



NUTRITIONAL INFORMATION

| | SERVING | CALORIES | FAT (g) | SAT FAT (g) | PROTEIN (g) | SODIUM (mg) | CARBS (g) | FIBER (g) | |
|---|---|-----------------|---------|-------------|-------------|-------------|-----------|-----------|------|
| STARTERS | | | | | | | | | |
| | edamame | one order | 147 | 5 | 0 | 12 | 400 | 16 | 12.0 |
| | gyoza PORK SAUCES NOT INCLUDED | 4 / order | 144 | 6 | 2 | 6 | 0 | 15 | .8 |
| | gyoza VEGGIE SAUCES NOT INCLUDED | 4 / order | 136 | 5 | 1 | 5 | 0 | 18 | .8 |
| | peanut skewers W/ PEANUT SAUCE | one order | 370 | 23 | 4.5 | 31 | 715 | 8 | 1.5 |
| | spring rolls CHICKEN WITHOUT SAUCE | 2 / order | 219 | 8 | 1.4 | 16 | 150 | 21 | 4.0 |
| | spring rolls SHRIMP WITHOUT SAUCE | 2 / order | 188 | 7 | 1 | 11 | 124 | 21 | 4.0 |
| SUSHI | | | | | | | | | |
| | ROLLS: california roll | 4 piece | 214 | 9 | 1 | 7 | 225 | 26 | 1.5 |
| | joe's roll | 4 piece | 210 | 7.5 | 3 | 9 | 175 | 25 | 1.4 |
| | spicy tuna roll | 4 piece | 192 | 7 | 1 | 7 | 138 | 24 | 1.4 |
| | unagi roll | 4 piece | 214 | 5 | 1 | 6 | 248 | 27 | 1.4 |
| | veggie roll | 4 piece | 182 | 7 | 3 | 3 | 141 | 18 | 1.6 |
| | yo roll | 4 piece | 149 | 3 | .5 | 5 | 92 | 25 | 1.4 |
| | NIGIRI: ebi - SHRIMP | 2 piece | 72 | .5 | .1 | 6 | 59 | 9 | .1 |
| | unagi - EEL | 2 piece | 135 | 3 | .5 | 6 | 159 | 11 | 1.0 |
| | maguro - AHI TUNA | 2 piece | 72 | 0 | 0 | 7 | 27 | 9 | 1.0 |
| | tataki - SEARED AHI TUNA | 2 piece | 73 | 0 | 0 | 7 | 28 | 9 | 1.0 |
| | sake - SALMON | 2 piece | 95 | 3 | .5 | 6 | 30 | 9 | 1.0 |
| <i>Build-Your-Own BOWLS...</i> | | | | | | | | | |
| PROTEIN + SAUCE + RICE or NOODLES + VEGGIES | | | | | | | | | |
| | PROTEIN + white chicken | reg. sz. | 140 | 3.5 | 1 | 26 | 230 | 0 | 0 |
| | dark chicken | reg. sz. | 203 | 9.5 | 2.5 | 27 | 92 | 0 | 0 |
| | pork | reg. sz. | 192 | 9 | 3 | 29 | 0 | 0 | 0 |
| | steak | reg. sz. | 215 | 11.5 | 3.5 | 26 | 67 | 0 | 0 |
| | salmon | reg. sz. | 318 | 20 | 3 | 34 | 82 | 0 | 0 |
| | tofu | reg. sz. | 225 | 13 | 1.5 | 20 | 119 | 7 | .7 |
| | SAUCE + teriyaki | 2.5 oz. | 112 | 0 | 0 | 3 | 1560 | 24 | 0 |
| | spicy-aki | 2.5 oz. | 119 | 1 | .07 | 4 | 1782 | 23 | 0 |
