

COOKED SUSHI

	SINGLE SERVING PACKAGES	CALORIES WR	TOTAL FAT WR	CHOLESTEROL WR	SODIUM WR	CARBS WR	DIETARY FIBER WR	PROTEIN WR
BBQ Eel Roll	142g	230	7g	5mg	485mg	34g	1g	7g
BBQ Tilapia Roll	142g	200	3g	10mg	515mg	37g	1g	7g
Cajun Crawfish Roll	142g	200	6g	35mg	325mg	30g	1g	7g
California Roll	142g	180	2.5g	0mg	325mg	33g	2g	5g
Crispy Savory Shrimp Roll	142g	290	13g	40mg	435mg	34g	0g	7g
Deluxe California Roll	142g	180	2.5g	10mg	425mg	32g	2g	6g
Deluxe Tempura Shrimp Roll	227g	370	7g	30mg	905mg	64g	3g	14g
Dragon BBQ Eel Roll	227g	370	16g	10mg	705mg	46g	5g	10g
Dragon California Roll	227g	290	8g	0mg	585mg	48g	5g	8g
Dynamite Shrimp Roll	142g	200	5g	55mg	555mg	29g	1g	9g
Imitation Crab Deluxe Philadelphia Roll	142g	200	5g	20mg	405mg	31g	1g	6g
Imitation Crab Philadelphia Roll	142g	200	6g	10mg	305mg	31g	1g	5g
Island Shrimp Roll	142g	240	8g	10mg	415mg	38g	1g	5g
Real Crab Meat Roll	142g	170	2g	20mg	1535mg	30g	1g	8g
Smoked Salmon Deluxe Philadelphia Roll	142g	200	6g	25mg	455mg	29g	1g	9g
Smoked Salmon Philadelphia Roll	142g	200	6g	15mg	345mg	29g	1g	8g
Soft Shell Crab Pontchartrain Roll	227g	360	13g	20mg	795mg	51g	2g	9g
Spicy Nama Salmon Roll	142g	200	4g	15mg	275mg	31g	1g	8g
Spicy Salmon Roll	142g	210	7g	15mg	305mg	30g	1g	8g
Spicy Shrimp Roll	142g	210	6g	45mg	475mg	30g	1g	8g
Spider Roll	255g	380	8g	20mg	745mg	63g	3g	13g
Tempura Shrimp Roll	256g	410	9g	30mg	585mg	70g	3g	12g

RAW SUSHI

		CALORIES WR	TOTAL FAT WR	CHOLESTEROL WR	SODIUM WR	CARBS WR	DIETARY FIBER WR	PROTEIN WR
Assorted Nigiri 4 pcs	142g	190	1.5g	15mg	355mg	34g	1g	9g
Assorted Nigiri 7 pcs	227g	320	3.5g	35mg	675mg	55g	1g	15g
Creamy Spicy Tuna Special Roll	142g	240	10g	20mg	355mg	30g	1g	7g
Dynamite Tuna Roll	142g	200	5g	20mg	385mg	28g	1g	9g
Hosomaki Combo	142g	200	3.5g	35mg	305mg	26g	2g	14g
Rainbow California Roll	227g	300	6g	40mg	685mg	43g	2g	17g
Salmon Cado Roll	142g	190	4g	10mg	215mg	31g	2g	8g
Spicy Tuna Pontchartrain Roll	227g	330	9g	20mg	745mg	46g	2g	13g
Spicy Tuna Roll	142g	200	5g	10mg	285mg	29g	1g	8g
Tuna Cado Roll	142g	190	2.5g	10mg	205mg	31g	2g	9g

VEGETABLE SUSHI

		CALORIES WR	TOTAL FAT WR	CHOLESTEROL WR	SODIUM WR	CARBS WR	DIETARY FIBER WR	PROTEIN WR
Royal Potato Hosomaki	142g	210	2.5g	0mg	295mg	41g	2g	5g
Tempura Vegetable Roll	142g	180	4.5g	10mg	145mg	31g	2g	4g
Vegetable Hosomaki	142g	160	2.5g	0mg	195mg	29g	3g	5g
Vegetable Roll	142g	180	3g	0mg	225mg	33g	2g	4g
Wasabi Mayo Soy Roll	142g	220	9g	5mg	255mg	32g	1g	4g

WR/WHITE RICE Brown Rice nutritional values available online or upon request. Nutritional values for sushi items do not include condiments which are listed separately at the bottom of the chart.

