

Dessert	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cream Anmitsu	330	90	10	6				40	55	0	52	1	27	5
Japanese Style Soy Milk Donuts	280	140	15	6				40	160		30		30	5
Mochi Ice Green Tea	200	35	4.0	4.0					10	100	38		26	2
Mochi Ice Green Tea/ Strawberry	200	35	4.0	4.0					10	50	36		26	2
Mochi Ice Mango	200	35	4.0	4.0					10		38		26	2
Mochi Ice Mango/ Green Tea	200	35	4.0	4.0					10	50	38		26	2
Mochi Ice Mango/ Strawberry	200	35	4.0	4.0					10		36		26	2
Mochi Ice Strawberry	200	35	4.0	4.0					10		34		26	2
Vanilla Ice Cream	310	170	19	12				80	80		29		29	6
Drink														
Asahi (Large)	290										28			
Brisk Raspberry Iced Tea	100								110		26		24	
Brisk Unsweetened Iced Tea	0								15	180	1			
Coke	200								60		54		54	
Diet Coke	0								55					
Diet Pepsi	0								50	70				
Dr. Pepper	200								80		53		51	
Hakutsuru Draft Sake	170										2		2	
Hakutsuru Sayuri Nigori	290										8		8	
Hot Green Tea	0								0	40				1
Hot Sake	390								5	75	15			1
Iced Green Tea	0								0	40				1
Lemonade	180								130	25	50		48	
Mist Twst	200								40	90	54		54	
Mountain Dew	220								70	10	58		58	
Pepsi	200								40		56		56	
Pibb Xtra	190								55		52		52	
Raspberry Iced Tea	180										46		44	
Red Ale Echigo (Small)	160								10		9			2
Sapporo Light	110										9			1
Sapporo Regular (Large)	240										17			2
Sapporo Regular (Small)	120										9			1
Sparkling Sake AWAYUKI	250								5		38		31	1
Sparkling Sake MIO	260								10		43		38	
Sprite	200	0	0						45	0	50		44	0
Tropicana Lemonade	200								210		54		54	
Tropicana Pink Lemonade	200								210		54		54	
Yuzu Sparkling Sake Hanafuga	150								0		38		38	0
Gunkan														
G Garlic Tuna Steak	100	10	1.0	0		0	0	10	110	120	16		1	6
G Premium American Beef	110	30	3.5	1.0		0	0	10	110	35	16		1	6
Ikura (Salmon Roe)	90	5	0.5	0		0	0	80	115	70	16			7
Inari	130	40	4.5	0.5					150	30	19		5	4
Masago (Capelin's Egg)	100	10	1.0	0				75	290	30	18		4	4
Mini Crab Cup	40	0	0					10	45	20	7			3

Mini Eel Cup	70	20	2.0	0	0	1.5	25	95	70	9	2	4
Mini Salmon Cup	70	25	2.5	0.5	1.0	1.0	15	30	95	7		5
Negitoro	130	35	4.0	0.5	2.0	1.0	15	40	200	14		10
Real Crab Meat	80	0	0				15	85	30	14		5
Salmon Yukhoe	140	50	5	1.5	1.0	2.0	140	80	120	15		8
Sea Urchin	45	5	0.5				70	60	15	7		2
Tuna Yukhoe	120	25	3.0	1.0	0.5	1.5	140	75	135	15		8

