



	Serving Size Weight	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Sugars (g)	Protein (g)	Dietary Fiber (2016) (g)	Cholesterol (mg)	Sodium (mg)	
BASE	Brown Rice Base	227g	250	2	0	0	53	0	5	4	0	0
	Rice Spring Mix Combo Base	128g	140	0	0	0	30	1	3	1	0	30
	Spring Mix Base	46g	10	0	0	0	2	0	1	0	0	15
	White Rice Base	227g	290	0	0	0	65	0	5	1	0	0
CRUNCHY TOPPING	Crispy Garlic	2g	10	0	0	0	1	0	0	0	0	0
	Crispy Onion	7g	40	3	0	0	3	0	0	0	0	15
	Nori Crispy Toppings	0.9g	5	0	0	0	0	0	0	0	0	15
	Toasted Coconut	6g	40	4	2.5	0	1	0	0	1	0	0
	Wasabi Peas	2.5g	10	0	0	0	2	0	0	0	0	10
FINISHING SAUCE	Dole Whip	310g	290	1.5	1.5	0	69	66	0	0	0	25
	Avocado Cream 1 Tbsp	15g	25	2	1	0	1	0	0	0	5	15
	Avocado Cream 2 Tbsp	30g	50	4	2.5	0	2	1	1	1	10	30
	Jamaican Cream 1 Tbsp	15g	70	8	1	0	0	0	0	0	0	150
	Jamaican Cream 2 Tbsp	30g	140	16	2	0	0	0	0	0	0	300
	Ono Ono 1 Tbsp	15g	35	0	0	0	8	6	0	0	0	220
	Ono Ono 2 Tbsp	30g	70	0	0	0	16	13	0	0	0	430
	Togarashi Sauce 1 Tbsp	15g	70	7	1	0	2	2	0	0	0	75
	Togarashi Sauce 2 Tbsp	30g	140	14	1.5	0	4	3	0	0	0	150
	Wasabi Cream 1 Tbsp	15g	35	3	2	0	1	1	1	0	10	30
Wasabi Cream 2 Tbsp	30g	70	6	4	0	3	1	1	0	20	65	
MARINATING SAUCE	Shoyu Sauce - 1 tbl	15g	10	0	0	0	2	1	0	0	0	480
	Shoyu Sauce - 2 tbl	30g	20	0	0	0	4	2	0	0	0	960
	The OG Marinade 1 Tbsp	15g	25	2	0	0	2	1	0	0	0	400
	The OG Marinade 2 Tbsp	30g	50	4	0.5	0	3	2	0	0	0	810
	Wicked Wahine Marinating Sauce 1 tbl	17g	20	0	0	0	5	5	0	0	0	410
	Wicked Wahine Marinating Sauce 2 tbl	34g	45	0	0	0	11	9	0	0	0	820
	Island Fin Fire 1 Tbsp	13g	10	0	0	0	2	1	0	0	0	300
	Island Fin Fire 2 Tbsp	26g	15	0	0	0	4	3	0	0	0	610
	Ponzu 1 Tbsp	17g	10	0	0	0	2	1	0	0	0	270
	Ponzu 2 Tbsp	34g	15	0	0	0	4	2	0	0	0	540
MIX IN	Corn Mix In	32g	30	0	0	0	6	2	1	1	0	0
	Edamame Mix In	32g	40	1.5	0	0	3	1	4	2	0	0
	Jalapeno Mix In	23g	5	0	0	0	1	1	0	1	0	0
	Sweet Onion Mix In	28g	10	0	0	0	2	1	0	0	0	0
	The OG Veg	43g	25	0.5	0	0	4	2	0	1	0	130
POKE BOWL	Salmon Poke Bowl on Brown Rice	484g	480	11	2	0	62	3	32	7	50	580
	Salmon Poke Bowl on Combo	385g	370	9	1.5	0	41	3	29	3	50	460
	Salmon Poke Bowl on Rice	484g	520	10	1.5	0	73	3	32	4	50	580
	Salmon Poke Bowl on Spring Mix	287g	230	9	1.5	0	9	2	27	3	50	340
	Spicy Tuna Poke Bowl On Brown Rice	455g	590	21	3	0	64	5	34	7	40	1010
	Spicy Tuna Poke Bowl On Combo	357g	470	18	2.5	0	44	5	32	3	40	820
	Spicy Tuna Poke Bowl On Rice	470g	700	26	3.5	0	78	7	34	4	40	1080
	Spicy Tuna Poke Bowl On Spring Mix	274g	340	19	2.5	0	13	5	30	3	40	1020
