



*Regular = 2 protein choices. Large = 3 protein choices															
BASE	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Sushi Rice	✓	8	288	0g	0g	0g	0mg	774mg	67g	9g	4g	0%	0%	0%	0%
Brown Rice	✓	8	320	0g	0g	0g	0mg	187mg	69g	0g	8g	0%	0%	0%	0%
Quinoa	✓	6	204	3g	1g	0g	0mg	12mg	36g	1g	7g	0%	0%	0%	10%
Salad Mix	✓	2	14	0g	0g	0g	0mg	34mg	2g	0g	1g	21%	8%	0%	6%
Burrito		10	310	0g	0g	0g	0mg	502mg	68g	9g	5g	0%	15%	0%	4%
Kale Noodles		4	318	3g	1g	0g	0mg	829mg	62g	2g	11g	0%	0%	0%	0%
Cabbage Mix	✓	1	7	0g	0g	0g	0mg	5mg	1g	1g	0g	0%	17%	6%	0%
Seaweed Wrap		2	20	0g	0g	0g	0mg	85mg	1g	0g	1g	0%	15%	0%	4%

TOPPINGS	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Avocado	✓	1 1/2	72	6g	0g	0g	0mg	3mg	1g	0g	0g	0%	6%	0%	6%
Green Onion	✓	1/5	2	0g	0g	0g	0mg	1mg	0g	0g	0g	1%	2%	1%	.5%
Masago		1/2	19	0g	0g	0g	40mg	375mg	3g	3g	1g	0%	0%	0%	0%
Pickled Ginger	✓	1	6	0g	0g	0g	0mg	257mg	1g	0g	0g	0%	0%	0%	.2%
Seaweed Salad		1	30	1g	0g	0g	0mg	233mg	4g	1g	0g	0%	0%	0%	4%
Sesame Seeds	✓	1/6	26	2g	0g	0g	0mg	1mg	1g	0g	1g	0%	0%	3%	2.5%
Spicy Furikake		1/7	10	1g	0g	0g	0mg	105mg	1g	1g	1g	0%	0%	0%	3%
Surimi Salad		1	44	2g	1g	0g	6mg	151mg	4g	1g	2g	0%	0%	1%	1%
Thai Chili	✓	1/6	5	0g	0g	0g	17mg	11mg	0g	0g	0g	2%	4%	3%	0%
Wasabi	✓	1/4	2	0g	0g	0g	0mg	1mg	0g	0g	0g	2%	19%	1%	.2%
Wasabi Tobiko		1/2	41	1g	0g	0g	0mg	475mg	6g	2g	0g	0%	0%	1%	.5%

SAUCE	GLUTEN FREE	OZ/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Pokeworks Classic		2	210	19g	2g	1g	0mg	618mg	10g	9g	1g	0%	1%	0%	0%
Classic Salt	✓	2	119	14g	2g	0g	0mg	87mg	0g	0g	0g	0%	0%	0%	.1%
Ponzu Fresh		2	40	0g	0g	0g	0mg	1831mg	4g	4g	4g	0%	1%	0%	4%
Spicy Ginger	✓	2	204	16g	1g	0g	0mg	260mg	14g	11g	1g	0%	23%	1%	.2%
Sriracha Aioli	✓	2	238	24g	3g	0g	17mg	482mg	5g	4g	1g	0%	26%	1%	.2%
Umami Shoyu		2	79	3g	1g	0g	1mg	1179mg	11g	9g	0g	0%	3%	0%	0%
Wasabi Aioli	✓	2	261	28g	4g	0g	20mg	266mg	1g	0g	1g	0%	20%	1%	1%

*Gluten free option available upon request

ALLERGENS					
Egg	Fish	Gluten	Shellfish	Soy	Vegan
				X	
X		X		X	
		X		X	
	X	X		X	
X	X	X	X	X	
				X	X

EGG FISH GLUTEN SHELLFISH SOY V VEGAN

Please know that our kitchen operations include shared preparation areas. Therefore, we cannot guarantee that any menu items can be completely free of allergens including egg, fish, milk, peanuts, shellfish, soy, tree nuts, and wheat. Before placing your order, please inform your server if a person in your party has a food allergy.