

| Menu Item | Calories (kCAL) | Cals from Fat (kCAL) | Fat (G) | Sat Fat (G) | Trans Fat (G) | Cholesterol (MG) | Sodium (MG) | Carbs (G) | Dietary Fiber (G) | Sugars (G) | Proteins (G) |
|--|-----------------|----------------------|---------|-------------|---------------|------------------|-------------|-----------|-------------------|------------|--------------|
| Proteins with Sauce: | | | | | | | | | | | |
| Chicken Teriyaki (Jr Bowl or Extra Serving of Chicken - 3oz Chicken & .75oz Thick Sauce) | 200 | 53 | 6 | 2 | 0 | 83 | 682 | 16 | 2 | 14 | 22 |
| Chicken Teriyaki (Reg Bowl - 6oz Chicken & 1oz Thick Sauce) | 361 | 104 | 12 | 4 | 0 | 165 | 1040 | 22 | 4 | 20 | 43 |
| Chicken Teriyaki (Large Bowl or Side - 8oz Chicken & 1.5oz Thick Sauce) | 495 | 140 | 16 | 5 | 0 | 220 | 1494 | 32 | 5 | 29 | 57 |
| Chicken Teriyaki (Two Protein Plate - 4oz Chicken & .75oz Thick Sauce) | 247 | 70 | 8 | 3 | 0 | 110 | 747 | 16 | 2 | 15 | 28 |
| Chicken Breast Teriyaki (Jr Bowl or Extra Serving of Chicken - 3oz Chicken & .75oz Thick Sauce) | 188 | 26 | 3 | 1 | 0 | 88 | 529 | 14 | 0 | 12 | 27 |
| Chicken Breast Teriyaki (Reg Bowl - 6oz Chicken & 1oz Thick Sauce) | 336 | 51 | 6 | 2 | 0 | 177 | 735 | 18 | 0 | 16 | 53 |
| Chicken Breast Teriyaki (Large Bowl or Side - 8oz Chicken & 1.5oz Thick Sauce) | 461 | 69 | 8 | 2 | 0 | 236 | 1088 | 27 | 0 | 23 | 71 |
| Chicken Breast Teriyaki (Two Protein Plate - 4oz Chicken & .75oz Thick Sauce) | 230 | 35 | 4 | 1 | 0 | 118 | 544 | 14 | 0 | 12 | 35 |
| Spicy Chicken (Jr Bowl or Extra Serving of Chicken - 3oz Chicken tossed in 1oz Spicy Sauce) | 188 | 51 | 6 | 2 | 0 | 83 | 744 | 13 | 2 | 11 | 21 |
| Spicy Chicken (Reg Bowl - 6oz Chicken tossed in 2oz Spicy Sauce) | 375 | 102 | 11 | 4 | 0 | 165 | 1488 | 26 | 5 | 21 | 43 |
| Spicy Chicken (Large Bowl or Side - 8oz Chicken tossed in 3oz Spicy Sauce) | 516 | 135 | 15 | 5 | 0 | 220 | 2167 | 38 | 6 | 32 | 57 |
| Spicy Chicken (Two Protein Plate - 4oz Chicken tossed in 1.5oz Spicy Sauce) | 258 | 68 | 8 | 3 | 0 | 110 | 1084 | 19 | 3 | 16 | 28 |
| Chicken Katsu (Jr Bowl or Extra Serving of Chicken - 3oz Chicken served with 2oz Katsu Sauce) | 341 | 124 | 14 | 3 | 0 | 48 | 691 | 38 | 1 | 18 | 16 |
| Chicken Katsu (Reg Bowl - 6oz Chicken served with 2oz Katsu Sauce) | 592 | 247 | 27 | 5 | 1 | 95 | 759 | 54 | 1 | 19 | 33 |
| Chicken Katsu (Large Bowl or Side - 8oz Chicken served with 2oz Katsu Sauce) | 759 | 329 | 37 | 7 | 1 | 127 | 805 | 64 | 2 | 19 | 43 |
| Chicken Katsu (Two Protein Bowl - 4oz Chicken served with 2oz Katsu Sauce) | 424 | 165 | 18 | 4 | 0 | 64 | 713 | 43 | 1 | 19 | 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 | 16 | 23 |
| Orange Chicken (Large Bowl or Side - 8oz chicken in 3oz orange sauce) | 572 | 240 | 27 | 6 | 0 | 166 | 907 | 53 | 5 | 21 | 30 |
