



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)
<b>CATERING MENU</b>											
<b>SOUP AND SALADS</b>											
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
<b>SHAREABLES</b>											
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
<b>SUSHI PLATTERS</b>											
Tokyo Platter	600	168	19	3	0	83	1307	80	5	17	25
Samurai Platter	450	120	13	2	0	97	1195	70	2	15	27
Viva Las Vegas Platter	890	890	890	890	890	890	890	890	890	890	890
Kyoto to the Bay Platter	490-700	165	18	5	0	60	1275	75	6	18	15
Sushi O'clock Platter	740	740	740	740	740	740	740	740	740	740	740
<b>SUSHI TRAYS</b>											
Spicy Shrimp Roll	250.00	70.00	6.00	1	0.00	55.00	730.00	41.00	3.00	12	13
Rainbow Roll	510.00	190.00	21.00	3.50	0.00	55	920.00	58.00	6.00	12.00	21.00
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	410.00	180.00	20.00	3.50	0.00	20	820.00	50.00	5.00	12.00	8.00
Rainbow Roll and Spicy Tuna Roll	430.00	123.00	14.00	2.00	0.00	38.00	922.00	57.00	3.00	12.00	17.00
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	380.00	118.00	13.00	2.00	0.00	20	872.00	52.80	3.00	12.00	11.00
Rainbow Roll and California Roll	400.00	140.00	16.00	2.00	0.00	77.00	766.00	53.00	6.00	12.00	17.00
<b>"RA"CKIN' FRIED RICE</b>											
Hibachi Chicken Rice	560	100.0	11.0	2.5	0.0	150.0	570.0	70.0	6.0	<1	15.0
Hibachi Shrimp Rice	600	92.3	10.3	1.3	0.0	159.0	621.3	71.0	6.4	0.8	15.0
Hibachi Steak Rice	600	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	600	120.0	15.0	3.0	0.0	150.0	770.0	71.0	6.0	1.0	15.0
<b>ENTRÉES</b>											
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

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)
<b>SAUCES &amp; DRESSING (1 PINT)</b>											
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
Teriyaki Sauce	1240	0.00	0.00	0.00	0.00	0	9810.00	256.00	1.00	208.00	53.33
Garlic Sauce	1440	1280.00	160.00	40.00	0.00	0	2000.00	40.00	0.00	0.00	<1
<b>DESSERTS</b>											
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
<b>BEVERAGE</b>											
Lemonade	110.00	0.00	0.00	0.00	0.00	90	93.00	0.00	32.00	0.00	0
Strawberry Lemonade	130.00	0.00	0.00	0.00	0.00	90	93.00	0.00	32.00	0.00	0
Mango Lemonade	130.00	0.00	0.00	0.00	0.00	90	93.00	0.00	32.00	0.00	0
Iced Tea	0.00	0.00	0.00	0.00	0.00	0	0	0.00	0.00	0	0
Assorted Beverages	100.00	0.00	0.00	0.00	0.00	20	0	0.00	28.00	0.00	0
Red Bull	110.00	0.00	0.00	0.00	0.00	0	190.00	0.00	0.00	30.00	0
Tropical Red Bull	160.00	0.00	0.00	0.00	0.00	0	200.00	0.00	0.00	39.00	0
Red Bull Sugar Free	8.4	10	0	0	0	0	100	28	0	0	less than 1 g
Fiji Water	0.00	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0
Sparkling Water	0.00	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0
<b>MOCKTAILS</b>											
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

**catering.RAsushi.com**