

	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
SNACKS																
Miso Soup	259	70	20	2	0	0	5	630	6	3	1	7	0	2	15	10
Crispy Shrimp Spring Rolls	320	500	180	19	3	0	215	1440	53	2	17	25	2	8	10	6
Salty Caramel Chicken Wings	384	850	320	36	12	0	185	2170	67	1	31	61	4	10	8	20
Pork Potstickers	303	680	350	39	10	0	115	1450	49	2	10	28	0	20	10	30
Osaka Pancake	278	560	310	34	6	0	220	1290	34	2	3	27	2	40	15	15
Mixed Greens Salad	144	330	100	11	1	0	0	55	10	2	4	1	2	45	4	6
Miso Crab Salad	319	390	180	20	2.5	0	70	820	33	7	7	18	4	60	20	25

BENTO BOXES & BOWLS *(does not include choice of protein or chef's vegetable where applicable)*

Bento Box with 6 Grain Rice	508	550	130	14	2	0	90	800	63	3	7	10	2	25	6	10
Bento Box with White Rice	508	520	120	13	2	0	90	300	61	1	6	8	2	25	6	10
Salad Bowl	418	340	220	25	3.5	0	185	610	19	5	9	11	4	20	10	15
Rice Bowl with 6 Grain Rice	475	470	110	12	2	0	185	1450	73	6	11	16	4	100	8	20
Rice Bowl with White Rice	475	440	100	11	2	0	185	950	70	4	9	14	4	100	8	20

PROTEINS

Bristol Bay Sockeye Salmon	142	260	140	15	6	0	80	450	3	0	0	28	2	15	2	4
Snake River Farms Skirt Steak	133	300	130	14	4.5	0.5	75	1280	16	0	11	26	0	0	6	15
Tuna Poke	170	170	25	2.5	0.5	0	45	630	7	1	2	29	0	6	2	8
Curried Chicken	187	330	190	21	4	0	120	360	5	0	3	28	2	2	4	10
Marinated Seared Tofu	156	290	160	18	2.5	0	0	490	13	4	5	22	0	8	90	20
Wild Pacific Shrimp	159	240	110	12	1	0	170	960	13	1	7	19	2	8	10	4

HOUSE MEALS

Caramelized Coconut Chicken	617	920	470	52	25	0	130	1180	73	3	10	35	6	80	10	25
Shrimp Fried Rice	526	1040	580	65	7	0	355	2140	80	3	12	35	4	15	15	20
Bento Double Beef Burger	533	1400	780	86	27	2	190	1470	91	6	23	42	4	45	6	35
Red Chile Pork Ramen	712	990	260	29	8	0	260	2090	121	20	18	63	10	40	25	40
Pan Fried Beef Noodles	537	940	400	44	8	0.5	130	3620	92	6	12	45	4	180	15	35

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KIDS' MEALS <i>(does not include chef's vegetable)</i>																
Bristol Bay Salmon with 6 Grain Rice	255	380	140	16	6	0	80	400	28	1	1	31	2	15	2	6
Bristol Bay Salmon with White Rice	255	370	140	15	6	0	80	150	27	0	0	30	2	15	2	6
Buttered Miso Noodles	243	560	290	32	15	0	110	150	56	3	0	13	4	0	2	15
Teriyaki Chicken with 6 Grain Rice	288	360	120	13	2.5	0	115	520	28	1	2	31	0	0	4	10
Teriyaki Chicken with White Rice	288	340	110	12	2.5	0	115	270	27	0	1	30	0	0	4	10

DESSERTS

Butter Mochi Cake	109	350	90	10	6	0	55	75	61	2	38	4	4	0	8	6
Cereal Milk Panna Cotta	179	480	290	32	20	0	115	180	22	1	16	28	8	4	15	6
Coconut Cream Pudding	197	770	520	57	42	0	160	170	59	3	48	9	6	0	10	10
Yuzu Cheesecake	113	880	310	35	19	0	310	260	51	2	35	10	8	30	15	10

BAR SELECTIONS

Camellia	241	230	0	0	0	0	0	5	28	1	24	0	0	30	2	2
Daily Ration	135	230	0	0	0	0	0	0	18	1	16	0	0	35	2	2
Pineapple Crush Slushy	220	300	0	0	0	0	0	0	20	1	11	1	0	20	2	2
Pucker Up Slushy	213	260	0	0	0	0	0	5	16	1	7	1	0	20	2	2
Ruby Red Slushy	227	320	0	0	0	0	0	0	22	1	13	1	0	20	2	2
The Original Sake Slushy	227	250	0	0	0	0	0	0	13	1	3	1	0	20	2	2