| Orange Chicken (Two Protein Bowl - 4oz Chicken in 1oz orange sauce) | 286 | 120 | 13 | 3 | 0 | 83 | 454 | 26 | 2 | 11 | 15 |
| Steak Teriyaki (Jr Bowl or Extra Serving of Beef - 3oz marinated, grilled Steak) | 222 | 66 | 7 | 3 | 0 | 52 | 1063 | 22 | 1 | 19 | 17 |
| Steak Teriyaki (Reg Bowl - 6oz marinated, grilled Steak) | 444 | 133 | 15 | 6 | 1 | 104 | 2126 | 43 | 2 | 39 | 35 |
| Steak Teriyaki (Large Bowl or Side - 8oz marinated, grilled Steak) | 592 | 177 | 20 | 8 | 1 | 138 | 2835 | 58 | 2 | 52 | 46 |
| Steak Teriyaki (Two Protein Bowl - 4oz marinated, grilled Steak) | 296 | 88 | 10 | 4 | 0 | 69 | 1417 | 29 | 1 | 26 | 23 |
| Tofu 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 | 8 | 8 | 12 |
| Tofu Teriyaki (Reg Bowl - 14 pieces fried tofu tossed in 1oz stir-fry sauce) | 263 | 45 | 5 | 1 | 0 | 2 | 1071 | 30 | 16 | 10 | 24 |
| Tofu Teriyaki (Large Bowl or Side - 24 pieces fried tofu tossed in 2oz stir-fry sauce) | 465 | 77 | 9 | 1 | 0 | 3 | 2137 | 55 | 27 | 21 | 42 |
| Tofu Teriyaki (Two Protein Bowl - 10 pieces fried tofu tossed in 1oz stir-fry sauce) | 202 | 32 | 4 | 1 | 0 | 1 | 1066 | 25 | 11 | 10 | 18 |
| Spicy Tofu Teriyaki (Jr Bowl or Extra Serving of Tofu - 7 pieces fried tofu tossed in .75oz stir-fry sauce & .5oz spicy) | 167 | 23 | 3 | 0 | 0 | 1 | 1073 | 24 | 8 | 12 | 13 |
| Spicy Tofu Teriyaki (Reg Bowl - 14 pieces fried tofu tossed in 1oz stir-fry sauce & 1oz spicy) | 309 | 45 | 5 | 1 | 0 | 2 | 1619 | 41 | 16 | 19 | 25 |
| Spicy Tofu Teriyaki (Large Bowl or Side - 24 pieces fried tofu tossed in 2oz stir-fry sauce & 1.5oz spicy) | 534 | 77 | 9 | 1 | 0 | 3 | 2959 | 72 | 28 | 34 | 43 |
| Spicy Tofu Teriyaki (Two Protein Bowl - 10 pieces fried tofu tossed in 1oz stir-fry sauce & 1oz spicy) | 249 | 32 | 4 | 1 | 0 | 1 | 1614 | 36 | 12 | 19 | 18 |
| Salmon Teriyaki (Jr Bowl - 4oz grilled salmon with 1/2oz Thick Sauce) | 160 | 38 | 4 | 1 | 0 | 65 | 544 | 10 | 0 | 8 | 22 |
| Salmon Teriyaki (Reg Bowl - 4oz grilled salmon with 1/2oz Thick Sauce) | 160 | 38 | 4 | 1 | 0 | 65 | 544 | 10 | 0 | 8 | 22 |
| Salmon Teriyaki (Large Bowl - 8oz grilled salmon with .75oz Thick Sauce) | 300 | 74 | 8 | 1 | 0 | 130 | 927 | 16 | 0 | 12 | 43 |
| Bases: (Rice, Noodles & Veggies) | | | | | | | | | | | |
| 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 | 1 | 1 | 5 |
| White Rice (Large Bowl or Two Protein Bowl - 10oz) | 369 | 5 | 1 | 0 | 0 | 0 | 0 | 81 | 1 | 1 | 7 |
| Brown Rice (Jr Bowl - 6oz) | 191 | 13 | 1 | 0 | 0 | 0 | 2 | 40 | 3 | 0 | 4 |
| Brown Rice (Reg Bowl or Side - 8oz) | 254 | 17 | 2 | 0 | 0 | 0 | 2 | 53 | 4 | 0 | 5 |
| Brown Rice (Large Bowl or Two Protein Bowl - 10oz) | 318 | 21 | 2 | 1 | 0 | 0 | 3 | 67 | 5 | 0 | 7 |
| Fried Rice (Jr Bowl - 6oz) | 514 | 226 | 25 | 5 | 0 | 127 | 874 | 60 | 1 | 9 | 10 |
