

| | Serving Size (g) | Servings per Container | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%) |
|-----------------------------------|------------------|------------------------|----------|-------------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|-------------|---------------|---------------|-------------|----------|
| Bagel Roll | 140 | 2 | 340 | 92 | 10 | 5 | 27 | 686 | 51 | 2 | 9 | 8 | 2 | 8 | 15 |
| Blazing California Roll | 140 | 2 | 263 | 21 | 2 | 0 | 4 | 687 | 53 | 2 | 6 | 2 | 3 | 6 | 13 |
| Baby Octopus Salad | 100 | 1 | 148 | 21 | 2 | 0 | 0 | 882 | 18 | 1 | 16 | 2 | 2 | 4 | 6 |
| Boston Roll | 140 | 2 | 264 | 18 | 2 | 0 | 38 | 596 | 53 | 2 | 7 | 3 | 6 | 5 | 12 |
| California Roll | 140 | 2 | 277 | 23 | 3 | 0 | 3 | 620 | 56 | 2 | 5 | 2 | 3 | 7 | 15 |
| Caterpillar Roll | 140 | 2 | 329 | 49 | 5 | 1 | 23 | 538 | 60 | 3 | 9 | 16 | 5 | 4 | 10 |
| Crispy Crab Roll | 140 | 2 | 354 | 41 | 5 | 2 | 11 | 676 | 51 | 2 | 6 | 4 | 3 | 5 | 4 |
| Colossal Dynamite Salmon Roll | 140 | 3 | 275 | 37 | 4 | 1 | 28 | 636 | 46 | 2 | 11 | 2 | 2 | 4 | 12 |
| Colossal Dynamite Shrimp Roll | 140 | 3 | 264 | 25 | 3 | 1 | 58 | 669 | 47 | 2 | 11 | 3 | 3 | 5 | 15 |
| Colossal Dynamite Tuna Roll | 140 | 3 | 273 | 30 | 3 | 1 | 18 | 541 | 45 | 2 | 13 | 18 | 2 | 4 | 13 |
| Colossal Dynamite Yellowtail Roll | 140 | 3 | 276 | 34 | 4 | 1 | 28 | 634 | 46 | 2 | 12 | 2 | 4 | 4 | 11 |
| Crab Salad Roll | 140 | 2 | 271 | 30 | 3 | 1 | 5 | 653 | 53 | 2 | 6 | 2 | 3 | 6 | 13 |
| Crunchy Roll | 140 | 2 | 285 | 27 | 3 | 0 | 43 | 541 | 53 | 1 | 9 | 2 | 3 | 5 | 15 |
| Dynamite Salmon Roll | 140 | 2 | 293 | 41 | 5 | 1 | 24 | 645 | 51 | 2 | 10 | 2 | 2 | 6 | 14 |
| Dynamite Shrimp Roll | 140 | 2 | 285 | 26 | 3 | 1 | 45 | 619 | 52 | 2 | 11 | 2 | 2 | 8 | 17 |
| Dynamite Spicy Tuna Roll | 140 | 2 | 291 | 39 | 4 | 1 | 21 | 633 | 49 | 2 | 12 | 15 | 2 | 6 | 14 |
| Dynamite Yellowtail Roll | 140 | 2 | 294 | 39 | 4 | 1 | 24 | 643 | 51 | 2 | 11 | 2 | 3 | 6 | 13 |
| Eel Roll | 140 | 2 | 371 | 35 | 4 | 1 | 27 | 572 | 72 | 1 | 10 | 16 | 2 | 7 | 14 |
| Garden Spring Roll | 140 | 1 | 130 | 26 | 3 | 1 | 2 | 173 | 23 | 3 | 4 | 193 | 13 | 3 | 8 |
| Grand Finale Roll | 140 | 2 | 279 | 49 | 5 | 0 | 38 | 614 | 48 | 1 | 8 | 2 | 5 | 6 | 14 |
| Grilled Chicken Spring Roll | 140 | 1 | 140 | 34 | 4 | 1 | 20 | 164 | 19 | 3 | 8 | 163 | 12 | 3 | 8 |
| Gyoza Chicken | 70 | 2 | 120 | 36 | 4 | 1 | 20 | 336 | 14 | 0 | 7 | 3 | 12 | 1 | 3 |
| Gyoza Pork | 70 | 2 | 152 | 64 | 7 | 2 | 8 | 344 | 15 | 1 | 6 | 0 | 16 | 1 | 1 |
| Gyoza Veggie | 70 | 2 | 144 | 48 | 5 | 1 | 0 | 328 | 18 | 2 | 6 | 20 | 16 | 4 | 6 |
