| Menu Item | Calories | Soften. | "Om Fat HCall | /oj/oj/ | 30t Fat (6) | Thopas | Sodi. | (Sul) minico | Carts/G, | leton F. | Sug. |) sars (6) p |
|--|---|--|--|---|--|---|---|---|--|---|--|---|
| Proteins with Sauce: | <u>/ </u> | <u> </u> | | | | / ⁶ | | | _/_ | 9/ | | _ |
| Chicken Teriyaki (Jr Bowl or Extra Serving of Chicken - 3oz Chicken & .75oz Thick Sauce) | 200 | 53 | 6 | 2 | 0 | 83 | 682 | 16 | j : | 2 1 | 14 | 22 |
| Chicken Teriyaki (Reg Bowl - 6oz Chicken & 1oz Thick Sauce) | 361 | 104 | 12 | 4 | 0 | 165 | 1040 | 22 | 2 ' | 4 2 | 20 | 43 |
| Chicken Teriyaki (Large Bowl or Side - 8oz Chicken & 1.5oz Thick Sauce) | 495 | 140 | 16 | 5 | 0 | 220 | 1494 | 32 | 2 ! | 5 2 | 29 | 57 |
| Chicken Teriyaki (Two Protein Plate - 4oz Chicken & .75oz Thick Sauce) | 247 | 70 | 8 | 3 | 0 | 110 | 747 | 16 | ; ; | 2 1 | 15 | 28 |
| Chicken Breast Teriyaki (Jr Bowl or Extra Serving of Chicken - 30z Chicken & .750z Thick Sauce) | 188 | 26 | 3 | 1 | 0 | 88 | 529 | 14 | 1 (| 0 1 | 12 | 27 |
| Chicken Breast Teriyaki (Reg Bowl - 6oz Chicken & 1oz Thick Sauce) | 336 | 51 | 6 | 2 | 0 | 177 | 735 | 18 | 3 (| 0 1 | 16 | 53 |
| Chicken Breast Teriyaki (Large Bowl or Side - 8oz Chicken & 1.5oz Thick Sauce) | 461 | 69 | 8 | 2 | 0 | 236 | 1088 | 27 | | | -+ | 71 |
| hicken Breast Teriyaki (Two Protein Plate - 4oz Chicken & .75oz Thick Sauce) | 230 | 35 | 4 | 1 | 0 | 118 | 544 | 14 | _ | _ | | 35 |
| picy Chicken (Jr Bowl or Extra Serving of Chicken - 3oz Chicken tossed in 1oz Spicy Sauce) picy Chicken (Reg Bowl - 6oz Chicken tossed in 2oz Spicy Sauce) | 188 | 51 | 6 | 2 | 0 | 83 | 744 | 13 | | _ | | 21 |
| picy Chicken (Large Bowl or Side - 8oz Chicken tossed in 3oz Spicy Sauce) | 375 516 | 102 | 11 | 5 | 0 | 165 220 | 1488 2167 | 38 | _ | | | 43 57 |
| picy Chicken (Two Protein Plate - 4oz Chicken tossed in 1.5oz Spicy Sauce) | 258 | 135 68 | 8 | 3 | 0 | 110 | 1084 | 19 | | | | 28 |
| hicken Katsu (Jr Bowl or Extra Serving of Chicken - 3oz Chicken served with 2oz Katsu Sauce) | 341 | 124 | 14 | 3 | 0 | 48 | 691 | 38 | | | | 16 |
| hicken Katsu (Reg Bowl - 6oz Chicken served with 2oz Katsu Sauce) | 592 | 247 | 27 | 5 | 1 | 95 | 759 | 54 | | | | 33 |
| hicken Katsu (Large Bowl or Side - 8oz Chicken served with 2oz Katsu Sauce) | 759 | 329 | 37 | 7 | 1 | 127 | 805 | 64 | | | | 43 |
| chicken Katsu (Two Protein Bowl - 4oz Chicken served with 2oz Katsu Sauce) | 424 | 165 | 18 | 4 | 0 | 64 | 713 | 43 | _ | | | 22 |
| Orange Chicken (Jr Bowl or Extra Serving of Chicken - 3oz Chicken in 1oz orange sauce) | 214 | 90 | 10 | 2 | 0 | 62 | 340 | 20 |) : | 2 | 8 | 11 |
