

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	GF V	310	20	2.5	0	0	0	260	66	5	0	6	
BROWN RICE - REG BOWL	GF V	250	15	2	0	0	0	210	53	4	0	5	
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	GF V	360	5	0.5	0	0	0	400	80	0	0	7	
WHITE RICE - REG BOWL	GF V	290	5	0	0	0	0	320	64	0	0	5	

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	