

2008 SOUTHERN TSUNAMI NUTRITION INFORMATION

PRODUCT NAME	Serving Size	Calories	Calories from Fat	Fat Total	% DV*	Saturated Fat	% DV*	Trans Fat	% DV*	Cholesterol	% DV*	Sodium	% DV*	Carbohydrate	% DV*	Dietary Fiber	% DV*	Sugar	Protein	Vitamin A%	Vitamin C%	Calcium%	Iron%
Blue Crab Roll	251g	455	128	14	22	1	5	0	0	40	13	1635	68	63	21	8	32	14	17	38	29	6	5
California Roll	270g	365	47	5	8	1	5	0	0	0	0	1182	49	70	23	3	12	13	8	8	5	6	6
California Roll (BR)	270g	304	59	7	11	1	5	0	0	0	0	824	34	53	18	5	20	7	9	8	5	7	8
Cal Roll & Inari	309g	521	93	10	15	1	0	0	0	0	0	1487	62	92	31	2	8	15	12	5	3	14	10
Classic Miso Roll	306g	467	84	9	14	1	5	0	0	52	17	1321	55	64	21	2	8	17	24	21	6	5	8
Cream Cheese Roll	280g	530	145	20	31	9	45	0	0	71	24	879	37	64	21	2	8	13	22	15	2	3	19
Crunchy Shrimp Roll	294g	521	183	20	31	2	10	0	0	106	35	1360	57	69	23	5	20	16	19	11	8	8	9
Dragon Roll (FW)	288g	520	161	18	28	4	20	0	0	90	30	1002	42	71	24	4	16	18	17	57	6	12	10
Dragon Roll (Sea Eel)	288g	472	126	14	22	2	10	0	0	87	29	1216	51	72	24	4	16	18	12	9	6	4	6
Dragon Roll Special	199g	355	112	12	18	3	15	0	0	62	21	676	28	48	16	2	8	12	12	39	4	8	7
Eel Roll (FW)	281g	506	142	16	25	4	20	0	0	106	35	1030	43	69	23	2	8	19	19	65	3	13	10
Eel (Sea Eel)	281g	448	100	11	17	2	10	0	0	103	34	1281	53	71	24	2	8	18	13	8	3	4	6
Eel Roll (FW) -BR	281g	444	153	17	26	4	20	0	0	106	35	672	28	52	17	3	12	13	20	65	3	15	12
Fullmoon Combo	281g	433	105	12	18	2	10	0	0	38	13	1318	55	69	23	3	12	13	12	9	5	7	7
Inari	227g	434	74	8	12	1	5	0	0	0	0	1138	47	78	26	0	0	12	9	0	0	13	8
M&M Roll (Tuna,Cucumber)	224g	321	6	1	2	0	0	0	0	23	8	733	31	60	20	1	4	12	13	10	2	1	4
