



Fast - Fresh - Delicious

Nutritional Info

We are happy to provide calorie and macro-nutrient information for our complete menu to help you make choices that meet your dietary needs and goals.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Our food is prepared as consistently as possible based on our propriety recipes.

However, due to the made-to-order nature of our menu, shared cooking spaces and equipment, and variations in ingredients from suppliers, we cannot guarantee these counts to be 100% accurate every single order. Please use this as a guide to comparing healthier choices.

Product	Serving	Calories	Total Fat G	Saturated	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Bowls - Steamed Rice, Broccoli, No Sauce											
Sm Veggie Bowl (Mixed Veggies)	1 bowl	430	14	1	0	0	347	69	5	7	8
Lg Veggie Bowl (Mixed Veggies)	1 bowl	780	28	2	0	0	686	120	10	13	15
Sm Chicken Bowl	1 bowl	405	7	1	0	49	538	57	2	1	33
Lg Chicken Bowl	1 bowl	730	14	1	0	99	1068	96	4	2	64
Sm Steak Bowl	1 bowl	504	16	2	0	55	1073	58	2	2	29
Lg Steak Bowl	1 bowl	928	32	5	0	111	2137	99	4	3	57
Sm Shrimp Bowl	1 bowl	400	8	0	0	151	802	56	2	1	25
Lg Shrimp Bowl	1 bowl	720	16	1	0	302	1596	95	4	1	48
Lg Chicken & Steak Bowl	1 bowl	829	23	3	0	105	1603	97	4	3	60
Lg Chicken & Shrimp Bowl	1 bowl	725	15	1	0	200	1332	95	4	1	56
Lg Chicken & Scallops Bowl	1 bowl	739	14	1	0	91	1083	95	4	1	59
Lg Steak & Shrimp Bowl	1 bowl	824	24	3	0	206	1867	97	4	2	52
Lg Steak & Scallops Bowl	1 bowl	838	23	3	0	97	1618	97	4	2	56
Lg Emperor's Rice Bowl	1 bowl	1057	29	3	0	297	2340	98	4	3	101

Product	Serving	Calories	Total Fat G	Saturated	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Fried Rice - Fried Rice, Meat, Green Onions											
Vegetable Fried Rice	1 plate	1053	40	3	0	85	1823	153	10	15	22
Chicken Fried Rice	1 plate	897	17	2	0	183	1595	125	3	2	67
Steak Fried Rice	1 plate	1095	36	5	0	195	2664	128	3	4	60
Chicken & Steak Fried Rice	1 plate	996	26	4	0	189	2129	127	3	3	64
Chicken & Shrimp Fried Rice	1 plate	892	18	2	0	285	1858	125	3	2	60
Shrimp Fried Rice	1 plate	887	19	2	0	387	2122	124	3	2	52
Emperor's Fried Rice	1 plate	1224	32	4	0	381	2866	127	3	3	105

Substitutions - As Compared to Ordering an Entree With Steamed Rice											
Sub Fried Rice Sm	Small	158	7	1	0	51	675	19	0	1	4
Sub Fried Rice Lg	Large	264	12	1	0	85	1125	31	0	1	6
Sub Brown Rice Sm	Small	84	3	0	0	0	236	12	4	0	3
Sub Brown Rice Lg	Large	140	5	0	0	0	393	20	6	0	5
No Rice, Sub Veggies Sm	Small	-50	14	1	0	0	339	-39	2	7	-1
No Rice, Sub Veggies Lg	Large	-20	28	2	0	0	679	-60	5	13	0

Salads - No Dressing											
Seaweed Salad	1 salad	131	0	0	0	0	769	9	9	0	8
Garden Salad	1 salad	162	6	1	0	0	91	19	7	6	6
Grilled Chopped Chicken Salad	1 salad	386	11	2	0	99	549	20	7	7	60
Grilled Chopped Steak Salad	1 salad	584	29	5	0	111	1619	23	7	9	53
Grilled Shrimp Salad	1 salad	376	12	1	0	302	1077	19	7	6	44
Grilled Tilapia Salad	1 salad	507	25	4	0	80	1348	23	7	6	46

