

PRODUCT NAME	SERVING SIZE (g)	SERVINGS PER CONTAINER	CALORIES	TOTAL FAT (g)	CALORIES FROM FAT	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
Big Shrimp'n'	264	1	420	16	155	2	0	85	1230	49	4	12	18
Calamari Salad	99	1	120	1.5	14	0	0	190	960	12	2	9	14
Cali Rainbow Roll	386	1	470	12	113	1.5	0	95	1360	53	4	13	37
California Dragon Roll	336	1	380	6	61	0.5	0	15	1670	61	4	15	18
California Inari	345	1	510	9	87	1.5	0	5	1810	84	4	28	16
California Nigiri	505	1	680	14	129	2	0	70	2330	98	5	25	40
California Roll	284	1	340	6	61	0.5	0	10	1300	53	4	13	12
California Roll - Family	370	1	450	8	81	1.0	0	15	1690	69	5	17	16
California Roll - Family brown rice	370	1	460	9	92	1.0	0	15	1650	71	7	16	16
California Roll brown rice	284	1	350	7	70	0.5	0	10	1270	55	5	12	12
Chubby Nirja Roll	440	1	670	35	17.5	5	0	90	1170	55	9	18	34
Cooked Salmon Roll	277	1	460	21	202	3	0	55	1720	45	6	11	22
Da Bomb Roll	303	1	530	26	249	4	0	65	1070	58	7	12	15
Dumpling Gyoza Chicken	120	1	250	6	65	1.5	0	10	590	39	2	2	7
Dumpling Gyoza Pork	108	1	230	8	71	2.5	0	20	460	33	2	3	9
Dumpling Gyoza Vegetable	108	1	175	4	23	0	0	10	360	33	2	3	6
Eel Roll	289	1	510	31	265	6	0	145	1450	48	5	14	19
Eel Roll brown rice	289	1	520	32	276	6	0	145	1420	50	6	13	19
El Jefe	249	1	380	15	144	2.0	0	25	1260	45	5	13	14
French Crunchy Roll	338	1	650	37	338	16	0	80	1850	64	2	20	15
Fuji Combo	287	1	360	10	101	1.5	0	25	1220	50	5	12	13
Garlic Chicken Bowl	299	1	430	7	65	1.0	0	55	2180	74	2	29	18
Green Wave Roll	314	1	310	10	99	1.5	0	0	760	52	9	13	5
Hosomaki Miniroll	232	1	300	4.5	42	0.5	0	0	1140	60	5	15	5
Inari	192	1	380	10	91.2	2	0	0	1150	58	<1	29	12
King Kahuna	377	1	740	40	370	9	0	75	1870	78	4	20	19
Michigan Jalapeno Roll	300	1	380	8	78	1.0	0	35	910	50	6	13	26
Mini-Rainbow Roll	420	1	550	18	165	2.5	0	110	840	41	4	10	56
Nigiri	357	1	600	18	156	3.0	0	195	1840	72	2	19	41
Osaka Roll	388	1	860	56	507	8	0	95	1930	60	4	16	31
Philadelphia Roll	303	1	450	20	176	12	0	70	1490	54	2	15	16
Philadelphia Roll - Family	404	1	600	27	234	16	0	93	1982	72	3	20	21
Philadelphia Roll brown rice	303	1	460	21	184	12	0	70	1460	56	3	14	16
Real Crab Roll	287	1	370	8	78	1.0	0	80	1540	42	4	10	31
Red Dragon Roll	293	1	400	6	60	0.5	0	55	940	46	4	11	39
Salmon Poke Rice Bowl	317	1	470	18	165	2.5	0	55	2520	56	4	18	24
Salmon Poke Rice Bowl brown rice	317	1	480	19	173	2.5	0	55	2470	58	5	17	24
Salmon Pow Pow	305	1	540	24	216	3.5	0	55	1280	63	6	16	22
Seared Tuna Sashimi	241	1	330	4	36	0.5	0	35	7160	50	4	19	25
Seaweed Salad	113	1	100	4	44	0.5	0	0	1020	15	5	10	1
Shrimp Double Crunch Roll	257	1	450	20	194	2	0	60	1080	54	4	18	13
Skinny Spicy Combo Roll	234	1	270	11	108	1.5	0	45	115	22	4	3	21