| Hissho Healthy Avocado | 140 | 1 | 319 | 26 | 3 | 1 | 0 | 602 | 66 | 3 | 5 | 4 | 4 | 6 | 16 |
| Hissho Healthy Carrot | 140 | 1 | 290 | 4 | 0 | 0 | 0 | 590 | 65 | 2 | 5 | 186 | 5 | 6 | 16 |
| Hissho Healthy Cucumber | 140 | 1 | 273 | 3 | 0 | 0 | 0 | 564 | 61 | 1 | 4 | 2 | 3 | 5 | 15 |
| Hissho Healthy Imitation Crab | 140 | 1 | 314 | 4 | 0 | 0 | 6 | 844 | 68 | 1 | 7 | 0 | 0 | 6 | 16 |
| Inari | 140 | 1 | 367 | 61 | 7 | 0 | 0 | 800 | 65 | 1 | 9 | 0 | 0 | 13 | 15 |
| Inari Combo | 140 | 2 | 305 | 35 | 4 | 0 | 2 | 677 | 59 | 2 | 6 | 2 | 2 | 9 | 15 |
| Inari Roll | 140 | 2 | 283 | 36 | 4 | 0 | 3 | 661 | 54 | 2 | 6 | 2 | 3 | 8 | 13 |
| Living Color Roll | 140 | 2 | 249 | 24 | 3 | 1 | 28 | 500 | 43 | 1 | 11 | 6 | 3 | 4 | 12 |
| LPJ Spicy Salmon | 140 | 2 | 287 | 31 | 3 | 1 | 18 | 568 | 54 | 2 | 8 | 7 | 3 | 7 | 15 |
| LPJ Spicy Shrimp | 140 | 2 | 286 | 27 | 3 | 1 | 25 | 580 | 55 | 2 | 8 | 7 | 3 | 7 | 15 |
| LPJ Spicy Tuna | 140 | 2 | 286 | 31 | 3 | 1 | 17 | 565 | 53 | 2 | 9 | 11 | 3 | 7 | 15 |
| Mango Tango | 140 | 2 | 248 | 41 | 5 | 1 | 79 | 512 | 37 | 1 | 13 | 9 | 8 | 6 | 15 |
| Nippon Favorite Eel | 140 | 1 | 343 | 28 | 3 | 1 | 29 | 649 | 67 | 1 | 9 | 16 | 1 | 5 | 15 |
| Nippon Favorite Salmon | 140 | 1 | 330 | 18 | 2 | 0 | 14 | 632 | 65 | 1 | 10 | 0 | 0 | 5 | 16 |

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|-------------------------------|------------------|------------------------|----------|-------------------|---------------|-------------------|------------------|-------------|-------------------------|-------------------|-------------|---------------|---------------|-------------|----------|
| Nippon Favorite Shrimp | 140 | 1 | 316 | 8 | 1 | 0 | 44 | 647 | 64 | 1 | 10 | 1 | 1 | 6 | 18 |
| Nippon Favorite Tuna | 140 | 1 | 328 | 16 | 2 | 0 | 11 | 618 | 64 | 1 | 11 | 13 | 0 | 5 | 16 |
| Ocean Spring Roll Salmon | 140 | 1 | 152 | 43 | 5 | 1 | 26 | 138 | 16 | 2 | 11 | 133 | 9 | 3 | 7 |
| Ocean Spring Roll Tuna | 140 | 1 | 153 | 37 | 4 | 1 | 18 | 136 | 16 | 2 | 13 | 152 | 9 | 3 | 8 |
| Philadelphia Roll | 140 | 2 | 345 | 88 | 10 | 5 | 26 | 676 | 56 | 2 | 7 | 7 | 2 | 8 | 15 |
| Pollo Picante | 140 | 1 | 407 | 27 | 3 | 1 | 16 | 727 | 82 | 2 | 11 | 17 | 60 | 8 | 16 |
| Rising Sun Roll | 140 | 2 | 259 | 16 | 2 | 0 | 23 | 642 | 48 | 1 | 10 | 6 | 2 | 4 | 13 |
| Rock 'n Roll Roll | 140 | 2 | 382 | 51 | 6 | 1 | 68 | 589 | 70 | 2 | 10 | 17 | 2 | 7 | 14 |
| Salmon Lover | 140 | 2 | 304 | 76 | 8 | 4 | 36 | 556 | 42 | 1 | 13 | 5 | 1 | 5 | 12 |
| Sashimi Octopus | 110 | 1 | 90 | 10 | 1 | 0 | 53 | 253 | 2 | 0 | 16 | 3 | 9 | 6 | 32 |
