



# Nutritionals

FOOD	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	MONOUNSATURATED FAT	POLYUNSATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
------	--------------	----------	-----------	---------------	---------------------	---------------------	-----------	-------------	--------	---------------	-------	-------	---------	-----------	-----------	---------	------

SIGNATURE BOWLS *ASSUMES WHITE RICE BASE + RECOMMENDED SAUCES																	
JOHNNY UTAH	-	1535	193.2G	23.7G	5.5G	1G	0	100MG	1150MG	228.3G	6.6G	5.9G	44G	137IU	7.7%	6.5%	12.4%
HULA	-	1411	180.21G	20.19G	5.49G	1G	0	173MG	3188MG	233.78G	4.7G	10.67G	38.96G	193IU	0.99%	8.60%	2.40%
DA KINE	-	1196	4G	0.3G	0G	0G	0	75MG	1768MG	237.89G	3.1G	22.85G	42.1G	58IU	2.40%	6.60%	6.40%
HIGH TIDE	-	1641	185.71G	22.04G	6.49G	1.66G	0	207MG	2103MG	247.16G	7.9G	22.87G	69.64G	3486IU	5.11%	11.50%	8.80%
THE DUKE	-	1543	18G	3.8G	0G	0G	0	195MG	2168MG	248.3G	5.7G	27.33G	75.57G	208IU	10.87%	11.50%	14.40%
THE SHAKA	-	1598	185.21G	22.04G	6.49G	1.66G	0	95MG	1980MG	246.16G	7.7G	20.17G	60.64G	3486IU	2.11%	7.50%	8.40%

BASES																	
BROWN RICE	1.5 CUPS	410	4G	0G	-	-	0G	-	-	87.5G	2.7G	-	8G	-	-	5.10%	-
WHITE RICE	1.5 CUPS	961	-	-	-	-	-	-	-	210 G	-	-	18G	-	-	-	0.40%
SALAD BASE	2 OZ	13	-	-	-	-	-	-	49MG	1.98G	1.3G	.66G	.66G	1,485 IU	0.30%	4%	0.07%

PROTEIN																	
SALMON	85G	180	11G	2.5G	-	-	0G	45MG	50MG	-	-	-	17G	-	6%	-	2%
SPICY SALMON	99G	230	16G	3.5G	-	-	0G	50MG	105MG	<1G	-	-	19G	-	6%	-	2%
TUNA	85G	90	-	-	-	-	-	35MG	40MG	-	-	-	21G	2%	-	-	4%
HAWAIIAN TUNA	99G	100	-	-	-	-	-	25MG	820MG	9G	-	8G	17G	-	-	-	2%
SPICY TUNA	99G	140	4.5G	.5G	-	-	-	35MG	95MG	<1G	-	-	22G	2%	-	-	4%
SHRIMP	85G	50	.5G	0G	-	-	-	115MG	370MG	-	-	-	12G	-	-	4%	-
CHICKEN	100G	151	3G	.85G	1G	.66G	-	77MG	63MG	-	-	-	29G	19IU	-	1.30%	-

EXTRAS																	
SPICY KANI SALD	1 SERVING	197.5	10.66G	9.77G	.87G	.85G	.18G	55MG	984MG	15G	.5G	6G	9.25G	621IU	0.25%	7.60%	2.02%
SEAWEED SALAD	1 SERVING	117.5	6.25G	.75G	-	-	-	-	920MG	18.29G	6.75G	12.76G	1.76G	594IU	0.13%	3%	0.06%
POKE NACHOS	1 SERVING	615	30.46G	12.19G	5.49G	1G	-	115MG	1298.5MG	59.15G	10.75G	2.93G	21.94G	-	-	-	-
CHIPS	2.5OZ	325	11.25G	1.25G	-	-	-	-	550MG	47.5G	5G	-	5G	-	-	5%	5%

FOOD	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	MONOUNSATURATED FAT	POLYUNSATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
------	--------------	----------	-----------	---------------	---------------------	---------------------	-----------	-------------	--------	---------------	-------	-------	---------	-----------	-----------	---------	------