| orange Chicken (Reg Bowl - 6oz chicken in 2oz orange sauce) | 429 | 180 | 20 | 5 | 0 | 124 | 680 | 40 |) : | 3 1 | 16 | 23 |
| range Chicken (Large Bowl or Side - 8oz chicken in 3oz orange sauce) | 572 | 240 | 27 | 6 | 0 | 166 | 907 | 53 | 3 ! | 5 2 | 21 | 30 |
| Orange Chicken (Two Protein Bowl - 4oz Chicken in 1oz orange sauce) | 286 | 120 | 13 | 3 | 0 | 83 | 454 | 26 | + | | 11 | 15 |
| IEW Steak Teriyaki (Ir Bowl or Extra Serving of Beef - 3oz marinated, grilled Steak) | 210 | 73 | 8 | 3 | 0 | 88 | 659 | 17 | | - | -+ | 17 |
| IEW Steak Teriyaki (Reg Bowl - 6oz marinated, grilled Steak) | 419 | 146 | 16 | 7 | 0 | 175 | 1317 | 34 | | | | 34 |
| IEW Steak Teriyaki (Large Bowl or Side - 8oz marinated, grilled Steak) | 572 | 195 | 22 | 9 | 0 | 234 | 1864 | 49 | | | 32 | 46 |
| IEW Steak Teriyaki (Two Protein Bowl - 4oz marinated, grilled Steak) | 266 | 97 | 11 | 4 | 0 | 117 | 770 | 20 | | | | 23 |
| ofu Teriyaki (Jr Bowl or Extra Serving of Tofu - 7 pieces fried tofu tossed in .75oz stir-fry sauce) | 144 | 23 | 3 | 0 | 0 | 1 | 799 | 18 | | _ | | 12 |
| ofu Teriyaki (Reg Bowl - 14 pieces fried tofu tossed in 1oz stir-fry sauce) ofu Teriyaki (Large Bowl or Side - 24 pieces fried tofu tossed in 2oz stir-fry sauce) | 263 | 45 | 5 | 1 | 0 | 2 | 1071 | 30 | | | | 24 |
| | 465 | 77 | 9 | 1 | 0 | 3 | 2137 | 55 | - | - | -+ | 42 |
| ofu Teriyaki (Two Protein Bowl - 10 pieces fried tofu tossed in 1oz stir-fry sauce) picy Tofu Teriyaki (Jr Bowl or Extra Serving of Tofu - 7 pieces fried tofu tossed in .75oz stir-fry sauce & .5oz spicy) | 202 | 32 | 4 | 1 | 0 | 1 | 1066 | 25 | | | -+ | 18 |
| picy Tofu Teriyaki (Reg Bowl - 14 pieces fried tofu tossed in 10z stir-fry sauce & 10z spicy) | 167 | 23 | 3 | 0 | 0 | 1 | 1073 | 24 | | _ | -+ | 13 |
| picy Tofu Teriyaki (keg Bowl - 14 pieces fried tofu tossed in 102 stir-fry sauce & 1.5 oz spicy) | 309 | 45 | 5 | 1 | 0 | 2 | 1619 | 41 | | | | 25 |
| picy Tofu Teriyaki (Two Protein Bowl - 10 pieces fried tofu tossed in 1oz stir-fry sauce & 1oz spicy) | 534 | 77 | 9 | 1 | 0 | 3 | 2959 | 72 | | | | 43 |
| almon Teriyaki (Jr Bowl - 4oz grilled salmon with 1/2oz Thick Sauce) | 249 160 | 32 | 4 | 1 | 0 | 1 65 | 1614 544 | 10 | | | | 18 22 |
| almon Teriyaki (Reg Bowl - 4oz grilled salmon with 1/2oz Thick Sauce) | 160 | 38 | 4 | 1 | 0 | 65 | 544 | 10 | | | | 22 |
| almon Teriyaki (Large Bowl - 8oz grilled salmon with .75oz Thick Sauce) | 300 | 74 | 8 | 1 | 0 | 130 | 927 | 16 | _ | | | 43 |
| asses: (Rice, Noodles & Veggies) | 300 | , | <u> </u> | | | 130 | 32, | | `` | | | -3 |
| White Rice (Jr Bowl - 6oz) | 221 | 3 | 0 | 0 | 0 | 0 | 0 | 49 | | 1 | 1 | 4 |
