Roll	9	440	140	15	3	0	40	1170	50	6	12	24
Crazy Monkey Roll	9	400	120	13	5	0	34	1090	59	7	21	11
Spicy Lobster Roll	7	360	140	15	3	0	30	830	46	3	14	8
Crunchy Shrimp Tempura Roll	7	370	130	14	3	0	40	1120	51	5	18	9
Mango Lobster Roll	9	430	170	19	4	0	30	1130	57	5	33	9
Chili Ponzu Yellowtail Roll	10	480	140	15	4	0	85	1020	55	22	59	30
Scallop Dynamite Roll	11	620	320	36	8	0	85	1130	52	3	21	22
Smoky Salmon Roll	8	460	190	21	4	0	40	1100	48	20	15	10
Mango Shrimp Roll	8	434	171	20	4	0	141	1715	33	2	10	24
Garlic Ponzu Yellowtail	3	95	30	3	1	0	28	520	4	0	3	13
Chili Ponzu Yellowtail Hand Roll	4	120	20	3	0	0	8	365	21	1	2	5
Surf & Turf Roll	11	565	185	21	5	0	129	1925	65	1	6	29
Tako To Me Roll	10	570	280	32	11	0	161	2095	19	1	10	49
SALAD												
Seaweed Salad	4	120	41	5	0	0	0	1180	18	4	8	2
Uchi No Salad	4	110	70	8	2	0	0	310	7	2	1	2
Nutty Grilled Chicken Salad	16	590	320	35	6	0	120	830	31	13	17	37
Nutty Grilled Salmon Salad	16	626	407	45	8	0	90	810	31	13	17	25
Sashimi Salad	10	430	260	29	6	0	0	1100	15	3	7	28
Spicy Cucumber Salad	6	50	15	1.5	0	0	0	1600	7	3	5	2
Tunacado Salad	13	462	285	33	5	0	51	647	17	8	5	29
SOUPS												
Miso Soup	6	35	10	1	0	0	0	710	3	0	1	3
Spicy Chicken Soup	16	240	70	8	1.5	0	75	1770	9	8	1	34
Spicy Shrimp Soup	22	420	130	14	3	0	65	4200	55	4	16	18
POKE												
Ahi Tuna Poke	19.7	821	88	11	1	0.0	40	1260	144	8	11.9	39.7
Salmon Poke	20.2	887	186	21	4	0.0	47	1264	144	8	11.9	31.7
Chirashi Poke	20.2	862	121	14	2	0.0	49	1269	144	8	11.9	41.2
ENTRÉE												
Chicken Katsu	17	910	430	48	10	0	190	2860	56	13	37	64
Chicken Yakisoba	18	700	140	15	3	0	90	3350	94	6	22	46
Steak Yakisoba	16	621	121	13	3	1	94	3368	94	5	22	30
Shrimp Yakisoba	15	561	75	8	1	0	65	3444	93	5	22	26
Black Pepper NY Steak	10	485	240	27	12	1	145	1689	13	1	3	48
Spicy Chicken Teriyaki Udon	15	660	140	15	3	0	80	1910	92	8	28	38
Spicy Steak Teriyaki Udon	14	581	121	13	3	1	84	1928	92	8	27	22
Spicy Shrimp Teriyaki Udon	12	521	75	8	0	0	55	2004	91	8	28	18
Bara Chirashi Bowl	19	830	180	20	5	0	65	2680	118	2	38	45
Teriyaki Chicken	17	550	30	3	1	0	190	660	73	7	0	57
Teriyaki Steak	17	610	80	9	4	0	125	470	78	13	2	54
Teriyaki Salmon	16	710	240	26	5	0	175	570	73	11	0	45
Hibachi Filet Mignon and Shrimp	23	1000	390	43	14	1	360	2540	91	20	8	63
Hibachi Chicken and Shrimp	22	910	290	32	5	0	370	2640	89	15	5	65
Hibachi Filet Mignon & Chicken	25	1220	475	54	17	1	364	2930	96	8	10	89

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Hibachi Surf Side	28	1115	450	51	11	1	384	3615	108	9	7	61
Sushi Combination												
California roll (4 pieces)	3	205	90	10	2	0	10	410	25	2	6	4