| Fried Rice (Reg Bowl or Side - 8oz) | 686 | 301 | 34 | 6 | 1 | 169 | 1166 | 81 | 2 | 12 | 14 |
| Fried Rice (Large Bowl or Two Protein Bowl - 10oz) | 857 | 376 | 42 | 8 | 1 | 211 | 1457 | 101 | 2 | 15 | 17 |
| Noodles (Jr Bowl - 4oz) | 315 | 81 | 9 | 1 | 0 | 0 | 587 | 50 | 2 | 6 | 7 |
| Noodles (Reg Bowl or Side - 8oz) | 630 | 163 | 18 | 2 | 0 | 0 | 1175 | 100 | 4 | 12 | 13 |
| Noodles (Large Bowl, Two Protein Bowl - 10oz) | 788 | 203 | 23 | 3 | 0 | 0 | 1469 | 125 | 5 | 16 | 17 |
| Steamed Veggies as a base in place of Rice or Noodles (Jr Bowl - 6oz) | 45 | 3 | 0 | 0 | 0 | 0 | 39 | 10 | 4 | 4 | 3 |
| Steamed Veggies as a base in place of Rice or Noodles (Reg Bowl - 8oz) | 60 | 3 | 0 | 0 | 0 | 0 | 52 | 13 | 5 | 6 | 4 |
| Steamed Veggies as a base in place of Rice or Noodles (Large or Two Protein Bowl - 10oz) | 75 | 4 | 0 | 0 | 0 | 0 | 65 | 16 | 6 | 7 | 5 |
| Steamed Veggies added to bowl on top of base (All bowl Sizes - 5oz) | 38 | 2 | 0 | 0 | 0 | 0 | 32 | 8 | 3 | 3 | 2 |
| Stir-Fried Veggies as base in place of Rice or Noodles (Jr Bowl - 6oz) | 109 | 48 | 5 | 1 | 0 | 0 | 444 | 14 | 4 | 8 | 3 |
| Stir-Fried Veggies as base in place of Rice or Noodles (Reg Bowl - 8oz) | 145 | 64 | 7 | 1 | 0 | 0 | 593 | 19 | 5 | 11 | 4 |
| Stir-Fried Veggies as base in place of Rice or Noodles (Large or Two Protein Bowl - 10oz) | 181 | 80 | 9 | 1 | 0 | 0 | 741 | 24 | 6 | 13 | 5 |
| Stir-Fried Veggies added to bowl on top of base (All Bowl Sizes - 5oz) | 91 | 40 | 5 | 1 | 0 | 0 | 370 | 12 | 3 | 7 | 3 |
| Appetizers | | | | | | | | | | | |
| Chicken Eggroll (1 with 1oz Gyoza Sauce) | 150 | 44 | 5 | 1 | 0 | 6 | 394 | 23 | 2 | 13 | 4 |
| Chicken Potstickers (6 with 1oz Gyoza Sauce) | 318 | 90 | 10 | 2 | 0 | 19 | 772 | 47 | 4 | 16 | 11 |
| Crab Rangoons (4 with 1oz Sweet & Sour Sauce) | 379 | 162 | 18 | 7 | 0 | 24 | 341 | 47 | 2 | 12 | 8 |
| Edamame (5oz) | 191 | 78 | 9 | 1 | 0 | 0 | 337 | 15 | 6 | 0 | 17 |
| Shrimp Tempura (4 shrimps with 1oz Gyoza) | 319 | 159 | 18 | 3 | 0 | 48 | 531 | 33 | 2 | 12 | 7 |
| Sauces & Dressings if Served Separately (note: sauce nutritional are included above in proteins, appetizers and salads already) | | | | | | | | | | | |
| Spicy Sauce (1oz) | 46 | 0 | 0 | 0 | 0 | 0 | 548 | 11 | 1 | 9 | 1 |
| Mild Spicy Sauce (1oz) | 40 | 0 | 0 | 0 | 0 | 0 | 396 | 10 | 0 | 8 | 0 |
| Teriyaki Thin Sauce (1oz) | 92 | 0 | 0 | 0 | 0 | 0 | 880 | 22 | 0 | 21 | 1 |
| Teriyaki Thick Sauce (1oz) | 79 | 3 | 0 | 0 | 0 | 0 | 647 | 18 | 0 | 16 | 1 |
| Gyoza Sauce (1oz) | 49 | 0 | 0 | 0 | 0 | 0 | 130 | 12 | 0 | 12 | 0 |
| Sweet & Sour (1oz) | 48 | 0 | 0 | 0 | 0 | 0 | 85 | 12 | 0 | 11 | 0 |
| Stir-Fry Sauce (1oz) | 51 | 0 | 0 | 0 | 0 | 0 | 1054 | 12 | 0 | 10 | 1 |
| Katsu Sauce (1oz) | 45 | 1 | 0 | 0 | 0 | 0 | 311 | 11 | 0 | 9 | 0 |

* 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.