



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

Menu Items	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)
CATERING MENU											
SOUP AND SALADS											
Uchi No Salad	110	70	8	1.5	0	0	310	7	1.91	1.2	2
Seaweed Salad	110	70	8	1.5	0	0	310	7	1.91	1.2	2
Miso Soup	40	10	1	0	0	0	710	3	0	1	3
SHAREABLES											
Pineapple Cheese Wonton	300	150	17	8	0	35	420	33	1	12	5
Spring Roll	470	250	28	6	0	0	1700	49	4	5	6
Pork Gyoza	250	110	12	3.5	0	20	990	25	0	7	10
Edamame	210	75	8.8	1.09	0	0	435	17.2	8.8	3.71	18.42
Garlic Edamame	340	135	16.3	2.97	0	0	1145	35.1	8.9	16.71	21.75
Shishito Peppers	140	65	7	4.5	0	20	670	15	3	4	4
Sesame Garlic Sauce Wings	710	410	46	13	0	250	1580	22	1	22	54
Black Pepper Teriyaki Wings	610	330	37	11	0	265	1150	17	5	7	54
Spicy Sauce Wings	590	340	38	11	0	265	800	16	1	10	47
SUSHI PLATTERS											
Tokyo Platter	310	55	6	1	0	79	727	49	3	10	18
Samurai Platter	350	80	9	2	0	64	797	47	1	10	18
Viva Las Vegas Platter	590	237	26	5	0	48	1247	69	6	20	18
Kyoto to the Bay Platter	360	110.0	12.0	3.0	0.0	40.0	850.0	50.0	4.0	12.0	10.0
Sushi O'clock Platter	490	154	17	3	0	81	1258	62	5	17	22
SUSHI TRAYS											
Spicy Shrimp Roll	250.00	70.00	6.00	1	0.00	55.00	730.00	41.00	3.00	12	13
Rainbow Roll	380.00	99.00	11.00	>1	0.00	133	712.00	56.00	7.43	13.00	25.00
Spicy Tuna Roll	340.00	56.00	6.00	>1	0.00	22	924.00	55.00	1.00	11.00	13.00
Philadelphia Roll	380.00	117.00	13.00	5.00	0.00	35	682.00	54.00	2.61	13.16	13.00
California Roll	170.00	18.00	2.00	0.00	0.00	5	370.00	29.00	2.41	4.40	9.00
Rainbow Roll and Spicy Tuna Roll	360.00	78.00	8.50	>1	0.00	77.50	818.00	55.50	4.22	12.00	19.00
Avocado Rolls and Cucumber Roll	260.00	93.00	2.00	1.50	0.00	0	316.50	36.80	1.00	6.50	5.10
California and Spicy Tuna Roll	260.00	38.00	4.00	>1	0.00	13	647.00	42.00	1.65	8.00	11.00
Rainbow Roll and California Roll	280.00	59.00	6.50	>1	0.00	69.00	541.00	42.50	4.92	8.70	17.00
"RA"CKIN' FRIED RICE											
Hibachi Chicken Rice	440	100.0	11.0	2.5	0.0	150.0	570.0	70.0	6.0	<1	15.0
Hibachi Shrimp Rice	440	92.3	10.3	1.3	0.0	159.0	621.3	71.0	6.4	0.8	15.0
Hibachi Steak Rice	470	125.0	14.0	2.8	0.0	151.0	563.8	71.0	6.4	0.8	15.0
Spicy Fried Rice with Chicken	470	120.0	15.0	3.0	0.0	150.0	770.0	71.0	6.0	1.0	15.0
Steamed rice	320	0	0	0	0	0	7	97	1	0	8
ENTRÉES											
Tunacado Salad	460	285	33	5	0	51	647	17	8	5	29
Chicken Katsu	910	430	48	10	0	190	2860	56	13	37	64
Chicken Teriyaki	550	30	3	1	0	190	660	73	7	0	57
Steak Teriyaki	610	80	9	4	0	125	470	78	13	2	54
Spicy Chicken Teriyaki Udon	660	140	15	3	0	80	1910	92	8	28	38
Spicy Steak Teriyaki Udon	580	121	13	3	1	84	1928	92	8	27	22
Spicy Shrimp Teriyaki Udon	520	75	8	0	0	55	2004	91	8	28	18

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SAUCES & DRESSING (1 PINT)											
Ginger Dressing	960.00	860.00	96.00	16.00	0.00	0	5440.00	32.00	4.00	6.00	0.00
Ginger Sauce	160.00	0.00	0.00	0.00	0.00	0	12000.00	2.00	<1	5.00	28.00
Spicy Mayo	2770.00	2690.00	300.00	48.00	0.00	1310	2450.00	32.00	0.00	9.00	0.00
DESSERTS											
Traditional Cheesecake	850	530	59	33	2.5	275	990	66	1	56	14
Mount Fuji Chocolate Cake	420	280	22	6.34	1.4	24	379	58	2	44	3.8
BEVERAGE											
Lemonade	110.00	0.00	0.00	0.00	0.00	90	93.00	0.00	32.00	0.00	
Strawberry Lemonade	130.00	0.00	0.00	0.00	0.00	90	93.00	0.00	32.00	0.00	
Mango Lemonade	130.00	0.00	0.00	0.00	0.00	90	93.00	0.00	32.00	0.00	
Iced Tea	0.00	0.00	0.00	0.00	0.00			0.00	0.00		
Assorted Beverages	100.00	0.00	0.00	0.00	0.00	20		0.00	28.00	0.00	
Red Bull	110.00	0.00	0.00	0.00	0.00	0	190.00	0.00	0.00	30.00	
Tropical Red Bull	160.00	0.00	0.00	0.00	0.00	0	200.00	0.00	0.00	39.00	
Acqua Panna Natural Spring Water	0.00	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	.0
San Pellegrino	0.00	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	
MOCKTAILS											
Berry Berry Nice	130.00	0.00	0.00	0.00	0.00	0.00	0.6	34.00	0.00	34.00	less than 1 g
Cabana Boy	150.00	0.00	0.00	0.00	0.00	0.00	1	38.00	less than 1g	38.00	0.00

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