| White Rice (Reg Bowl or Side- 8oz) | 295 | 4 | 0 | 0 | 0 | 0 | 0 | 65 | 5 : | 1 | 1 | 5 |
| Vhite Rice (Large Bowl or Two Protein Bowl - 10oz) | 369 | 5 | 1 | 0 | 0 | 0 | 0 | 81 | 1 : | 1 | 1 | 7 |
| rown Rice (Jr Bowl - 6oz) | 191 | 13 | 1 | 0 | 0 | 0 | 2 | 40 |) : | 3 | 0 | 4 |
| rown Rice (Reg Bowl or Side - 8oz) | 254 | 17 | 2 | 0 | 0 | 0 | 2 | 53 | 3 4 | 4 | 0 | 5 |
| rown Rice (Large Bowl or Two Protein Bowl - 10oz) | 318 | 21 | 2 | 1 | 0 | 0 | 3 | 67 | , ! | 5 | 0 | 7 |
| ried Rice (Jr Bowl - 6oz) | 514 | 226 | 25 | 5 | 0 | 127 | 874 | 60 |) : | 1 | 9 | 10 |
| ried Rice (Reg Bowl or Side - 8oz) | 686 | 301 | 34 | 6 | 1 | 169 | 1166 | 81 | . : | 2 1 | 12 | 14 |
| ried Rice (Large Bowl or Two Protein Bowl - 10oz) | 857 | 376 | 42 | 8 | 1 | 211 | 1457 | 10 | 1 : | 2 1 | 15 | 17 |
| loodles (Jr Bowl - 4oz) | 315 | 81 | 9 | 1 | 0 | 0 | 587 | 50 |) : | 2 | 6 | 7 |
| loodles (Reg Bowl or Side - 8oz) | 630 | 163 | | 1 | 0 | 0 | 1175 | 10 | ماه | | 12 | 13 |
| | | | 18 | 2 | | | 1469 | + | - | 4 1 | =+ | 17 |
| loodles (Large Bowl, Two Protein Bowl - 10oz) | 788 | 203 | 23 | 3 | 0 | 0 | | 12 | 5 ! | 5 1 | 16 | 1 |
| loodles (Large Bowl, Two Protein Bowl - 10oz) teamed Veggies as a base in place of Rice or Noodles (Jr Bowl - 6oz) | 45 | 203 | 23 0 | 3 | 0 | 0 | 39 | 10 | 5 ! | 5 1 | 16 4 | 3 |
| loodles (Large Bowl, Two Protein Bowl - 10oz) teamed Veggies as a base in place of Rice or Noodles (Jr Bowl - 6oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) | 45 120 | 203 3 7 | 23 0 0 | 3 0 0 | 0 | 0 | 39 103 | 26 | 5 ! | 5 1 4 10 1 | 16 4 11 | 8 |
| toodles (Large Bowl, Two Protein Bowl - 10oz) teamed Veggies as a base in place of Rice or Noodles (Jr Bowl - 6oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz) | 45 | 203 | 23 0 | 3 | 0 | 0 | 39 | 10 | 5 ! 0 4 6 1 | 5 1 4 10 1 12 1 | 16 4 11 12 | _ |
| teamed Veggies as a base in place of Rice or Noodles (Jr Bowl - 6oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz) teamed Veggies added to bowl on top of base (Jr Bowl - 3oz) | 45 120 135 | 203 3 7 8 | 23 0 0 1 | 3 0 0 | 0 0 | 0 0 0 | 39 103 116 | 10 26 30 | 5 ! 0 4 6 1 0 1 | 5 1 4 10 1 12 1 2 | 16 4 11 12 2 | 8 9 |
| teamed Veggies as a base in place of Rice or Noodles (Jr Bowl - 6oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz) teamed Veggies added to bowl on top of base (Jr Bowl - 3oz) teamed Veggies added to bowl on top of base (Reg Bowl - 6oz) | 45 120 135 23 | 203 3 7 8 1 | 23 0 0 1 | 3 0 0 0 | 0 0 0 | 0 0 0 | 39 103 116 19 | 10 26 30 5 | 5 ! 6 1 0 1 | 5 1 4 10 1 12 1 2 4 | 16 4 11 12 2 4 | 8 9 1 |