Skinny Spicy Salmon Roll	234	1	310	16	155	2.5	0	55	110	22	4	3	19
Skinny Spicy Shrimp Roll	234	1	210	5	61	1	0	50	460	22	4	3	13
Skinny Spicy Tuna Roll	234	1	240	6	62	1.0	0	35	120	22	4	3	23
Skinny Veggie Roll	234	1	170	6	60	1.0	0	0	105	27	6	5	2
Sliced Avocado Roll	286	1	290	18	180	2.5	0	0	115	31	10	4	4
Spicy California - Family	383	1	530	19	186	2.5	0	25	1810	70	5	17	16
Spicy California Roll	295	1	410	15	144	2	0	20	1390	54	4	13	12
Spicy California Roll brown rice	295	1	410	16	148	2.0	0	20	1360	56	5	13	12
Spicy Chicken Roll	304	1	460	18	170	4	0	55	1510	55	4	18	18
Spicy Crunchy Roll	213	1	450	23	212	4.5	0	40	860	45	4	10	15
Spicy Garlic Roll	297	1	480	23	216	3	0	60	950	43	4	10	26
Spicy Salmon Roll	266	1	450	15	140	2	0	55	940	45	2	11	21
Spicy Salmon Roll brown rice	266	1	460	16	152	2	0	55	900	47	4	11	20
Spicy Salmon SushiRito	374	1	580	28	261	4	0	80	1140	55	5	13	28
Spicy Shrimp Inari	226	1	370	13	126	2	0	35	1020	43	3	19	17
Spicy Spring Roll	184	1	240	12	110	1.5	0	60	140	19	3	<1	15
Spicy Tuna Roll	266	1	330	5	46	0.5	0	35	950	45	2	11	25
Spicy Tuna Roll brown rice	266	1	330	6	56	0.5	0	35	910	47	4	11	25
Spicy Tuna Special Roll	318	1	400	10	96	1	0	60	970	48	4	12	30
Spicy Tuna SushiRito	357	1	460	14	133	2	0	55	1160	52	5	13	33
Spider Roll	349	1	400	8	80	1	0	90	1580	56	5	15	21
Spring Roll	187	1	230	45	4.5	1.5	0	15	560	42	4	21	4
Summer Lovin' Roll	303	1	520	22	203	3	0	55	900	70	9	29	14
Tekamaki Roll	232	1	370	8	74	1	0	60	920	44	2	11	29
Tempura Shrimp Roll	214	1	340	11	105	1.5	0	60	1050	46	2	12	12
Teriyaki Chicken Rice Bowl	370	1	460	8	78	1	0	70	2760	74	4	33	24
Teriyaki Chicken Roll	216	1	280	60	7	1.5	0	60	1150	38	1	12	15
Teriyaki Chicken SushiRito	357	1	420	8	76	1	0	70	230	65	5	24	24
Tiger Roll	258	1	380	11	106	1.5	0	125	930	43	2	10	24
Tropical Voodoo Roll	328	1	530	25	239	3.5	0	25	2090	63	6	21	12
Tuna Poke Rice Bowl	317	1	400	8	72	1	0	35	2530	56	4	18	28
Tuna Poke Rice Bowl brown rice	317	1	400	9	80	1	0	35	2490	58	5	17	28
Tuna Pow Pow	271	1	400	8	72	1	0	35	1290	60	4	16	25
Utah Crunchy Roll	257	1	450	20	194	2	0	60	1080	54	4	18	13
Vegetable Crunchy Roll	343	1	350	12	119	1.5	0	0	840	56	10	17	6
Vegetable Roll	315	1	330	11	112	1.5	0	0	870	53	9	14	6
Vegetable Roll brown rice	315	1	340	12	119	1.5	0	0	840	55	10	14	5
Volcano Roll	259	1	430	16	166	2	0	35	1170	48	4	11	23



NUTRITION INFO

2000 calories per day is used for general nutrition advice, but individual needs may vary. Consuming raw or undercooked meat, poultry, seafood or eggs may increase your risk of foodborne illness. Some products are not listed due to Chef's selections of ingredients. For questions on all product nutritional information please email:

info@sushikabar.com