



# Nutrition Information (USA)

CLASSIC ROLLS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALIFORNIA ROLL	10.5oz [298g]	440	90	10	1.5	0	10	1340	80	5	15	12
CALIFORNIA ROLL (Brown Rice)	10.5oz [298g]	380	100	11	1.5	0	10	860	59	7	9	11
CALIFORNIA ROLL & INARI	14oz [397g]	660	100	11	1.5	0	5	1970	127	3	33	17
CLASSIC CRAB ROLL	10.5oz [298g]	460	110	13	0.5	0	35	1330	73	4	14	14
CLASSIC CRAB ROLL (Brown Rice)	10.5oz [298g]	390	130	14	0.5	0	35	850	52	6	9	14
CREAM CHEESE ROLL - BABY SHRIMP	10.5oz [298g]	490	130	15	9	0	90	1420	70	1	14	17
CREAM CHEESE ROLL - BABY SHRIMP (Brown Rice)	10.5oz [298g]	420	150	17	9	0	90	940	49	4	9	17
CREAM CHEESE ROLL - EEL	10.5oz [298g]	570	200	22	11	0	85	1270	75	2	16	16
CREAM CHEESE ROLL - EEL (Brown Rice)	10.5oz [298g]	510	210	24	11	0	85	790	53	5	11	16
CREAM CHEESE ROLL - IMITATION CRAB	10.5oz [298g]	530	150	17	9	0	30	1500	78	2	16	14
CREAM CHEESE ROLL - IMITATION CRAB (Brown Rice)	10.5oz [298g]	460	170	19	9	0	30	1010	57	4	10	14
CREAM CHEESE ROLL - SALMON	10.5oz [298g]	550	190	21	10	0	50	1130	70	1	14	17
CREAM CHEESE ROLL - SALMON (Brown Rice)	10.5oz [298g]	480	200	23	10	0	50	640	49	4	9	17
CREAM CHEESE ROLL - SMOKED SALMON	10.5oz [298g]	550	180	21	10	0	45	1510	71	1	15	18
CREAM CHEESE ROLL - SMOKED SALMON (Brown Rice)	10.5oz [298g]	480	200	22	10	0	45	1020	49	4	9	18
CREAM CHEESE ROLL - STEELHEAD	10.5oz [298g]	520	170	19	10	0	50	1130	70	1	14	17
CREAM CHEESE ROLL - STEELHEAD (Brown Rice)	10.5oz [298g]	460	180	20	10	0	50	640	49	4	9	17
CREAM CHEESE ROLL - TUNA	10.5oz [298g]	500	130	15	9	0	30	1220	71	1	14	20
CREAM CHEESE ROLL - TUNA (Brown Rice)	10.5oz [298g]	430	140	16	9	0	30	730	49	4	9	19
CRUNCHY SHRIMP ROLL	12oz [340g]	580	180	20	1.5	0	115	1740	84	6	24	19
CRUNCHY SHRIMP ROLL (Brown Rice)	12oz [340g]	510	190	21	1.5	0	115	1260	62	8	18	19
DRAGON ROLL - EEL	12oz [340g]	560	190	21	4	0	65	1120	81	8	15	14
DRAGON ROLL - EEL (Brown Rice)	12oz [340g]	490	200	23	4	0	65	640	59	10	10	14
DRAGON ROLL - IMITATION CRAB	12oz [340g]	540	180	21	3	0	10	1320	83	8	15	11
DRAGON ROLL - IMITATION CRAB (Brown Rice)	12oz [340g]	480	200	22	3	0	10	840	61	10	9	11
DRAGON ROLL - TUNA	12oz [340g]	480	120	14	2	0	10	1070	76	7	14	18
DRAGON ROLL - TUNA (Brown Rice)	12oz [340g]	420	130	15	2	0	10	580	55	9	8	18
DRAGON ROLL SPECIAL - EEL	8oz [227g]	370	130	14	2.5	0	45	750	54	5	10	10
DRAGON ROLL SPECIAL - EEL (Brown Rice)	8oz [227g]	330	130	15	2.5	0	45	430	39	7	6	9
DRAGON ROLL SPECIAL - IMITATION CRAB	8oz [227g]	360	120	14	2	0	10	880	55	5	10	8
DRAGON ROLL SPECIAL - IMITATION CRAB (Brown Rice)	8oz [227g]	320	130	15	2	0	10	560	41	6	6	8
DRAGON ROLL SPECIAL - TUNA	8oz [227g]	320	80	9	1.5	0	10	710	51	5	9	12
DRAGON ROLL SPECIAL - TUNA (Brown Rice)	8oz [227g]	280	90	10	1.5	0	10	390	37	6	5	12
EEL ROLL	10.5oz [298g]	480	100	11	2.5	0	85	1340	79	3	18	15
EEL ROLL (Brown Rice)	10.5oz [298g]	410	110	13	2.5	0	85	860	58	5	13	15
FULLMOON COMBO	10.5oz [298g]	440	90	11	1.5	0	30	1320	77	5	14	12
FULLMOON COMBO (Brown Rice)	10.5oz [298g]	370	110	12	1.5	0	30	830	56	7	9	12
HAWAIIAN ROLL - BABY SHRIMP	14oz [397g]	640	190	21	2.5	0	95	2480	96	6	24	22
HAWAIIAN ROLL - BABY SHRIMP (Brown Rice)	14oz [397g]	580	200	23	2.5	0	95	1990	74	8	19	22
HAWAIIAN ROLL - SALMON	14oz [397g]	700	240	27	4	0	55	2190	96	6	24	22
HAWAIIAN ROLL - SALMON (Brown Rice)	14oz [397g]	640	260	29	4	0	55	1700	74	8	19	22
HAWAIIAN ROLL - SMOKED SALMON	14oz [397g]	700	240	27	3.5	0	45	2570	96	6	24	23
HAWAIIAN ROLL - SMOKED SALMON (Brown Rice)	14oz [397g]	640	250	28	3.5	0	45	2080	74	8	19	23
HAWAIIAN ROLL - STEELHEAD	14oz [397g]	680	220	25	3.5	0	50	2190	96	6	24	21
HAWAIIAN ROLL - STEELHEAD (Brown Rice)	14oz [397g]	610	230	26	3.5	0	50	1700	74	8	19	21
HAWAIIAN ROLL - TUNA	14oz [397g]	650	180	21	2.5	0	30	2280	96	6	24	24
HAWAIIAN ROLL - TUNA (Brown Rice)	14oz [397g]	590	200	22	2.5	0	30	1790	74	8	19	24
HAWAIIAN ROLL 8	9.25oz [262g]	480	160	19	2.5	0	40	1510	64	4	16	15
INARI	9oz [255g]	470	50	6	0.5	0	0	1380	95	0	30	12
INARI (Brown Rice)	9oz [255g]	390	70	8	0.5	0	0	790	69	2	23	12
MARINA PLATE	7.8oz [221g]	440	130	15	3	0	90	900	57	1	11	19
MARINA PLATE (Brown Rice)	7.8oz [221g]	390	140	16	3	0	90	500	40	2	7	19
OCEAN CRAB ROLL	11.25oz [319g]	410	70	8	1	0	60	1250	73	4	13	15
OCEAN CRAB ROLL (Brown Rice)	11.25oz [319g]	350	80	10	1	0	60	760	52	6	8	15
ORANGE ROLL	11.25oz [319g]	490	120	14	2	0	90	1840	79	4	14	15
ORANGE ROLL (Brown Rice)	11.25oz [319g]	420	140	15	2	0	90	1350	58	6	9	15
ORANGE ROLL 8	7.5oz [213g]	330	80	9	1.5	0	60	1230	53	3	9	10
ORANGE ROLL 8 (Brown Rice)	7.5oz [213g]	280	90	10	1.5	0	60	900	38	4	6	10
RAINBOW ROLL	14.25oz [404g]	690	240	27	4.5	0	80	1370	79	5	14	33
RAINBOW ROLL (Brown Rice)	14.25oz [404g]	620	250	28	4.5	0	80	880	58	7	9	33
RAINBOW ROLL SPECIAL	9.5oz [269g]	460	160	18	3	0	55	910	53	3	10	22
RAINBOW ROLL SPECIAL (Brown Rice)	9.5oz [269g]	410	170	19	3	0	55	590	38	5	6	22



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CLASSIC ROLLS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
RED CHILI ROLL - SALMON	10oz [283g]	500	190	22	3.5	0	65	990	57	3	13	21
RED CHILI ROLL - SHRIMP EBI	10oz [283g]	400	90	11	1.5	0	125	1090	57	3	13	21
RED CHILI ROLL - SMOKED SALMON	10oz [283g]	500	180	21	3	0	50	1630	58	3	13	23
RED CHILI ROLL - STEELHEAD	10oz [283g]	460	150	17	2.5	0	60	990	57	3	13	21
RED CHILI ROLL - TUNA	10oz [283g]	420	100	11	1.5	0	35	990	57	3	13	24
SASHIMI SAMPLER	5.45oz [155g]	370	230	26	6	0	170	430	15	6	4	18
SEASIDE COMBO - BABY SHRIMP	9oz [255g]	380	0	0.5	0	0	100	1530	79	1	14	17
SEASIDE COMBO - BABY SHRIMP (Brown Rice)	9oz [255g]	300	20	2.5	0	0	100	970	54	3	8	17
SEASIDE COMBO - EEL	9oz [255g]	490	90	11	2.5	0	90	1340	85	2	16	15
SEASIDE COMBO - EEL (Brown Rice)	9oz [255g]	420	110	12	2.5	0	90	770	60	5	10	15
SEASIDE COMBO - SALMON	9oz [255g]	460	80	9	1.5	0	45	1140	79	1	14	17
SEASIDE COMBO - SALMON (Brown Rice)	9oz [255g]	390	100	11	1.5	0	45	570	54	3	8	17
SEASIDE COMBO - SMOKED SALMON	9oz [255g]	460	70	8	1.5	0	35	1650	79	1	15	19
SEASIDE COMBO - SMOKED SALMON (Brown Rice)	9oz [255g]	420	120	14	2	0	55	1280	47	4	7	25
SEASIDE COMBO - STEELHEAD	9oz [255g]	430	50	6	1	0	40	1140	79	1	14	17
SEASIDE COMBO - STEELHEAD (Brown Rice)	9oz [255g]	350	70	7	1	0	40	570	54	3	8	17
SEASIDE COMBO - TUNA	9oz [255g]	400	0	0.5	0	0	25	1140	79	1	14	19
SEASIDE COMBO - TUNA (Brown Rice)	9oz [255g]	320	20	2.5	0	0	25	570	54	3	8	19
SHORELINE COMBO	12.25oz [347g]	600	170	19	3	0	55	1420	89	3	16	21
SHORELINE COMBO (Brown Rice)	12.25oz [347g]	520	180	21	3	0	55	830	63	6	10	21
SNACK PACK	9oz [255g]	430	30	3.5	0	0	15	1630	90	2	16	13
SNACK PACK (Brown Rice)	9oz [255g]	360	45	5	0	0	15	1070	65	4	10	13
SPICY ROLL - BABY SHRIMP	10.5oz [298g]	420	80	9	1	0	110	1580	72	2	14	18
SPICY ROLL - BABY SHRIMP (Brown Rice)	10.5oz [298g]	360	90	10	1	0	110	1090	50	4	9	18
SPICY ROLL - IMITATION CRAB	10.5oz [298g]	480	100	12	1.5	0	20	1690	83	3	16	13
SPICY ROLL - IMITATION CRAB (Brown Rice)	10.5oz [298g]	410	120	13	1.5	0	20	1200	61	5	11	13
SPICY ROLL - SALMON	10.5oz [298g]	510	160	18	2.5	0	50	1160	72	2	14	18
SPICY ROLL - SALMON (Brown Rice)	10.5oz [298g]	440	170	19	2.5	0	50	670	50	4	9	18
SPICY ROLL - SHRIMP EBI	10.5oz [298g]	420	70	8	1	0	105	1240	72	2	14	17
SPICY ROLL - SHRIMP EBI (Brown Rice)	10.5oz [298g]	360	90	10	1	0	105	750	50	4	9	17
SPICY ROLL - SMOKED SALMON	10.5oz [298g]	510	150	17	2.5	0	40	1710	72	2	14	20
SPICY ROLL - SMOKED SALMON (Brown Rice)	10.5oz [298g]	440	160	18	2.5	0	40	1220	50	4	9	20
SPICY ROLL - STEELHEAD	10.5oz [298g]	480	120	14	2	0	50	1160	72	2	14	17
SPICY ROLL - STEELHEAD (Brown Rice)	10.5oz [298g]	410	140	16	2	0	50	670	50	4	9	17
SPICY ROLL - TUNA	10.5oz [298g]	440	70	8	1	0	20	1290	72	2	14	21
SPICY ROLL - TUNA (Brown Rice)	10.5oz [298g]	370	90	10	1	0	20	800	50	4	9	21
VEGETABLE COMBO	10.5oz [298g]	390	70	7	1	0	0	980	76	5	15	7
VEGETABLE COMBO (Brown Rice)	10.5oz [298g]	320	80	9	1	0	0	500	55	8	10	7

