

HISSHO SUSHI NUTRITIONAL INFORMATION

	Serving Size (g)	Servings Per Container	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates	Dietary Fiber (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Black Sea Dragon	140	2	363	50	6	1	51	516	63	1	12	29	2	6	12
Blazing California Roll	140	2	263	21	2	0	4	687	53	2	6	2	3	6	13
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
Colossal California Roll	140	2	272	16	2	0	4	655	57	2	5	3	3	5	13
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
Crying Ocean Roll	140	2	259	16	2	0	23	642	48	1	10	6	2	4	13
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
Edamame	85	3	104	40	4	1	0	5	8	4	9	0	9	5	11
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	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
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
Hissho Sushi Rice	180	30	463	5	1	0	0	989	102	2	7	0	0	7	21
Inari Box	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
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
Octopus Salad	100	1	148	21	2	0	0	882	18	1	16	2	2	4	6
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
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 Plus Octopus	110	2	90	10	1	0	53	253	2	0	16	3	9	6	32
Sashimi Plus Salmon	110	2	156	63	7	1	61	48	0	0	22	1	0	1	5
Sashimi Plus Tuna	110	2	158	49	5	1	42	43	0	0	26	48	0	1	6
Sashimi Plus Yellowtail	110	2	161	52	6	1	61	43	0	0	25	2	5	3	3
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	2	2	0	0	0	26	0	0	0	0	0	0	0
Snow Crab Roll	140	2	281	24	3	0	10	547	56	2	7	2	4	8	15
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
Spider Roll	140	3	239	14	2	0	50	527	42	1	12	2	5	8	12
Spring Roll	140	1	134	22	2	0	49	317	18	2	10	128	9	4	9
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	256	13	1	0	19	507	54	2	5	2	4	4	13
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
Tofu Spring Roll	140	1	127	31	3	1	2	147	20	3	5	163	11	10	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
Very Veggie Roll	140	2	273	12	1	0	0	540	59	2	4	74	5	5	14
Wasabi Crunch	140	2	337	67	7	2	52	533	53	2	12	3	5	7	18

Percent Daily Values are based on a 2,000 calorie diet. Hissho Sushi®, "Made Fresh Daily. That's How We Roll" and the "maki" logomark are registered trademarks of Lwin Family Co. Inc.

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