Hand Roll

Avocado Hand Roll (Seaweed)	90	35	4.0	0.5	0.5	2.5		20	160	12	2	2	
Blue Crab California Hand Roll (Seaweed)	130	60	7	1.0	0	1.0	10	170	90	11	1	4	
Crunchy Hand Roll (Seaweed)	120	45	5	0	0	0.5	30	135	90	14	1	1	5
Cucumber Hand Roll (Seaweed)	50	0	0.5	0	0	0		20	80	11		2	
Eel Hand Roll (Seaweed)	100	30	3.5	0.5	0	2.0	25	75	115	12	1	1	5
Negitoro Hand Roll (Seaweed)	110	35	4.0	0.5	2.0	1.0	15	30	190	10		9	
Salmon Skin Hand Roll (Seaweed)	60	10	1.0	0	0	0	5	30	85	12	1	3	
Spicy Salmon Crunchy Hand Roll (Seaweed)	240	120	14	1.5	2.0	3.0	20	210	230	18	2	2	10
Spicy Salmon Hand Roll (Seaweed)	110	45	5.0	1.0	1.0	1.0	10	135	125	11		6	
Spicy Scallop Hand Roll (Seaweed)	90	20	2.5	0	0	0	5	160	120	11		5	
Spicy Tuna Crunchy Hand Roll (Seaweed)	150	60	6	0	0.5	1.5	20	200	160	16	2	2	8
Spicy Tuna Hand Roll (Seaweed)	90	20	2.5	0	0	0	10	135	140	11		6	
Spicy Yellowtail Hand Roll (Seaweed)	110	35	4.0	1.0	0	0	15	135	135	11		6	
Spider Hand Roll (Seaweed)	160	60	7	0.5	0	0	25	190	100	18	1	2	6
Vegetable Hand Roll (Seaweed)	70	20	2.0	0	0	1.0		25	130	12	2	2	

Hot Roll

Baked Crab Cheese Roll	150	80	9	2.5	0	1.0	35	190	85	10		6	
Baked Eel Avocado Roll	140	80	9	1.5	0	2.5	45	105	135	9		6	
Seaweed Popcorn Shrimp Roll	170	70	8	0.5	0	1.0	40	230	100	17	1	1	6
Seaweed Tempura Philadelphia Roll	200	100	12	1.5	1.0	1.5	10	150	90	20	1	1	4
Spicy Crunchy Taco (1 PC)	140	70	8	1.0	0	1.0	45	210	120	11	1	1	6
Spicy Garlic Popcorn Shrimp Roll	170	70	8	0.5	0	1.0	40	160	100	18	1	1	7
Spicy Garlic Tempura Philadelphia Roll	200	100	12	1.5	1.0	1.5	5	100	95	20	1	1	4
Tempura Philadelphia Roll	190	100	11	1.5	1.0	1.5	5	60	90	19	1		4
Volcano Roll	310	200	23	1.0	0.5	1.0	25	320	105	23	1	3	4

Nigiri

Amberjack (Kanpachi)	60	20	2.5	0.5			10	15	5	6		4
Conch	60						20	50	15	11		4
Eel	80	20	2.0	0	0	1.5	25	50	65	12		5
Garlic Ponzu Salmon	100	30	3.0	0.5	1.0	1.0	10	135	95	12		6

Garlic Ponzu Tuna	80	5	0.5	0	0	0	10	130	120	12		7	
Garlic Tuna Steak	90	10	1.0	0	0.5	0	10	100	110	13	1	6	
Hokkaido Scallop	70	0	0		0		10	55	90	12		5	
Ishizawa Dressing Marinated Salmon	100	35	3.5	1.0	1.5	1.0	10	125	110	12		5	
Ishizawa Dressing Marinated Tuna	80	10	1.0	0	0.5	0	10	120	135	12		7	
Octopus	60	0	0				20	60	35	11		4	
Premium American Beef	90	25	2.5	1.0	0	0	5	45	20	12		4	
Red Snapper with Yuzu Pepper	70	5	0.5					190	15	11		5	
Salmon	90	25	2.5	0.5	1.0	1.0	10	30	85	11		5	
Salmon Jalapeno	110	35	4.0	1.0	1.5	1.0	10	110	100	12		6	
Salmon Skin	120	50	6	0			10	35	30	16		2	
Seared Beef with Yakiniiku Sauce	100	25	2.5	1.0	0	0	0	15	200	75	14	2	6
Seared Flounder Fin	60	0	0				10	480	65	12		4	
Seared Mackerel	130	60	6					400	65	12		6	
Seared Salmon Japanese Mayo	120	50	6	1.0	1.0	1.0	15	60	85	11		5	
Seared Scallop Japanese Mayo	100	25	3.0	0	0		15	85	90	12		5	
Seared Shrimp with Yuzu Salt	70	0	0				50	290	100	11		6	
Shrimp	60	0	0				25	60	60	11		4	
Snow Crab (1 PC)	30	0	0				5	30	5	6		2	
Soy Sake Marinated Salmon	90	25	2.5	0.5	1.0	1.0	10	30	90	11		5	
Soy Sake Marinated Tuna	70	0	0	0	0		10	25	115	11		6	
Spanish Mackerel (Aji)	90	25	3.0	1.0			15	60	15	11		5	
Squid	60	0	0				45	55	15	11		5	
Sweet Shrimp (Red Shrimp)	70	0	0				50	100	100	11		6	
Tamago	130	30	3.0	1.0			130	220	15	19	8	6	
Toro (1 PC)	60	25	3.0				5	15	30	6		3	
Tuna	70	0	0	0	0		10	25	110	11		6	
Tuna Jalapeno	90	15	1.5	0	0.5	0	10	105	125	12		7	
Umami Oil Salmon	110	45	5	1.0	1.0	1.0	10	230	90	12		5	
Umami Oil Seared Beef	110	40	4.5	1.5	0		15	230	65	12		6	
Yellowtail	80	15	2.0	0.5			15	25	85	11		5	
Yuzu Marinated Albacore	80	0	0	0			10	100	15	12		8	