Soups											
Miso Soup Sm	6 oz	18	0	0	0	0	471	3	0	1	1
Miso Soup Med	12 oz	36	1	0	0	0	942	5	1	1	2
Miso Soup Lg	24 oz	72	1	0	0	0	1884	11	2	2	4
Take Out Miso Sm	12 oz	36	1	0	0	0	942	5	1	1	2
Take Out Miso Med	16 oz	48	1	0	0	0	1256	7	1	1	3
Take Out Miso Lg	32 oz	96	2	0	0	0	2512	14	2	3	5

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Hibachi Plates											
Vegetables	1 plate	780	28	2	0	0	686	120	10	13	15
Chicken	1 plate	814	19	2	0	99	801	107	6	7	65
Sirloin Steak	1 plate	1012	37	5	0	111	1871	109	7	9	58
Shrimp	1 plate	804	20	1	0	302	1329	105	6	7	49
Grilled Tilapia	1 plate	935	33	4	0	80	1599	109	7	7	52
Bay Scallops	1 plate	832	18	1	0	82	832	105	6	7	56
Chicken & Steak	1 plate	913	28	3	0	105	1336	108	6	8	61
Chicken & Shrimp	1 plate	809	20	1	0	200	1065	106	6	7	57
Chicken & Scallops	1 plate	823	19	1	0	91	816	106	6	7	60
Steak & Shrimp	1 plate	908	29	3	0	206	1600	107	6	8	53
Steak & Scallops	1 plate	922	28	3	0	97	1351	107	6	8	57
Shrimp & Scallops	1 plate	818	19	1	0	192	1080	105	6	7	53

Add Extra Meat											
Chicken	Half	112	2	0	0	49	229	1	0	0	27
Chicken	Full	224	5	1	0	99	458	2	0	0	53
Steak	Half	211	12	2	0	55	764	2	0	1	23
Steak	Full	422	23	4	0	111	1527	5	0	2	46
Shrimp	Half	107	3	0	0	151	493	0	0	0	19
Shrimp	Full	214	6	0	0	302	986	1	0	0	37
Scallops	Half	121	2	0	0	41	244	0	0	0	22
Scallops	Full	242	4	0	0	82	489	0	0	0	45
Tilapia	1 Filet	345	19	3	0	80	1256	4	0	0	40

Appetizers											
Spring Rolls	1 each	100	6	0	0	0	240	11	0	2	1
Egg Rolls	1 each	200	10	2	0	20	340	20	2	2	6
Crab Rangoons	4 pieces	210	11	6	0	40	508	16	1	0	7
Shrimp Tempura	5 pieces	311	15	3	0	21	541	37	1	7	6
Edamame	3/4 cup	90	4	0	0	0	800	7	4	2	9
Spicy Edamame	3/4 cup	95	4	0	0	0	880	8	4	3	9
Side Salad	1 salad	81	3	0	0	0	46	9	4	3	3