HYBRID ROLLS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
DONE DEAL ROLL - EEL	8.5oz [241g]	490	190	21	6	0	60	1360	60	3	12	15
DONE DEAL ROLL - EEL (Brown Rice)	8.5oz [241g]	440	190	22	6	0	60	1030	46	5	8	15
DONE DEAL ROLL - SALMON	8.5oz [241g]	470	180	20	5	0	40	1280	58	3	11	16
DONE DEAL ROLL - SALMON (Brown Rice)	8.5oz [241g]	430	190	21	5	0	40	950	43	4	8	16
DONE DEAL ROLL - SHRIMP EBI	8.5oz [241g]	440	150	17	4.5	0	60	1310	58	3	11	15
DONE DEAL ROLL - SHRIMP EBI (Brown Rice)	8.5oz [241g]	400	160	18	4.5	0	60	990	43	4	8	15
DONE DEAL ROLL - SMOKED SALMON	8.5oz [241g]	470	180	20	5	0	35	1480	58	3	11	16
DONE DEAL ROLL - SMOKED SALMON (Brown Rice)	8.5oz [241g]	430	190	21	5	0	35	1160	43	4	8	16
DONE DEAL ROLL - STEELHEAD	8.5oz [241g]	460	170	19	5	0	40	1280	58	3	11	15
DONE DEAL ROLL - STEELHEAD (Brown Rice)	8.5oz [241g]	420	180	20	5	0	40	950	43	4	8	15
DONE DEAL ROLL - TUNA	8.5oz [241g]	450	150	17	4.5	0	30	1280	58	3	11	17
DONE DEAL ROLL - TUNA (Brown Rice)	8.5oz [241g]	400	160	18	4.5	0	30	950	43	4	8	16
DYNAMITE ROLL - IMITATION CRAB	11oz [312g]	610	230	26	7	0	45	1760	78	5	16	18
DYNAMITE ROLL - SALMON	11oz [312g]	640	300	34	8	0	80	1140	64	4	13	24
DYNAMITE ROLL - SHRIMP EBI	11oz [312g]	540	200	23	6	0	140	1240	64	4	13	23
DYNAMITE ROLL - SMOKED SALMON	11oz [312g]	640	290	33	8	0	70	1780	65	4	14	26
DYNAMITE ROLL - STEELHEAD	11oz [312g]	600	260	29	8	0	75	1140	64	4	13	23
DYNAMITE ROLL - TUNA	11oz [312g]	560	200	23	6	0	55	1140	64	4	13	26
GIANT ROLL - BABY SHRIMP	8oz [227g]	400	130	15	4	0	55	1200	57	3	17	12
GIANT ROLL - SALMON	8oz [227g]	440	170	19	4.5	0	30	1000	57	3	17	12
GIANT ROLL - SMOKED SALMON	8oz [227g]	440	160	19	4.5	0	25	1250	57	3	17	13
GIANT ROLL - STEELHEAD	8oz [227g]	430	150	17	4.5	0	30	1000	57	3	17	12
GIANT ROLL - TUNA	8oz [227g]	410	130	15	4	0	15	1060	57	3	17	14
JALAPENO ROLL - BABY SHRIMP	8.5oz [241g]	320	60	7	1	0	55	950	55	4	10	13
JALAPENO ROLL - SALMON	8.5oz [241g]	360	100	11	1.5	0	30	910	55	4	10	14
JALAPENO ROLL - SMOKED SALMON	8.5oz [241g]	360	90	11	1.5	0	25	1170	55	4	10	14
JALAPENO ROLL - STEELHEAD	8.5oz [241g]	350	80	9	1.5	0	30	910	55	4	10	13
JALAPENO ROLL - TUNA	8.5oz [241g]	330	60	7	1	0	20	910	55	4	10	15
MANGO SHRIMP ROLL	8.5oz [241g]	500	200	22	8	0	35	1170	65	3	14	11
RED ROCK	9oz [255g]	520	240	27	5	0	75	1230	49	3	14	19
RED ROCK (Brown Rice)	9oz [255g]	480	240	28	5	0	75	990	38	4	11	19
SPICY MANGO ROLL - BABY SHRIMP	9oz [255g]	400	130	15	3	0	55	1030	57	4	17	11
SPICY MANGO ROLL - BABY SHRIMP (Brown Rice)	9oz [255g]	350	140	16	3	0	55	700	43	6	13	11
SPICY MANGO ROLL - SALMON	9oz [255g]	440	170	19	4	0	30	830	57	4	17	11
SPICY MANGO ROLL - SALMON (Brown Rice)	9oz [255g]	390	180	20	4	0	30	500	43	6	13	11
SPICY MANGO ROLL - SMOKED SALMON	9oz [255g]	440	160	19	3.5	0	25	1080	57	4	17	12
SPICY MANGO ROLL - SMOKED SALMON (Brown Rice)	9oz [255g]	390	170	20	3.5	0	25	760	43	6	13	12
SPICY MANGO ROLL - STEELHEAD	9oz [255g]	420	150	17	3.5	0	25	830	57	4	17	11
SPICY MANGO ROLL - STEELHEAD (Brown Rice)	9oz [255g]	380	160	18	3.5	0	25	500	43	6	13	11
SPICY MANGO ROLL - TUNA	9oz [255g]	400	130	15	3	0	15	890	57	4	17	13
SPICY MANGO ROLL - TUNA (Brown Rice)	9oz [255g]	360	140	16	3	0	15	560	43	6	13	13
SUPER MARINA PLATE	11.7oz [332g]	600	140	15	3	0	125	1320	84	1	16	31
SUPER MARINA PLATE - BROWN RICE	11.7oz [332g]	520	150	17	3	0	125	730	58	3	9	30
ULTIMATE CHILI ROLL - ALBACORE	10.5oz [298g]	470	150	16	2.5	0	45	1050	56	4	12	25
ULTIMATE CHILI ROLL - AMBERJACK	10.5oz [298g]	570	250	29	4.5	0	65	1050	56	4	12	21
ULTIMATE CHILI ROLL - SALMON	10.5oz [298g]	550	240	28	4.5	0	70	1060	56	4	12	21
ULTIMATE CHILI ROLL - SHRIMP EBI	10.5oz [298g]	450	150	16	2.5	0	130	1160	56	4	12	20
ULTIMATE CHILI ROLL - SMOKED SALMON	10.5oz [298g]	550	230	26	4	0	55	1700	56	4	12	23
ULTIMATE CHILI ROLL - STEELHEAD	10.5oz [298g]	510	200	23	3.5	0	65	1060	56	4	12	20
ULTIMATE CHILI ROLL - TILAPIA	10.5oz [298g]	450	150	18	3	0	15	1070	57	4	12	20
ULTIMATE CHILI ROLL - TUNA	10.5oz [298g]	470	150	17	2.5	0	40	1060	56	4	12	24

HYBRID ROLLS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
BERRY ROLL - EEL	8oz [227g]	380	120	13	2.5	0	45	750	59	5	15	9
BERRY ROLL - EEL (Brown Rice)	8oz [227g]	340	130	14	2.5	0	45	430	44	7	11	9
BERRY ROLL - IMITATION CRAB	8oz [227g]	370	110	13	2	0	10	880	60	5	15	8
BERRY ROLL - IMITATION CRAB (Brown Rice)	8oz [227g]	330	120	14	2	0	10	560	46	6	11	8
BLUEBERRY ROLL - SALMON	10oz [283g]	530	230	26	4.5	0	70	1030	55	3	11	21
BLUEBERRY ROLL - SALMON (Brown Rice)	10oz [283g]	490	240	27	4.5	0	70	700	40	5	7	21
BLUEBERRY ROLL - SHRIMP EBI	10oz [283g]	430	140	15	2	0	130	1130	55	3	11	20
BLUEBERRY ROLL - SHRIMP EBI (Brown Rice)	10oz [283g]	390	150	16	2	0	130	800	40	5	7	20
BLUEBERRY ROLL - SMOKED SALMON	10oz [283g]	530	220	25	4	0	55	1670	55	3	11	23
BLUEBERRY ROLL - SMOKED SALMON (Brown Rice)	10oz [283g]	390	190	21	3	0	45	1080	32	4	6	18
BLUEBERRY ROLL - STEELHEAD	10oz [283g]	490	200	22	3.5	0	65	1030	55	3	11	20
BLUEBERRY ROLL - STEELHEAD (Brown Rice)	10oz [283g]	450	200	23	3.5	0	65	700	40	5	7	20
BLUEBERRY ROLL - TUNA	10oz [283g]	450	140	16	2	0	40	1030	55	3	11	24
BLUEBERRY ROLL - TUNA (Brown Rice)	10oz [283g]	410	150	17	2	0	40	700	40	5	7	24
CLASSIC YUMMY ROLL	9oz [255g]	520	200	23	2.5	0	20	1550	71	5	22	12
CRUNCHY TEMPURA ROLL	9oz [255g]	430	120	13	4	0	15	1120	72	4	15	8
CRUNCHY TEMPURA ROLL (Brown Rice)												