| teamed Veggies as a base in place of Rice or Noodles (Jr Bowl - 6oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz) teamed Veggies added to bowl on top of base (Jr Bowl - 3oz) teamed Veggies added to bowl on top of base (Reg Bowl - 6oz) teamed Veggies added to bowl on top of base (Lg Bowl - 9oz) | 45 120 135 23 45 | 203 3 7 8 1 3 | 23 0 0 1 0 | 3 0 0 0 0 | 0 0 0 0 | 0 0 0 0 | 39 103 116 19 39 | 10 26 30 5 | 5 ! 6 1 7 2 6 1 7 4 8 6 | 5 1 4 10 1 12 1 2 4 6 | 16 4 11 12 2 4 | 8 9 1 3 |
| teamed Veggies as a base in place of Rice or Noodles (Jr Bowl - 6oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz) teamed Veggies added to bowl on top of base (Jr Bowl - 3oz) teamed Veggies added to bowl on top of base (Reg Bowl - 6oz) teamed Veggies added to bowl on top of base (Lg Bowl - 9oz) tir-Fried Veggies as base in place of Rice or Noodles (Jr Bowl - 6oz) | 45 120 135 23 45 68 | 203 3 7 8 1 3 | 23 0 0 1 0 0 0 | 3 0 0 0 0 0 | 0 0 0 0 | 0 0 0 0 0 | 39 103 116 19 39 58 | 10 26 30 5 10 | 5 ! 5 1 1 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | 5 1 4 10 1 12 1 2 4 6 4 | 16 4 11 12 2 4 6 | 8 9 1 3 4 |
| teamed Veggies as a base in place of Rice or Noodles (Jr Bowl - 6oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz) teamed Veggies added to bowl on top of base (Jr Bowl - 3oz) teamed Veggies added to bowl on top of base (Reg Bowl - 6oz) teamed Veggies added to bowl on top of base (Lg Bowl - 9oz) tir-Fried Veggies as base in place of Rice or Noodles (Jr Bowl - 6oz) tir-Fried Veggies as base in place of Rice or Noodles (Reg Bowl - 12oz) tir-Fried Veggies as base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz) | 45 120 135 23 45 68 109 | 203 3 7 8 1 3 4 | 23 0 0 1 0 0 0 5 | 3 0 0 0 0 0 0 | 0 0 0 0 0 | 0 0 0 0 0 | 39 103 116 19 39 58 444 | 10 26 30 5 10 15 | 5 ! 5 1 4 5 1 5 6 6 1 4 4 8 8 8 | 5 1 4 10 1 12 1 2 4 6 4 8 1 | 16 4 11 12 2 4 6 8 | 8 9 1 3 4 |
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| teamed Veggies as a base in place of Rice or Noodles (Ir Bowl - 6oz) teamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 12oz) teamed Veggies as a base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz) teamed Veggies added to bowl on top of base (Ir Bowl - 3oz) teamed Veggies added to bowl on top of base (Reg Bowl - 6oz) teamed Veggies added to bowl on top of base (Reg Bowl - 9oz) tir-Fried Veggies as base in place of Rice or Noodles (Ir Bowl - 6oz) tir-Fried Veggies as base in place of Rice or Noodles (Reg Bowl - 12oz) tir-Fried Veggies as base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz) tir-Fried Veggies added to bowl on top of base (Ir Bowl - 3oz) | 45 120 135 23 45 68 109 218 | 203 3 7 8 1 3 4 48 96 143 | 23 0 0 1 0 0 0 5 11 | 3 0 0 0 0 0 0 1 2 | 0 0 0 0 0 0 | 0 0 0 0 0 0 0 | 39 103 116 19 39 58 444 889 | 10 26 30 5 10 15 14 28 42 | 5 !! 5 1! 6 11 6 11 | 5 1 4 10 1 112 1 2 2 4 4 6 6 4 8 1 111 2 2 | 16 4 11 12 2 4 6 8 16 24 4 | 8 9 1 3 4 3 6 |
