

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)	Protein (G)
<b>Proteins with Sauce:</b>											
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

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NEW Steak Teriyaki (Jr Bowl or Extra Serving of Beef - 3oz marinated, grilled Steak)	210	73	8	3	0	88	659	17	2	11	17
NEW Steak Teriyaki (Reg Bowl - 6oz marinated, grilled Steak)	419	146	16	7	0	175	1317	34	4	22	34
NEW Steak Teriyaki (Large Bowl or Side - 8oz marinated, grilled Steak)	572	195	22	9	0	234	1864	49	5	32	46
NEW Steak Teriyaki (Two Protein Bowl - 4oz marinated, grilled Steak)	266	97	11	4	0	117	770	20	2	12	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
<b>Bases: (Rice, Noodles &amp; Veggies)</b>											
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

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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 - 12oz)	120	7	0	0	0	0	103	26	10	11	8
Steamed Veggies as a base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz)	135	8	1	0	0	0	116	30	12	12	9
Steamed Veggies added to bowl on top of base (Jr Bowl - 3oz)	23	1	0	0	0	0	19	5	2	2	1
Steamed Veggies added to bowl on top of base (Reg Bowl - 6oz)	45	3	0	0	0	0	39	10	4	4	3
Steamed Veggies added to bowl on top of base (Lg Bowl - 9oz)	68	4	0	0	0	0	58	15	6	6	4
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 - 12oz)	218	96	11	2	0	0	889	28	8	16	6
Stir-Fried Veggies as base in place of Rice or Noodles (Large or Two Protein Bowl - 18oz)	327	143	16	3	0	0	1333	42	11	24	10
Stir-Fried Veggies added to bowl on top of base (Jr Bowl - 3oz)	55	24	3	0	0	0	222	7	2	4	2
Stir-Fried Veggies added to bowl on top of base (Reg Bowl - 6oz)	109	48	5	1	0	0	444	14	4	8	3
Stir-Fried Veggies added to bowl on top of base (Lg Bowl - 9oz)	164	72	8	1	0	0	667	21	6	12	5
<b>Appetizers</b>											
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

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Chicken Potstickers (8 with 1oz Gyoza Sauce)	408	120	13	3	0	26	986	58	5	17	14
Crab Rangoons (NEW) (4 with 1oz Sweet & Sour Sauce)	409	202	22	10	0	37	588	44	2	14	8
Crab Rangoons (NEW) (6 with 1oz Sweet & Sour Sauce)	589	302	34	15	0	56	840	60	3	15	11
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
<b>Sauces &amp; Dressings if Served Separately (note: sauce nutritionals are included above in proteins, appetizers and salads already)</b>											
Spicy Sauce (1oz)	46	0	0	0	0	0	548	11	1	9	1
Mad Spicy Sauce (1oz)	42	2	0	0	0	0	581	10	0	9	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.