

STARTERS

- Miso Soup 2.29
- Edamame 4.49

Steamed Dumplings 4.99

5 pcs / choose one: • vegetable / • chicken / • pork

- Seaweed Salad 4.49
- Calamari Salad 5.49
- Baby Octopus 5.49
- YumYum Salad 6.99
fresh spring lettuce mix / avocado / cucumber / mango / yumyum dressing
- Ginger Salad 6.99
fresh spring lettuce mix / avocado / cucumber / mango / ginger dressing
- House Salad 6.99
fresh spring lettuce mix / avocado / cucumber / pineapple / poke dressing

SUSHI ROLLS

Made with white sushi rice.
Substitute brown rice or quinoa brown rice, +50¢

- California Roll 6.49
sushi rice / seaweed / krab stick / avocado / cucumber
- Spicy Shrimp Roll 8.99
sushi rice / seaweed / spicy shrimp / avocado
- Spicy Tuna Roll 8.99
sushi rice / seaweed / spicy tuna / avocado
- Spicy Salmon Roll 8.99
sushi rice / seaweed / salmon / avocado
- Philadelphia Roll 8.99
sushi rice / seaweed / smoked salmon / cream cheese / avocado
- Green Dragon Roll 8.99
sushi rice / seaweed / krab / avocado / cucumber / top: avocado
- Eel Roll 9.99
sushi rice / seaweed / eel / avocado
- Snow Crab Roll 9.99
sushi rice / seaweed / snow crab / avocado / cucumber
- Tuna Maki 5.99
sushi rice / seaweed outside / tuna
- Salmon Maki 5.99
sushi rice / seaweed outside / salmon

NIGIRI / SASHIMI

3 pc serving

- Tuna 6.49
- Albacore Tuna 6.49
- White Tuna 6.49
- Salmon 6.49
- Smoked Salmon 6.49
- Eel 6.99
- Shrimp 5.49
- Tamago 5.49

DESSERT

- Mochi 4.49
- 3 pcs / choose one: strawberry / mango / green tea / vanilla

CRISPY ROLLS

Made with white sushi rice. Substitute brown rice or quinoa brown rice, +50¢

- Crunchy Roll 8.99
sushi rice / seaweed / krab meat / avocado / crispy / top: krab / spicy sauce / sushi sauce / crispy onion
- Alaska Roll 8.99
sushi rice / seaweed outside / cooked salmon / cucumber / avocado / crispy / top: yumyum sauce / jalapeño
- Chicken Crispy Roll 8.99
sushi rice / seaweed outside / chicken / avocado / crispy / top: spicy sauce / sushi sauce / crispy
- Tennessee Roll 9.49
sushi rice / seaweed / tempura shrimp / cream cheese / avocado / top: krab / spicy sauce / sushi sauce / crispy
- Crunchy Shrimp Roll 9.49
sushi rice / seaweed / shrimp / avocado / crispy / top: spicy sauce / sushi sauce / crispy
- Tempura Shrimp Roll 9.49
sushi rice / seaweed / tempura shrimp / avocado / asparagus / top: spicy sauce / teriyaki sauce / crispy
- Dragon Roll 9.49
sushi rice / seaweed / tempura shrimp / krab / cucumber / top: avocado / teriyaki sauce
- Volcano Roll 10.49
sushi rice / seaweed / tempura shrimp / cream cheese / mango / top: krab / yumyum sauce / bonito
- Yummy Roll 10.99
sushi rice / seaweed / smoked salmon / bacon / avocado / top: krab / yumyum sauce
- Spider Roll 10.99
sushi rice / seaweed outside / soft-shell crab / avocado / crispy / top: spicy sauce / sushi sauce / crispy
- Lobster Roll 10.99
sushi rice / seaweed outside / lobster / avocado / cucumber / crispy / top: spicy sauce / sushi sauce / jalapeño



Ask for our
Ramen Bowl Menu!