Tuna Nigiri (1 piece)	1	40	7	1	0	0	5	75	6	0	1	3
Yellowtail Nigiri (1 piece)	1	35	5	1	0	0	5	60	5	0	1	3
Salmon Nigiri (1 piece)	1	40	7	1	0	0	5	80	6	0	1	3
Shrimp Nigiri (1 piece)	1	25	0	0	0	0	23	80	4	0	1	3
Tuna Sashimi (2 pieces/1 oz)	1	35	11	1	0	0	10	11	0	0	0	6
Yellowtail Sashimi (2 pieces/1 oz)	1	35	11	1	0	0	14	11	0	0	0	6
Salmon Sashimi (2 pieces/1 oz)	1	33	14	2	0	0	14	25	0	0	0	5
Dinner Sushi & Nigiri Assortment												
California Roll (8 pieces)	7	410	180	20	4	0	20	820	50	5	12	8
Tuna Nigiri (1 piece)	1	40	7	1	0	0	5	75	6	0	1	3
Salmon Nigiri (1 piece)	1	40	7	1	0	0	5	80	6	0	1	3
Yellowtail Nigiri (1 piece)	1	35	5	1	0	0	5	60	5	0	1	3
Whitefish Nigiri (1 piece)	1	35	2	0	0	0	5	90	5	0	1	3
Shrimp Nigiri (1 piece)	1	25	0	0	0	0	23	80	4	0	1	3
Tamago Nigiri (sweet egg)	1	90	50	6	2	0	120	110	7	0	3	4
Miso Soup	6	35	10	1	0	0	0	710	3	0	1	3
Dinner Sashimi Assortment												
Tuna Sashimi (4 pieces/2 oz)	2	70	23	3	1	0	20	23	0	0	0	12
Salmon Sashimi (4 pieces/2 oz)	2	65	27	3	1	0	28	50	0	0	0	10
Yellowtail Sashimi (4 pieces/2 oz)	2	70	23	3	1	0	28	23	0	0	0	12
Whitefish Sashimi (4 pieces/1.5 oz)	2	60	18	2	1	0	25	215	2	0	0	9
Rice	5	253	0	0	0	0	0	4	61	0	0	5
Miso Soup	6	35	10	1	0	0	0	710	3	0	1	3
Nigiri Assortment												
Tuna (2 pieces)	1.9	80	14	2	0	0	10	150	11	0	2	6
Yellowtail (2 pieces)	1.6	70	9	1	0	0	10	120	9	0	2	5
Salmon (2 pieces)	1.6	80	14	2	0	0	10	160	11	0	2	5
Whitefish (1 piece)	1.0	35	2	0	0	0	5	90	5	0	1	3
Shrimp (1 piece)	0.8	25	50	0	0	0	23	80	4	0	1	3
Octopus (1 piece)	0.8	30	60	0	0	0	3	90	6	0	1	2
Tamago (1 piece)	1.5	90	50	6	2	0	120	110	7	0	3	4
CHI'RA'SHI												
P-Sushi Rice	10.0	510.0	0.0	0.0	0.0	0.0	0	8.5	122	0.9	0	10.2
P-Tuna Sashimi (2pc)	1.0	40.0	12.9	1.4	0.3	0.0	11	12.9	0	0.0	0	6.6
P-Yellowtail (2pc)	1.0	40.0	12.9	1.4	0.4	0.0	16	12.9	0	0.0	0	6.6
P-Salmon (2pc)	1.0	37.1	15.4	1.7	0.3	0.0	16	28.6	0	0.0	0	5.7
P-Whitefish Trimmed	0.8	25.7	1.3	0.1	0.0	0.0	11	140.0	1	0.0	0	5.1
P-Octopus Trimmed	0.8	16.0	2.3	0.2	0.0	0.0	34	66.3	0	0.0	0	3.2
Shrimp Sushi	1pc	18.5	0.8	0.1	0.0	0.0	7	7.7	0	0.0	0	4.2
Crab Stick	1pc	27.0	1.2	<1	<1	0.0	6	150.0	4	<1	2	2.2
Sweet Egg Nigiri	0.5	90.0	50.0	5.5	1.5	0.0	120	110.0	7	0.1	3	3.5
Tobiko Orange	0.3	41.0	16.0	1.8	0.4	0.0	106	26.0	0	0.0	0	6.3
How We Roll Platter												
Tuna Sashimi 4 slices	2.3	80.0	25.7	2.9	0.6	0.0	22.9	25.7	0	0.0	0	13.1
Yellowtail Sashimi 4 slices	2.3	80.0	25.7	2.9	0.9	0.0	31.4	25.7	0	0.0	0	13.1
Salmon Sashimi 4 slices	2.3	74.3	30.9	3.4	0.6	0.0	31.4	57.1	0	0.0	0	11.4
Tuna Nigiri 2pcs	1.9	80.0	13.5	1.5	0.0	0.0	10.0	150.0	11	0.0	2	6.0
Yellowtail Nigiri 2pcs	1.6	70.0	9.0	1.0	0.0	0.0	10.0	120.0	9	0.0	2	5.0