| Sashimi Salmon | 110 | 1 | 156 | 63 | 7 | 1 | 61 | 48 | 0 | 0 | 22 | 1 | 0 | 1 | 5 |
| Sashimi Tuna | 110 | 1 | 158 | 49 | 5 | 1 | 42 | 43 | 0 | 0 | 26 | 48 | 0 | 1 | 6 |
| Sashimi Yellowtail | 110 | 1 | 161 | 52 | 6 | 1 | 61 | 43 | 0 | 0 | 25 | 2 | 5 | 3 | 3 |
| Seaweed Salad | 100 | 1 | 59 | 48 | 5 | 0 | 0 | 824 | 14 | 0 | 1 | 2 | 2 | 4 | 2 |
| Snow Crab Roll | 140 | 2 | 281 | 24 | 3 | 0 | 10 | 547 | 56 | 2 | 7 | 2 | 4 | 8 | 15 |
| Southern Charm Roll | 140 | 2 | 380 | 37 | 4 | 2 | 16 | 527 | 48 | 2 | 10 | 14 | 3 | 4 | 5 |
| Spicy Inari Salmon | 140 | 2 | 317 | 69 | 8 | 1 | 28 | 673 | 46 | 1 | 13 | 0 | 1 | 9 | 12 |
| Spicy Inari Shrimp | 140 | 2 | 298 | 49 | 5 | 0 | 67 | 612 | 45 | 1 | 15 | 2 | 1 | 11 | 16 |
| Spicy Inari Tuna | 140 | 2 | 318 | 65 | 7 | 1 | 22 | 671 | 46 | 1 | 15 | 16 | 1 | 9 | 12 |
| Spring Roll | 140 | 1 | 134 | 22 | 2 | 0 | 49 | 317 | 18 | 2 | 10 | 128 | 9 | 4 | 9 |
| Squid Salad | 100 | 1 | 80 | 17 | 2 | 0 | 150 | 263 | 6 | 0 | 10 | 0 | 1 | 2 | 1 |
| Sriracha Party | 140 | 2 | 448 | 69 | 8 | 2 | 21 | 874 | 77 | 1 | 14 | 12 | 2 | 4 | 13 |
| Sushicado Salmon Roll | 140 | 1 | 510 | 64 | 7 | 1 | 24 | 869 | 92 | 3 | 16 | 3 | 3 | 11 | 26 |
| Sushicado Shrimp Roll | 140 | 2 | 302 | 28 | 3 | 1 | 47 | 558 | 56 | 2 | 11 | 3 | 3 | 8 | 19 |
| Sushicado Tuna Roll | 140 | 2 | 314 | 37 | 4 | 1 | 12 | 525 | 56 | 2 | 11 | 15 | 2 | 7 | 16 |
| Tempura Shrimp Roll | 140 | 2 | 254 | 28 | 3 | 0 | 13 | 587 | 52 | 1 | 6 | 5 | 5 | 2 | 5 |
| The Alaskan | 140 | 2 | 247 | 29 | 3 | 1 | 21 | 720 | 43 | 2 | 10 | 2 | 4 | 6 | 12 |
| The Biggie Roll | 140 | 3 | 410 | 70 | 8 | 1 | 36 | 745 | 74 | 1 | 9 | 2 | 4 | 6 | 14 |
| TNT Salmon | 140 | 2 | 290 | 32 | 4 | 1 | 24 | 639 | 52 | 1 | 11 | 2 | 2 | 4 | 13 |
| TNT Shrimp | 140 | 2 | 279 | 20 | 2 | 0 | 52 | 669 | 52 | 1 | 11 | 2 | 3 | 5 | 15 |
| TNT Tuna | 140 | 2 | 288 | 30 | 3 | 1 | 21 | 629 | 50 | 1 | 12 | 15 | 2 | 4 | 13 |
| Tokyo Fantasy Salmon Roll | 140 | 2 | 282 | 32 | 4 | 1 | 19 | 477 | 50 | 1 | 11 | 1 | 2 | 6 | 14 |
| Tokyo Fantasy Shrimp Roll | 140 | 2 | 276 | 17 | 2 | 0 | 45 | 529 | 52 | 1 | 10 | 2 | 3 | 8 | 18 |
| Tokyo Fantasy Spicy Tuna Roll | 140 | 2 | 282 | 32 | 4 | 1 | 20 | 552 | 49 | 1 | 11 | 15 | 2 | 6 | 14 |
| Tokyo Fantasy Yellowtail Roll | 140 | 2 | 283 | 28 | 3 | 1 | 19 | 475 | 50 | 1 | 12 | 1 | 3 | 7 | 14 |
| United Combo | 140 | 2 | 294 | 43 | 5 | 2 | 28 | 624 | 54 | 2 | 7 | 4 | 4 | 6 | 14 |
| Veggie Roll | 140 | 2 | 265 | 22 | 2 | 0 | 0 | 491 | 55 | 3 | 4 | 100 | 6 | 7 | 14 |
| Wasabi Crunch | 140 | 2 | 337 | 67 | 7 | 2 | 52 | 533 | 53 | 2 | 12 | 3 | 5 | 7 | 18 |