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PLUS ROLLS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
EEL PLUS	14oz [397g]	640	130	15	3.5	0	115	1790	106	4	24	20
SEASIDE PLUS - BABY SHRIMP	13.5oz [383g]	570	0	0	0	0	140	1830	119	2	22	25
SEASIDE PLUS - EEL	13.5oz [383g]	740	140	16	4	0	135	2000	128	4	25	23
SEASIDE PLUS - SALMON	13.5oz [383g]	690	120	14	2.5	0	70	1710	119	2	22	26
SEASIDE PLUS - SMOKED SALMON	13.5oz [383g]	690	110	12	2	0	55	2480	119	2	22	28
SEASIDE PLUS - STEELHEAD	13.5oz [383g]	640	70	8	1.5	0	60	1710	119	2	22	25
SEASIDE PLUS - TUNA	13.5oz [383g]	600	5	1	0	0	35	1710	119	2	22	29
SPICY PLUS - BABY SHRIMP	14oz [397g]	570	100	11	1.5	0	145	2110	95	3	19	24
SPICY PLUS - EEL	14oz [397g]	730	230	26	5	0	135	1830	104	5	22	21
SPICY PLUS - IMITATION CRAB	14oz [397g]	640	140	15	2	0	25	2250	111	4	21	17
SPICY PLUS - SALMON	14oz [397g]	680	210	24	3.5	0	70	1540	95	3	19	24
SPICY PLUS - SMOKED SALMON	14oz [397g]	680	200	22	3	0	55	2280	96	3	19	26
SPICY PLUS - STEELHEAD	14oz [397g]	630	160	19	2.5	0	65	1550	95	3	19	23
SPICY PLUS - TUNA	14oz [397g]	580	100	11	1.5	0	25	1720	96	3	19	29
SPICY TRIO	14oz [397g]	690	300	34	6	0	85	1170	72	7	14	28
VEGETABLE PLUS	14oz [397g]	520	90	10	1	0	0	1310	102	7	20	9

COLD BOWLS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
ORANGE CHICKEN	18oz [510g]	780	100	11	1.5	0	55	580	149	2	12	27
SESAME CHICKEN	18oz [510g]	810	120	14	1.5	0	55	520	149	2	11	28
SPICY TERIYAKI CHICKEN	19oz [539g]	830	130	15	3.5	0	120	1720	146	2	26	44
SUKIYAKI BEEF	15oz [425g]	720	180	20	9	0	45	330	121	0	4	18
TEMPURA SHRIMP	15.7oz [447g]	730	60	7	1	0	25	1350	156	3	23	16
TERIYAKI CHICKEN	18oz [510g]	830	130	15	3.5	0	120	1260	141	2	21	44

CHEF SAMPLERS*	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CHEF SAMPLER A - Option 1	5.5oz [156g]	310	130	15	3.5	0	30	600	36	3	7	9
CHEF SAMPLER A - Option 2	5.5oz [156g]	290	110	12	2	0	25	670	37	3	9	9
CHEF SAMPLER A - Option 3	5.5oz [156g]	320	140	16	3.5	0	30	600	33	2	7	11
CHEF SAMPLER A - Option 4	5.5oz [156g]	290	120	14	2	0	30	610	32	2	7	11
CHEF SAMPLER A - Option 5	5.5oz [156g]	340	150	16	3.5	0	15	810	40	3	11	8
CHEF SAMPLER A - Option 6	5.5oz [156g]	300	110	12	2	0	35	570	34	1	7	12
CHEF SAMPLER B - Option 1	5.5oz [156g]	270	80	9	1.5	0	25	600	36	2	7	9
CHEF SAMPLER B - Option 2	5.5oz [156g]	270	90	10	3	0	30	570	37	2	7	8
CHEF SAMPLER B - Option 3	5.5oz [156g]	320	130	15	4.5	0	30	680	39	2	8	9
PREMIUM CHEF SAMPLER - Option 1	5.5oz [156g]	300	120	14	2.5	0	30	590	34	3	7	10
PREMIUM CHEF SAMPLER - Option 2	5.5oz [156g]	300	130	15	2.5	0	35	600	32	2	7	11
PREMIUM CHEF SAMPLER - Option 3	5.5oz [156g]	310	130	15	3.5	0	30	590	35	3	7	10
ULTIMATE CHEF SAMPLER - Option 1	5.5oz [156g]	320	140	16	3	0	25	680	36	3	8	10
ULTIMATE CHEF SAMPLER - Option 2	5.5oz [156g]	290	120	13	2.5	0	30	660	35	3	8	9
ULTIMATE CHEF SAMPLER - Option 3	5.5oz [156g]	300	120	13	2	0	20	770	39	3	9	8

HYBRID PARTY TRAYS*	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
HAPPY HEART PLATTER - Option 1	5.5oz [156g]	260	80	9	1.5	0	35	540	32	2	6	14
HAPPY HEART PLATTER - Option 2	5.5oz [156g]	300	120	14	2.5	0	40	610	30	2	7	12
HAPPY HEART PLATTER - Option 3	5.5oz [156g]	300	120	13	3	0	15	720	40	3	10	7
HYBRID GO TRAY	5.5oz [156g]	300	120	13	2	0	40	740	37	2	10	9
HYBRID ICHI PLATTER	5.5oz [156g]	250	110	12	1.5	0	10	690	32	3	8	7
HYBRID MINI PLATTER	5.5oz [156g]	330	140	16	4.5	0	30	680	39	3	8	9
HYBRID NI PLATTER	5.5oz [156g]	320	120	13	2.5	0	60	760	39	2	9	11
HYBRID ROKU TRAY	5.5oz [156g]	290	110	12	2	0	35	720	37	2	9	9
HYBRID SAN PLATTER	5.5oz [156g]	300	110	13	2	0	30	690	36	2	8	10
HYBRID YON TRAY	5.5oz [156g]	300	120	13	3	0	20	680	37	3	9	8
KOWALSKI'S MEDLEY PARTY TRAY	5.5oz [156g]	250	70	8	1.5	0	30	660	37	2	7	9
MOONLIGHT PARTY TRAY	5.5oz [156g]	300	120	13	2	0	25	740	37	2	9	9
SAMURAI PLATTER	5.5oz [156g]	270	90	10	2	0	25	610	38	3	7	8
SUMO TRAY	5.5oz [156g]	270	70	8	1.5	0	35	650	40	2	8	11
SUNNY DELIGHT PARTY TRAY	5.5oz [156g]	260	90	11	2	0	20	580	35	3	7	8
SUNRISE PLATTER	5.5oz [156g]	280	100	11	1.5	0	20	740	38	3	9	7
SUNSET PLATTER	5.5oz [156g]	280	100	12	1.5	0	25	600	35	3	8	9

\*Based upon a recommended serving size of 5.5 ounces per serving.



# Nutrition Information (USA)

SPECIAL HYBRID ITEMS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALIFORNIA ROLL SP	7oz [198g]	300	60	7	1	0	5	900	54	3	10	8
CALIFORNIA ROLL SP (Brown Rice)	7oz [198g]	250	70	8	1	0	5	570	39	5	6	8
CALIFORNIA SALAD ROLL SP	7oz [198g]	320	90	10	1.5	0	10	880	53	3	10	7
CALIFORNIA SALAD ROLL SP (Brown Rice)	7oz [198g]	270	90	11	1.5	0	10	550	38	5	6	7
CREAM CHEESE ROLL SP - BABY SHRIMP	7oz [198g]	320	90	10	6	0	60	950	47	1	10	11
CREAM CHEESE ROLL SP - BABY SHRIMP (Brown Rice)	7oz [198g]	280	100	11	6	0	60	620	33	2	6	11
CREAM CHEESE ROLL SP - EEL	7oz [198g]	380	130	15	7	0	55	850	50	2	11	10
CREAM CHEESE ROLL SP - EEL (Brown Rice)	7oz [198g]	340	140	16	7	0	55	530	35	3	7	10
CREAM CHEESE ROLL SP - IMITATION CRAB	7oz [198g]	350	100	11	6	0	20	1000	52	1	11	9
CREAM CHEESE ROLL SP - IMITATION CRAB (Brown Rice)	7oz [198g]	310	110	12	6	0	20	670	38	3	7	9
CREAM CHEESE ROLL SP - SALMON	7oz [198g]	370	130	14	7	0	35	750	47	1	10	11
CREAM CHEESE ROLL SP - SALMON (Brown Rice)	7oz [198g]	320	140	15	7	0	35	430	33	2	6	11
CREAM CHEESE ROLL SP - SMOKED SALMON	7oz [198g]	370	120	14	7	0	30	1010	47	1	10	12
CREAM CHEESE ROLL SP - SMOKED SALMON (Brown Rice)	7oz [198g]	320	130	15	7	0	30	680	33	2	6	12
CREAM CHEESE ROLL SP - STEELHEAD	7oz [198g]	370	130	14	7	0	35	750	47	1	10	11
CREAM CHEESE ROLL SP - STEELHEAD (Brown Rice)	7oz [198g]	320	140	15	7	0	35	430	33	2	6	11
CREAM CHEESE ROLL SP - TUNA	7oz [198g]	330	90	10	6	0	20	810	47	1	10	13
CREAM CHEESE ROLL SP - TUNA (Brown Rice)	7oz [198g]	290	100	11	6	0	20	490	33	2	6	13
CRUNCHY CA ROLL SP - BABY SHRIMP	8oz [227g]	430	160	18	5	0	55	1080	57	4	11	11
CRUNCHY CA ROLL SP - BABY SHRIMP (Brown Rice)	8oz [227g]	380	170	20	5	0	55	750	42	6	7	11
CRUNCHY CA ROLL SP - IMITATION CRAB	8oz [227g]	480	200	23	6	0	10	1110	61	5	12	8
CRUNCHY CA ROLL SP - IMITATION CRAB (Brown Rice)	8oz [227g]	430	210	24	6	0	10	790	46	6	8	8
CRUNCHY DRAGON ROLL SP - IMITATION CRAB	9oz [255g]	480	180	21	2.5	0	20	1480	65	5	17	11
CRUNCHY DRAGON ROLL SP - IMITATION CRAB (Brown Rice)	9oz [255g]	430	190	22	2.5	0	20	1150	51	6	14	11
CRUNCHY DRAGON ROLL SP - SALMON	9oz [255g]	490	210	24	3	0	35	1230	60	5	16	14
CRUNCHY DRAGON ROLL SP - SALMON (Brown Rice)	9oz [255g]	450	220	25	3	0	35	900	46	6	13	14
CRUNCHY DRAGON ROLL SP - STEELHEAD	9oz [255g]	480	190	22	2.5	0	30	1230	60	5	16	13
CRUNCHY DRAGON ROLL SP - STEELHEAD (Brown Rice)	9oz [255g]	430	200	23	2.5	0	30	900	46	6	13	13
CRUNCHY DRAGON ROLL SP - TUNA	9oz [255g]	460	170	19	2	0	20	1250	60	5	17	14
CRUNCHY DRAGON ROLL SP - TUNA (Brown Rice)	9oz [255g]	410	180	20	2	0	20	930	46	6	13	14
CRUNCHY ROLL SP - BABY SHRIMP	10oz [283g]	640	290	32	11	0	60	1530	74	6	16	15
CRUNCHY ROLL SP - BABY SHRIMP (Brown Rice)	10oz [283g]	600	300	34	11	0	60	1200	59	7	12	15
CRUNCHY ROLL SP - IMITATION CRAB	10oz [283g]	670	300	34	11	0	20	1580	79	6	17	13
CRUNCHY ROLL SP - IMITATION CRAB (Brown Rice)	10oz [283g]	620	310	35	11	0	20	1250	64	7	13	13
CRUNCHY ROLL SP - SALMON	10oz [283g]	680	320	37	12	0	35	1330	74	6	16	15
CRUNCHY ROLL SP - SALMON (Brown Rice)	10oz [283g]	640	330	38	12	0	35	1000	59	7	12	15
CRUNCHY ROLL SP - STEELHEAD	10oz [283g]	670	310	35	11	0	30	1330	74	6	16	15
CRUNCHY ROLL SP - STEELHEAD (Brown Rice)	10oz [283g]	620	320	36	11	0	30	1010	59	7	12	15
CRUNCHY ROLL SP - TUNA	10oz [283g]	650	290	32	11	0	20	1390	74	6	16	17
CRUNCHY ROLL SP - TUNA (Brown Rice)	10oz [283g]	600	300	33	11	0	20	1070	59	7	12	17
CRUNCHY SHRIMP TEMPURA ROLL SP	9oz [255g]	660	310	35	14	0	20	1150	76	5	15	9
CRUNCHY SHRIMP TEMPURA ROLL SP (Brown Rice)	9oz [255g]	610	320	36	14	0	20	830	61	6	12	9
EEL ROLL SP	7oz [198g]	360	90	10	2.5	0	80	950	54	2	12	12
EEL ROLL SP (Brown Rice)	7oz [198g]	310	100	11	2.5	0	80	630	40	4	9	12
HAPPY MANGO ROLL SP	9oz [255g]	440	150	17	5	0	50	1010	63	5	20	11
HAPPY MANGO ROLL SP (Brown Rice)	9oz [255g]	400	160	18	5	0	50	680	49	6	16	11
SPICY ALASKAN ROLL SP - STEELHEAD	7oz [198g]	320	80	9	1.5	0	30	770	48	2	9	11