Salmon Nigiri 2pcs	1.6	80.0	13.5	1.5	0.0	0.0	10.0	160.0	11	0.0	2	5.0
Shrimp Nigiri 2pcs	1.6	50.0	0.0	0.0	0.0	0.0	45.0	160.0	7	0.0	2	5.0
California Roll	6.8	410.0	180.0	20.0	3.5	0.0	20.0	820.0	50	5.0	12	8.0
Spicy Tuna Roll	6.2	310.0	80.0	9.0	1.5	0.0	35.0	760.0	44	3.0	13	14.0
Edamame	2.5	84.8	30.3	3.6	0.4	0.0	0.0	179.6	7	3.6	2	7.6

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You Had Me at Sushi Platter												
Rainbow Roll (2)	19.2	1020.0	380.0	42.0	7.0	0.0	110.0	1840	116.0	11	24.6	42
Spicy Tuna Roll (1)	6.2	310.0	80.0	9.0	1.5	0.0	35.0	760	44.0	3	13.0	14
Philadelphia Roll (1)	6.5	300.0	117.0	13.0	7.0	0.0	45.0	940	32.0	3	12.0	15
California Roll (1)	6.8	410.0	180.0	20.0	3.5	0.0	20.0	820	50.0	5	12.0	8
Viva Las Vegas Roll (1)	7.8	530.0	260.0	29.0	6.0	0.0	35.0	1240	55.0	5	24.0	12
Shrimp Nigiri (4pcs)	3.1	100.0	0.0	0.0	0.0	0.0	90.0	320	14.0	0	4.9	10
Zoni Roll (1)	7.8	360.0	120.0	13.0	2.5	0.0	20.0	690	45.0	6	12.0	16
SIDES												
Steamed Rice	8	405	0.0	0.0	0.0	0.0	0.0	7.0	97.0	1.0	0.0	8.0
Steamed Vegetables	8	80	5	1	0	0	0	1100	14	1	0	5
Seasoned Grilled Vegetables	6	130	20	2	0	0	0	360	23	14	0	3
Asian Coleslaw	4	90	45	5	1	0	<5	370	9	11	5	2
DESSERT												
Cinnamon Tempura Gelato	14	1120	513	57	21	0	215	630	135	2	132	16
Coconut Crème Brulee	4	420	243	27	17	1	110	30	40	0	55	4
Sweet Mochi Trio	4	300	60	6	6	0	0	30	60	0	42	3
LUNCH												
Bowls												
Salmon Teriyaki Bowl	18	730	90	11	2	0	50	420	125	7	1	35
Chicken Teriyaki Bowl	18	690	25	3	1	0	50	400	129	5	1	37
Steak Teriyaki Bowl	18	790	70	8	4	0	55	320	145	10	1	34
Salmon Bowl	18	800	140	15	3	0	60	2470	132	3	38	33
Ahi Tuna Bowl	18	700	45	5	2	0	35	2500	122	3	38	41
Bara Chirashi Bowl	19	830	180	20	5	0	65	2680	118	2	38	45
Miso Soup	6	35	10	1	0	0	0	710	3	0	1	3
Sushi & Salads												
California Roll	7	410	180	20	4	0	20	820	50	5	12	8
Spicy Tuna Roll	6	310	80	9	2	0	35	760	44	3	13	14
Rainbow Roll	10	510	190	21	4	0	55	920	58	6	12	21
Zonie Roll	8	360	120	13	3	0	20	690	45	6	12	16
Spicy Lobster Roll	7	360	120	13	2	0	45	850	48	3	14	12
Ultimate Shrimp Tempura Roll	9	440	140	15	3	0	40	1170	50	6	12	24
Miso Soup	6	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	55	35	4	1	0	0	310	3	2	1	2
Sashimi (Choose 7)												
Tuna Sashimi per slice	1	18	6	1	0	0	5	6	0	0	2	3
Yellowtail Sashimi per slice	1	18	6	1	0	0	7	6	0	0	2	3
Salmon Sashimi per slice	1	16	7	1	0	0	7	13	0	0	2	3
Rice	5.0	255	0.0	0.0	0.0	0.0	0.0	4.3	60.0	0.4	0.0	5.1
Miso Soup	6	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	55	35	4	1	0	0	310	3	2	1	2
Sushi & Nigiri Assortment												
California Roll	7	410	180	20	4	0	20	820	50	5	12	8
