### Vegetable Rolls
- Mango and Avocado Roll .................. $6.99  
  In: mango, avocado  Out: rice
- Avocado and Cucumber Roll ............. $6.99
- Vegetable Combo ......................... $7.99  
  In: avocado, cucumber, carrot, asparagus
- Veggie Inari Roll ......................... $8.99  
  Lettuce, avocado, carrot, inari, teriyaki sauce
- Vegetable Dragon Roll ................... $8.99  
  In: lettuce, avocado, cucumber, carrot  
  Out: avocado slice
- Inari Roll 4 pieces ....................... $6.99  
  fried shell of tofu filled with sushi rice, spicy sauce, eel sauce

### Tempura Rolls
- Tempura Shrimp Roll .................... $10.99  
  In: tempura shrimp, avocado, asparagus  
  Out: teriyaki sauce, crispy, spicy sauce
- Volcano Roll ................................ $11.99  
  In: tempura shrimp, cream cheese, mango  
  Out: krab meat, yum-yum sauce, bonito
- Dragon Roll ................................ $9.99  
  In: tempura shrimp, krab meat, cucumber  
  Out: avocado slices, teriyaki sauce
- Crispy House Roll ....................... $10.99  
  In: crispy shrimp, krab meat, avocado  
  Out: rice, spicy sauce, teriyaki sauce
- Crunchy Roll ................................ $9.99  
  In: krab meat, avocado, crispy  
  Out: krab meat, spicy sauce, eel sauce, fried onion
- Crunchy Shrimp Roll ..................... $9.99  
  In: spicy shrimp, crispy, avocado  
  Out: eel sauce, spicy sauce, crispy
- Spider Roll ................................ $11.99  
  In: soft-shell krab, avocado, crispy  
  Out: rice, eel sauce, spicy sauce, crispy

### Cooked Sushi Rolls
- California Roll* ......................... $6.99  
  In: krab stick, avocado, cucumber
- Snow Crab Roll ......................... $9.99  
  In: snow crab, avocado, cucumber
- Spicy Shrimp Roll ....................... $8.99  
  In: spicy shrimp, avocado
- Eel Roll .................................... $10.99  
  In: eel, avocado
- Philadelphia Roll ....................... $9.99  
  In: smoked salmon, avocado, cream cheese
- Green Dragon Roll ...................... $9.49  
  In: krab meat, avocado, cucumber  
  Out: sliced avocado
- Philly Dragon Roll ...................... $10.99  
  In: cream cheese, avocado, asparagus  
  Out: smoked salmon, teriyaki sauce
- Yummy Roll ................................ $12.99  
  In: smoked salmon, bacon, avocado  
  Out: krab meat, yum-yum sauce

### Rice Bowls*
- Tuna, Salmon Rice Bowl ................ $11.99  
  rice, spring lettuce mix, tuna, salmon, avocado, cucumber, spicy sauce, teriyaki sauce
- Tuna, Shrimp Rice Bowl ................. $10.99  
  rice, spring lettuce mix, tuna, shrimp, avocado, cucumber, spicy sauce
- Special Bowl ............................. $13.99  
  rice, spring lettuce mix, yellowtail tuna, salmon, tuna, avocado, cucumber, yum-yum sauce. a large portion of fish!
- Poke Bowl ................................ $14.99  
  rice, spring lettuce mix, tuna, salmon, avocado, green onions, poke sauce, sesame seed. a large portion of fish!
- Teriyaki Smoked Salmon Bowl .......... $11.99  
  white rice, spring lettuce mix, salmon, avocado, cucumber, teriyaki sauce
- Teriyaki Chicken Bowl ................. $9.49  
  white rice, veggie mix, grilled chicken, teriyaki sauce

### Spring Rolls*
- Veggie Spring Roll ...................... $6.99  
  rice paper, avocado, lettuce, carrot, cucumber, sweet chili
- Shrimp Spring Roll ...................... $7.49  
  In: rice paper, shrimp, lettuce, carrot, cucumber, sweet chili, avocado
- Tuna, Mango Spring Roll ................ $9.99  
  In: rice paper, tuna, mango, lettuce, avocado, cucumber, carrot, sweet chili sauce

  Substitute brown rice: +$0.4  
  quinoa brown rice: +$1.  
  All rolls contain at least 10 pieces unless noted otherwise.

**Krab stick may not be organic.

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have a medical condition.

**organic & wild caught ingredients  •  wheat-free & gluten-free options available

09.28.18
Special Rolls

- **Double Salmon Roll** .......... 10.99
  In: salmon, avocado
  Out: salmon, sliced avocado

- **Double Tuna Roll** .......... 11.99
  In: tuna, avocado
  Out: tuna, sliced avocado

- **Rainbow Roll** .......... 10.99
  In: krab meat, avocado, cucumber
  Out: tuna, salmon, shrimp, sliced avocado

- **Sunshine Roll** .......... 10.99
  In: spicy tuna, mango
  Out: tuna, avocado slice

- **Special Rainbow Roll** .......... 12.99
  In: tuna, salmon, asparagus
  Out: tuna, salmon, spicy sauce, eel sauce, masago

- **Philly Dragon Roll** .......... 10.99
  In: cream cheese, avocado, asparagus
  Out: smoked salmon, teriyaki sauce

- **House Roll** .......... 11.99
  In: spicy tuna, mango
  Out: tuna, salmon, spicy sauce, eel sauce, masago