# Nutrition Information (USA)

SPECIAL HYBRID ITEMS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
SPICY SALMON ROLL SP	7oz [198g]	340	100	12	2	0	35	770	48	2	9	12
SPICY SALMON ROLL SP (Brown Rice)	7oz [198g]	300	110	13	2	0	35	450	33	3	6	12
SPICY SALMON ROLL SP - SMOKED SALMON	7oz [198g]	340	100	11	1.5	0	30	1140	48	2	10	13
SPICY SALMON ROLL SP - SMOKED SALMON (Brown Rice)	7oz [198g]	300	110	12	1.5	0	30	810	33	3	6	13
SPICY SHRIMP ROLL SP	7oz [198g]	280	50	6	0.5	0	75	1050	48	2	9	12
SPICY SHRIMP ROLL SP (Brown Rice)	7oz [198g]	240	60	7	0.5	0	75	730	33	3	6	12
SPICY TUNA ROLL SP	7oz [198g]	290	50	5	0.5	0	15	860	48	2	9	14
SPICY TUNA ROLL SP (Brown Rice)	7oz [198g]	250	60	7	0.5	0	15	530	33	3	6	14
VEGETABLE COMBO SP	7oz [198g]	260	45	5	0.5	0	0	650	51	4	10	5
VEGETABLE COMBO SP (Brown Rice)	7oz [198g]	210	50	6	0.5	0	0	330	37	5	7	5

REGIONAL SPECIALS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
ABURI ALASKAN CHEESE ROLL	8.5oz [241g]	450	160	18	5	0	30	1070	59	3	17	13
ABURI NIGIRI - EEL	8.25oz [234g]	500	150	17	4	0	135	1330	69	2	17	18
ABURI NIGIRI - SALMON	8.25oz [234g]	430	130	14	2.5	0	70	800	55	1	10	21
ABURI NIGIRI - SHRIMP EBI	8.25oz [234g]	350	0	0	0	0	75	1140	75	0	14	13
ABURI NIGIRI - STEELHEAD	8.25oz [234g]	380	80	9	1.5	0	60	800	55	1	10	20
ABURI NIGIRI - TUNA	8.25oz [234g]	360	0	0	0	0	20	1070	75	0	14	16
ABURI SALMON CHEESE ROLL	8.5oz [241g]	460	170	20	5	0	35	1040	58	3	16	12
ALASKAN ONION ROLL - STEELHEAD	9oz [255g]	390	120	14	2	0	40	900	54	3	10	15
CALIFORNIA ROLL - BLACK RICE	10.5oz [298g]	370	90	11	1.5	0	10	710	59	6	7	11
CALIFORNIA ROLL SP - BLACK RICE	7oz [198g]	250	60	7	1	0	5	480	39	4	5	8
CALIFORNIA SALAD ROLL - QUINOA	7oz [198g]	290	90	11	1.5	0	10	570	43	5	5	8
CALIFORNIA SALAD ROLL - QUINOA (Brown Rice)	7oz [198g]	270	100	11	1.5	0	10	410	36	6	4	8
CALIFORNIA SUMMER COMBO (CSC)	14oz [397g]	450	100	12	1.5	0	40	1260	74	7	13	16
CLASSIC TUNA ROLL	9oz [255g]	390	0	0	0	0	15	1260	80	1	14	21
CLASSIC TUNA ROLL (Brown Rice)	9oz [255g]	320	20	2	0	0	15	690	54	3	8	20
CRUNCHY ROLL SP - BLACK RICE	10oz [293g]	630	330	37	12	0	35	910	59	6	11	15
HAPPY MANGO ROLL - QUINOA	9oz [255g]	320	100	11	1.5	0	10	590	50	6	11	8
HAPPY MANGO ROLL - QUINOA (Brown Rice)	9oz [255g]	300	100	11	1.5	0	10	430	43	7	9	8
MT. FUJI 005	9oz [255g]	520	240	27	5	0	75	1230	49	3	14	19
PREMIUM CHIRASHI BOWL - ALBACORE	13.7oz [388g]	720	190	21	5	0	35	1960	111	4	26	23
PREMIUM CHIRASHI BOWL - ALBACORE (Brown Rice)	13.7oz [388g]	630	200	23	5	0	35	1300	82	7	19	23
PREMIUM CHIRASHI BOWL - AMBERJACK	13.7oz [388g]	800	270	31	7	0	50	1960	111	4	26	19
PREMIUM CHIRASHI BOWL - AMBERJACK (Brown Rice)	13.7oz [388g]	710	290	33	7	0	50	1300	82	7	19	19
PREMIUM CHIRASHI BOWL - CHICKEN	13.7oz [388g]	710	190	22	6	0	40	2320	112	4	26	20
PREMIUM CHIRASHI BOWL - CHICKEN (Brown Rice)	13.7oz [388g]	630	210	24	6	0	40	1670	83	7	19	20
PREMIUM CHIRASHI BOWL - EEL	13.7oz [388g]	810	280	31	8	0	95	2160	117	6	28	18
PREMIUM CHIRASHI BOWL - EEL (Brown Rice)	13.7oz [388g]	720	300	34	8	0	95	1510	88	8	21	17
PREMIUM CHIRASHI BOWL - IMITATION CRAB	13.7oz [388g]	750	210	24	6	0	20	2460	122	5	28	15
PREMIUM CHIRASHI BOWL - IMITATION CRAB (Brown Rice)	13.7oz [388g]	660	230	26	6	0	20	1810	93	8	21	15
PREMIUM CHIRASHI BOWL - SALMON	13.7oz [388g]	780	260	30	7	0	50	1960	111	4	26	20
PREMIUM CHIRASHI BOWL - SALMON (Brown Rice)	13.7oz [388g]	690	280	32	7	0	50	1300	82	7	19	20
PREMIUM CHIRASHI BOWL - SEAFOOD	13.7oz [388g]	750	230	26	6	0	40	1960	111	4	26	21
PREMIUM CHIRASHI BOWL - SEAFOOD (Brown Rice)	13.7oz [388g]	660	250	28	6	0	40	1300	82	7	19	21
PREMIUM CHIRASHI BOWL - TUNA	13.7oz [388g]	710	190	21	5	0	30	1960	111	4	26	22
PREMIUM CHIRASHI BOWL - TUNA (Brown Rice)	13.7oz [388g]	630	210	23	5	0	30	1300	82	7	19	22
QUEEN OF SEAFOOD ROLL - SALMON	9.5oz [269g]	500	190	21	3.5	0	120	1060	49	2	9	29
QUEEN OF SEAFOOD ROLL - STEELHEAD	9.5oz [269g]	460	150	17	3	0	115	1060	49	2	9	28
ROASTED EEL & CUCUMBER ROLL	8oz [227g]	510	190	21	4.5	0	55	1320	68	5	19	13
SALMON ONION ROLL - SALMON	9oz [255g]	420	150	16	2.5	0	40	900	54	3	10	16
SALMON ONION ROLL - SMOKED SALMON	9oz [255g]	420	140	16	2.5	0	35	1290	55	3	11	17
SEARED TUNA & MISO MAYO ROLL	8oz [227g]	410	90	11	2	0	20	1340	62	3	17	19
SEASIDE & SUMMER COMBO - BABY SHRIMP	8oz [227g]	270	25	3	0	0	65	950	49	2	9	13
SEASIDE & SUMMER COMBO - EEL	8oz [227g]	320	70	8	1.5	0	60	850	52	3	10	12
SEASIDE & SUMMER COMBO - SALMON	8oz [227g]	310	60	7	1	0	40	750	49	2	9	13
SEASIDE & SUMMER COMBO - SMOKED SALMON	8oz [227g]	310	60	7	1	0	35	1010	50	2	9	13
SEASIDE & SUMMER COMBO - TUNA	8oz [227g]	270	25	3	0	0	30	750	49	2	9	14
SHRIMP DYNAMITE ROLL	8oz [227g]	400	110	12	2	0	85	1530	59	3	14	16
SNACK PACK - QUINOA	9oz [255g]	390	90	10	1	0	0	570	67	8	8	9
SNACK PACK - QUINOA (Brown Rice)	9oz [255g]	350	100	11	1	0	0	290	55	9	4	9