| | oyako | 2.5 oz. | 31 | 0 | 0 | 1 | 587 | 6 | 0 |
| | orange yuzu | 2.5 oz. | 125 | 1 | .1 | 2 | 862 | 27 | .5 |
| | yakitori | 2.5 oz. | 157 | 7 | 1.5 | 2 | 899 | 21 | 1.0 |
| | dragon | 2.5 oz. | 165 | 11 | .8 | 2 | 1094 | 11 | .5 |
| | curry | 2.5 oz. | 132 | 12 | 10 | 2 | 203 | 5 | .6 |
| | peanut | 2.5 oz. | 259 | 22 | 4 | 5 | 570 | 8 | 1.5 |
| | GLUTEN FREE teriyaki | 2.5 oz. | 86 | 0 | 0 | 4 | 1807 | 19 | 0 |
| | NEARLY SUGAR FREE stevi-yaki™ | 2.5 oz. | 46 | 4 | .07 | 3 | 1441 | 6 | 0 |
| | CARB + brown rice | reg. sz. (8 oz) | 254 | 1.8 | .4 | 5 | 2 | 53 | 4.0 |
| | white rice | reg. sz. (8 oz) | 295 | .5 | .1 | 5 | 0 | 65 | .7 |
| | udon noodles | reg. sz. (9 oz) | 450 | 1.1 | 0 | 20 | 652 | 83 | 9.0 |
| | egg noodles | reg. sz. (9 oz) | 335 | 1.5 | 0 | 14 | 749 | 67 | 3.0 |
| | VEGGIES + NO BRAINER veggie mix (TOP 5) | 5 oz. | 47 | 0 | 0 | 2 | 34 | 9 | 3.5 |
| | BROCCOLI | 1 oz. | 10 | 0 | 0 | 1 | 8 | 1 | 1.0 |
| | ZUCCHINI | 1 oz. | 4 | 0 | 0 | 0 | 1 | 1 | 0 |
| | CARROTS | 1 oz. | 12 | 0 | 0 | 0 | 29 | 4 | 1.0 |
| | RED PEPPERS | 1 oz. | 9 | 0 | 0 | 1 | 2 | 3 | 1.0 |
| | SNOW PEAS | 1 oz. | 12 | 0 | 0 | 1 | 1 | 2 | .7 |
| | MUSHROOMS | 1 oz. | 18 | 0 | 0 | 1 | 80 | 4 | 1.0 |
| | LONG BEANS | 1 oz. | 37 | 0 | 0 | 2 | 1 | 7 | 2.5 |
| | BEAN SPROUTS | 1 oz. | 8 | 0 | 0 | 1 | 2 | 2 | .5 |
| | EDAMAME BEANS | 1 oz. | 38 | 1 | 0 | 3 | 11 | 3 | 1.5 |
| | WATER CHESTNUTS | 1 oz. | 28 | 0 | 0 | 0 | 7 | 7 | 2.8 |
| | BAMBOO SHOOTS | 1 oz. | 11 | 0 | 0 | 1 | 4 | 2 | .7 |
| | BOK CHOY | 1 oz. | 3 | 0 | 0 | 0 | 12 | 1 | .3 |
| | SPINACH | 1 oz. | 3 | 0 | 0 | 0 | 11 | 1 | .3 |
| | GREEN ONION | 1 oz. | 3 | 0 | 0 | 0 | 0 | 1 | 0 |
| | RED ONION | 1 oz. | 17 | 0 | 0 | 0 | 2 | 4 | .7 |
| SIGNATURE BOWLS NUMBERS INCLUDE SAUCES & CARBS | | | | | | | | | |
| | (PLUS CHOICE OF SAUCE) BOULDER VEGGIE bowl | reg. sz. | 386 | 8 | 1.1 | 17 | 108 | 61 | 5.8 |
| | YAKITORI bowl W/ YAKITORI SAUCE | reg. sz. | 678 | 17 | 3.5 | 41 | 1167 | 88 | 5.1 |
| | MOJOE bowl W/ SWEET & SPICY SAUCE | reg. sz. | 709 | 14 | 3.5 | 38 | 1365 | 104 | 2.6 |
| | MAHI-MAHI bowl W/ SWIETENONGRASS | reg. sz. | 664 | 15 | 2.5 | 35 | 1267 | 93 | 2.3 |