RICE-FREE ROLLS

- Veggie Spring Roll 6.49
rice paper / lettuce / avocado / carrot / cucumber / sweet chili sauce
- Shrimp Spring Roll 7.49
rice paper / lettuce / shrimp / avocado / carrot / cucumber / sweet chili sauce
- Tuna Mango Spring Roll 9.49
rice paper / tuna / lettuce / avocado / cucumber / carrot / mango / sweet-chili sauce
- Cali Fresh Roll 7.49
rice paper / lettuce / crab meat / avocado / cucumber
- Double Fresh Roll 11.99
rice paper / lettuce / tuna / salmon / avocado / top: tuna / salmon
- Fantasy Fresh Roll 11.99
rice paper \ lettuce \ salmon \ albacore tuna \ yellow tail \ cucumber \ mango \ top: avocado \ masago
- Tsunami Fresh Roll 11.99
rice paper \ lettuce \ albacore tuna \ white tuna \ tuna \ avocado \ spicy sauce \ crispy \ top: sushi sauce \ spicy sauce \ masago
- Sakura Fresh Roll 11.99
rice paper \ lettuce \ spicy tuna \ mango \ top: tuna \ salmon \ spicy sauce \ sushi sauce \ masago

SPECIAL ROLLS

Made with white sushi rice. Substitute brown rice or quinoa brown rice,+50¢

- **Double Salmon Roll** 10.99
sushi rice / seaweed / salmon / avocado / top: salmon / avocado
- **Double Tuna Roll** 10.99
sushi rice / seaweed / tuna / avocado / top: tuna / avocado
- **Sunshine Roll** 10.99
sushi rice / seaweed / spicy tuna / mango / top: tuna / avocado slice
- **Rainbow Roll** 10.99
sushi rice / seaweed / krab meat / avocado / cucumber / top: tuna / salmon / avocado
- **Cool Springs Roll** 11.49
sushi rice / seaweed / tuna / salmon / mango / top: white tuna / salmon / tuna
- **Jalapeño Roll** 11.49
sushi rice / seaweed / salmon / albacore tuna / jalapeño / top: tuna / salmon / mayo sauce / masago
- **Pink Dragon Roll** 10.99
sushi rice / seaweed / krab meat / avocado / cucumber / top: salmon / spicy sauce / sushi sauce / crispy / masago
- **Red Dragon Roll** 10.99
sushi rice / seaweed / krab meat / avocado / cucumber / top: tuna / spicy sauce / sushi sauce / crispy / masago
- **Philly Dragon Roll** 10.99
sushi rice / seaweed /cream cheese / avocado /mango / top: smoked salmon / teriyaki sauce
- **Jolly Roll** 10.99
sushi rice / seaweed / tempura shrimp / krab meat / cucumber / top: salmon / avocado / teriyaki sauce
- **Hand Roll** 10.99
sushi rice / seaweed outside / tuna / salmon / avocado / cucumber / spicy sauce / crispy
- **Okinawa Roll** 11.49
sushi rice / seaweed / tuna / salmon / krab / top: avocado slice / mayo sauce / teriyaki sauce / masago
- **House Roll** 11.49
sushi rice / seaweed / spicy tuna / mango / top: tuna / salmon / spicy sauce / sushi sauce / masago
- **Fancy Roll** 11.49
sushi rice / seaweed / salmon / avocado / top: tuna / shrimp / avocado / spicy sauce / teriyaki sauce
- Special Rainbow Roll** 11.49
sushi rice / seaweed / tuna / salmon / asparagus / top: tuna / salmon / spicy sauce / sushi sauce / masago
- **Music Roll** 11.99
sushi rice / seaweed outside / eel / cream cheese / avocado / top: tuna / salmon / avocado / mayo sauce / sushi sauce / masago
- **Franklin Roll** 11.99
sushi rice / soy paper / tuna / shrimp / krab / crispy / mango / yumyum sauce / masago
- **Health Sushi Roll** 13.49
sushi rice / soy paper / tuna / salmon / yellowtail tuna / salmon / tuna / mango / avocado / cucumber
- **Dynamite Roll** 13.49
sushi rice / seaweed outside / yellowtail tuna / salmon / tuna / avocado / asparagus / crispy / top: spicy sauce / sushi sauce / masago
- **Scotland Roll** 17.99
one fancy roll / 2 pcs salmon nigiri / 2 pcs yellowtail tuna nigiri
- **Chef's Special** 18.99
tuna maki / salmon maki / 2 pcs tuna nigiri / 2 pcs salmon nigiri / 2 pcs white tuna nigiri