### INGREDIENTS

EDAMAME	42G	70	2.5G	>1G	-	-	-	-	5MG	4.5G	2.5G	<.5G	5.5G	-	1%	3%	8%
CUCUMBER	56G	8	-	-	-	-	-	-	1MG	2G	.3G	1G	.34G	55IU	0.15%	0.80%	-
SEAWEED SALAD	56G	45	2.5G	.3G	-	-	-	-	360MG	7G	2.5G	5G	.6G	-	-	3%	-
SWEET ONION	25G	8	-	-	-	-	-	-	2MG	1.89G	-	1.25G	-	-	0.12%	0.50%	-
JALAPENO	14G	4	-	-	-	-	-	-	-	.91G	.4G	.58G	.13G	151IU	1.60%	0.20%	-
MASAGO	.5OZ	15	-	-	-	-	-	40MG	170MG	2G	-	2G	1G	-	-	2%	2%
GREEN ONION	.5OZ	6	-	-	-	-	-	-	6MG	1G	.6G	.6G	0.5G	56IU	0.28%	1.10%	-
PICKLED GINGER	15G	11	-	-	-	-	-	-	180MG	3G	.5G	-	-	-	-	0.50%	0.10%
CRAB STICK	1OZ	23	-	-	-	-	-	3MG	247MG	3G	-	.7G	3G	-	-	-	-
PINEAPPLE	1OZ	16	-	-	-	-	-	-	-	4G	.2G	3.4G	-	-	3%	-	0.40%
CARROT	.7OZ	8	-	-	-	-	-	-	14MG	1.88G	.5G	1G	.18G	3,274IU	0.12%	0.60%	-
AVOCADO	2OZ	90	8.21G	1.19G	5.49G	1G	-	-	4MG	4.78G	3.8G	.37G	1.12G	82IU	0.56%	0.70%	-

### TOPPINGS

TEMPURA FLAKES	5G	26	2.16G	.27G	.87G	.85G	.18G	-	1.72MG	1.29G	-	-	.31G	1.82YG	0.10%	-	-
CRUNCHY ONION	5G	28	1.8G	.4G	-	-	0G	-	20MG	1.8G	-	.2G	.2G	-	-	-	-
TOASTED COCONUT	7.5G	45	3.5G	3G	-	-	0G	-	18MG	3.5G	1G	2.5G	.5G	-	-	-	1%
SESAME SEEDS	5G	30	2.5G	-	-	-	-	-	-	<1G	-	-	1G	-	-	-	-
MACADAMIA NUTS	5G	35	4G	.5G	-	-	0G	-	-	<1G	-	-	-	-	-	-	2%
CASHEW NUTS	5G	30	2.5G	0G	-	-	-	-	30MG	2G	-	-	<1G	-	-	-	2%

### FLAVORS

SRIRACHA AIOLI	28G	186	170G	19G	-	-	0G	15MG	190MG	3G	-	1G	-	-	-	-	-
WASABI AIOLI	14G	125	45G	5G	-	-	0G	>5MG	40MG	4G	-	2G	-	-	2%	-	-
GOCHUJANG	14G	56	0G	-	-	-	-	-	150MG	6G	-	5G	-	-	-	-	-
PONZU	28G	46	0G	-	-	-	-	-	460MG	14G	0G	13G	-	-	2%	-	-
COCO GINGER	28G	47	-	-	-	-	-	-	1470MG	6G	-	4G	2G	-	-	-	-
SWEET SOY	28G	70	-	-	-	-	-	-	720MG	14G	-	14G	>2G	-	-	-	-
OG SAUCE	28G	25	1.5G	-	-	-	-	-	730MG	2G	-	1G	1G	-	-	-	-
GF OG SAUCE	28G	22	1.5G	-	-	-	-	-	620MG	2G	-	1G	1G	-	-	-	-

### VEGETARIAN

TOFU TOPPING	17G	17.5	1.09G	.15G	.5G	.25G	-	-	100MG	.7G	.4G	.15G	1.5G	-	-	2.50%	2%
TOFU VEGGIE BOWL	34G	35	2.19G	.31G	1G	.5G	0G	0G	200MG	1.43G	.81G	.31G	3G	-	-	5%	4%