Tuna Nigiri	1	40	7	1	0	0	5	75	6	0	2	3
Salmon Nigiri	1	40	7	1	0	0	5	80	6	0	2	3
Yellowtail Nigiri	1	35	5	1	0	0	5	60	5	0	2	3
Shrimp Nigiri	1	25	0	0	0	0	23	80	4	0	2	3
Miso Soup	6	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	55	35	4	1	0	0	310	3	2	1	2
Sashimi Assortment												
Tuna Sashimi	2	70	23	3	1	0	20	23	0	0	0	12
Salmon Sashimi	2	65	27	3	1	0	28	50	0	0	0	10
Yellowtail Sashimi	2	70	23	3	1	0	28	23	0	0	0	12
Rice	5.0	255	0.0	0.0	0.0	0.0	0.0	4.3	60.0	0.4	0.0	5.1
Miso Soup	6	35	10	1	0	0	0	710	3	0	1	3

Menu Items	Serving Size (ounces)	Calories	Calories Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (grams)	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)
Uchi No Salad	3	55	35	4	1	0	0	310	3	2	1	2
Bento Box												
Bento Box Vegetable Tempura	6	313	184	21	4	0	0	754	28	3	9	5
Bento Box Shrimp Tempura	6	230	80	9	2	0	75	655	29	1	1	9
Bento Box Chicken Teriyaki	6	190	30	3	1	0	110	1030	13	1	12	27
Bento Box Chicken Katsu	6	270	120	13	3	0	70	950	17	1	6	20
Bento Box Salmon Teriyaki	6	230	90	10	2	0	55	900	11	1	6	24
Bento Box Steak Teriyaki	6	200	70	8	3	0	65	660	9	1	6	24
Miso Soup	6	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	55	35	4	1	0	0	310	3	2	1	2
Rice	5.0	255	0.0	0.0	0.0	0.0	0.0	4.3	60.0	0.4	0.0	5.1
Pork Gyoza	1	42	18	2	1	0	3	165	4	0	1	2
Vegetable Spring Roll	7	120	250	28	6	0	0	1700	49	4	5	6
Shogun Bento Box												
Shogun Bento Box Steak Teriyaki	6	200	70	8	3	0	65	660	9	1	6	24
Shogun Bento Box Chicken Teriyaki	6	190	30	3	1	0	110	1030	13	1	12	27
Shogun Bento Box Chicken Katsu	6	270	120	13	3	0	70	950	17	1	6	20
Shogun Bento Box Salmon Teriyaki	6	230	90	10	2	0	55	900	11	1	6	24
Shogun Half California Roll	3	205	90	10	2	0	10	410	25	3	6	4
Shogun Bento Box Sashimi	6	205	72	8	2	0	75	95	0	0	0	33
Miso Soup	6	35	10	1	0	0	0	710	3	0	1	3
Uchi No Salad	3	55	35	4	1	0	0	310	3	2	1	2
Rice	5.0	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	250	120	13	3	0	0	455	35	9	1	6
Pork Gyoza	1	42	18	2	1	0	3	165	4	0	1	2
Vegetable Spring Roll	7	120	250	28	6	0	0	1700	49	4	5	6
RAMEN												
Ramen	23	490	120	13	4	0	105	2,710	75	10	3	17
Chashu Ramen	26	690	280	31	10	0	180	3,280	72	13	3	31
Spicy Chili Garlic Ramen	25	590	160	18	5	0	120	3,100	84	12	4	25
Spicy Chicken Ramen	29	735	155	18	5	0	270	3250	82	11	3	65
Sides												
"RA"ckin' Fried Rice	9	510	130	14	7	0.5	153	1610	77	6	2	18
Steamed Rice	8	405	0	0	0	0	0	6.75	97.2	0.675	0	8.1
Pork Gyoza (3pcs)	2.5	125	55	6	2	0	10	495	12.5	0	3.5	5
Spring Roll (2pcs)	4	235	125	14	3	0	0	850	25	2	3	3
Uchi No Salad	4.5	110	70	8	1.5	0	0	310	7	2	1	2
Extras												
Extra Noodles	5	400	0	1.5	<1	0	0	230	79	2	1	14