Noodle

Beef Udon	410	170	20	8			50	1350	10	38		6	16	
Kitsune Udon	260	45	5	0.5			10	1180	10	40		8	10	
Miso Ramen	570	220	24	6	0	1.0	110	2880	280	66	4	8	23	
Shoyu Ramen	530	180	21	5.0	0	1.0	105	2590	280	65	3	7	21	
Shrimp Tempura Udon	270	45	5.0	0	0	0	35	1100	20	40		3	12	
Tantanmen	640	260	29	5	2.0	2.5	95	2790	320	73	6	11	26	
Tonkotsu Ramen	470	170	19	3.5	0	7	4.0	90	1190	280	58	3	2	15

Ojyu

Beef Ojyu	660	340	38	17	0	0	85	600	75	56	1	6	22
Japanese Poke	480	180	20	3.0	5	5	75	730	450	56	3	3	20
Ten Jyu	650	210	24	0	0	0	50	850	105	94	2	7	17
Vegetable Ten Jyu	780	340	38					750	65	100	1	7	10

Roll

Blue Crab California Roll	160	60	6	1.0	0	1.0	10	170	90	20	1		5
Caterpillar Roll	110	35	4.0	0.5	0.5	2.5	10	75	140	15	2	1	4

Eel California Roll	140	50	6	1.0	0	1.5	35	150	115	17	1	1	6
Golden Crunchy Roll	200	70	8	1.0	0	1.0	35	240	135	26	2	2	6
Kappa Maki	90	0	0		0	0		35	55	19			2
Kura Roll	120	45	5	1.0	0.5	1.0	30	95	130	14	1		6
Philadelphia Roll	140	60	6	1.5	0.5	1.0	30	110	125	13			6
Rainbow Roll	130	45	5	1.0	0	1.0	35	105	150	13	1		7
Salmon Skin Roll	90	0	0.5	0	0	0	5	40	65	20			3
Shrimp Avocado Roll	120	50	6	0.5	0	1.5	35	130	140	14	1		5
Spicy Popcorn Shrimp Roll	170	70	8	0.5	0	1.0	40	200	95	17	1		6
Spicy Salmon Roll	140	35	4.0	0.5	1.0	1.0	10	140	110	20			6
Spicy Tuna Roll	120	15	2.0	0	0	0	10	135	125	20			7
Sushi Donut	120	15	1.5	0	0	0	25	60	130	19			8
Tekka Maki	100	0	0	0	0	0	5	40	95	19			5