# Nutrition Information (USA)

REGIONAL SPECIALS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
SPICY & SUMMER COMBO - BABY SHRIMP	10.5oz [298g]	360	70	8	1	0	90	1240	58	3	11	16
SPICY & SUMMER COMBO - SALMON	10.5oz [298g]	420	130	14	2	0	50	960	58	3	11	16
SPICY & SUMMER COMBO - SMOKED SALMON	10.5oz [298g]	420	120	14	2	0	45	1320	58	3	11	17
SPICY & SUMMER COMBO - TUNA	10.5oz [298g]	370	70	8	1	0	30	1040	58	3	11	18
SPICY JUMBO ROLL	9.5oz [269g]	460	150	16	2.5	0	35	1440	62	3	12	17
SPICY OCTOPUS ROLL	10.5oz [298g]	420	70	8	1	0	75	1270	72	2	14	16
SPICY ROLL SP - BLACK RICE	7oz [198g]	290	110	12	2	0	35	350	33	2	4	12
SPICY SCALLOP ROLL	10.5oz [298g]	420	70	8	1	0	20	1370	73	2	14	13
SUPER VOLCANO ROLL	9oz [255g]	440	160	18	3.5	0	55	1230	49	3	14	21
SUSHI BRITTO - BABY SHRIMP	13.3oz [377g]	730	280	32	9	0	120	2120	89	7	19	26
SUSHI BRITTO - IMITATION CRAB	13.3oz [377g]	780	310	35	9	0	35	2220	99	8	21	21
SUSHI BRITTO - SALMON	13.3oz [377g]	810	360	41	10	0	65	1720	89	7	19	26
SUSHI BRITTO - STEELHEAD	13.3oz [377g]	780	330	37	10	0	60	1720	89	7	19	25
SUSHI BRITTO - TERIYAKI CHICKEN	13.3oz [377g]	800	330	37	10	0	65	1960	91	7	21	27
SUSHI BRITTO - TUNA	13.3oz [377g]	750	280	32	9	0	35	1840	89	7	19	29
TEMPTATION ROLL	8oz [227g]	490	170	19	2	0	35	1190	60	3	17	21
TUNA TATAKI ROLL	8oz [227g]	450	150	17	2.5	0	20	1780	59	3	13	19
ULTIMATE CHILI ROLL - QUINOA - SALMON	10.5oz [298g]	550	280	32	5	0	70	770	45	6	7	22
ULTIMATE CHILI ROLL - QUINOA - SALMON (Brown Rice)	10.5oz [298g]	530	290	33	5	0	70	600	38	7	5	22
ULTIMATE CHILI ROLL - QUINOA - SHRIMP EBI	10.5oz [298g]	450	190	21	2.5	0	130	870	45	6	7	21
ULTIMATE CHILI ROLL - QUINOA - SHRIMP EBI (Brown Rice)	10.5oz [298g]	430	190	22	2.5	0	130	710	38	7	5	21
ULTIMATE CHILI ROLL - QUINOA - STEELHEAD	10.5oz [298g]	510	250	28	4	0	65	770	45	6	7	21
ULTIMATE CHILI ROLL - QUINOA - STEELHEAD (Brown Rice)	10.5oz [298g]	490	250	28	4	0	65	610	38	7	5	21
UNA MAYO ROLL	8oz [227g]	530	230	26	5	0	95	1140	62	5	16	14
VEGETABLE COMBO SP - QUINOA	7oz [198g]	240	50	6	0.5	0	0	340	42	6	6	5
VEGETABLE COMBO SP - QUINOA (Brown Rice)	7oz [198g]	210	60	6	0.5	0	0	180	34	6	4	5

DUMPLINGS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CHICKEN DUMPLING - Leeks	5oz [142g]	290	60	7	2	0	40	640	43	2	1	7
CHICKEN DUMPLING - Shiitake Mushrooms	5oz [142g]	240	50	6	1.5	0	25	520	34	3	3	11
CHICKEN DUMPLING - Spicy Sriracha	5oz [142g]	250	60	7	2	0	35	920	33	2	5	13
GRILLED DUMPLING - Shrimp	6oz [170g]	320	110	12	1.5	0	30	700	43	7	2	12
GRILLED DUMPLING - Vegetable	6oz [170g]	320	90	10	1.5	0	0	710	48	7	5	9

SALADS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
CALAMARI SALAD	4oz [113g]	140	10	1	0.5	0	195	500	15	5	10	17
EDAMAME (SOYBEANS)	8oz [227g]	320	110	12	1.5	0	0	10	27	12	8	24
PREMIUM HAWAIIAN POKE BOWL - ALBACORE	13.8oz [391g]	650	130	14	2	0	60	2090	100	1	21	31
PREMIUM HAWAIIAN POKE BOWL - ALBACORE (Brown Rice)	13.8oz [391g]	560	140	16	2	0	60	1440	71	4	14	31
PREMIUM HAWAIIAN POKE BOWL - AMBERJACK	13.8oz [391g]	760	250	29	5	0	80	2100	100	1	21	25
PREMIUM HAWAIIAN POKE BOWL - AMBERJACK (Brown Rice)	13.8oz [391g]	680	270	31	5	0	80	1440	71	4	14	25
PREMIUM HAWAIIAN POKE BOWL - BABY SHRIMP	13.8oz [391g]	610	130	15	2	0	165	2690	100	1	21	26
PREMIUM HAWAIIAN POKE BOWL - BABY SHRIMP (Brown Rice)	13.8oz [391g]	530	150	17	2	0	165	2040	71	4	14	26
PREMIUM HAWAIIAN POKE BOWL - SALMON	13.8oz [391g]	740	240	27	4.5	0	85	2100	100	1	21	26
PREMI												



# Nutrition Information (USA)

CONDIMENTS/SAUCES	Serving Size (oz [g]/mL)	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
HOT GARLIC SAUCE	1oz [28g]	50	10	1.5	0	0	0	160	9	0	7	0
MAYONNAISE	1oz [28g]	170	170	19	3	0	10	170	0	0	0	0
PICKLED GINGER	0.5oz [14g]	10	0	0	0	0	0	200	3	0	2	0
PONZU SAUCE	1 pack [6mL]	4	0	0	0	0	0	135	1	0	1	0
SOY SAUCE (LOW SODIUM)	1 pack [7mL]	5	0	0	0	0	0	290	1	0	1	0
SPICY SAUCE	1oz [28g]	150	130	15	2	0	10	380	4	2	2	0
SUSHI SAUCE	1oz [28g]	60	0	0	0	0	0	580	14	0	10	1
SWEET CHILI SAUCE	1 pack [40g]	100	0	0	0	0	0	530	25	0	23	0
WASABI	0.5oz [14g]	10	0	0	0	0	0	0	2	0	0	0
WASABI SAUCE	1oz [28g]	150	130	15	2	0	20	250	2	0	2	0
YUM YUM SAUCE	1oz [28g]	60	30	3	0	0	0	240	8	0	6	0

WRAPS	Serving Size (oz [g])	Calories (kcal)	Calories from Fat (kcal)	Fat Total (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
AVOCADO SALAD ROLL	7oz [198g]	150	80	9	1	0	0	80	18	6	3	3
BERRY WRAP - BABY SHRIMP	7oz [198g]	120	40	4.5	0.5	0	50	270	15	3	2	8
BERRY WRAP - IMITATION CRAB	7oz [198g]	170	80	9	1.5	0	10	310	19	4	3	5
BERRY WRAP - SALMON	7oz [198g]	160	80	9	1.5	0	25	75	15	3	2	8
BERRY WRAP - STEELHEAD	7oz [198g]	150	60	7	1	0	20	75	15	3	2	8
BERRY WRAP - TUNA	7oz [198g]	130	40	4.5	0.5	0	10	135	15	3	2	10
CALIFORNIA WRAP	8oz [227g]	260	140	16	2.5	0	15	550	23	5	3	8
CREAM CHEESE WRAP - BABY SHRIMP	8oz [227g]	230	120	14	7	0	85	500	15	3	3	12
CREAM CHEESE WRAP - EEL	8oz [227g]	320	190	21	9	0	80	350	20	4	4	11
CREAM CHEESE WRAP - IMITATION CRAB	8oz [227g]	310	180	21	8	0	25	550	22	4	4	8
CREAM CHEESE WRAP - SALMON	8oz [227g]	290	180	20	8	0	45	200	15	3	3	13
CREAM CHEESE WRAP - SMOKED SALMON	8oz [227g]	290	170	20	8	0	40	580	15	3	3	14
CREAM CHEESE WRAP - STEELHEAD	8oz [227g]	270	160	18	8	0	45	200	15	3	3	12
CREAM CHEESE WRAP - TUNA	8oz [227g]	240	120	14	7	0	25	290	16	3	3	15
MANGO WRAP	8oz [227g]	130	40	4.5	0.5	0	0	90	22	5	7	3
SMOKED SALMON SALAD ROLL	7oz [198g]	280	170	19	3	0	45	730	13	2	2	15
SPICY CALIFORNIA WRAP	8oz [227g]	290	180	20	3	0	15	610	23	5	3	7
SPICY CHICKEN ROLL	7oz [198g]	190	80	9	1.5	0	40	640	14	2	2	13
SPICY CREAM CHEESE WRAP - BABY SHRIMP	8oz [227g]	270	160	18	7	0	75	540	16	4	3	11
SPICY CREAM CHEESE WRAP - IMITATION CRAB	8oz [227g]	300	180	20	8	0	25	610	23	4	4	8
SPICY CREAM CHEESE WRAP - SALMON	8oz [227g]	320	210	23	8	0	40	310	16	4	3	11
SPICY CREAM CHEESE WRAP - SMOKED SALMON	8oz [227g]	320	200	23	8	0	35	620	17	4	3	12
SPICY CREAM CHEESE WRAP - STEELHEAD	8oz [227g]	300	190	21	8	0	40	310	16	4	3	11
SPICY CREAM CHEESE WRAP - TUNA	8oz [227g]	280	160	18	7	0	25	380	17	4	3	13
SPICY WRAP - BABY SHRIMP	8oz [227g]	200	100	11	1.5	0	85	570	17	4	3	11
SPICY WRAP - SALMON	8oz [227g]	270	160	18	3	0	40	250	17	4	3	11
SPICY WRAP - SMOKED SALMON	8oz [227g]	270	150	17	2.5	0	30	670	17	4	3	13
SPICY WRAP - STEELHEAD	8oz [227g]	240	130	15	2.5	0	35	250	17	4	3	11
SPICY WRAP - TUNA	8oz [227g]	210	90	11	1.5	0	15	350	17	4	3	14
SUMMER ROLL	14oz [397g]	300	90	11	1.5	0	65	730	40	7	6	16
SUMMER ROLL 2	7oz [198g]	150	45	5	0.5	0	30	370	20	3	3	8
TERIYAKI CHICKEN SALAD ROLL	7oz [198g]	180	50	6	1.5	0	45	620	20	1	9	15
VEGETABLE WRAP	8oz [227g]	130	60	7	1	0	0	90	19	5	4	3

2,000 calories a day is used for general nutrition advice, but calorie needs may vary.