Garlic Chips	0.5	17	0	3	<1			0	4	0	0	0
Hot Red Chili Garlic	0.5	11.1	0	0	0	0	0	282	<1	<1	<1	<1
Fresh Garlic	0.5	15	0	0	0	0	0	0	3	0	0	0
Pork Chashu	1.2	99	66	7.2	2.7	0	32	24	0	0	0	8
HAPPY HOUR												
Edamame	2.47	85	30	3.6	0.5	0	0	180	7	3.6	2	7.6
Salmon Nigiri	2	80	14	2	0	0	10	160	11	0	2	5
Shrimp Nigiri	2	50	0	0	0	0	45	160	7	0	2	5
Seaweed Salad	4	120	41	5	0	0	0	1180	18	4	8	2
Tuna Nigiri	2	80	14	2	0	0	10	150	11	0	2	6
Yellowtail Nigiri	2	70	9	1	0	0	10	120	9	0	2	5
Spicy Salmon Roll	6	300	80	9	2	0	25	690	41	14	14	7
Spicy Tuna Roll	6	310	80	9	2	0	35	760	44	3	13	14
Spicy Shrimp Roll	6	250	70	6	1	0	55	730	41	3	12	13
California Roll	7	410	180	20	4	0	20	820	50	5	12	8
Pork Gyoza	5	250	110	12	4	0	20	990	25	0	7	10

Menu Items	Serving Size (ounces)	Calories	Calories Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (grams)	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)
Pineapple Cheese Wontons	5	300	150	17	8	0	35	420	33	1	12	5
Tootsy Maki	7	420	170	19	3	0	30	1130	54	5	14	9
Spicy Yellowtail Roll	5	310	126	14	4	0	30	460	33	3	11	13
Crunchy Calamari Roll	7	500	190	21	7	0	65	1200	66	5	19	11
Spring Rolls	7	470	250	28	6	0	0	1700	49	4	5	6
Chicken Skewers	3 skewers	438	347	39	7	0	80	895	26	<1	24	22
Seared Tuna	3	110	35	4	1	0	25	450	2	1	3	16
Garlic Ponzu Yellowtail	3	150	90	10	3	0	45	300	3	0	3	13
Shrimp Tempura Roll	7	330	90	10	2	0	25	890	52	5	12	9
Crispy Spicy Tuna	5	310	90	10	2	0	35	1190	43	2	7	13
Shrimp Tempura	7	300	150	17	4	0	120	1600	21	1	1	16
Viva Las Vegas Roll	8	530	260	29	6	0	35	1240	55	5	24	12
Rainbow Roll	10	510	190	21	4	0	55	920	58	6	12	21
Takoyaki	8	277	22	2	1	0	0	2043	54	2	24	9
Fried Zucchini	8 pieces	340	255	28.6	4.9	<1	80.0	543.0	16.4	0.9	4.2	5.2
Karaage Chicken	5 pieces	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	370	130	14.0	2.5	0.0	40.0	1120.0	51.0	5.0	17.9	9.0
Shrimp Shumai	8 pieces	280	145	16.2	6.3	16.2	40.0	495.0	21.6	0.9	5.4	9.9
*RA*ckin' Shrimp	6	490	260	29	6	0	165	1140	34	2	3	24
CATERING												
*RA*ckin' Rice (Chicken Fried Rice)	72	4080	1040	116	52	2	1220	12880	616	44	16	140
*RA*ckin' Rice Steak	72	3975	1075	120	55	3	1208	12928	617	45	16	107
*RA*ckin' Rice Shrimp	72	3959	1001	114	51	2	1233	13305	616	45	16	117
Chashu Pork Fried Rice	72	4800	1800	200	92	0	920	10240	624	72	8	136
Spicy Chicken Fried Rice	72	4040	1000	112	48	2	1020	9560	616	56	16	148
Seaweed Salad	30	960	324	36	0	0	0	9440	144	32	64	16
Uchi No Salad	35	880	560	64	12	0	0	2480	56	15	10	16
Edamame	15	509	182	22	3	0	0	1077	43	22	9	45
Garlic Edamame	24	1020	300	36	9	0	30	2640	102	60	6	78
Wings Black Pepper Teriyaki	34	2440	1320	148	44	0	1060	4600	68	20	28	216