M&M Roll (Shrimp,Avocado)	214g	335	42	5	8	1	5	0	0	47	16	864	36	62	21	3	12	11	10	11	5	2	4
Marina Plate	218g	382	60	7	11	2	10	0	0	65	22	756	32	57	19	0	0	12	20	16	1	4	9
Meteor Special	263g	394	25	3	5	0	0	0	0	28	9	986	41	73	24	2	8	14	15	8	3	2	5
Nigiri (Salmon)	38g	69	12	1	2	0	0	0	0	8	3	119	5	9	3	0	0	2	4	0	0	0	4
Nigiri (FW Eel)	42g	99	36	4	6	1	5	0	0	26	9	171	7	11	4	0	0	3	4	16	0	3	2
Nigiri (Fish Roe)	38g	62	4	0	0	0	0	0	0	31	10	456	19	10	3	0	0	2	6	1	0	3	3
Nigiri (Octopus)	29g	59	13	1	2	0	0	0	0	14	5	139	6	9	3	0	0	2	2	6	0	1	1
Nigiri (Sea Eel)	42g	85	26	3	5	1	5	0	0	26	9	234	10	11	4	0	0	3	3	2	0	1	1
Nigiri (Shrimp)	29g	45	1	0	0	0	0	0	0	9	3	118	5	9	3	0	0	2	2	0	0	0	0
Nigiri (Smoked Salmon)	53g	97	12	1	2	0	0	0	0	8	3	539	22	16	5	0	0	8	5	0	0	0	6
Nigiri (Egg Cake)	39g	74	11	1	2	0	0	0	0	28	9	139	6	13	4	0	0	6	2	4	0	1	2
Nigiri (Tilapia)	32g	51	4	1	2	0	0	0	0	5	2	115	5	9	3	0	0	2	2	0	0	0	1
Nigiri (Tuna)	30g	48	2	0	0	0	0	0	0	7	2	92	4	7	2	0	0	1	3	0	0	0	1
Nigiri (Yellowtail)	35g	56	5	1	2	0	0	0	0	6	2	115	5	9	3	0	0	2	3	0	1	0	1
Ocean Crab Roll	283g	414	71	8	12	1	5	0	0	79	26	1737	60	66	22	4	16	12	21	9	6	17	12
Orange Roll	299g	407	54	6	9	1	5	0	0	62	21	1882	78	71	24	3	12	13	19	9	6	8	9
Rainbow Roll	353g	500	74	8	12	1	5	0	0	66	22	1257	52	70	23	3	12	13	31	9	6	4	11
Red Chili Roll	255g	424	119	13	20	2	10	0	0	47	16	983	41	50	17	2	8	12	22	5	5	3	5
Seaside Combo (Tu,Sh,Sal,Eel)	198g	396	62	7	11	2	10	0	0	52	17	686	29	59	20	6	24	11	19	67	0	4	7
Seaside Combo (Tuna,Salmon)	238g	411	34	4	6	1	5	0	0	46	15	795	33	63	21	1	4	12	24	9	0	1	13

