	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protien (g)	Calcium (mg)	Iron	Vitamin A	Vitamin C (mg)
SIGNATURE PLATES (No Base)															% are based on a 2000 calorie diet			
#1 Signature Skipjack	Regular	784	39	4		0.3	0.2	112	3823	78	59	6	42	38	6%	6%	19%	9%
#1 Signature Skipjack	Large	845	40	4		0.3	0.2	137	3844	78	59	6	42	51	6%	6%	19%	9%
#2 Sweet Salmon Kicker	Regular	847	42	5		2	2	145	3888	78	59	6	42	44	8%	14%	23%	9%
#2 Sweet Salmon Kicker	Large	940	45	5		3	2	186	3942	78	59	6	42	59	9%	18%	25%	9%
#2 Henry's Style	Regular	953	47	6		2	2	145	3949	181	73	8	56	45	11%	17%	35%	44%
#2 Henry's Style	Large	1046	50	6		3	2	186	4003	181	73	8	56	60	12%	21%	37%	44%
#3 Crunchy Spicy Tuna	Regular	944	77	10		19	16	89	2037	220	65	6	22	13	9%	13%	16%	20%
#3 Crunchy Spicy Tuna	Large	991	78	10		19	16	107	2263	220	68	6	22	14	9%	13%	16%	20%
#4 Classic California	Regular	508	30	2		0.8	0.7	59	1861	220	55	3	5	26	4%	3%	16%	10%
#4 Classic California	Large	597	35	3		1	0.9	67	2313	220	61	4	5	31	4%	3%	16%	10%
#5 Alaskan	Regular	906	48	5		5	2	153	4173	78	56	4	33	57	4%	13%	23%	16%
#5 Alaskan	Large	999	50	6		6	3	194	4227	78	56	4	33	72	5%	17%	24%	16%
#6 Angry Tuna	Regular	1035	61	17		0.7	0.6	165	4609	175	58	6	60	21	10%	12%	35%	46%
#6 Angry Tuna	Large	1082	62	17		0.8	0.7	183	4835	175	61	6	60	22	10%	12%	35%	46%
Philadelphia	Regular	602	39	13		4	2	178	855	54	35	2	5	49	8%	17%	30%	11%
Philadelphia	Large	695	41	13		5	2	220	909	54	35	2	5	65	9%	21%	32%	11%
BASE																		
White Rice (Regular)	1 cup	300								76	70	2		6				
White Rice (Large)	1.5 cups	450								114	105	2		9				
Brown Rice (Regular)	1 cup	280									64			6				
Brown Rice (Large)	1.5 cups	420									96			9				
Kale Salad	1 cup	33	0.3						30		7	1		2	10%	5%	207%	120%
Kale Salad	1.5 cups	50	0.5						45		10	2		3	15%	8%	310%	180%
Spring Salad	1 cup	53							160		8	3		5	21%	27%	320%	80%
Spring Salad	1.5 cups	80							240		12	4		8	32%	40%	480%	120%
PROTIENS (1 Scoop)																		
Salmon	2 oz	93	3	0.5		1	0.8	42	54					16	1%	4%	2%	
Tuna	2 oz	61	1	0.2				25	21					13				
Albacore	2 oz	98	4	1				22	6					14				
Shrimp	2 oz	56						107	63	147				14	4%	1%		
Octopus	2 oz	39												9				
Spicy Tuna	2 oz	47	1	0.2		0.1	0.1	18	226		3			1				
Tofu	2 oz	40	2			1	1		7	84	1	1		5	11%	5%		
TOPPINGS																		
Imitation Crab	2 oz	89	5	0.8		0.3	0.2	8	453		5	1		4				
Seaweed Salad	2 oz	57	3						465		8	3	5	1	3%	3%		
Carrots	2 oz	23							39	181	5	2	3	1	2%	1%	189%	6%
Jalapenos	2 oz	17	1						1	140	4	2	2	1	1%	3%	9%	42%
Red Onions	2 oz	2								8								1%
Edamame	2 oz	47	2						2		4	2	1	4	1%	2%		3%
Cilantro	2 oz	1							2	21							5%	2%
Cucumber	2 oz	9							1	83	2		1		1%	1%	1%	3%
Mangos	2 oz	34							1	95	8	1	8		1%	1%	12%	34%
Pineapples	2 oz	30								68	8	1	7	1		1%		25%
SAUCES																		
House	1.5 oz	105	6						960		12		9					
Sweet Kicker	1.5 oz	90	4.5						930		11	0.8	10.5	1				
Ponzu Lime	1.5 oz	35							1233		6		4	3				3%
Garlic Soy	1.5 oz	89							677		4		3	1		1%		
Ginger Sesame	1.5 oz	65	3	1		1	1		692		6	0.3	5	1	1%			
Spicy Mayo	1.5 oz	185	19	3				19	259		4		3					
Unagi	1.5 oz	105							1140	3			21					
Sriracha	1.5 oz	0							675		9							
Soy Sauce	1.5 oz	30							2760		3					6%		
Goma	1.5 oz	361	41	6		17	16											
Rice Vinegar	1.5 oz	0																
GARNISHES																		
Avocado	2 oz	69	8								5			1				
Green Onions	1.5 oz	5							3	29	1		1		1%	1%	14%	4%
Pickeled Ginger	1.5 oz	15								25	1				1%			
Wasabi	0.5 oz	28	1						128		1							
Shredded Nori	0.5 oz	40	1								3			8				
Masago	0.5 oz	25	1					35	370		22		2	3				
Cream Cheese	2 oz	200	20	12				60	220					4	4%	4%	12%	
DRIED GARNISHES																		
Furikake	0.25 oz	35	2			2			27		2	2	2	2		4%		7%
Crispy Garlic	0.5 oz	10	1	1							1		1					
Crispy Tempura	1.5 oz	60	4						60		5	1	5	1	2%	2%		
Sesame	0.25 oz	41	3								2			1				
Chili	0.25 oz	6																