

# NUTRITIONAL INFORMATION

Serving Size	Weight of Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates	Dietary Fiber (g)	Sugar (g)	Added Sugars (%)	Protein (g)	Vitamin D (%)	Potassium (%)	Calcium (%)	Iron (%)
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## STARTERS

Edamame Pack	1pkg	226	280	11	0	0	0	15	21	22	16	0	24	0	0	15	30
Seaweed Salad	1pkg	113	70	6	1.5	0	0	930	16	11	5	10	1	0	0	4	0
Spring Roll	1pkg	357	300	5	0.5	0	100	700	54	6	15	0	10	0	15	10	15
Squid Salad	1pkg	113	160	3	0	0	120	1090	20	4	16	32	12	0	0	8	15

## MAKI SUSHI

Blazing California Roll	1pkg	241	300	12	2	0	5	1050	48	3	9	6	9	0	2	6	6
California Roll	1pkg	241	240	7	1	0	55	730	46	4	8	6	8	0	4	4	6
Dynamite Roll- Spicy Tuna	1pkg	241	300	10	1.5	0	65	780	46	4	8	6	14	0	4	4	6
Dynamite Roll- Spicy Salmon	1pkg	241	310	12	2	0.5	65	780	46	4	8	6	13	0	6	6	6
Dynamite Roll- Spicy Shrimp	1pkg	241	300	11	1.5	0	90	900	46	4	8	6	11	0	4	6	6
Nippon Favorite- Tuna	1pkg	161	170	2	0	0	15	450	34	2	7	6	11	0	0	4	6
Nippon Favorite- Salmon	1pkg	161	180	4	0.5	0.5	15	460	34	2	7	6	11	0	2	4	6
Nippon Favorite- Shrimp	1pkg	161	170	1.5	0	0	60	510	34	2	7	6	11	0	0	4	6
Spicy Roll- Tuna	1pkg	241	270	7	1	0	25	550	41	2	8	6	17	0	0	4	6
Spicy Roll- Shrimp	1pkg	241	270	9	1.5	0	70	780	40	2	8	6	12	0	0	8	6
Spicy Roll- Salmon	1pkg	241	290	11	2	1	25	560	41	2	8	6	16	0	6	6	6
Sushicado- Tuna	1pkg	241	280	7	1	0	25	480	42	4	7	6	19	0	4	4	6
Sushicado- Salmon	1pkg	241	300	11	2	1	30	500	42	4	7	6	18	0	8	8	6
Sushicado- Shrimp	1pkg	241	270	6	0.5	0	115	600	42	4	7	6	18	0	4	6	15
Veggie Roll	1pkg	241	230	6	0.5	0	0	480	45	5	9	6	6	0	6	4	6

## SPECIALTY ITEMS

Crispy Crab	1pkg	263	420	20	4	0	10	1250	56	3	13	12	10	0	2	6	6
Crunchy Shrimp Roll	1pkg	263	380	17	2	0	70	990	48	3	16	10	13	0	0	10	6
Living Color Roll - Salmon & Shrimp	1pkg	297	330	11	1.5	1	90	870	46	4	8	6	19	0	10	8	6
Living Color Roll - Salmon & Eel	1pkg	292	300	10	1.5	0.5	75	770	47	4	9	6	14	0	6	6	6
Living Color Roll - Salmon, Eel & Shrimp	1pkg	297	300	10	1.5	0.5	80	780	47	4	9	6	15	0	6	6	6
Living Color Roll - Salmon, Tuna & Shrimp	1pkg	297	310	9	1	0.5	85	780	47	4	8	6	20	0	6	6	6
Living Color Roll - Tuna & Eel	1pkg	292	290	8	1	0	70	770	47	4	8	6	15	0	4	4	6
Living Color Roll - Tuna & Shrimp	1pkg	292	300	7	1	0	80	770	46	4	8	6	20	0	4	4	6
Living Color Roll - Tuna, Eel & Shrimp	1pkg	292	290	8	1	0	100	790	47	4	8	6	16	0	4	6	6
Living Color Roll - Yellowtail, Salmon, Eel & Shrimp	1pkg	297	330	12	2	0	90	780	47	4	8	6	16	0	6	6	6
Living Color Roll - Yellowtail & Eel	1pkg	292	320	12	2	0	80	770	47	4	8	6	14	0	4	4	6
Living Color Roll - Yellowtail, Eel & Shrimp	1pkg	297	330	12	2	0	90	780	47	4	8	6	15	0	4	4	6
Living Color Roll - Yellowtail & Shrimp	1pkg	281	320	11	1.5	0	100	780	46	4	8	6	16	0	4	6	6
Living Color Roll - Yellowtail, Tuna, Eel & Shrimp	1pkg	297	300	9	1	0	100	800	47	4	8	6	17	0	4	6	6
Nagano Special w/ Tuna Fish Slice	1pkg	309	320	2	0	0	80	510	29	2	6	6	53	0	0	2	10
Nagano Special w/ Salmon Fish Slice	1pkg	309	420	17	3.5	4	95	540	30	2	7	6	45	0	20	15	6
Nagano Special w/ Shrimp Slice	1pkg	309	300	2	0	0	390	870	29	2	6	6	46	0	0	10	40
Nagano Special- Eel	1pkg	309	220	10	2	0	50	540	30	4	9	6	10	0	0	2	0
Outer Banks Roll	1pkg	334	470	17	3	0.5	50	700	58	4	10	6	25	0	6	6	6
Rising Sun Roll- Spicy Salmon	1pkg	286	410	17	6	0.5	40	890	56	3	8	6	15	0	4	8	6
Rising Sun Roll- Spicy Shrimp	1pkg	286	400	16	5	0	60	980	56	3	8	6	14	0	2	8	6
Rising Sun Roll- Spicy Tuna	1pkg	286	400	16	5	0	40	880	56	3	8	6	16	0	2	6	6
Rising Sun Roll- Spicy Yellowtail	1pkg	286	430	19	6	0	50	880	56	3	8	6	15	0	2	6	6
Salmon Lover	1pkg	307	490	26	7	2	70	690	44	3	9	6	27	0	10	10	6
Sriracha Party	1pkg	263	380	12	2.5	0	80	1040	53	3	11	12	20	0	0	4	10
Sunset Roll	1pkg	311	420	18	3.5	0.5	25	1160	51	3	10	8	19	0	4	8	6
Tempura Shrimp Roll	1pkg	251	350	13	5	0	30	850	55	3	7	6	11	0	2	6	6
TNT - Salmon	1pkg	267	370	16	2.5	1	85	850	46	3	9	6	19	0	8	8	6
TNT - Shrimp	1pkg	267	340	14	2	0	130	1080	46	3	8	6	15	0	2	10	6
TNT - Tuna	1pkg	267	340	12	2	0	80	840	46	3	8	6	20	0	2	4	6
Wasabi Crunch	1pkg	257	330	9	1.5	0	80	1080	47	3	8	6	14	0	2	8	6

