

WE USE THE
HIGHEST QUALITY
INGREDIENTS

ORGANIC STEAK
FARM TO TABLE PRODUCE
ALL NATURAL CHICKEN
ORGANIC LOCAL EGGS
ORGANIC TOFU
NATURAL TIGER SHRIMP



Under 500 Calories BYOB Combos

Choose from:
Organic Steak
Natural Tiger Shrimp
Sustainable Salmon
Natural Chicken Breast
Dark Chicken
Organic Tofu with:
Any Veg Mix > Any Sauce
(except for Yellow Dragon and
Spicy Almond Soy) > Brown Rice
or Salad Mix

Items Under 250 Calories

- Edamame
- Miso Soup
- Roasted Shishito Peppers
- Avocado Smasher
- Crispy Sweet Potato & Cauliflower
- Seaweed Crunch
- 7 Pepper Ahi Tuna (w/o watercress wasabi)

Low Sodium

- Roasted Shishito Peppers
- Brussels Sprouts
- The Muscles from Brussels
- Rainbow Roll

Items Under 500 Calories

- Brussels Sprouts
- Wasabi Peas
- 7 Pepper Ahi Tuna (with watercress wasabi)
- Tori Kimidori Salad
- Sake Sarada Salad
- Salt & Pepper Shrimp
- California Roll
- Spicy Tuna Roll
- Spicy Salmon Roll
- Tiger Eye Roll
- Rainbow Roll
- Osaka Chicken Salad
- Up In Smoke
- Salmon Apple Crunch
- Twisted Tuna
- So Cali
- Chicken Teriyaki
- White Chicken & Broccoli
- Spicy Chicken

NUTRITIONAL MENU

HELPING PEOPLE LEAD A HEALTHIER LIFE



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永質 **SMALL PLATES**

	Calories	Fat	Protein	Carbs	Gluten Free	Sugar Free	Vegetarian	Vegan	Contains Nuts
Edamame ♥	85	2.5	6	7	y	y	y	y	
Miso Soup ♥	35	0	2	5		y			
Roasted Shishito Peppers ♥	240	3	6	48	y		y	y	
Avocado Smasher ♥	190	13	4	20			y	y	
Crispy Sweet Potato & Cauliflower	100	4.5	4	14	y		y		
Brussels Sprouts	330	29	4	18	y		y	y	
Seaweed Crunch ♥	120	7.5	0	9			y	y	
Wasabi Peas	350	9	11	52	y		y	y	
7 Pepper Ahi Tuna (without wasabi) ♥	115	0	21	0	y	y			
7 Pepper Ahi Tuna (with wasabi) ♥	255	15	21	4	y	y			
Pot Stickers	190	4	9	24					

井 **ULTIMATE**

	Calories	Fat	Protein	Carbs	Gluten Free	Sugar Free	Vegetarian	Vegan	Contains Nuts
Crispy Almond Chicken	630	22	50	60					
The Schoolgirl Bowl	800	25	42	91					
Salt & Pepper Shrimp ♥	410	12	23	53	y	y			
Shishito Steak ♥	530	20	24	60					
Singapore Noodles	640	21	49	61	y				
Salmon + Sweet Potatoes	810	40	28	87	y				
Peko Chan's Crunch Bowl ♥	680	34	45	48	y				y
The Muscles from Brussels	840	44	33	83					
True Bento Box	915	30	25	142					

FRESH **SUSHI**

	Calories	Fat	Protein	Carbs	Gluten Free	Sugar Free	Vegetarian	Vegan	Contains Nuts
California Roll ♥	320	2	7	74					
Spicy Tuna Roll ♥	350	13	11	48					
Spicy Salmon Roll ♥	390	19	10	48					
Tiger Eye Roll	330	7	20	48	y				

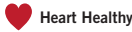
ROLLED TO ORDER SUSHI

Rainbow Roll ♥	450	2.5	18	93	y				
Hot n' Crunchy Roll	640	21	14	103					
Shrimp Tempura Roll	430	7	15	80					
Spider Roll	660	21	17	75	y				
Veggie Roll ♥	510	4	7	109			y	y	

SUPRA **POKE**

	Calories	Fat	Protein	Carbs	Gluten Free	Sugar Free	Vegetarian	Vegan	Contains Nuts
Toriniku Chicken Salad ♥	550	45	25	12	y				y
Osaka Chicken Salad ♥	400	29	31	5	y				y
Up In Smoke ♥	450	3.5	21	90	y				
Salmon Apple Crunch ♥	480	11	21	78					
Twisted Tuna ♥	360	16	20	33	y				
So Cali ♥	440	20	9	58		y	y	y	y

日本国 **B.Y.O. BUILD YOUR OWN BOWL**



PROTEIN

	Calories	Fat	Protein	Carbs	Gluten Free	Sugar Free	Vegetarian	Vegan	Contains Nuts
Natural Chicken Breast ♥	128	1	25	0	y				
Organic Steak ♥	173	6	38	0	y				
Tiger Shrimp ♥	60	1	13.5	0	y				
Sustainable Salmon ♥	180	11	19	0	y				
Natural Dark Chicken	180	12	17	0	y				
Organic Tofu ♥	68	4.2	8	8	y		y	y	
Avocado ♥	70	7	1	3	y	y	y	y	
Vital Farms Organic Egg ♥	91	7	6	1	y				

VEGGIE MIX

Buddha Mix ♥	55	0	1.5	6.5	y	y	y	y	
Ninja Mix ♥	52	0	1	7	y	y	y	y	
Farm to Table Mix ♥	varies depending on season				y	y	y	y	

SAUCES

Teriyaki ♥	80	0	2	19					
Spicy Teriyaki ♥	80	0	1	17			y	y	
Ginger-Lime ♥	70	5	2	6		y	y	y	
Yellow Dragon	90	7	0	7	y				
Oyako (Broth) ♥	20	0	1	4			y	y	
Spicy Szechuan	45	0	1	8			y	y	
Chili-Garlic	120	0	3	22	y		y	y	
Spicy Almond Soy	120	8	4	11			y	y	y
Caramel Glaze	80	0	0	16	y		y	y	

RICE/NOODLE/SALAD MIX

White Rice	245	0	3	39	y	y	y	y	
Brown Rice ♥	170	2	1.5	22	y	y	y	y	
Udon Noodles	190	1	6	39		y			
Vermicelli Noodles	140	0	0	34	y	y	y	y	
Salad Mix ♥	22	0	1	3	y	y	y	y	

BIG SALADS

Tori Kimidori ♥	440	15	39	43			y	y	y
Sake Sarada ♥	440	20	32	36			y	y	

DRESSING

Ginger Carrot ♥	70	6	0	3		y	y		y
Yuzu Miso Vinaigrette ♥	100	2.5	6	12	y	y	y	y	
Ginger Miso Vinaigrette ♥	170	16	0	5	y		y	y	

BUDGET BOWLS

Chicken Teriyaki ♥	368	3	24.5	35					
Spicy Chicken ♥	370	3	24.5	35					
White Chicken & Broccoli ♥	491	11	37	58					