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



# Hot Foods Nutrition Chart

Advanced Fresh Concepts Franchise Corporation  
 19205 South Laurel Park Road  
 Rancho Dominguez, CA 90220

Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
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APPETIZERS																				
ASIAN SALAD	2 oz.	140	110	12	1	0	0	370	7	1	5	1	*	*	*					*
CHAR SIU BUN	1 pc.	120	40	4.5	1.5	0	5	135	17	0	5	3	*	*	*					
CRAB RANGOON	1 pc.	80	30	3.5	1	0	5	90	10	3	1	4	*	*	*			*	*	*
EGG ROLL - CHICKEN	1 pc.	150	60	6	1	0	20	370	14	1	1	8	*	*				*		*
EGG ROLL - PORK	1 pc.	150	45	5	1	0	10	280	20	1	4	7	*	*						*
EGG ROLL - VEGETABLE	1 pc.	150	40	4.5	1	0	0	330	22	2	4	4	*	*						*
FRIED DUMPLING - CHICKEN	1 pc.	35	10	1	0	0	0	60	4	0	0	1	*	*						*
FRIED DUMPLING - PORK	1 pc.	40	20	2	0	0	5	85	4	0	0	1	*	*						*
FRIED DUMPLING - SEAFOOD	1 pc.	60	25	3	0	0	5	110	7	1	0	2	*	*	*					*
FRIED DUMPLING - VEGETABLE	1 pc.	60	25	2.5	0	0	0	110	8	0	1	1	*	*						*
FRIED IMITATION CRAB ROLL	5 oz.	370	200	22	5	0	15	930	39	2	11	5	*	*	*			*	*	*
FRIED SHRIMP TEMPURA ROLL	5 oz.	380	210	24	5	0	15	840	40	2	12	4	*	*	*			*		*
FRIED TERIYAKI CHICKEN ROLL	5 oz.	370	200	23	5	0	25	850	37	2	12	7	*	*				*		*
LUMPIA	1 pc.	35	15	2	0	0	5	80	2	0	0	2	*	*						
SESAME BALL	1 pc.	70	25	3	0	0	0	5	10	1	7	2								
SHU MAI	1 pc.	50	20	2.5	1	0	10	180	4	0	1	3	*	*	*					
STEAMED DUMPLING - CHICKEN	1 pc.	30	5	0.5	0	0	0	65	4	0	0	1	*	*						*
STEAMED DUMPLING - PORK	1 pc.	35	15	1.5	0	0	5	90	4	0	0	1	*	*						*
STEAMED DUMPLING - SEAFOOD	1 pc.	50	15	2	0	0	5	115	7	1	0	2	*	*	*					*
STEAMED DUMPLING - VEGETABLE	1 pc.	50	15	1.5	0	0	0	115	8	0	1	1	*	*						*
VEGETABLE SPRING ROLL	1 pc.	80	25	3	0	0	0	220	15	0	2	2	*	*						
VEGETABLE WRAP	3 oz.	70	30	3.5	0.5	0	5	200	8	2	2	3		*	*					*

SOUP																				
CHICKEN EGG FLOWER SOUP	8 oz.	80	15	1.5	0	0	50	520	11	1	1	4			*					*
HOT & SOUR SOUP	8 oz.	25	5	0.5	0	0	10	220	6	0	1	1	*	*						*
SHRIMP EGG FLOWER SOUP	8 oz.	70	10	1.5	0	0	65	580	11	1	1	4			*	*				*
WONTON SOUP	8 oz.	45	15	2	0.5	0	5	200	5	1	2	2	*	*						*

CHICKEN WINGS																				
BBQ GLAZED	5 oz.	310	180	20	5	0	175	510	3	0	3	29	*	*				*		
CLASSIC	5 oz.	260	140	16	3	0	85	330	14	0	0	14								
FIRE STINGERS	5 oz.	360	200	23	7	0	100	1430	8	0	0	30	*							
HONEY BBQ	5 oz.	260	100	12	2.5	0	60	550	27	0	15	10								
HONEY FIRE	5 oz.	250	130	15	3	0	80	350	16	0	3	12	*	*						
MANDARIN ORANGE	5 oz.	270	140	15	3	0	75	360	22	1	5	13	*	*						
PINEAPPLE HABANERO	5 oz.	260	100	12	2.5	0	60	240	29	0	19	10								
SALT & PEPPER	5 oz.	310	210	23	3.5	0	70	380	14	1	0	11								
SALT & VINEGAR	5 oz.	330	210	24	6	0	80	990	8	0	0	20								
SPICY BUFFALO	5 oz.	250	130	15	3	0	80	630	13	0	0	12								
SPICY TERIYAKI	5 oz.	270	110	12	2.5	0	65	770	28	0	16	12	*	*						
SWEET CHILI	5 oz.	290	90	11	2	0	55	1560	37	0	25	9								
TERIYAKI	5 oz.	260	130	15	3	0	80	530	18	0	5	13	*	*						
WINGS OF FIRE JUMBO GLAZED	5 oz.	230	140	16	3.5	0	115	580	1	0	0	21	*							

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# Hot Foods Nutrition Chart

	Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
<b>BEEF</b>																					
ASPARAGUS BEEF	5 oz.	170	70	7	1	0	20	620	17	2	9	10	*	*							
BEEF & BROCCOLI	5 oz.	170	60	7	1	0	20	610	16	2	8	10	*	*							
BEEF CALDERETA	5 oz.	200	130	15	5	1	40	340	7	1	2	11	*	*					*		
BEEF STEAK TAGALOG	5 oz.	190	90	10	4	0	60	730	7	0	3	19	*	*							
BLACK BEAN BEEF	5 oz.	170	70	7	1	0	20	610	16	1	9	10	*	*							
BLACK PEPPER CELERY BEEF	5 oz.	160	70	7	1	0	20	660	15	1	8	9	*	*							
BULGOGI BEEF	5 oz.	330	100	12	3.5	0	85	700	22	0	15	33	*	*							
CHEF'S SIGNATURE MANDARIN BEEF	5 oz.	330	110	12	3	0	70	690	27	0	20	27	*	*							
CHEF'S SIGNATURE SESAME BEEF	5 oz.	350	120	14	3	0	65	630	26	0	20	27	*	*							
CHEF'S SIGNATURE SRIRACHA TERIYAKI BEEF	5 oz.	300	100	11	2.5	0	55	1000	28	0	21	23	*	*							
CHEF'S SIGNATURE TERIYAKI BEEF	5 oz.	280	70	8	2.5	0	55	1000	28	0	21	24	*	*							
GARLIC BEEF WITH STRING BEANS	5 oz.	180	60	7	1	0	20	610	19	1	8	10	*	*							
GRILLED STEAK	5 oz.	240	70	8	2.5	0	110	85	0	0	0	43									
GRILLED TERIYAKI BEEF	5 oz.	250	130	15	2	0	50	1620	11	0	9	19	*	*							
JALAPENO BEEF	5 oz.	230	100	11	1.5	0	25	1020	24	1	11	13	*	*				*			
KARE KARE	5 oz.	130	60	7	1.5	0	20	320	5	1	2	13			*	*					
KUNG PAO BEEF	5 oz.	180	70	8	1	0	20	600	19	1	9	10	*	*							
MONGOLIAN BEEF	5 oz.	230	90	10	2	0	40	1260	19	1	12	17	*	*							
MUSHROOM BEEF	5 oz.	160	60	7	1	0	20	590	14	1	8	10	*	*							
POTATO BEEF	5 oz.	160	50	6	1	0	15	600	19	1	7	8	*	*							
SALT & PEPPER BEEF	5 oz.	270	45	5	1	0	15	240	44	1	3	10	*	*							
SPICY GARLIC BEEF	5 oz.	180	70	8	1	0	20	780	20	1	9	10	*	*				*			
SUKIYAKI BEEF	5 oz.	230	160	18	8	0	40	570	8	0	8	8	*	*					*		
ZUCCHINI BEEF	5 oz.	140	60	7	1	0	10	500	13	1	6	7	*	*							
<b>CHICKEN (WHITE MEAT)</b>																					
ASPARAGUS CHICKEN	5 oz.	130	45	5	0	0	20	750	13	2	5	10	*	*							
BLACK BEAN CHICKEN	5 oz.	130	45	5	0	0	20	740	12	1	6	9	*	*							
BLACK PEPPER CELERY CHICKEN	5 oz.	120	45	5	0	0	20	780	11	1	5	9	*	*							
CHICKEN & BROCCOLI	5 oz.	120	45	5	0	0	20	830	10	2	3	10		*							
CHICKEN KATSU	5 oz.	380	220	25	4	0	75	540	23	1	5	15	*	*							
GARLIC CHICKEN WITH STRING BEANS	5 oz.	140	45	5	0	0	20	730	15	1	5	10	*	*							
GOLDEN CRUNCHY CHICKEN BREAST	5 oz.	280	140	15	3	0	65	340	11	0	0	23	*	*							
GRILLED CHICKEN	5 oz.	210	40	4.5	1.5	0	145	75	0	0	0	43									
GRILLED TERIYAKI CHICKEN	5 oz.	390	270	31	18	0	140	1110	9	0	7	21	*	*				*			
JALAPENO CHICKEN	5 oz.	180	70	8	0	0	25	1170	19	1	6	12	*	*				*			
KUNG PAO CHICKEN	5 oz.	140	50	6	0	0	20	710	15	1	5	9	*	*							
MUSHROOM CHICKEN	5 oz.	120	45	5	0	0	20	710	10	1	5	9	*	*							
POTATO CHICKEN	5 oz.	150	40	4.5	0	0	20	850	19	2	5	9	*	*							
SALT & PEPPER CHICKEN	5 oz.	230	30	3	0	0	15	340	40	1	0	10	*	*							
SPICY GARLIC CHICKEN	5 oz.	140	60	6	0	0	20	890	16	1	5	9	*	*				*			
THAI CURRY CHICKEN	5 oz.	120	60	6	1.5	0	15	570	11	1	4	7		*	*						
TRADITIONAL JAPANESE CHICKEN KATSU CURRY	5 oz.	270	130	15	2	0	40	790	24	1	7	10	*	*							
ZUCCHINI CHICKEN	5 oz.	130	50	6	0	0	15	770	14	1	8	7	*	*							

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# Hot Foods Nutrition Chart

Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
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CHICKEN (DARK MEAT)																				
CHEF'S SIGNATURE SRIRACHA TERIYAKI CHICKEN	5 oz.	260	110	12	2.5	0	80	980	18	0	15	23	*	*						
CHEF'S SIGNATURE TERIYAKI CHICKEN	5 oz.	240	80	9	2.5	0	80	980	17	0	15	23	*	*						
CHICKEN ADOBO	5 oz.	190	120	14	3.5	0	70	240	3	0	1	12	*	*						
GOLDEN CRUNCHY CHICKEN DRUMSTICK	5 oz.	270	140	15	3	0	95	390	11	0	0	20	*	*						
GOLDEN CRUNCHY CHICKEN THIGH	5 oz.	330	200	23	5	0	105	360	11	0	0	18	*	*						
GOLDEN CRUNCHY CHICKEN WING	5 oz.	300	170	19	4	0	115	360	11	0	0	19	*	*						
GRILLED CHICKEN	5 oz.	290	120	14	4	0	130	130	0	0	0	39	*	*						

CHICKEN KARAAGE																				
CHEF'S SIGNATURE MANDARIN CHICKEN	5 oz.	260	110	12	1.5	0	45	440	24	0	8	14	*	*			*		*	
CHEF'S SIGNATURE SESAME CHICKEN	5 oz.	270	120	14	1.5	0	45	390	24	0	8	14	*	*			*		*	
GENERAL TSO'S CHICKEN	5 oz.	250	90	10	1	0	35	430	31	0	13	12	*	*			*		*	
CHICKEN KARAAGE	5 oz.	280	140	16	2	0	55	390	18	0	0	17	*	*			*		*	
PEKING CHICKEN	5 oz.	290	110	12	1.5	0	45	380	33	0	17	14	*	*			*	*	*	*
SPICY HONEY CHICKEN	5 oz.	260	110	12	1.5	0	45	510	27	0	9	14	*	*			*		*	
SWEET & SOUR CHICKEN	5 oz.	230	80	9	1	0	35	340	27	0	15	11	*	*			*		*	
TRADITIONAL JAPANESE CHICKEN KARAAGE CURRY	5 oz.	220	80	9	0.5	0	25	760	21	1	5	10	*	*			*		*	