## COMBO ITEMS

Hissho Spicy Combo w/ Shrimp Southern Charm Roll & Shrimp TNT Roll	1pkg	382	560	22	4	0	0	140	1510	68	4	13	12	22	0	2	8	10
Hissho Spicy Combo w/ Yellowtail Southern Charm Roll & Salmon TNT Roll	1pkg	382	620	27	5	0.5	105	1280	68	4	13	12	25	0	6	6	10	
Maui Bento w/ Shrimp Nippon Roll & Eel Nigiri	1pkg	295	260	7	1	0	75	810	46	5	10	8	14	0	0	4	10	
Maui Bento w/ Salmon Sushicado & Salmon Nigiri	1pkg	372	470	18	3.5	2.5	65	760	53	6	9	8	34	0	15	15	6	
Special Cooked Combo w/ Crunchy Shrimp, Tempura Shrimp & Wasabi Crunch	1pkg	378	530	19	4.5	0	90	1290	72	4	14	12	18	0	2	10	6	
Special Cooked Combo w/ Crunchy Shrimp, Tempura Shrimp & Crispy Crab	1pkg	370	560	25	5	0	55	1360	74	4	15	12	16	0	2	8	6	

## ADDITIONAL INDIVIDUAL ITEMS

Soy Sauce	1pkg	6	5	0	0	0	0	340	0	0	0	0	1	0	0	0	0
Gluten Free Soy Sauce	1pkg	6	70	0	0	0	0	544	8	1	2	0	9	0	0	0	0
Wasabi	1pkg	8	0	1	0	0	0	0	6	1	2	0	2	0	0	2	0
Ginger	1pkg	15	10	0	0	0	0	0	3	1	3	6	0	0	0	0	0
Yellowtail Slice	1pkg	25	60	4.5	1	0	20	10	0	0	0	5	0	0	0	0	0
Salmon Slice	1pkg	25	40	2	0	0.5	10	15	0	0	0	5	0	2	2	2	0
Tuna Slice	1pkg	25	25	0	0	0	10	10	0	0	0	6	0	0	0	0	0
Shrimp	1pkg	25	25	0	0	0	50	55	0	0	0	5	0	0	0	0	6
Eel Slice	1pkg	25	15	1	0	0	5	15	0	0	0	1	0	0	0	0	0
Japanese BBQ Sauce	1pkg	6	15	0	0	0	0	115	3	0	3	6	0	0	0	0	0
Spicy Mayo	1pkg	6	40	4.5	1	0	5	40	0	0	0	0	0	0	0	0	0
Wasabi Mayo	1pkg	6	25	3	0.5	0	5	20	2	0	1	0	0	0	0	0	0
Wasabi Pea	1pkg	10	45	1.5	0.5	0	0	30	6	0	1	2	1	0	0	0	0
Tempura	1pkg	10	60	4	0	0	0	60	5	1	5	0	1	0	0	2	0
Fried Onion	1pkg	10	60	4.5	1.5	0	0	40	4	0	1	0	0	0	0	0	0

Nutritional Values Include A Serving Size of Ginger, Wasabi, and Soy Sauce. 2,000 Calories A Day Is Used For General Nutrition Advice, But Calorie Needs Vary. Not all products are available at all locations.

## MADE FRESH DAILY THAT'S HOW WE ROLL.®

At Hissho Sushi, freshly prepared sushi on-site is the only way we roll. Every day, our talented chefs prepare delicious sushi that will keep you happy and healthy.

We use only the highest quality products, and our chefs buy fruits and vegetables locally to ensure absolute freshness.

We don't use artificial coloring, artificial corn syrup or artificial flavors. You won't find these additives in many of our core ingredients like salmon, wasabi, ginger and cream cheese. We strive to always provide you with the freshest sushi available.

Try it for yourself and taste the freshness!