- **Red Dragon Roll** .......... 10.99
  In: krab meat, avocado, cucumber
  Out: tuna, spicy sauce, eel sauce, crispy, masago

- **Pink Dragon Roll** .......... 10.99
  In: krab meat, avocado, cucumber
  Out: salmon, spicy sauce, eel sauce, crispy, masago

- **Okinawa Roll** .......... 12.99
  In: tuna, salmon, krab meat, asparagus
  Out: seaweed, avocado, mayo, teriyaki sauce, masago

- **Health Sushi Roll** .......... 13.99
  In: yellow tail, tuna, salmon, avocado, cucumber, mango
  Out: soy paper

- **Fancy Roll** .......... 12.99
  In: spicy salmon, avocado
  Out: tuna, shrimp, avocado, spicy, teriyaki

- **Yummy Roll** .......... 12.99
  In: smoked salmon, bacon, avocado
  Out: krab meat, yum-yum sauce

- **Dynamite Roll** .......... 13.99
  In: yellowtail tuna, tuna, salmon, avocado, asparagus, crispy, spicy sauce
  Out: seaweed, eel sauce, spicy sauce, masago

- **Tobiko Combo 6 pieces** .......... 12.99
  2 each tuna, salmon, seaweed salad each cupped in a seaweed wrap, topped with masago, yum-yum, spicy and eel sauces

- **Spicy Tuna Avocado Roll** .......... 9.49
  In: spicy tuna, avocado

- **Spicy Salmon Avocado Roll** .......... 9.49
  In: spicy salmon, avocado

- **Yellowtail Tuna Roll** .......... 10.99
  In: yellowtail tuna, avocado

- **Hand Roll** .......... 11.99
  In: tuna, salmon, avocado, cucumber, masago, crispy, spicy sauce
  Out: seaweed

- **Cool Springs Roll** .......... 12.99
  In: tuna, salmon, mango
  Out: white tuna, salmon, tuna, rice

**Nigiri or Sashimi**

(3 pieces)

- **Tuna** .......... 6.99
- **White Tuna** .......... 6.99
- **Yellowtail** .......... 6.99
- **Salmon** .......... 6.99
- **Smoked Salmon** .......... 6.99
- **Eel** .......... 7.99
- **Shrimp** .......... 5.99
- **Tamago** .......... 6.99
- **Octopus (Tako)** .......... 7.99
- **Hilo Roll** .......... 16.99
  green dragon, nigiri. 2 tuna, 2 salmon
- **Family Roll** .......... 26.99
  4 rolls, each of california roll, spicy tuna roll, avocado roll, and cucumber roll
- **Fuji Platter** .......... 16.99
  sushi rice, tuna, salmon, seaweed salad, calamari salad, baby octopus, cucumber, avocado, eel sauce, spicy sauce
- **Scotland Roll** .......... 19.99
  1 fancy roll, 2 pieces salmon nigiri, 2 pieces yellowtail nigiri
- **Chef's Special Sampler 16 pieces** .......... 19.99
  5 pc. tuna roll, 5 pc. salmon roll, 2 pc. tuna nigiri, 2 pc. salmon nigiri, 2 pc. white tuna nigiri

**Appetizers**

- **Edamame** .......... 4.99
- **Steamed Dumplings 5 dumplings** .......... 4.99
  choose from pork, vegetable or chicken
- **Miso Soup** .......... 2.49
  choose from tofu or shiro
- **Seaweed Salad** .......... 4.99
- **Calamari Salad** .......... 4.99
- **Baby Octopus Salad** .......... 4.99

**Drinks & Dessert**

- **Beer** See table tent for current selection
- **Japanese Green Tea** .......... 2.49
  served cold, 10.1 oz
- **Japanese Sodas** strawberry or cream soda .......... 1.99
- **Coca Cola®** regular or diet .......... 1.99
- **Sprite®** .......... 1.99
- **Tea** sweet or unsweetened .......... 1.99
- **Hot Green Tea** .......... 1.99
- **Mochi** Japanese ice cream treat, 3 pieces .......... 4.99
  choice of mango, strawberry, vanilla or green tea

  - vegetarian  raw  cooked

We use only wild-caught fish and organic vegetables in our sushi. When sourcing other ingredients such as condiments, sauces and krab, if organics are not used or not available, we always choose the highest quality products and ingredients available.
Want to customize your sushi? **This is how we Roll!**

**To add or substitute FISH to a sushi roll:**

1. Begin by choosing any roll from the menu that already contains fish or crab (not vegetarian).

2. Add a single portion of any fish to the roll for $1 per portion.

3. Substitute any fish for a different fish at no charge.

4. Add another single portion of any vegetable to the roll for 50¢ per portion.

5. Substitute any vegetable for a different vegetable at no charge.

6. Fish can not be added to a non-fish, vegetarian roll. No exceptions. To add or substitute fish, start with a roll that already contains fish.

---

**To add or substitute VEGETABLES to a sushi roll:**

1. Begin by choosing any vegetarian roll from the menu (does not contain fish or crab).

2. Add a single portion of any vegetable for 50¢ per portion.

3. Substitute any vegetable for a different vegetable at no charge.

4. Fish can not be added to a non-fish, vegetarian roll. No exceptions. To add or substitute fish, start with a roll that already contains fish.

---

Health/Sushi

organic wild-caught

600 B Frazier Drive
Suite 100
Franklin, TN 37067

To Go Orders Available
615.472.1190
HealthSushi.us