Side

Chicken Gyoza Dumpling	210	110	13	0.5			15	480	10	18		1	8
Crispy Chicken	260	170	20	2.0			60	600	230	10		1	12
Crispy Squid	220	120	14				250	390	15	7			17
Crispy Teriyaki Salmon Cheek	560	350	39	4.5	6	6	85	580	570	16		9	32
Garlic Ponzu Sashimi	220	70	8	2.0	1.0	1.0	55	880	300	5		2	31
Miso Soup	60	15	1.5	0	0	0	5	690	95	6	2	1	6
Red Snapper Carpaccio	80	45	5.0	0.5	2.0	1.0		310	40	2		1	8
Salmon Carpaccio	120	80	9	1.5	3.5	2.5	20	300	190	2		1	9
Salmon Cheek	560	390	44	4.5	6	6	85	240	570	8		1	31
Scallop Carpaccio	80	35	3.5	0.5	2.0	1.0	15	350	200	3		1	9
Shrimp Stuffed Baked Avocado	290	220	25	5	2.0	10	45	290	530	9	7		8
Shrimp Tempura	140	50	6	0	0	0	40	670	25	12		4	7
Softshell Crab Tempura	180	80	10	0.5	0	0	20	750	35	18		4	6
Tuna Carpaccio	90	35	4.0	0.5	2.0	1.0	20	290	240	2		1	11
Yellowtail Carpaccio	120	60	7	1.5	2.0	1.0	30	290	200	2		1	9
Yellowtail Cheek	870	520	59	7			205	510	1060	9			56

Side Dish

Crispy Rice with Crab Mayo	180	100	11	1.0			0	10	170	30	16		4
Crispy Rice with Spicy Salmon	180	90	10	0.5	0.5	0.5	10	135	95	16			6
Crispy Rice with Spicy Tuna	160	70	8	0	0		10	135	110	16			6
Edamame	140	35	4.0	0.5				410	0	12	4	1	13
Fried Takoyaki	260	150	17	0.5			40	480	0	22		5	5
Hokkaido Milk Creamy Tart	170	80	9	4.5	0			20		21		21	2
NY Cheesecake	190	100	11	7			60	150		17		11	4
Sesame Ball	210	80	9					15		24	3	21	6
Sunomono	80	10	1.5	0	0	0	30	1500	120	13	4	4	4
Warabimochi	200	30	3.5	0				0	310	39	3	36	6
Watermelon	35	0	0		0			0	125	8		7	1

Soy Paper Hand Roll

Avocado Hand Roll (Soy Paper)	110	45	5.0	0.5	0.5	2.5		40	135	13	2		4
Blue Crab California Hand Roll (Soy Paper)	140	70	8	1.0	0	1.0	10	190	65	12	1		6
Crunchy Hand Roll (Soy Paper)	140	50	6	0.5	0	0.5	30	150	65	15	1	1	7
Cucumber Hand Roll (Soy Paper)	70	10	1.5	0	0	0		35	55	12			3
Eel Hand Roll (Soy Paper)	110	35	4.0	0.5	0	2.0	25	95	90	13	1	1	7

Negitoro Hand Roll (Soy Paper)	130	40	4.5	1.0	2.0	1.0	15	50	170	11			11
Salmon Skin Hand Roll (Soy Paper)	80	15	1.5	0	0	0	5	45	60	13	1		4
Spicy Salmon Crunchy Hand Roll (Soy Paper)	250	130	14	1.5	2.0	3.0	20	230	200	19	2	2	11
Spicy Salmon Hand Roll (Soy Paper)	130	50	6	1.0	1.0	1.0	10	150	100	12			7
Spicy Scallop Hand Roll (Soy Paper)	100	30	3.0	0	0	0	5	170	95	12			6
Spicy Tuna Crunchy Hand Roll (Soy Paper)	170	60	7	0.5	0.5	1.5	20	220	140	17	2	2	9
Spicy Tuna Hand Roll (Soy Paper)	110	30	3.0	0	0	0	10	150	120	12			8
Spicy Yellowtail Hand Roll (Soy Paper)	130	45	5.0	1.0	0	0	15	150	110	12			7
Spider Hand Roll (Soy Paper)	180	70	8	0.5	0	0	25	200	75	19	1	2	7
Vegetable Hand Roll (Soy Paper)	90	25	2.5	0	0	1.0		40	105	13	2		3