BEER & BEVERAGES

SEE BACK OF MENU

- vegetarian
- raw*
- cooked

All rolls contain at least 10 pieces unless noted otherwise.

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

POKE BOWLS

Served Hawaiian-style (sliced).

Made with white sushi rice. Substitute brown rice or quinoa brown rice,+50¢

- **Grace Bay Bowl** 10.99
sushi rice \ spring lettuce mix \ avocado \ cucumber \ edamame \ corn \ tuna \ poke sauce \ jalapeño \ masago \ green onion
- **Maya Bay Bowl** 10.99
sushi rice \ spring lettuce mix \ avocado \ cucumber \ edamame \ corn \ salmon \ poke sauce \ jalapeño \ masago \ green onion
- **Panama Bay Bowl** 10.99
sushi rice \ spring lettuce mix \ seaweed salad \ avocado \ cucumber \ pineapple \ shrimp \ spicy sauce \ jalapeño \ crispy onion \ green onion
- **Hawaiian Beach Bowl** 11.99
sushi rice \ spring lettuce mix \ seaweed salad \ avocado \ mango \ tuna \ salmon \ crab meat \ jalapeño \ poke sauce \ masago \ green onion
- **Clearwater Beach Bowl** 12.99
sushi rice \ spring lettuce mix \ seaweed salad \ avocado \ edamame \ tuna \ salmon \ scallop \ poke sauce \ ponzu sauce \ jalapeño \ masago \ green onion
- **Pensacola Beach Bowl** 11.99
sushi rice \ spring lettuce mix \ seaweed salad \ mango \ pineapple \ tuna \ scallop \ poke sauce \ spicy sauce \ jalapeño \ crispy onion \ green onion
- **Newport Beach Bowl** 11.99
sushi rice \ spring lettuce mix \ seaweed salad \ pineapple \ edamame \ corn \ salmon \ scallop \ albacore tuna \ poke sauce \ ponzu sauce \ jalapeño \ masago \ green onion
- **Cherry Grove Bowl** 10.99
sushi rice \ spring lettuce mix \ cucumber \ edamame \ corn \ grilled chicken \ shrimp \ jalapeño \ spicy sauce \ teriyaki sauce \ crispy onion \ green onion
- **Palm Beach Bowl** 9.49
sushi rice \ spring lettuce mix \ seaweed salad \ avocado \ cucumber \ carrot \ mango \ pineapple \ edamame \ corn \ poke sauce \ jalapeño \ crispy onion \ green onion
- **Poke Bowl** 13.99
sushi rice \ spring lettuce mix \ tuna \ salmon \ avocado \ seaweed salad \ poke sauce \ green onion
- **Special Bowl** 13.49
sushi rice \ spring lettuce mix \ tuna \ salmon \ yellowtail tuna \ avocado \ cucumber \ yumyum sauce
- **Tuna, Salmon Bowl** 11.99
sushi rice \ spring lettuce mix \ tuna \ salmon \ avocado \ cucumber \spicy sauce \ teriyaki sauce
- **Tuna, Shrimp Bowl** 11.49
sushi rice \ spring lettuce mix \ avocado \ cucumber \ tuna \ shrimp \ spicy sauce \ teriyaki sauce
- **Smoked Salmon Bowl** 11.49
sushi rice \ spring lettuce mix \ avocado \ cucumber \ smoked salmon \ teriyaki sauce
- **Teriyaki Chicken Bowl** 9.49
sushi rice \ veggie mix \ grilled chicken \ teriyaki sauce

