

# Prepared Foods Nutrition Facts



Sushi (NY & PA Stores)	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV						
California Roll	4 pcs (130g)	150	35	4	5	0	0	<5	0	170	7	25	8	2	8	na	4	na	na	na	na
Crunchy Shrimp Roll	4 pcs (130g)	290	80	9	13	1	5	60	20	550	23	37	12	2	8	na	16	na	na	na	na
Dragon Roll	4 pcs (130g)	290	135	15	23	3	15	50	17	300	13	28	9	3	12	na	10	na	na	na	na
Eel Roll	4 pcs (130g)	210	70	8	12	2	10	50	17	290	12	25	8	1	4	na	9	na	na	na	na
Grilled Salmon Roll	4 pcs (130g)	160	30	3	5	1	3	15	5	90	4	24	8	1	4	na	8	na	na	na	na
Inari	4 pcs (140g)	310	70	7.5	12	1	5	0	0	670	28	52	17	1	4	na	10	na	na	na	na
M & M (Eel - Carrot)	6 pcs (110 g)	160	30	3.5	5	1	5	25	8	150	6	26	9	1	4	na	6	na	na	na	na
M & M (Tuna - Cucumber)	6 pcs (110 g)	120	0	0	0	0	0	5	2	90	4	25	8	<1	0	na	5	na	na	na	na
M & M (Shrimp - Avocado)	6 pcs (110 g)	140	20	2	3	0.5	3	25	8	115	5	25	8	1	4	na	5	na	na	na	na
Nigiri (Eel)	1 pc (30 g)	90	20	2	3	0.5	3	15	5	140	6	13	4	0	0	na	3	na	na	na	na
Nigiri (Salmon)	1 pc (30g)	60	5	0.5	1	0	0	5	2	40	2	12	4	0	0	na	3	na	na	na	na
Nigiri (Shrimp)	1 pc (30g)	90	10	1	2	0	0	50	17	90	4	12	4	0	0	na	8	na	na	na	na
Nigiri (Tuna)	1 pc (30g)	60	0	0	0	0	0	<5	0	40	2	12	4	0	0	na	3	na	na	na	na
Orange Roll	4 pcs (130g)	180	30	3.5	5	0.5	3	<5	0	340	14	29	10	2	8	na	7	na	na	na	na
Rainbow Roll	4 pc (140g)	190	45	5	8	1	5	55	18	240	10	24	8	1	4	na	13	na	na	na	na
Seabreeze Salad	3.5 oz (100g)	110	20	2.5	4	0	0	0	0	1410	59	20	7	0	0	na	0	na	na	na	na
Spicy Roll (Shrimp)	4 pcs (130g)	150	20	2.5	4	0.5	3	55	18	160	7	23	8	1	4	na	8	na	na	na	na
Spicy Roll (Salmon)	4 pcs (130g)	160	35	4	6	0.5	3	15	5	110	5	23	8	1	4	na	8	na	na	na	na
Spicy Roll (Tuna)	4 pcs (130g)	140	20	2	3	0.5	3	10	3	105	4	23	8	1	4	na	7	na	na	na	na
Tempura Roll	4 pcs (140 g)	270	55	6	9	2.5	13	10	3	560	23	41	14	2	8	na	13	na	na	na	na
Tsunami Roll	4 pcs (130g)	210	65	7	11	0.5	3	10	3	120	5	28	9	1	4	na	10	na	na	na	na
Vegetable Combo	4 pcs (130g)	140	30	3.5	5	0.5	3	0	0	80	3	25	8	2	8	na	3	na	na	na	na

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Roll N' Wrap (NY & PA Stores)	Serving Size	Calories	Calories from fat		Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Avocado Combo	4 pc (134g)	210	55	6	10	1	4	0	0	540	22	39	13	4	14	2	2	na	na	na	na	
Avocado Salad	2 pc (115g)	130	45	5	8	1	3	0	0	280	12	21	7	3	13	2	1	na	na	na	na	
Chicken Pesto	2 pc (115g)	190	90	10	15	2	9	16	5	480	20	19	6	1	4	2	7	na	na	na	na	
Smoked Salmon Salad	2 pc (115g)	180	75	8	13	1.5	7	16	5	340	14	20	7	1	6	2	7	na	na	na	na	
Spicy Chicken	2 pc (115g)	220	130	15	22	2.5	13	25	8	720	30	19	6	<1	2	1	6	na	na	na	na	
Spicy Chicken & Smoked Salmon	2 pc (155g)	320	155	17	27	3	14	28	9	830	34	35	12	1	5	2	9	na	na	na	na	
Summer Roll	4 pc (184g)	230	30	3.5	5	0.5	2	45	16	880	37	40	13	2	10	2	11	na	na	na	na	
Summer Roll Combo	6 pc (242g)	340	20	2.5	4	0.5	1	70	23	1080	45	65	22	3	11	3	14	na	na	na	na	
Teriyaki Chicken	2 pc (115g)	140	25	3	4	1	4	30	10	310	13	19	6	1	4	2	10	na	na	na	na	
Hoisin Peanut Sauce	1.4 oz (40g)	60	0	0	0	0	0	0	0	620	26	12	4	0	0	12	0	na	na	na	na	
Sweet Chili Sauce	1.4 oz (40g)	100	0	0	0	0	0	0	0	520	22	24	8	22	0	0	0	na	na	na	na	

