

MENU AND NUTRITIONAL INFORMATION

COOKED SUSHI

SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	
BBQ Eel Roll	142g	240	7	4	5	880	36	2	7
Cajun Crawfish Roll	142g	210	6	1	35	720	32	2	7
California Roll	142g	190	2.5	0	0	720	35	3	5
Crispy Savory Shrimp Roll	142g	300	13	3.5	40	830	36	1	7
Deluxe California Roll	142g	190	2.5	0	10	820	34	3	6
Deluxe Tempura Shrimp Roll	255g	380	7	3	30	1,300	66	4	14
Dragon BBQ Eel Roll	227g	380	16	6	10	1,100	48	6	10
Dragon California Roll	227g	300	8	1	0	980	50	6	8
Dynamite Shrimp Roll	142g	210	5	1	55	950	31	2	9
Imitation Crab Philadelphia Roll	142g	210	6	2.5	10	700	33	2	5
Imitation Crab Deluxe Philadelphia Roll	142g	210	5	2	20	800	33	2	6
Island Shrimp Roll	142g	250	8	1.5	10	810	40	2	5
Real Crab Meat Roll	142g	180	2	0	20	1,930	32	2	8
Smoked Salmon Philadelphia Roll	142g	210	6	2.5	15	740	31	2	8
Smoked Salmon Deluxe Philadelphia Roll	142g	210	6	2.5	25	850	31	2	9
Soft Shell Crab Pontchartrain Roll	227g	370	13	2	20	1,190	53	3	9
Spicy Nama Salmon Roll	142g	210	4	0.5	15	670	33	2	8
Spicy Salmon Roll	142g	220	7	1	15	700	2	2	8
Spicy Shrimp Roll	142g	220	6	1	45	870	32	2	8
Spider Roll	255g	390	8	1.5	20	1,140	65	4	13
Tempura Shrimp Roll	255g	420	9	0	30	980	72	4	12

RAW SUSHI

	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	
Assorted Nigiri (4 PIECES)	142g	200	1.5	1	15	750	36	2	9
Assorted Nigiri (7 PIECES)	210g	330	3.5	1.5	35	1,070	57	2	15
Creamy Spicy Tuna Special Roll	142g	250	10	3	20	750	32	2	7
Dynamite Tuna Roll	142g	210	5	0.5	20	780	30	2	9
Hosomaki Combo	142g	336	5.5	2.5	55	1,120	45	5	22
Rainbow California Roll	227g	310	6	2.5	40	1,080	45	3	17
Salmon Cado Roll	142g	200	4	0.5	10	610	33	3	8
Spicy Tuna Pontchartrain Roll	227g	340	9	1.5	20	1,140	48	3	13
Spicy Tuna Roll	142g	210	5	1	10	680	31	2	8
Tuna Cado Roll	142g	200	2.5	0	10	600	33	3	9

VEGETABLE SUSHI

	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	
Green Vegetable Roll	142g	160	3	0	0	510	30	3	4
Tempura Vegetable Roll	142g	190	4.5	1	10	540	33	3	4
Vegetable Hosomaki	142g	170	2.5	0	0	590	31	4	5
Vegetable Roll	142g	190	3	0	0	620	35	3	4
Wasabi Mayo Soy Roll	142g	230	9	1	5	650	34	2	4

COMBOS

	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	
Assorted Spicy Combo	238g	360	9	1	70	1,040	46	2	18
Los Angeles Combo	227g	290	3	0.5	55	1,380	52	3	13
Omega-3 Pack	311g	400	9	4	40	1,060	58	4	18
Spicy Tuna Combo	227g	350	11	3	30	1,000	43	2	17
Traditional Combo	198g	270	2.5	0.5	35	760	38	2	21
Tuna Delight Combo	227g	300	5	1	30	750	40	3	23
Tuna Salmon Combo	227g	310	7	1	40	740	38	3	23
West Coast Combo	227g	290	4.5	1	25	970	45	3	18

SPECIALTY ITEMS

	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	
Chicken Spring Roll	170g	430	14	3	50	1,255	59	4	19
Inari Sushi (4 PIECES)	198g	340	7	0	0	820	62	0	8
Spicy Avocado Crab Inari (4 PIECES)	227g	420	17	2	10	1,120	57	2	10
Spicy Avocado Inari (4 PIECES)	227g	460	22	3	10	860	56	4	8
Spicy Crab Cucumber Roll (NO RICE)	142g	180	12	1.5	20	1,050	11	2	9
Spicy Salmon Rice Bowl	283g	480	16	2	40	1,000	62	2	20
Spicy Shrimp Inari (4 PIECES)	227g	440	16	2	100	1,280	52	0	18
Spicy Tuna Rice Bowl	283g	460	12	2	30	940	62	2	22
Spring Roll	170g	410	12.5	2.5	55	1,535	63	3	15
Vegetable Spring Roll	170g	460	22	3.5	0	1,035	62	6	9

SALADS

	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	
Calamari Salad	113g	90	2	0	170	300	6	0	12
Edamame	113g	125	6	0	0	8	10	6	12
Seaweed Salad	113g	60	5	1	0	280	6	0	2
Soba Soba Salad	170g	280	12	3.5	0	615	39	1	9

SAUCES & SIDE ITEMS

	CALORIES	TOTAL FAT (g)	SAT FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	
BBQ Eel Sauce	46g	144	0	0	0	1,470	32	0	3
Gari (PICKLED GINGER)	46g	8	0	0	0	384	1	0	0
Japanese White Sauce	46g	145	12	2	12	280	9	0	0
Peanut Sauce	43g	130	7	1	0	350	16	0	3
Spicy Mayonnaise	46g	125	11	2	7	688	7	0	0
Sweet Chili Sauce	46g	112	0	0	0	640	27	1	0
Wasabi Mayonnaise	46g	135	11	2	8	446	9	0	0
Wasabi	46g	185	0	0	0	0	37	9	0

In this chart, we've included our most popular Sushi with Gusto items. Please keep in mind that with hand-crafted items such as these, a similar sushi item made by two different chefs can contain slightly different proportions of ingredients and, thus, the values for calories, fat, carbohydrates and protein will vary somewhat. Many items available with brown rice, values available upon request.

NUTRITIONAL VALUES FOR SUSHI ITEMS INCLUDE CONDIMENTS.



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