2008 SOUTHERN TSUNAMI NUTRITION INFORMATION

Shoreline Combo	319g	479	59	7	11	1	5	0	0	33	11	1243	52	82	27	2	8	15	19	6	5	5	10
Shoreline Combo (BR)	319g	403	77	9	14	1	5	0	0	32	11	791	33	61	20	5	20	9	20	6	5	8	14
Snack Pack (Cucumber)	214g	301	1	0	0	0	0	0	0	0	0	809	34	68	23	1	4	13	4	10	2	1	3
Snack Pack (Imi,Cu)	266g	353	6	1	2	0	0	0	0	0	0	1358	57	75	25	1	4	14	9	10	2	3	3
Spicy Roll (Baby Shrimp)	286g	419	74	8	12	1	5	0	0	94	31	1210	50	68	23	3	12	14	16	10	5	7	8
Spicy Roll (Baby Shrimp) -BR	286g	363	107	12	18	2	10	0	0	98	33	800	33	49	16	4	16	7	17	10	5	8	9
Spicy Roll (Salmon)	279g	487	125	14	22	3	15	0	0	42	14	881	37	64	21	2	8	12	24	8	3	4	24
Spicy Roll (Salmon) - BR	279g	437	157	18	28	3	15	0	0	47	16	511	21	46	15	3	12	7	24	9	3	5	25
Spicy Roll (Tuna)	285g	461	79	9	14	1	5	0	0	47	16	906	38	64	21	2	8	13	23	8	3	5	9
Spicy Roll (Tuna) - BR	285g	409	111	12	18	2	10	0	0	52	17	521	22	46	15	3	12	7	24	9	3	6	10
Spring Garden Tray	560g	683	146	16	25	2	10	0	0	122	41	2091	87	104	35	7	28	20	30	139	26	14	14
Stardust Combo	352g	554	81	9	14	1	5	0	0	36	12	1332	56	103	34	4	16	16	14	9	5	4	26
Super Marina Plate	318g	561	118	13	20	3	15	0	0	150	50	876	37	62	21	0	0	13	13	23	1	6	18
Summer Roll	215g	250	36	4	6	0	0	0	0	59	20	972	61	41	14	3	12	3	14	124	18	5	3
Super California Mix	436g	783	287	32	49	5	25	0	0	20	7	1958	82	112	37	5	20	21	13	19	7	9	10
Super Spicy Mix	436g	735	200	22	34	4	20	0	0	61	20	1686	70	107	36	4	16	20	24	16	7	8	17
Sushi Volcano	142g	276	110	12	18	2	10	0	0	30	10	379	16	26	9	3	12	5	14	1	5	2	7
Tempura Roll	315g	542	97	11	17	0	0	0	0	101	34	1708	71	87	29	2	8	15	23	8	2	9	16
Tempura Roll Special	197g	350	69	8	12	0	0	0	0	61	20	998	42	54	18	1	4	9	14	8	1	5	10
Teriyaki Chicken Roll	282g	371	31	3	5	1	5	0	0	39	13	758	32	63	21	3	12	13	19	111	6	6	9
Tsunami Roll	260g	469	109	12	19	1	5	0	0	53	18	1790	75	74	25	3	12	17	17	11	5	10	11
Vegetable Combo (12 PCS)	267g	353	54	6	9	1	5	0	0	0	0	763	32	68	23	5	20	14	5	116	10	5	7
Vegetable Combo (24 PCS)	331g	467	31	3	5	1	2	0	0	0	0	1154	48	99	33	4	17	20	7	86	2	8	6
Vegetable Combo (BR)	267g	292	66	7	11	1	5	0	0	0	0	406	17	51	17	7	28	9	6	116	10	7	9
SALADS																							
Edamame Salad	113g	124	61	7	11	1	5	0	0	0	0	350	15	9	3	1	4	7	7	5	7	11	9
Edamame (Soy Bean)	75g	90	45	5	8	1	5	0	0	0	0	0	0	3	1	8	30	2	9	0	4	4	8
Seabreeze Salad	113g	113	26	3	5	1	5	0	0	0	0	1617	67	23	8	0	0	23	0	4	23	23	17
ROLL N' WRAP																							
Avocado Combo	134g	211	56	6	9	1	5	0	0	0	0	537	22	39	13	4	16	2	2	65	23	2	3
Avocado Salad Roll	142g	198	80	9	15	1	5	0	0	0	0	283	12	30	10	5	20	2	2	64	29	3	4
Smoked Samon Salad Roll	115g	182	75	8	12	1	5	0	0	16	5	341	14	20	7	2	8	2	7	26	10	1	8
Spicy Chicken & Smoked	155g	319	155	17	25	3	15	0	0	28	9	826	34	35	12	1	4	2	9	48	13	2	5
Spicy Chicken Roll	159g	201	78	9	14	2	10	0	0	36	12	716	30	20	7	1	4	2	13	44	13	3	2
Teriyaki Chicken Salad	150g	187	43	5	8	1	5	0	0	50	17	328	14	19	6	1	4	2	16	70	9	2	3
CONDIMENTS																							
Pickled Ginger	13g	9	0	0	0	0	0	0	0	0	0	160	7	24	1	0	0	1	0	0	0	0	2
Green Horseradish	4g	7	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
Soy Sauce	7g	16	0	0	0	0	0	0	0	0	0	660	28	2	1	0	0	0	2	0	0	0	0

NOTE: Percent daily values based on a 2,000 calorie diet. Your daily values may differ.

Condiments such as ginger, wasabi(horseradish),sweet chili sauce and peanut sauce are not included in the calculated values.

2008 SOUTHERN TSUNAMI NUTRITION INFORMATION

2008 SOUTHERN TSUNAMI NUTRITION INFORMATION