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Sushi (NJ, VA, MD Stores)	Serving Size	Calories	Calories from fat		Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	
Avocado Summer Roll	1 roll (240g)	160	45	5	8	1	5	0	0	40	2	27	9	6	24	4	4	120	60	6	4	
Brown Rice California Roll	4 pcs (140g)	140	40	4.5	7	0.5	3	10	3	80	3	21	7	2	10	1	6	20	15	4	6	
Brown Rice Vegetable Roll	5 pcs (140g)	140	30	3.5	5	0	0	0	0	95	4	24	8	3	10	1	4	100	20	4	6	
Buffalo Chicken Roll	3 pcs (140g)	180	70	8	13	2	10	15	5	860	36	20	7	1	6	5	8	30	15	4	4	
California Roll	4 pcs (140g)	130	35	4	6	0.5	3	10	3	400	17	19	6	2	7	4	5	20	15	2	4	
Chesapeake Roll	4 pcs (140g)	160	45	5	8	1	4	25	8	630	26	19	6	2	7	5	9	20	15	4	4	
Cooked Soybeans	1/2 cup (75g)	100	25	3	5	0	0	0	0	310	13	9	3	3	12	1	8	6	10	6	8	
Dragon Roll	4 pcs (140g)	190	110	12	18	2	10	40	13	350	15	14	5	3	12	3	8	35	15	2	6	
Edamame & Hijiki Salad	1/2 cup (100g)	110	50	6	9	1	5	0	0	310	13	8	3	1	4	6	6	4	6	10	8	
Eel Nigiri	4 pcs (140g)	200	70	7	11	1.5	8	80	26	630	26	18	6	<1	2	5	13	35	2	2	2	
Eel Roll	4 pcs (140g)	170	60	6	10	1.5	6	65	21	550	23	15	5	<1	3	4	12	45	15	2	4	
Green Vegetable Roll	4 pcs (140g)	80	0	0	0	0	0	0	0	430	18	17	6	2	6	4	3	60	15	4	10	
Hurricane Eye Roll	6 pcs (140g)	150	10	1.5	2	0	0	40	13	1060	44	22	7	<1	3	6	10	15	10	2	6	
Inari Parcels	4 pcs (180g)	290	90	10	15	1	5	0	0	1200	50	39	13	1	5	23	10	0	0	15	10	
Jumbo Lump Crab California	4 pcs (140g)	130	35	3.5	6	0.5	3	15	5	480	20	17	6	2	6	4	7	20	15	2	4	
King Crab Dragon Roll	4 pcs (140g)	140	45	5	7	0.5	3	40	14	920	38	15	5	<1	2	3	10	10	15	4	4	
Lobster Dragon Roll	2 pcs (140g)	140	35	4	6	0.5	3	55	19	690	29	13	4	<1	3	3	14	10	8	4	4	

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				g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV						
Salmon Nigiri	4 pcs (140g)	170	50	6	9	1	6	30	10	530	22	18	6	<1	3	5	11	0	4	0	2
Shrimp California Roll	4 pcs (140g)	130	35	3.5	6	0	0	50	17	420	18	16	5	2	6	4	8	20	15	2	8
Shrimp Nigiri	4 pcs (140g)	130	5	0.5	1	0	0	100	33	620	26	18	6	<1	3	5	12	0	0	2	10
Shrimp Tempura Roll	3 pcs (140g)	200	90	10	15	3	14	10	4	480	20	23	8	3	11	4	5	25	15	2	4
Small Salmon Roll	6 pcs (100g)	120	25	2.5	4	0.5	3	15	4	440	18	16	5	<1	2	4	7	25	15	2	4
Small Tuna Roll	6 pcs (100g)	100	0	0	0	0	0	10	3	430	18	16	5	<1	2	4	8	25	15	2	4
Spicy Crab Salad Roll	5 pcs (140g)	180	100	11	17	1.5	8	40	14	740	31	11	4	3	10	4	8	25	60	6	15
Spicy Salmon Roll - Medium	4 pcs (140g)	160	60	7	11	1	6	20	7	560	23	16	5	<1	3	5	8	15	15	2	2
Spicy Shrimp Summer Roll	1 roll (215g)	230	90	10	15	1.5	7	95	32	470	19	20	7	1	5	2	15	25	20	6	10
Spicy Tuna Roll - Medium	4 pcs (140g)	140	35	4	6	0.5	3	15	5	560	23	16	5	<1	3	5	9	20	15	2	4
Spider Roll (Soft Shell Crab)	3 pcs (130g)	200	80	9	13	2	10	75	26	620	26	20	7	1	4	4	11	25	20	6	6
Summer Roll	1 roll (125 g)	130	35	4	6	0.5	3	70	23	90	4	14	5	2	6	1	10	80	6	4	8
Tuna Nigiri	4 pcs (140g)	140	5	0.5	1	0	0	25	8	520	22	18	6	<1	3	5	13	0	0	0	2
Vegetable Gyoza	5 pcs (100g)	240	130	15	23	2.5	12	0	0	310	13	21	7	3	13	4	5	6	0	2	10
Vegetable Roll	5 pcs (140g)	120	25	3	4	0	0	0	0	520	21	22	7	2	6	5	3	100	20	2	4
Yellow Fin Plate	6 pcs (140g)	150	5	0.5	1	0	0	25	9	560	23	20	7	<1	3	5	15	10	8	2	4

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