



# NUTRITION GUIDE

| CHOOSE ME   BASES            | GF   V | CALORIES | CALORIES FROM FAT | TOTAL FAT | SAT FAT | TRANS FAT | CHOLEST-EROL | SODIUM | TOTAL CARB | DIETARY FIBER | TOTAL SUGARS | PROTEIN | MAJOR ALLERGENS |
|------------------------------|--------|----------|-------------------|-----------|---------|-----------|--------------|--------|------------|---------------|--------------|---------|-----------------|
| BROWN RICE - LARGE BOWL      | V      | 310      | 20                | 2.5       | 0       | 0         | 0            | 260    | 66         | 5             | 0            | 6       | WHEAT           |
| BROWN RICE - REG BOWL        | V      | 250      | 15                | 2         | 0       | 0         | 0            | 210    | 53         | 4             | 0            | 5       | WHEAT           |
| CAULIFLOWER RICE - ALL BOWLS | GF   V | 60       | 5                 | 0.5       | 0       | 0         | 0            | 70     | 11         | 5             | 4            | 4       |                 |
| SPRING MIX - LARGE BOWL      | GF   V | 20       | 0                 | 0         | 0       | 0         | 0            | 95     | 3          | 2             | 2            | 2       |                 |
| SPRING MIX - REG BOWL        | GF   V | 15       | 0                 | 0         | 0       | 0         | 0            | 65     | 2          | 1             | 1            | 1       |                 |
| WHITE RICE - LARGE BOWL      | V      | 360      | 5                 | 0.5       | 0       | 0         | 0            | 400    | 80         | 0             | 0            | 7       | WHEAT           |
| WHITE RICE - REG BOWL        | V      | 290      | 5                 | 0         | 0       | 0         | 0            | 320    | 64         | 0             | 0            | 5       | WHEAT           |

| SCOOP ME   PROTEINS | GF   V | CALORIES | CALORIES FROM FAT | TOTAL FAT | SAT FAT | TRANS FAT | CHOLEST-EROL | SODIUM | TOTAL CARB | DIETARY FIBER | TOTAL SUGARS | PROTEIN | MAJOR ALLERGENS                |
|---------------------|--------|----------|-------------------|-----------|---------|-----------|--------------|--------|------------|---------------|--------------|---------|--------------------------------|
| AHI TUNA            | GF     | 60       | 2                 | 0.5       | 0       | 0         | 23           | 25     | 0          | 0             | 0            | 14      | FISH                           |
| CHICKEN             | GF     | 110      | 23                | 2.5       | 0       | 0         | 60           | 880    | 2          | 0             | 1            | 18      |                                |
| CRAB                |        | 100      | 13                | 1.5       | 0       | 0         | 10           | 700    | 17         | 0             | 4            | 6       | FISH   SHELLFISH   SOY   WHEAT |
| HAWAIIAN SALMON     | GF     | 95       | 50                | 5.5       | 1       | 0         | 23           | 235    | 1          | 1             | 1            | 9       | FISH   SOY                     |
| SALMON              | GF     | 120      | 70                | 7.5       | 2       | 0         | 30           | 33     | 0          | 0             | 0            | 13      | FISH                           |
| SHRIMP              | GF     | 65       | 8                 | 1         | 0.5     | 0         | 120          | 535    | 1          | 0             | 0            | 13      | SHELLFISH                      |
| SPICY TUNA          |        | 85       | 35                | 3.5       | 1       | 0         | 23           | 190    | 2          | 0             | 1            | 11      | FISH   EGGS   SOY              |
| TOFU                | GF   V | 30       | 10                | 1         | 0       | 0         | 0            | 28     | 1          | 1             | 0            | 4       | SOY                            |
| WEST COAST MAHI     |        | 45       | 3                 | 0.5       | 0       | 0         | 33           | 185    | 2          | 0             | 2            | 9       | FISH   SOY   WHEAT             |

| MIX ME   VEGGIES AND FRUITS | GF   V | CALORIES | CALORIES FROM FAT | TOTAL FAT | SAT FAT | TRANS FAT | CHOLEST-EROL | SODIUM | TOTAL CARB | DIETARY FIBER | TOTAL SUGARS | PROTEIN | MAJOR ALLERGENS                       |
|-----------------------------|--------|----------|-------------------|-----------|---------|-----------|--------------|--------|------------|---------------|--------------|---------|---------------------------------------|
| AVOCADO                     | GF   V | 160      | 130               | 15        | 2       | 0         | 0            | 5      | 9          | 7             | 1            | 2       |                                       |
| CABBAGE                     | GF   V | 5        | 0                 | 0         | 0       | 0         | 0            | 5      | 2          | 1             | 1            | 0       |                                       |
| CARROTS                     | GF   V | 10       | 0                 | 0         | 0       | 0         | 0            | 20     | 3          | 1             | 1            | 0       |                                       |
| CILANTRO                    | GF   V | 0        | 0                 | 0         | 0       | 0         | 0            | 0      | 0          | 0             | 0            | 0       |                                       |
| CORN                        | GF   V | 25       | 5                 | 0         | 0       | 0         | 0            | 0      | 5          | 1             | 2            | 1       |                                       |
| CUCUMBER                    | GF   V | 5        | 0                 | 0         | 0       | 0         | 0            | 0      | 1          | 0             | 0            | 0       |                                       |
| EDAMAME                     | GF   V | 35       | 15                | 1.5       | 0       | 0         | 0            | 0      | 3          | 1             | 1            | 3       | SOY                                   |
| GREEN ONION                 | GF   V | 5        | 0                 | 0         | 0       | 0         | 0            | 0      | 1          | 0             | 0            | 0       |                                       |
| JALAPENO                    | GF   V | 10       | 0                 | 0         | 0       | 0         | 0            | 0      | 2          | 1             | 1            | 0       |                                       |
| MANGO                       | GF   V | 15       | 0                 | 0         | 0       | 0         | 0            | 0      | 4          | 0             | 4            | 0       |                                       |
| RED ONION                   | GF   V | 5        | 0                 | 0         | 0       | 0         | 0            | 0      | 1          | 0             | 1            | 0       |                                       |
| SEAWEED SALAD               | V      | 30       | 10                | 1         | 0       | --        | 0            | 230    | 5          | 1             | 2            | 0       |                                       |
| SPICY CRAB SALAD            |        | 150      | 60                | 7         | 0.5     | 0         | 15           | 890    | 18         | 0             | 5            | 6       | FISH   SHELLFISH   EGGS   SOY   WHEAT |
| WATERMELON RADISH           | GF   V | 5        | 0                 | 0         | 0       | 0         | 0            | 10     | 1          | 0             | 1            | 0       |                                       |