VEGETABLE ROLLS

Your choice: white rice, brown rice, quinoa brown rice

- **Avocado, Mango Roll** 6.49
sushi rice / seaweed / avocado / mango
- **Avocado, Cucumber Roll** 6.49
sushi rice / seaweed / avocado / cucumber
- **Inari** 6.49
4 pcs / fried shell of tofu filled with sushi rice / spicy sauce
- **Vegetable Combo Roll** 7.49
sushi rice / seaweed / avocado / cucumber / carrot / mango
- **Vegetable Dragon Roll** 8.49
sushi rice / seaweed / avocado / carrot / cucumber / top: avocado
- **Osaki Vegan Roll** 8.99
sushi rice / seaweed outside / mango / avocado / cucumber / carrot / inari
- **Veggie Creamy Roll** 8.99
sushi rice / seaweed outside / avocado / cucumber / mango / cream cheese

RAMEN BOWLS



Tokyo Shoyu 9.99

A delicious Shoyu miso fish broth is the base for this dish. We add a splash of light garlic oil, noodles, grilled pork, boiled egg, tender bamboo shoots, delicate fish cake, fresh green onion and garnished with nori – a thin sheet of dried seaweed.



Tonkotsu 9.99

We begin with a robust Tonkotsu broth made by simmering pork for many hours. We add noodles, grilled pork, boiled egg, tender bamboo shoots, red ginger, delicate fish cake, fresh green onion, a drizzle of light garlic oil and a garnish of nori – a thin sheet of dried seaweed.



Sapporo Miso 9.99

This dish begins with a vegetable Sapporo miso broth and a light garlic oil. We then add noodles, grilled chicken, boiled egg, tender bamboo shoots, corn, red ginger, delicate fish cake, fresh green onion and a wispy garnish of very mild chili pepper slivers to the simmering broth for an incredible taste!



Spicy Miso 9.99

A spicy, simmering Tonkotsu (pork) broth forms the base for this hearty dish. We then add light garlic oil, noodles, grilled chicken, boiled egg, tender bamboo shoots, red ginger, delicate fish cake, fresh green onion and nori – a thin sheet of dried seaweed.



Creamy Vegetarian 9.49

This mild vegetarian broth is drizzled with a light garlic oil. We then add noodles, broccoli, Napa cabbage, green bell pepper, red bell pepper, delicate bamboo shoots and green onions.



Creamy Chicken 9.99

We start with a simmering chicken miso broth. We add noodles, grilled chicken, boiled egg, tender bamboo shoots, a delicate fish cake, green onions, a drizzle of light garlic oil and a garnish of nori – a thin sheet of dried seaweed.



Hotate Chicken 10.99

We begin with a smooth Hotate seafood stock that is steeped with a light garlic oil. To this broth we add noodles, grilled chicken, boiled egg, tender bamboo shoots, delicate fish cake, red ginger, green onions and nori – a thin sheet of dried seaweed.



📍 600 B Frazier Drive
Suite 100
Franklin, TN 37067

To Go Orders Available

☎ 615.472.1190

🌐 HealthSushi.us

DRINKS

Sprite	1.49
Coca Cola	1.49
Diet Coke	1.49
Dr Pepper	1.49
Lemonade	1.49
Sparkling Water	1.49
Sweet Tea	1.49
Unsweet Tea	1.49
Hot Tea	1.49
Japanese Soda Strawberry / Melon / Cream	1.79
Japanese Green Tea can	2.29

BEER

Kirin Ichiban 12oz	4
Kirin Ichiban 22oz	8
Kirin Light 12oz	4
Sapporo 12oz	4
Asahi 12oz	4
Tsingtao 12oz	4
Tiger 12oz	4
Tennessee Ale 12oz	4
Gerst Amber Ale 12oz	4
Dos Perros 12oz	4
Heineken 12oz	4
Corona Extra 12oz	4
Blue Moon 12oz	4
Coors Light 12oz	3.5

TRY A
DELICIOUS
POKE BOWL
EXPERIENCE!



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