



NUTRITION GUIDE

PROTEINS	GLUTEN FREE	OZ/SCOOP*	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
Ahi Tuna	*		80	2g	1g	0g	20mg	20mg	2g	0g	12g	32.0%	0.0%	0.0%	4.0%
Salmon	*		120	8g	1g	0g	30mg	35mg	0g	0g	12g	1.0%	0.0%	0.0%	2.0%
Spicy Tuna	*		110	4g	1g	0g	20mg	280mg	5g	2g	12g	2.0%	0.0%	2.0%	4.0%
Seared Tuna	*		110	2g	1g	0g	15mg	120mg	5g	4g	12g	2.0%	0.0%	0.0%	2.0%
Shrimp	*		60	1g	0g	0g	105mg	205mg	0g	0g	10g	2.0%	0.0%	2.0%	8.0%
Creamy Scallops			220	20g	3g	0g	40g	520mg	4g	1g	10g	0.0%	0.0%	2.0%	0.0%
Sweet Potato	*		60	1g	1g	0g	45mg	270mg	0g	0g	13g	0.0%	0.0%	2.0%	4.0%
Organic Tofu	*		46	2g	1g	0g	0mg	7mg	1g	0g	5g	0.0%	0.0%	4.0%	4.0%

*Regular = 2 protein choices Large = 3 protein choices

BASE	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
Sushi Rice	*	8	288	0g	0g	0g	0mg	0mg	65g	8g	5g	0.0%	0.0%	0.0%	0.0%
Brown Rice	*	8	320	0g	0g	0g	0mg	10mg	58g	0g	6g	0.0%	0.0%	0.0%	0.0%
Salad Mix	*	2	14	0g	0g	0g	0mg	30mg	3g	1g	7g	0.0%	0.0%	0.0%	10.0%
Zucchini Noodles	*	4	20	0g	0g	0g	0mg	10mg	2g	0g	1g	21.0%	8.0%	0.0%	6.0%

MIX-INS	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
Cucumber	*	1	3	0g	0g	0g	0mg	1mg	1g	0g	0g	0.0%	0.0%	0.0%	0.0%
Sweet Onion	*	0.75	7	0g	0g	0g	0mg	2mg	1g	1g	0g	0.0%	2.0%	0.0%	0.0%
Pineapple	*	0.75	20	0g	0g	0g	0mg	0mg	4g	4g	0.3g	1.0%	1.0%	0.0%	2.0%
Hijiki Seaweed	*	1	10	0g	0g	0g	0mg	182mg	3g	0g	1g	2.0%	2.0%	4.0%	17.0%
Jalepeño	*	1	9	0g	0g	0g	0mg	0mg	2g	0g	0g	5.0%	21.0%	0.0%	1.0%
Diced Avocado	*	1	110	10g	1.5g	0g	0mg	5mg	6g	0g	1g	0.0%	0.0%	0.0%	1.0%
Scallion	*	0.5	2	0g	0g	0g	0mg	1mg	1g	0g	0g	0.0%	0.0%	4.0%	3.0%
Fresh Ginger	*	0.2	5	0g	0g	0g	0mg	1mg	0g	2g	0g	4.0%	30.0%	1.0%	0.0%

TOPPING	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
Tamago		1.00	42	1g	0g	0g	0mg	65mg	3g	2g	2g	0.0%	0.0%	0.0%	0.0%
Macaroni Salad		2.00	70	4g	1g	0g	10mg	135mg	7g	3g	1g	0.0%	0.0%	1.0%	0.5%
Kimchi		1.00	20	0g	0g	0g	0mg	230mg	4g	2g	1g	0.0%	0.0%	0.0%	0.0%
Pickled Ginger	*	0.50	5	0g	0g	0g	0mg	260g	1g	0g	1g	0.0%	0.0%	0.0%	0.2%
Seaweed Salad	*	1.00	30	1g	0g	0g	0mg	233mg	4g	1g	0g	0.0%	0.0%	0.0%	4.0%
Crab Salad		1.00	45	2g	1g	0g	5mg	150mg	4g	1g	2g	0.0%	0.0%	0.0%	1.0%
Spicy Crab		1.00	45	2g	1g	0g	5mg	170mg	4g	1g	2g	0.0%	0.0%	0.0%	1.0%
Edamame	*	1.00	35	1g	0g	0g	0mg	2mg	3g	1g	1g	0.0%	0.0%	0.0%	1.0%
Masago		0.20	20	1g	0g	0g	40mg	160mg	2g	1g	1g	0.0%	0.0%	0.0%	0.0%
Wasabi	*	0.10	4	0g	0g	0g	0mg	2mg	0g	0g	0g	0.0%	0.0%	0.0%	0.0%
Roasted Corn		1.00	10	0g	0g	0g	0mg	40mg	1g	2g	0.3g	0.0%	0.0%	0.0%	0.5%