| SAUCE ME   SAUCES AND DRESSINGS | GF   V | CALORIES | CALORIES FROM FAT | TOTAL FAT | SAT FAT | TRANS FAT | CHOLEST-EROL | SODIUM | TOTAL CARB | DIETARY FIBER | TOTAL SUGARS | PROTEIN | MAJOR ALLERGENS    |
|---------------------------------|--------|----------|-------------------|-----------|---------|-----------|--------------|--------|------------|---------------|--------------|---------|--------------------|
| CITRUS PONZU                    |        | 40       | 0                 | 0         | 0       | 0         | 0            | 1510   | 8          | 0             | 8            | 3       | FISH   SOY   WHEAT |
| EEL SAUCE                       |        | 100      | 0                 | 0         | 0       | 0         | 0            | 1100   | 24         | 0             | 21           | 3       | SOY   WHEAT        |
| HOUSE SAUCE                     |        | 150      | 25                | 3         | 0       | 0         | --           | 1490   | 27         | 0             | 27           | 2       | SOY   WHEAT        |
| SESAME GINGER                   |        | 70       | 25                | 3         | 0       | 0         | 0            | 550    | 9          | 0             | 8            | 0       | SOY   WHEAT        |
| SOY SAUCE                       | V      | 35       | 0                 | 0         | 0       | 0         | 0            | 1990   | 4          | 0             | 0            | 5       | SOY   WHEAT        |
| SPICY MAYO                      | GF     | 170      | 150               | 16        | 2       | 0         | 15           | 700    | 6          | 1             | 4            | 1       | EGGS   SOY         |
| SWEET CHILI GOCHUJANG           | GF   V | 100      | 5                 | 0.5       | 0       | 0         | 0            | 1220   | 22         | 2             | 13           | 3       | SOY   WHEAT        |
| TAMARI                          | GF   V | 35       | 0                 | 0         | 0       | 0         | 0            | 1960   | 4          | 1             | 0            | 5       | SOY                |
| WASABI SOY                      | V      | 35       | 0                 | 0         | 0       | 0         | 0            | 1950   | 4          | 0             | 0            | 5       | SOY   WHEAT        |

| TOP ME   CRUNCHES AND TOPPINGS | GF   V | CALORIES | CALORIES FROM FAT | TOTAL FAT | SAT FAT | TRANS FAT | CHOLEST-EROL | SODIUM | TOTAL CARB | DIETARY FIBER | TOTAL SUGARS | PROTEIN | MAJOR ALLERGENS |
|--------------------------------|--------|----------|-------------------|-----------|---------|-----------|--------------|--------|------------|---------------|--------------|---------|-----------------|
| CHILI FLAKES                   | GF   V | 15       | 5                 | 1         | 0       | 0         | 0            | 0      | 3          | 1             | 0            | 1       |                 |
| CRISPY ONION                   | V      | 80       | 50                | 6         | 0       | 0         | 0            | 30     | 6          | 0             | 0            | 0       | WHEAT           |
| FURIKAKE                       | GF   V | 20       | 10                | 1         | 0       | 0         | 0            | 200    | 2          | 0             | 2            | 1       |                 |
| GINGER                         | GF   V | 5        | 0                 | 0         | 0       | 0         | 0            | 260    | 1          | 1             | 0            | 0       |                 |
| MASAGO                         |        | 10       | 0                 | 0         | 0       | 0         | 15           | 80     | 2          | 0             | 1            | 1       | FISH   SOY      |
| NORI STRIPS                    | GF   V | 0        | 0                 | 0         | 0       | 0         | 0            | 10     | 0          | 0             | 0            | 0       |                 |
| SESAME SEEDS                   | GF   V | 25       | 20                | 2.5       | 0       | 0         | 0            | 0      | 1          | 1             | 0            | 1       |                 |
| TEMPURA FLAKES                 | V      | 90       | 50                | 6         | 0       | 0         | 0            | 105    | 7          | 1             | 0            | 1       | SOY   WHEAT     |
| WASABI                         | GF   V | 10       | 0                 | 0         | 0       | 0         | 0            | 0      | 2          | 0             | 0            | 0       |                 |