



# NUTRITION GUIDE

PROTEIN	GLUTEN FREE	OZ/SCOOP*	CALORIES	TOTAL CARB	PROTEIN	TOTAL FAT	SAT FAT	TRANS FAT	CHOLEST	SODIUM	SUGAR	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Chicken	Yes	2	60	1g	13g	1g	1g	0g	45mg	270mg	0g	8%	0%	2%	4%
Salmon	Yes	2	118	0g	12g	7g	1g	0g	31mg	34mg	0g	1%	0%	0%	2%
Salmon (Spicy)	Yes	2	130	1g	12g	9g	2g	0g	30mg	78mg	11g	2%	0%	2%	1%
Salmon (cooked)	Yes	2	50	1g	10g	0g	0g	0g	18mg	90mg	0g	0%	0%	2%	0%
Shrimp	Yes	2	67	0g	10g	0g	0g	0g	114mg	306mg	0g	2%	0%	2%	0%
Tofu (Organic)	Yes	2	46	1g	5g	1g	0g	0g	0mg	7mg	0g	0%	0%	4%	4%
Tuna (Ahi)	Yes	2	82	2g	12g	1g	0g	0g	19mg	20mg	0g	32%	0%	0%	4%
Tuna (Spicy)	Yes	2	88	2g	10g	0g	0g	0g	30mg	20mg	0g	32%	0%	0%	4%

\* Regular = 2 protein choices, Large = 3 protein choices

BASE	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL CARB	PROTEIN	TOTAL FAT	SAT FAT	TRANS FAT	CHOLEST	SODIUM	SUGAR	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Burrito	No	10	310	68g	5g	0g	0g	0g	0mg	502mg	9g	0%	15%	0%	4%
Cabbage Mix	Yes	1	7	1g	0g	0g	0g	0g	0mg	5mg	1g	0%	17%	6%	0%
Kale Noodles	No	4	310	62g	11g	3g	1g	0g	0mg	829mg	2g	0%	0%	0%	0%
Rice (Brown)	Yes	8	320	69g	8g	0g	0g	0g	0mg	187mg	0g	0%	0%	0%	0%
Rice (Sushi)	Yes	8	288	67g	4g	0g	0g	0g	0mg	774mg	9g	0%	0%	0%	0%
Salad Mix	Yes	2	14	2g	1g	0g	0g	0g	0mg	34mg	0g	21%	0%	0%	6%
Seaweed Wrap	No	2	20	1g	1g	0g	0g	0g	0mg	85mg	8g	0%	15%	0%	4%

MIX-INS	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL CARB	PROTEIN	TOTAL FAT	SAT FAT	TRANS FAT	CHOLEST	SODIUM	SUGAR	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Cilantro	Yes	1/4	2	0g	0g	0g	0g	0g	0mg	3mg	0g	9%	3%	0%	0%
Cucumber	Yes	1	3	1g	0g	0g	0g	0g	0mg	1mg	0g	8%	0%	0%	0%
Pineapple	Yes	1	17	4g	0g	0g	0g	0g	0mg	0mg	4g	2%	17%	0%	0%
Edamame	Yes	1	34	2g	3g	1g	0g	0g	0mg	2mg	1g	1%	1%	2%	3%
Hijiki Seaweed	Yes	1/4	10	3g	1g	0g	0g	0g	0mg	182mg	0g	2%	2%	4%	17%
Serrano Pepper	Yes	1	9	2g	0g	0g	0g	0g	0mg	0mg	0g	5%	21%	0%	1%
Corn	Yes	1	11	2g	0g	0g	0g	0g	0mg	1mg	0g	0%	10%	0%	1%
Carrots	Yes	1	8	1g	0g	0g	0g	0g	0mg	7mg	0g	0%	0%	4%	3%
Mandarin Oranges	Yes	2	20	0g	0g	0g	0g	0g	0mg	0mg	2g	4%	30%	1%	0.5%
Cabbage	Yes	1/4	1	3g	0g	0g	0g	0g	0mg	105mg	0g	0%	0%	24%	50%
Shiso Leaves	Yes	1/4	1	1g	0g	0g	0g	0g	0mg	1mg	0g	0%	1%	1%	0.5%
Sweet Onion	Yes	3/4	7	1g	0g	0g	0g	0g	0mg	2mg	1g	0%	2%	0%	0%