CRUNCH	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
Crispy Garlic	*	0.25	40	2g	1g	0g	0mg	30mg	3g	0g	0g	0.0%	0.0%	0.0%	0.0%
Tempura Crunchy		0.75	100	6g	0g	0g	0mg	110mg	7g	1g	0g	0.0%	0.0%	0.0%	0.0%
Sesame Seeds	*	0.25	20	2g	0g	0g	0mg	1mg	1g	0g	1g	0.0%	0.0%	1.0%	3.0%
Crispy Onion		0.5	35	2g	1g	0g	0mg	20mg	6g	1g	1g	0.0%	0.0%	1.0%	0.0%
Furikake	*	0.5	40	2g	0g	0g	0mg	220mg	2g	1g	1g	0.0%	0.0%	5.0%	0.0%
Togarashi	*	0.25	25	0g	0g	0g	0mg	0mg	2g	1g	1g	0.0%	0.0%	1.0%	1.0%

SAUCE	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
House Shoyu		1	79	4g	0g	0g	0mg	568mg	2g	4g	1g	0.0%	1.0%	0.0%	0.0%
Gluten Free Shoyu	*	1	70	0g	0g	0g	0mg	628mg	4g	2g	2g	0.0%	0.0%	0.0%	0.1%
Citrus Ponzu		1	35	0g	0g	0g	0mg	989mg	7g	7g	4g	0.0%	1.0%	0.0%	4.0%
Roasted Sesame		1	248	18g	3g	0g	17mg	480mg	6g	5g	2g	0.0%	13%	1.0%	0.2%
Garlic Truffle Aioli	*	1	196	22g	7g	0g	22mg	350mg	0g	0g	0g	0.0%	0.0%	12%	1.0%
Eel Sauce		1	165	0g	0g	0g	0mg	720mg	9g	28g	0g	0.0%	1.0%	2.0%	3.0%
Wasabi Shoyu		1	85	0g	1g	0g	1mg	628mg	4g	2g	1g	0.0%	3.0%	0.0%	0.0%
Maui Fire	*	1	20	0g	0g	0g	5mg	0mg	2	2g	0g	0.0%	2.0%	1.0%	1.0%
Dynamite		1	190	0g	0g	0g	2mg	520mg	9g	14g	0g	0.0%	1.0%	2.0%	3.0%
Ginger Citrus		1	65	1g	0g	0g	0mg	356mg	4g	4g	1g	0.0%	3.0%	0.0%	0.0%
Spicy Aioli	*	1	148	20g	0g	0g	18mg	330mg	2g	1g	0g	0.0%	12%	1.0%	1.0%

SIDES	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
Miso Soup		8 oz	85	4g	2g	0g	0mg	800mg	10g	2g	8g	0.0%	0.0%	4%	0.0%

TORCHED BOWLS	GLUTEN FREE	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
Shrimp Tempura with Torched Crab Bowl		959	33g	5g	0g	363mg	4061mg	121g	26g	41g	10.9%	6.3%	18.9%	19.6%
Torched Mentaiko Salmon Bowl	*	1035	50g	6g	0g	222mg	2661mg	99g	19g	41g	11.3%	24.5%	7.4%	12.6%
Torched Eel Donburi Bowl		916	32g	6g	0g	367mg	2893mg	105g	25g	47g	112.8%	8.6%	13.6%	19.2%