COMBOS

		CALORIES	TOTAL FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	PROTEIN
Assorted Spicy Combo	227g	350	9g	70mg	645mg	44g	1g	18g
Los Angeles Combo	142g	280	3g	55mg	985mg	50g	2g	13g
Omega-3 Pack	311g	390	9g	40mg	665mg	56g	3g	18g
Spicy Tuna Combo	142g	340	11g	30mg	605mg	41g	1g	17g
Traditional Combo	198g	260	2.5g	35mg	365mg	36g	1g	21g
Tuna Delight Combo	142g	290	5g	30mg	355mg	38g	2g	23g
Tuna Salmon Combo	142g	300	7g	40mg	345mg	36g	2g	23g
West Coast Combo	142g	280	4.5g	25mg	575mg	43g	2g	18g

SPECIALTY ITEMS

		CALORIES	TOTAL FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	PROTEIN
BBQ Tilapia Inari 4 pcs	227g	480	20g	20mg	1240mg	60g	0g	14g
Chicken Spring Roll	170g	280	6g	50mg	850mg	41g	4g	16g
Inari Sushi 4 pcs	198g	340	7g	0mg	820mg	62g	0g	8g
Royal Potato Inari	227g	480	20g	10mg	840mg	64g	2g	8g
Spicy Avocado Crab Inari	227g	420	17g	10mg	1120mg	57g	2g	10g
Spicy Avocado Inari 4 pcs	227g	460	22g	10mg	860mg	56g	4g	8g
Spicy Crab Cucumber Roll no rice	142g	190	12g	10mg	595mg	15g	1g	6g
Spicy Salmon Rice Bowl	283g	480	16g	40mg	1000mg	62g	2g	20g
Spicy Shrimp Inari 4pcs	227g	440	16g	100mg	1280mg	52g	0g	18g
Spicy Tuna Rice Bowl	283g	460	12g	30mg	940mg	62g	2g	22g
Spring Roll	170g	260	4.5g	55mg	1130mg	45g	3g	12g
Sushi Parfait	227g	310	11g	105mg	890mg	39g	3g	14g
Vegetable Spring Roll with inari	170g	310	14g	0mg	630mg	44g	6g	6g
Vegetable Spring Roll without inari	170g	235	10g	0mg	460mg	37g	6g	3g

SALADS

		CALORIES	TOTAL FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	PROTEIN
Calamari Salad		203	9g	338mg	1395mg	14g	5g	23g
Edamame		140	6g	0mg	8mg	11g	6g	13g
Seaweed Salad		68	6g	0mg	315mg	7g	0g	2g
Soba Soba Salad	170g	220	10g	0mg	810mg	27g	1g	7g

SAUCES & SIDE ITEMS

		CALORIES	TOTAL FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	PROTEIN
BBQ Eel Sauce		144	0g	0mg	1470mg	32g	0g	3g
Gari (Pickled Ginger)		8	0g	0mg	176mg	1g	1g	0g
Japanese White Sauce		146	12g	12mg	282mg	9g	0g	0g
Spicy Mayonnaise Sauce		126	11g	7mg	688mg	7g	0g	0g
Sweet Chili Sauce		112	0g	0mg	640mg	27g	1g	0g
Wasabi		64	0g	0mg	0mg	13g	6g	0g
Wasabi Mayonnaise Sauce		134	11g	8mg	446mg	9g	0g	0g

CONDIMENTS

		CALORIES	TOTAL FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER	PROTEIN
Gari (Pickled Ginger)	1t/15g	2	0g	0mg	55mg	0.5g	0.5g	0g
Soy Sauce	5.5ml	3	0g	0mg	340mg	0g	0g	0g
Wasabi	1t/5g	5	0g	0mg	0mg	1.5g	0.5g	0g

MENU & NUTRITIONAL INFORMATION

ITEMS & INGREDIENTS

In this chart, we've included our most popular Sushi with Gusto items. Please keep in mind that with hand-crafted items such as these, a similar sushi item made by two different chefs can contain slightly different proportions of ingredients and, thus, the values for calories, fat, carbohydrates and protein will vary somewhat.

SUSHI & RAW FISH

Some varieties of our products contain raw seafood. Consuming raw or undercooked seafood or shellfish may increase your risk of foodborne illness, especially for the elderly, young children under age four, pregnant women, and other individuals with compromised immune systems. If unsure of your risk, consult with your physician.

PLEASE KEEP REFRIGERATED.



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