PORK																				
APRITADA	5 oz.	110	45	5	1	0	30	210	5	1	2	10								*
ASPARAGUS PORK	5 oz.	150	70	8	1.5	0	20	510	13	2	6	7	*	*						
BBQ PORK	5 oz.	340	130	16	5	0	60	600	36	0	16	15	*	*						
BBQ RIB	5 oz.	370	170	20	6	0	65	620	36	0	16	14	*	*						
BLACK BEAN PORK	5 oz.	150	70	8	1.5	0	20	500	12	1	6	7	*	*						
BLACK PEPPER CELERY PORK	5 oz.	140	70	8	1.5	0	20	540	11	1	5	6	*	*						
CHAR SIU PORK	5 oz.	350	70	8	8	0	75	840	5	3	3	30	*	*			*	*		
CHEF'S SIGNATURE MANDARIN PORK	5 oz.	300	170	19	4.5	0	60	310	15	0	9	17	*	*						
CHEF'S SIGNATURE SESAME PORK	5 oz.	280	150	17	4.5	0	60	250	15	0	9	17	*	*						
GARLIC PORK WITH STRING BEANS	5 oz.	160	70	8	1.5	0	20	490	16	1	5	7	*	*						
JALAPENO PORK	5 oz.	210	110	12	2	0	25	880	20	1	7	9	*	*			*			
KUNG PAO PORK	5 oz.	160	80	9	1.5	0	15	490	16	2	6	7	*	*						
LONGONISA	1 pc.	80	60	7	2	0	10	90	2	0	1	3	*	*					*	
MUSHROOM PORK	5 oz.	140	70	8	1.5	0	20	480	10	1	5	7	*	*						
PEKING PORK	5 oz.	300	130	15	4.5	0	60	230	24	0	18	17		*					*	
PINAKBET	5 oz.	230	190	21	8	0	30	280	5	1	3	5			*				*	
PORK SINIGANG	5 oz.	120	80	9	2.5	0	25	190	4	1	1	6			*		*	*	*	
POTATO PORK	5 oz.	170	70	8	1.5	0	15	630	20	2	6	7	*	*						
SALT & PEPPER PORK	5 oz.	250	50	6	1.5	0	15	140	41	1	1	8	*	*						
SPICY GARLIC PORK	5 oz.	160	80	9	1.5	0	15	670	17	1	6	7	*	*			*			
SPICY HONEY PORK	5 oz.	270	140	15	4.5	0	60	380	19	0	10	17	*	*						
SWEET & SOUR PORK	5 oz.	240	100	11	3.5	0	45	240	20	0	16	13		*						
TOCINO	5 oz.	380	240	28	7	0	80	910	14	0	13	19								
TWICE COOKED PORK	5 oz.	180	90	10	1.5	0	15	760	20	2	10	7	*	*				*		
ZUCCHINI PORK	5 oz.	160	70	8	1.5	0	25	670	12	1	7	10	*	*						

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Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
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SEAFOOD																				
EBI FRY	5 oz.	370	180	20	0	0	220	750	23	1	1	14	*	*	*					
FISH KATSU	5 oz.	230	70	8	2	0	50	900	29	1	1	16	*					*	*	*
GRILLED SALMON	5 oz.	320	200	23	4.5	0	115	65	0	0	0	29							*	
GRILLED SHRIMP	5 oz.	100	15	1.5	0	0	180	800	1	0	0	19			*					
GRILLED TERIYAKI SHRIMP	5 oz.	180	80	9	1	0	145	1610	9	0	7	17	*	*	*					
IMITATION CRAB MEAT	5 oz.	240	80	9	1	0	35	1320	27	2	5	17		*	*				*	
MIX TEMPURA (SHRIMP & VEGETABLES)	5 oz.	320	180	20	1.5	0	25	150	30	1	1	6	*	*	*					
SHRIMP TEMPURA	5 oz.	340	150	17	2.5	0	45	260	35	1	1	9	*	*	*					
TRADITIONAL JAPANESE FRIED SHRIMP CURRY	5 oz.	270	110	13	0	0	90	960	24	2	6	8	*	*	*					

VEGETABLES & TOFU																				
FRIED TOFU	5 oz.	180	110	13	1	0	0	15	3	3	0	13			*					
GARLIC STRING BEANS	5 oz.	150	70	8	0.5	0	0	750	18	2	6	3	*	*						
GRILLED TERIYAKI TOFU	5 oz.	240	140	16	1.5	0	0	1310	13	2	9	0	*	*						
GRILLED TOFU	5 oz.	130	70	8	1	0	0	15	3	3	0	13		*						
NISHIME	5 oz.	50	0	0	0	0	0	390	12	2	3	2	*	*					*	
SALT & PEPPER EGGPLANT	5 oz.	220	25	3	0	0	0	100	44	2	1	4	*	*						
SALT & PEPPER TOFU	5 oz.	230	35	4	0	0	0	105	43	2	0	6	*	*						
SPICY EGGPLANT WITH TOFU	5 oz.	140	70	7	0.5	0	0	420	16	3	6	5	*	*						
SPICY MAPO TOFU	5 oz.	180	90	10	1	0	0	700	16	3	5	9	*	*				*		
TOFU VEGGIE DELIGHT	5 oz.	110	60	7	0.5	0	0	310	8	2	3	5		*						
TRADITIONAL JAPANESE CURRY	5 oz.	200	70	8	0	0	0	1100	24	2	9	4	*							
VEGETABLE TEMPURA	5 oz.	310	200	23	0	0	0	45	24	0	0	3	*	*						
VEGGIE DELIGHT	5 oz.	100	60	7	0.5	0	0	420	10	2	4	2		*						

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# Hot Foods Nutrition Chart

Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
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NOODLES																					
AUTHENTIC YAKISOBA	10 oz.	510	150	17	2	0	0	1220	79	4	12	12	*	*							
CANTONESE BEEF CHOW MIEN	10 oz.	500	150	17	2.5	0	215	1560	69	5	11	18	*	*							
CANTONESE CHICKEN CHOW MIEN (DARK MEAT)	10 oz.	490	150	17	2.5	0	220	1550	66	4	9	18	*	*							
CANTONESE CHICKEN CHOW MIEN (WHITE MEAT)	10 oz.	460	130	14	1.5	0	210	1680	65	4	7	17	*	*							
CANTONESE PORK CHOW MIEN	10 oz.	500	160	18	3	0	210	1570	69	4	12	15	*	*							
CANTONESE VEGETABLE CHOW MIEN	10 oz.	480	140	16	2	0	220	1580	73	4	8	12	*	*							
EGG NOODLES	10 oz.	390	45	5	2	0	90	20	71	4	0	14	*	*							*
PANCIT	10 oz.	420	280	31	8	0	25	1380	28	4	6	7	*	*						*	
RICE NOODLES	10 oz.	240	0	0	0	0	0	40	55	3	0	3									
SIMPLE SIMPLE BEEF CHOW FUN	10 oz.	420	180	20	2	0	10	1700	49	3	7	11	*	*							
SIMPLE SIMPLE BEEF CHOW MIEN	10 oz.	500	150	17	2.5	0	215	1460	69	4	10	18	*	*							
SIMPLE SIMPLE BEEF SINGAPORE NOODLE	10 oz.	330	110	12	2	0	95	1210	41	4	9	13	*	*							*
SIMPLE SIMPLE CHICKEN CHOW FUN (DARK MEAT)	10 oz.	390	160	18	1.5	0	20	1450	47	3	7	10	*	*							
SIMPLE SIMPLE CHICKEN CHOW FUN (WHITE MEAT)	10 oz.	390	150	17	1.5	0	20	1680	47	3	7	12	*	*							
SIMPLE SIMPLE CHICKEN CHOW MIEN (DARK MEAT)	10 oz.	460	140	15	2	0	215	1350	66	4	7	15	*	*							
SIMPLE SIMPLE CHICKEN CHOW MIEN (WHITE MEAT)	10 oz.	460	130	15	1.5	0	215	1580	65	4	7	17	*	*							
SIMPLE SIMPLE CHICKEN SINGAPORE NOODLE (DARK MEAT)	10 oz.	290	100	11	1.5	0	95	1110	37	4	6	10	*	*							*
SIMPLE SIMPLE CHICKEN SINGAPORE NOODLE (WHITE MEAT)	10 oz.	290	90	10	1.5	0	90	1320	37	4	6	12	*	*							*
SIMPLE SIMPLE PORK CHOW FUN	10 oz.	410	180	20	2.5	0	20	1450	47	3	7	10	*	*							
SIMPLE SIMPLE PORK CHOW MIEN	10 oz.	480	150	17	3	0	215	1350	66	4	7	15	*	*							
SIMPLE SIMPLE PORK SINGAPORE NOODLE	10 oz.	310	120	13	2.5	0	90	1110	38	4	6	10	*	*							*
SIMPLE SIMPLE VEGETABLE CHOW FUN	10 oz.	400	170	19	1.5	0	0	1580	52	4	8	5	*	*							
SIMPLE SIMPLE VEGETABLE CHOW MIEN	10 oz.	480	140	16	2	0	220	1470	73	5	8	11	*	*							
SIMPLE SIMPLE VEGETABLE SINGAPORE NOODLE	10 oz.	290	100	11	1.5	0	85	1190	40	4	6	6	*	*							*
SOBA NOODLES	10 oz.	280	0	0	0	0	0	170	61	0	0	14	*								
UDON NOODLES	10 oz.	290	10	1	0	0	0	340	61	2	0	8	*								

RICE																					
BROWN RICE	10 oz.	340	15	1.5	0	0	0	10	73	4	0	6									
GARLIC CHICKEN FRIED RICE (DARK MEAT)	10 oz.	480	100	11	1.5	0	95	1090	85	1	4	14	*	*							*
GARLIC CHICKEN FRIED RICE (WHITE MEAT)	10 oz.	480	90	10	1	0	95	1310	85	1	4	16	*	*							*
GARLIC FRIED RICE	10 oz.	570	260	29	3	0.5	80	1030	67	1	0	10		*							*
OKOWA RICE	10 oz.	400	10	1	0	0	0	890	90	2	1	9	*	*						*	
SEASONED BASMATI RICE	10 oz.	410	60	7	1	0	0	970	82	0	0	7		*							
SEASONED SAFFRON RICE	10 oz.	410	60	7	1	0	0	970	82	0	0	7		*							
SEKIHAN RICE	10 oz.	410	0	0	0	0	0	10	92	4	0	10									
SIMPLE SIMPLE BEEF FRIED RICE	10 oz.	520	110	13	2	0	95	1230	88	1	7	17	*	*							*
SIMPLE SIMPLE CHICKEN FRIED RICE (DARK MEAT)	10 oz.	480	100	11	1.5	0	100	1120	85	1	4	14	*	*							*
SIMPLE SIMPLE CHICKEN FRIED RICE (WHITE MEAT)	10 oz.	480	90	11	1.5	0	95	1340	84	1	4	16	*	*							*
SIMPLE SIMPLE PORK FRIED RICE	10 oz.	500	120	13	2.5	0	95	1120	85	1	4	14	*	*							*
SIMPLE SIMPLE VEGETABLE FRIED RICE	10 oz.	500	100	11	1.5	0	90	1210	94	1	4	11	*	*							*
WHITE RICE	10 oz.	470	0	0	0	0	0	5	115	0	0	9									