TOPPINGS	GLUTEN FREE	OZ	CALORIES	TOTAL CARB	PROTEIN	TOTAL FAT	SAT FAT	TRANS FAT	CHOLEST	SODIUM	SUGAR	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Avocado	Yes	1 1/2	72	1g	0g	6g	0g	0g	0mg	3mg	0g	0%	6%	0%	6%
Green Onion	Yes	1/5	2	0g	0g	0g	0g	0g	0mg	1mg	0g	1%	2%	1%	0.5%
Masago	No	1/2	19	3g	1g	0g	0g	0g	40mg	375mg	3g	0%	0%	0%	0%
Pickled Ginger	Yes	1	6	1g	0g	0g	0g	0g	0mg	257mg	0g	0%	0%	0%	0.2%
Seaweed Salad	No	1	30	4g	0g	1g	0g	0g	0mg	233mg	1g	0%	0%	0%	4%
Sesame Seeds	Yes	1/6	26	1g	1g	2g	0g	0g	0mg	1mg	0g	0%	0%	3%	2.5%
Spicy Furikake	No	1/7	10	1g	1g	1g	0g	0g	0mg	105mg	1g	0%	0%	0%	3%
Surimi Salad	No	1	44	4g	2g	2g	1g	0g	6mg	151mg	1g	0%	0%	1%	1%
Chickpeas	Yes	1/6	5	0g	0g	0g	0g	0g	17mg	11mg	0g	2%	4%	3%	0%
Wasabi	Yes	1/4	2	0g	0g	0g	0g	0g	0mg	1mg	0g	2%	19%	1%	0.2%

CRUNCH	GLUTEN FREE	OZ	CALORIES	TOTAL CARB	PROTEIN	TOTAL FAT	SAT FAT	TRANS FAT	CHOLEST	SODIUM	SUGAR	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Garlic Crisps	No	1/2	67	8g	2g	3g	1g	0g	0mg	56mg	0g	0%	0%	0%	0%
Onion Crisps	No	1/2	75	9g	0g	4g	1g	0g	0mg	45mg	3g	0%	0%	1%	0%
Shredded Nori	No	1/4	1	0g	0g	0g	0g	0g	0mg	2mg	0g	4%	2%	0%	0%

SAUCE	GLUTEN FREE	OZ	CALORIES	TOTAL CARB	PROTEIN	TOTAL FAT	SAT FAT	TRANS FAT	CHOLEST	SODIUM	SUGAR	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Spicy Mayo	No	2	210	10g	1g	19g	2g	1g	0mg	618mg	9g	0%	1%	0%	0%
House	Yes	2	119	0g	0g	14g	2g	0g	0mg	87mg	0g	0%	0%	0%	0.1%
Ponzu Fresh	No	2	40	4g	0g	0g	0g	0g	0mg	1031mg	4g	0%	1%	0%	4%
Poke	NO	2	204	14g	1g	16g	1g	0g	0mg	260mg	11g	0%	23%	1%	0.2%
yum yum	Yes	2	238	5g	1g	24g	3g	0g	17mg	482mg	4g	0%	26%	1%	0.2%
Sushi	No	2	49	11g	0g	3g	1g	0g	1mg	1179mg	9g	0%	3%	0%	0%
Wasabi Mayo	NO	2	261	1g	1g	28g	4g	0g	20mg	266mg	0g	0%	20%	1%	1%

SIDES	GLUTEN FREE	OZ	CALORIES	TOTAL CARB	PROTEIN	TOTAL FAT	SAT FAT	TRANS FAT	CHOLEST	SODIUM	SUGAR	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Miso Soup*	No	8	85	10g	8g	4g	2g	0g	0mg	800mg	2g	0%	0%	2%	0%

\*Gluten free option available upon request

	Regular	Large
Signature Works*	Cal Min	Cal Max
Sesame Chicken	240	880
Spicy Ahi Tuna	300	1020
Ahi Tuna	260	950
Salmon (spicy)	240	940
Salmon Bowl	190	800
Tofu	250	930

ALLERGENS					
	Fish	Gluten	Shellfish	Soy	Vegan
				x	
	x			x	
		x		x	
	x	x		x	
	x	x	x	x	
				x	x

\*Calorie does not include base

	FISH	GLUTEN	SHELLFISH	SOY	VEGAN	SPICY
*ITEMS ARE SERVED RAW. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, AND EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.						
Please know that our kitchen operations include shared preparation areas. Therefore, we cannot guarantee that any menu items can be completely free of allergens including egg, fish milk, peanuts, shellfish, soy, tree nuts, and wheat. Before placing your order, please inform your server if a person in your party has a food allergy.						