	Traditional Tuna Poke Bow on Rice	435g	440	1	0	0	71	3	32	1	40	1400
	Traditional Tuna Poke Bowl on Brown Rice	435g	400	2.5	0.5	0	59	3	31	4	40	1410
	Traditional Tuna Poke Bowl on Combo	337g	290	1	0	0	38	3	29	1	40	1170
	Traditional Tuna Poke Bowl on Spring Mix	239g	140	0.5	0	0	6	2	27	0	40	940
	Vegetable Poke Bowl on Rice	389g	420	5	1	0	81	6	11	5	0	500
	Vegetable Poke on Brown Rice	389g	380	7	1	0	69	6	11	8	0	500
Vegetable Poke on Combo	291g	270	5	1	0	49	5	9	5	0	390	
Vegetable Poke on Spring Mix	193g	120	5	0.5	0	17	5	7	4	0	270	
PREMIUM TOPPING	Avocado	19g	30	2.5	0	0	2	0	0	1	0	0
	Macadamia Nuts Topping	3g	20	2	0	0	0	0	0	0	0	10
	Masago	16g	20	0	0	0	3	3	1	0	40	340
	Surimi	43g	40	0	0	0	3	0	6	0	15	60
PROTEIN	Ahi Tuna 1 Scoop	35g	40	0	0	0	0	0	9	0	15	15
	Ahi Tuna 3 Scoops	106g	120	0.5	0	0	0	0	26	0	40	50
	Chicken 1 Scoop	35g	60	1	0	0	0	0	11	0	40	15
	Chicken 3 Scoops	106g	170	3.5	1	0	0	0	34	0	125	50
	Octopus 1 Scoop	35g	30	0	0	0	1	0	5	0	15	80
	Octopus 3 Scoops	106g	90	1	0	0	2	0	16	0	50	240
	Salmon 1 Scoop	35g	45	1.5	0	0	0	0	7	0	15	25
	Salmon 3 Scoops	106g	140	4.5	1	0	0	0	22	0	50	80
	Shrimp 1 Scoop	35g	20	0	0	0	2	1	3	0	25	110
	Shrimp 3 Scoops	106g	60	0.5	0	0	5	3	8	0	70	320
	Spam 1 Scoop	35g	110	10	3.5	0	1	0	4	0	25	490
	Spam 3 Scoops	106g	340	30	11	0	2	0	13	0	75	1480
	Spicy Tuna 1 Scoop	35g	45	1.5	0	0	0	0	8	0	15	40
	Spicy Tuna 3 Scoops	106g	140	4	0.5	0	1	0	24	0	40	125
	Tofu 1 Scoop	35g	50	3	0	0	1	0	6	0	0	0
	Tofu 3 Scoops	106g	150	9	1.5	0	3	0	18	0	0	15
TOPPING	Chili Flakes Topping	0.5g	0	0	0	0	0	0	0	0	0	0
	Chili Oil Topping	1.2g	10	1	0	0	0	0	0	0	0	0
	Cucumber	26g	5	0	0	0	1	0	0	0	0	0
	Mango	21g	10	0	0	0	3	3	0	0	0	0
	Pickled Ginger	13g	10	0	0	0	2	0	0	0	0	190
	Pickled Veg	43g	30	0	0	0	7	7	0	0	0	580
	Pineapple	21g	10	0	0	0	3	2	0	0	0	0
	Pineapple Mango Salsa	20g	10	0	0	0	3	2	0	0	0	170
	Scallions Topping	13g	5	0	0	0	1	0	0	0	0	0
	Sea Salt	1g	0	0	0	0	0	0	0	0	0	390
	Seaweed Salad	43g	45	2	0	0	6	3	0	3	0	350
	Sesame Seeds	2.5g	15	1.5	0	0	1	0	0	0	0	15
	Spicy Pickled Veg	43g	30	0	0	0	7	7	0	0	0	360
	Tempura Crisp	7g	45	3	0	0	4	0	0	0	0	25
	Wonton Strips	7g	35	1.5	0	0	4	0	1	0	0	35

The nutritional values provided herein are based on standard company recipes. The nutritional analysis which produced the nutritional values of these recipes were derived from supplier nutrition information and the USDA database. Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings. Updated May 3, 2021