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Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
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SAUCE																					
BASIC SAUCE	1 oz.	30	0	0	0	0	0	470	7	0	5	0	*	*							
CHILI SAUCE	1 oz.	50	20	2.5	0	0	0	210	8	0	5	0									
CREAMY PINEAPPLE HABANERO SAUCE	1 oz.	100	70	8	1	0	5	95	7	0	7	0	*								*
CREAMY WHITE SAUCE	1 oz.	130	110	13	2	0	5	115	4	0	4	0	*								*
CREAMY YAKINIKU SAUCE	1 oz.	120	90	11	1.5	0	5	250	5	0	4	0	*	*			*				*
GINGER SAUCE	1 oz.	35	0	0	0	0	0	630	8	0	5	1	*	*							
HOISIN SAUCE	1 oz.	70	0	0	0	0	0	780	15	1	14	1	*	*							
KOREAN GOCHUJANG SAUCE	1 oz.	120	90	10	1.5	0	5	250	6	0	5	0	*	*							*
KUNG PAO SAUCE	1 oz.	25	0	0	0	0	0	310	6	0	3	1	*	*							
ORANGE SAUCE	1 oz.	45	0	0	0	0	0	140	11	0	10	0	*	*							
SESAME SAUCE	1 oz.	50	10	1	0	0	0	85	11	0	9	0	*	*							
SPICY HONEY SAUCE	1 oz.	40	0	0	0	0	0	200	11	0	9	0	*	*							
SPICY TERIYAKI SAUCE	1 oz.	45	0	0	0	0	0	520	12	0	10	1	*	*							
SRIRACHA HOT SAUCE	1 oz.	0	0	0	0	0	0	450	6	0	6	0									
SUKIYAKI SAUCE	1 oz.	15	0	0	0	0	0	230	4	0	4	0	*	*							
SUSHI SAUCE	1 oz.	60	0	0	0	0	0	580	14	0	10	1	*	*							
TERIYAKI SAUCE	1 oz.	50	0	0	0	0	0	550	13	0	12	1	*	*							
YAKINIKU SAUCE	1 oz.	40	0	0	0	0	0	830	9	0	6	1	*	*			*				
YUM YUM DIPPING SAUCE	1 oz.	140	130	15	2	0	5	240	3	0	3	0	*	*							*
YUM YUM SAUCE	1 oz.	60	30	3	0	0	0	240	8	0	6	0		*			*				

SOUP BASE																					
FISH	5 oz.	25	10	1	0	0	0	220	1	0	0	3									*
MISO	5 oz.	40	15	1.5	0.5	0	5	1070	5	0	2	2		*							
PHO	5 oz.	30	5	0.5	0	0	0	640	3	0	2	1									*
SHOYU	5 oz.	20	0	0	0	0	0	550	5	0	4	1	*	*							*

TOPPINGS / EXTRAS																					
BOILED EGG	1 oz.	45	25	3	1	0	105	35	0	0	0	4									*
DRIED SEAWEED	1 oz.	110	0	0	0	0	0	170	11	11	0	11									
FRIED ONION	1 oz.	170	120	12	6	0	0	135	11	1	3	2	*								
FURIKAKE	1 oz.	60	50	6	0	0	0	960	6	0	6	0		*							
KIMCHI	1 oz.	30	15	2	2	0	0	190	2	2	2	0									
SESAME SEEDS	1 oz.	170	130	14	0	0	0	0	6	5	0	6									
SPICY MISO PASTE	1 oz.	60	0	0	0	0	0	550	13	0	8	1	*	*							

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<b>ADDITIONAL ITEMS</b>																					
BEAN SPROUTS	1	oz.	10	0	0	0	0	0	2	1	1	1									
BROCCOLI	1	oz.	10	0	0	0	0	10	2	1	0	1									
CABBAGE	1	oz.	5	0	0	0	0	5	2	1	1	0									
CARROTS	1	oz.	10	0	0	0	0	20	3	1	1	0									
CELERY	1	oz.	0	0	0	0	0	25	1	0	0	0									
CILANTRO	1	oz.	5	0	0	0	0	15	1	1	0	1									
CORN	1	oz.	25	0	0	0	0	0	5	1	2	1									
CUCUMBER	1	oz.	0	0	0	0	0	0	1	0	0	0									
EDAMAME	1	oz.	40	15	1.5	0	0	0	3	2	1	3		*							
GARLIC	1	oz.	40	0	0	0	0	0	9	1	0	2									
GINGER	1	oz.	25	0	0	0	0	0	5	1	0	1									
GREEN BELL PEPPER	1	oz.	5	0	0	0	0	0	1	0	1	0									
GREEN ONION	1	oz.	10	0	0	0	0	0	1	0	1	0									
JALAPENO	1	oz.	10	0	0	0	0	0	2	1	1	0									
MUSHROOM	1	oz.	5	0	0	0	0	0	1	0	1	1									
ONION	1	oz.	0	0	0	0	0	0	1	0	0	0									
PICKLED CARROT	1	oz.	50	0	0	0	0	340	12	0	11	0									
PICKLED CUCUMBER	1	oz.	45	0	0	0	0	330	11	0	10	0									
PICKLED DAIKON	1	oz.	45	0	0	0	0	330	11	0	11	0									
PICKLED GINGER	1	oz.	20	0	0	0	0	400	5	1	3	0									
PICKLED LEEKS	1	oz.	50	0	0	0	0	330	13	0	11	0									
RED BELL PEPPER	1	oz.	10	0	0	0	0	0	2	1	1	0									
RED CABBAGE	1	oz.	10	0	0	0	0	10	2	1	1	0									
RED PICKLED GINGER	1	oz.	5	0	0	0	0	1040	1	0	0	0									
SAUTEED MUSHROOMS	1	oz.	25	20	2.5	0	0	55	1	0	1	1	*	*							
SAUTEED ONIONS	1	oz.	30	20	2.5	0	0	55	3	0	1	0	*	*							
SEASONED BEAN SPROUTS	1	oz.	15	10	1	0	0	410	1	0	0	0									
SESAME SPINACH	1	oz.	35	25	3	0	0	70	1	1	0	1	*	*							
SPINACH	1	oz.	5	0	0	0	0	20	1	1	0	1									
THAI BASIL	1	oz.	5	0	0	0	0	0	1	0	0	1									
ZUCCHINI	1	oz.	0	0	0	0	0	0	1	0	1	0									

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AMERICAN BAR																					
BACON	1	pc.	35	20	2	1	0	10	220	0	0	0	4								
BREAKFAST POTATO	5	oz.	270	130	15	2.5	0	0	610	30	2	2	2								
CHEDDAR OMELET	1	pc.	130	100	11	4	0	190	260	1	0	1	7					*		*	
CHICKEN BROCCOLI ALFREDO	5	oz.	370	200	23	13	0	105	1010	14	4	4	26	*	*			*		*	
CHICKEN LASAGNA	5	oz.	160	45	5	2	0	15	450	18	4	2	11	*	*			*		*	
CHICKEN PARMESAN	5	oz.	180	80	9	2.5	0	25	410	14	1	3	12	*	*			*		*	
CHICKEN TENDERS	1	pc.	130	60	7	1	0	15	310	8	1	0	7	*							
EGGPLANT PARMESAN	5	oz.	190	100	11	3	0	15	520	16	3	5	6	*	*			*		*	
FRENCH TOAST	1	pc.	70	20	2	0	0	0	55	11	1	2	2	*	*			*		*	
MACARONI & BEEF	5	oz.	150	60	7	2.5	0	15	510	16	2	5	7	*						*	
MASHED POTATO	5	oz.	210	100	11	7	0	35	620	23	2	1	5					*		*	
MEATBALLS	5	oz.	190	100	11	4.5	0.5	40	600	10	2	1	12	*	*			*		*	
MEATLOAF	5	oz.	150	60	7	2.5	1	25	410	8	1	1	15	*	*			*		*	
PANCAKES	1	pc.	70	10	1.5	0	0	10	160	13	1	2	2	*	*			*		*	
PORK LINK	1	pc.	100	80	9	3.5	0	20	160	0	0	0	4								
PORK PATTY	1	pc.	180	160	18	6	0	35	230	0	0	0	4								
SALISBURY STEAK	5	oz.	180	90	10	4.5	0	45	670	8	1	1	13	*	*						
SCALLOPED POTATO	5	oz.	180	90	10	5	0	20	440	19	1	1	3	*	*			*		*	
TURKEY LINKS	1	pc.	30	20	2	0.5	0	10	95	0	0	0	3								
TURKEY PATTIES	1	pc.	80	45	5	1.5	0	25	200	1	0	0	6								

HOT BOWL																					
ORANGE CHICKEN BOWL	18	oz.	780	100	11	1.5	0	55	580	149	2	12	27	*	*			*		*	
ORANGE CHICKEN BOWL (BROWN RICE)	18	oz.	640	120	14	1.5	0	55	580	105	5	14	26	*	*			*		*	
SESAME CHICKEN BOWL	18	oz.	810	120	14	1.5	0	55	520	149	2	11	28	*	*			*		*	
SESAME CHICKEN BOWL (BROWN RICE)	18	oz.	670	150	17	1.5	0	55	520	104	6	13	26	*	*			*		*	
SHRIMP TEMPURA BOWL	16	oz.	730	60	7	1	0	25	1350	156	3	23	16	*	*	*					
SHRIMP TEMPURA BOWL (BROWN RICE)	16	oz.	600	80	9	1	0	25	1350	116	6	25	14	*	*	*					
SPICY TERIYAKI CHICKEN BOWL	19	oz.	830	130	15	3.5	0	120	1720	146	2	26	44	*	*						
SPICY TERIYAKI CHICKEN BOWL (BROWN RICE)	19	oz.	690	160	18	3.5	0	120	1720	101	6	28	43	*	*						
SUKIYAKI BEEF BOWL	15	oz.	720	180	20	9	0	45	330	121	0	4	18	*	*					*	
SUKIYAKI BEEF BOWL (BROWN RICE)	15	oz.	580	210	23	9	0	45	330	76	4	6	17	*	*					*	
TERIYAKI CHICKEN BOWL	18	oz.	830	130	15	3.5	0	120	1260	141	2	21	44	*	*						
TERIYAKI CHICKEN BOWL (BROWN RICE)	18	oz.	690	160	18	3.5	0	120	1260	69	6	22	43	*	*						
YAKISOBA - ORANGE CHICKEN	15	oz.	720	160	18	3	0	55	690	108	4	13	30	*	*			*		*	
YAKISOBA - SESAME CHICKEN	15	oz.	750	190	21	3	0	55	640	108	5	13	30	*	*			*		*	
YAKISOBA - SHRIMP TEMPURA	13	oz.	660	120	14	2.5	0	25	880	112	5	14	18	*	*	*					
YAKISOBA - SPICY TERIYAKI CHICKEN	16	oz.	770	200	22	5	0	120	1830	105	5	28	47	*	*						
YAKISOBA - SUKIYAKI BEEF	12	oz.	660	240	28	11	0	45	440	79	3	6	21	*	*					*	
YAKISOBA - TERIYAKI CHICKEN	15	oz.	770	200	22	5	0	120	1380	99	5	22	47	*	*						
YAKISOBA - VEGETABLE	10	oz.	480	120	14	1.5	0	0	1150	89	4	11	14	*	*						



## AFC FRANCHISE CORPORATION

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