Product	Serving	Calories	Total Fat G	Saturated	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Dessert											
Mochi Ice Cream Bites	1 pc	90	3	2	0	5	15	17	0	12	1
Sauces											
Teriyaki Glaze	1 oz	50	0	0	0	0	820	12	0	12	1
Sweet Chili	1 oz	80	0	0	0	0	530	20	0	19	0
Siracha	1 tbsp	15	0	0	0	0	380	4	0	3	0
Yum Yum	1 tbsp	78	8	1	0	0	50	1	0	0	0
Spicy Mayo	2 tbsp	184	20	2	0	0	40	1	0	0	0
Wasabi Paste	1 tsp	15	1	0	0	0	115	3	0	3	0
Wasabi Mayo	1 tbsp	101	10	1	0	0	41	2	0	1	0
Ginger Dressing	1 tbsp	33	1	0	0	0	20	6	0	4	0
Vegas Sauce	1 oz	169	17	1	0	0	150	3	0	2	0
Cilantro Lime	1 oz	59	3	0	0	0	541	7	0	5	0
Yakisoba Sauce	1 oz	60	0	0	0	0	1340	14	0	10	1
Eel Sauce	1 tbsp	40	0	0	0	0	450	9	0	9	0
Gluten Free Soy	1 tbsp	10	0	0	0	0	940	1	0	0	2
Ponzu	1 tbsp	10	0	0	0	0	500	1	0	0	1
Rolls - Facts Per Piece											
	# Per Roll										
Sushi Rice (Plain)	1 cup	259	1	0	0	0	1	58	1	11	4
Vegetable Roll	8	41	1	0	0	0	3	8	0	2	1
California Roll	8	48	1	0	0	0	3	9	0	2	1
Spicy California Roll	8	51	1	0	0	0	24	9	0	2	1
Tuna Roll	8	44	1	0	0	2	2	8	0	1	2
Spicy Tuna Roll	8	48	0	0	0	5	38	8	0	2	2
Spicy Salmon Roll	8	46	1	1	0	3	52	8	0	2	2
Eel Roll	8	56	1	0	0	0	117	9	0	3	2
Philadelphia Roll	8	58	2	1	0	5	60	8	0	2	2
Shrimp Avocado Roll	8	49	1	1	0	6	24	8	0	2	1
Shrimp Tempura Roll	6	63	1	0	0	0	120	12	0	3	1
Rainbow Roll	8	56	1	0	0	4	16	9	1	2	3

Product	Serving	Calories	Total Fat G	Saturated	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Texas Roll	6	80	1	0	0	0	240	15	0	5	2
Cowboy Roll	8	71	2	1	0	10	214	11	0	4	3
Lion King Roll	8	102	5	1	0	3	199	12	0	4	3
Crab Dynamite Roll	8	109	6	1	0	3	206	13	0	4	2
Coconut Shrimp Roll	8	72	2	1	0	3	77	12	0	4	1
Tiger Roll	8	100	6	1	0	4	91	10	0	2	2
Sumo Roll	6	282	20	2	0	19	430	20	1	5	6
Shaggy Roll	8	96	4	0	0	2	211	13	0	4	3
Volcano Roll	8	161	11	1	0	6	219	13	0	4	3
Samurai Roll	8	99	4	1	0	5	212	13	0	4	2
Monster Roll	8	78	3	0	0	5	116	10	0	2	2

Nigiri - Facts Per Piece	# Per Roll	Calories	Total Fat G	Saturated	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Yellow Fin Tuna	3	54	0	0	0	8	9	7	0	1	6
Fresh Scottish Salmon	3	70	2	1	0	0	9	7	0	1	5
Smoked Atlantic Salmon	3	64	1	0	0	14	99	8	0	1	6
Fresh Water Eel	3	70	3	0	0	5	72	8	0	1	4
Pepper Tuna	3	86	3	0	0	8	15	9	1	1	6
Shrimp	3	44	0	0	0	20	56	7	0	1	3

Sashimi - Facts Per Piece	# Per Roll	Calories	Total Fat G	Saturated	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Yellow Fin Tuna	5	22	0	0	0	8	9	0	0	0	5
Fresh Scottish Salmon	5	36	2	0	0	0	9	0	0	0	4
Smoked Atlantic Salmon	5	32	1	0	0	14	99	0	0	0	5
Fresh Water Eel	5	38	3	0	0	5	72	1	0	0	3
Pepper Tuna	5	53	3	0	0	8	9	2	1	0	5

Beverages	Serving	Calories	Total Fat G	Saturated	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Soda	12oz	140	0	0	0	0	45	39	0	39	0
Soda	24oz	280	0	0	0	0	90	78	0	78	0
Soda	32oz	373	0	0	0	0	120	104	0	104	0
Ramune Japanese Sodas	6.6oz	70	0	0	0	0	0	19	0	19	0