Wings Chili Ponzu	32	2360	1360	152	44	0	1060	3200	64	4	40	188
Wings Sesame Garlic	36	2840	1640	184	52	0	1000	6320	88	4	88	216
Pork Gyoza	25	1250	550	60	18	0	100	4950	125	0	35	50
Spring Rolls	37	2350	1250	140	30	0	0	8500	245	20	25	30
Shishito Peppers	27	840	390	42	27	0	120	4020	90	16	27	24
Lobster Spring rolls	33	2100	1250	140	55	0	425	3600	135	10	35	75
Pineapple Cheese Wontons	24	1500	750	85	40	0	175	2100	165	5	60	25
Shrimp Nigiri	16	500	0	0	0	0	450	1600	70	0	25	50
Tuna Nigiri	19	800	135	15	0	0	100	1500	110	0	25	60
Yellowtail Nigiri	16	700	90	10	0	0	100	1200	90	0	25	50
Salmon Nigiri	16	800	135	15	0	0	100	1600	110	0	25	50
Salmon & Yellow Tail Nigiri	16	750	113	13	0	0	100	1400	100	0	25	50
Tuna and Yellow Tail Nigiri	17	750	113	13	0	0	100	1350	100	0	25	55
Shrimp and Salmon Nigiri	16	650	68	8	0	0	275	1600	90	0	25	50
Philadelphia Roll	26	1200	468	52	28	0	180	3760	128	12	48	60
California Roll	27	1640	720	80	14	0	80	3280	200	20	48	32
Vegetarian Roll	23	960	80	8	0	0	0	2120	196	16	52	20
Spicy Shrimp Roll	25	1240	320	36	6	0	140	3040	176	12	52	56
Spicy Tuna Roll	25	1240	320	36	6	0	140	3040	176	12	52	56
Rainbow Roll	38	2040	760	84	14	0	220	3680	232	24	48	84
California and Spicy Tuna Roll	26	1440	520	58	10	0	110	3160	188	16	50	44
Rainbow and California Roll	33	1840	740	82	14	0	150	3480	216	22	48	58
Rainbow and Spicy Tuna Roll	32	1640	540	60	10	0	180	3360	204	18	50	70
Viva Las Vegas Combination	54	3110	1240	138	26	0	270	6660	364	33	110	102
Bara Chirashi Combination	113	4980	1080	120	30	0	390	16080	708	13	227	270
Tokyo Combination	45	2250	720	80	14	0	380	4820	282	23	72	98

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Samurai Combination	34	1600	411	44	6	0	305	3720	222	11	59	83
Giesha Combination	47	2480	890	99	17	0	230	5310	311	28	95	87
Tsukiji Combination	27	1250	288	32	4	0	245	2590	164	5	41	71
Nutty Grilled Salad Salmon	81	3130	2035	224	38	0	448	4050	155	67	86	125
Nutty Grilled Salad Chicken	82	2950	1600	175	30	0	600	4150	155	67	86	185
Spicy Chicken Teriyaki Udon	77	3300	700	75	13	0	400	9550	460	42	138	190
Spicy Steak Teriyaki Udon	69	2905	605	64	14	3	418	9641	459	41	137	110
Spicy Shrimp Teriyaki Udon	62	2604	375	42	1	0	274	10022	455	41	138	89
Tunacado Salad	77	2772	1709	197	29	1	303	3880	100	49	32	172
Chicken Teriyaki	83	2750	150	15	5	0	950	3300	365	35	0	285
Steak Teriyaki	83	3050	400	45	20	0	625	2350	390	65	10	270
Chicken Katsu	85	4550	2150	240	50	0	950	14300	280	67	183	320
Steamed Rice	56	2835	0	0	0	0	0	47	680	5	0	57
Asian Coleslaw	43	450	450	50	5	0	50	3700	90	115	47	20

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