| | TIGER SHRIMP bowl W/ SPICY-AKI | reg. sz. | 525 | 3 | .5 | 24 | 1897 | 98 | 3.4 |
| | OYAKO bowl W/ OYAKO SAUCE | reg. sz. | 683 | 20 | 5.8 | 46 | 821 | 74 | 1.1 |
| | UNAGI bowl W/ TERIYAKI SAUCE | reg. sz. | 635 | 13 | 2.5 | 29 | 1872 | 95 | 1.2 |
| SALADS NUMBERS DO NOT INCLUDE DRESSINGS | | | | | | | | | |
| | SMALL: side salad WITHOUT DRESSING | | 16.5 | 0 | 0 | 1 | 16 | 3 | 1.2 |
| | sunomono | | 66 | .5 | 0 | 1 | 634 | 15 | 1.0 |
| | BIG: NIKKO salad | | 353 | 18 | 2.5 | 32 | 258 | 16 | 8.5 |
| | HOOKIPA salad | | 594 | 27 | 3.0 | 43 | 553 | 49 | 9.8 |
| | KIHEI salad | | 474 | 18 | 3.5 | 28 | 351 | 55 | 13.0 |
| | TOKYO salad | | 320 | 11 | 3.0 | 30 | 325 | 22 | 5.8 |
| | TATAKI salad | | 326 | 8 | 1.0 | 18 | 352 | 43 | 7.0 |
| | LETTUCE wraps WITHOUT SAUCES | | 489 | 11 | 2.0 | 32 | 324 | 64 | 5.5 |
| ADD CHOICE OF DRESSING + | | | | | | | | | |
| | DRESSINGS: sesame dressing | 1.75 oz. | 331 | 34 | 2.5 | 1 | 607 | 7 | .1 |
| | miso dressing | 1.75 oz. | 103 | 7 | .5 | 1 | 504 | 8 | .2 |
| | soy ginger dressing | 1.75 oz. | 102 | 5 | .4 | 2 | 1070 | 11 | 0 |
| | lemongrass basil dressing | 1.75 oz. | 226 | 19 | 1.25 | 0 | 441 | 15 | 1.0 |
| | tangy tokyo® dressing | 1.75 oz. | 58 | 2 | 0 | 1 | 355 | 9 | 0 |
| | honey mango dressing | 1.75 oz. | 287 | 23 | 2.5 | 0 | 453 | 20 | 0 |
| | nikko dressing | 1.75 oz. | 185 | 16 | 1 | 0 | 429 | 9 | .2 |
| SOUPS | | | | | | | | | |
| | miso soup | cup | 76 | 3 | 0 | 6 | 1274 | 7 | .6 |
| | miso soup w/ noodles | bowl | 606 | 9 | .4 | 30 | 2687 | 100 | 8.3 |
| | JOE'S noodle bowl | bowl | 696 | 7 | 1 | 48 | 2002 | 106 | 7.6 |
| | general joe's soup | bowl | 552 | 20 | 15 | 31 | 2472 | 60 | .7 |
| KID'S bowls NUMBERS INCLUDE SAUCES LISTED | | | | | | | | | |
| | kid's chicken teriyaki | | 338 | 6 | 1.5 | 20 | 833 | 48 | .4 |
| | kid's chicken teriyaki w/ noodles | | 348 | 5.5 | 1.5 | 25 | 145 | 44 | 1.7 |
| | kid's noodles & teriyaki | | 520 | 3.5 | 0 | 20 | 966 | 100 | 7.0 |
| | kid's mac & cheese | | 301 | 9 | 2.5 | 11 | 641 | 45 | 2.0 |
| BIG SIZE bowls (MULTIPLY GIVEN NUMBERS by 1.5) | | | | | | | | | |