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| Associated (Large Bowl, Two Protein Bowl - 100z) Astermed Veggies as a base in place of Rice or Noodles (Ir Bowl - 60z) Astermed Veggies as a base in place of Rice or Noodles (Reg Bowl - 120z) Astermed Veggies as a base in place of Rice or Noodles (Large or Two Protein Bowl - 180z) Astermed Veggies added to bowl on top of base (Ir Bowl - 30z) Astermed Veggies added to bowl on top of base (Reg Bowl - 60z) Astermed Veggies added to bowl on top of base (Reg Bowl - 60z) Astermed Veggies added to bowl on top of base (Reg Bowl - 60z) Astermed Veggies as base in place of Rice or Noodles (Ir Bowl - 60z) Aster-Fried Veggies as base in place of Rice or Noodles (Reg Bowl - 120z) Aster-Fried Veggies as base in place of Rice or Noodles (Reg Bowl - 120z) Aster-Fried Veggies added to bowl on top of base (Ir Bowl - 30z) Aster-Fried Veggies added to bowl on top of base (Ir Bowl - 30z) Aster-Fried Veggies added to bowl on top of base (Reg Bowl - 60z) Aster-Fried Veggies added to bowl on top of base (Reg Bowl - 90z) Aster-Fried Veggies added to bowl on top of base (Reg Bowl - 90z) Appetizers Aster-Fried Veggies Aster (Reg Bowl - 90z) Appetizers Aster-Fried Veggies Aster (Reg Bowl - 90z) Appetizers Aster-Fried Veggies Aster (Reg Bowl - 90z) Appetizers Aster-Fried Veggies Added to bowl on top of base (Reg Bowl - 90z) Appetizers Aster-Fried Veggies Aster (Reg Bowl - 90z) Aster-Fried Veggies Aster (Reg | 45 120 135 23 45 68 109 218 327 55 109 164 150 318 408 409 589 191 319 eady) 46 42 92 79 49 | 203 3 7 8 1 3 4 48 96 143 24 48 72 44 90 120 202 302 78 159 | 23 0 0 1 0 0 5 11 16 3 5 8 5 10 13 22 34 9 18 0 0 0 0 0 0 0 0 0 0 0 0 0 | 3 0 0 0 0 0 1 2 3 0 1 1 1 2 3 10 15 1 3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | 39 103 116 19 39 58 444 889 1333 222 444 667 772 986 588 840 337 531 581 880 647 130 85 | 100 260 300 55 100 120 121 221 221 221 221 221 221 221 | 5 !! | 5 1 1 1 2 1 1 1 2 1 1 1 1 1 1 1 1 1 1 1 | 11 | 8 9 1 3 4 3 6 10 2 3 5 4 11 14 8 11 17 7 |
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^{*} The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to use of alternate supplier, region of the country, and/or small differences in product assembly. Addition of teriyaki sauce, other condiments, and fixings will alter nutrition values.