



COOKED SUSHI	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
BBQ Eel Roll	218g	330	9	2	55	1400	52	2	11
BBQ Eel Roll	278g	430	11	2.5	75	1730	67	2	14
Buffalo Chicken Roll	319g	690	41	12	90	1850	56	4	24
Cajun Crawfish Roll	238g	320	8	1	65	1160	48	2	13
Cajun Crawfish Roll	305g	410	10	1.5	90	1410	61	2	17
California Roll	154g	190	3.5	0	<5	870	33	2	6
California Roll	249g	310	6	1	<5	1230	55	4	9
California Roll	320g	410	8	1	5	1500	72	5	12
California Roll with Quinoa	249g	310	7	1	<5	1040	52	5	10
Crispy Savory Shrimp Roll	163g	260	9	2	45	1180	36	1	8
Crispy Savory Shrimp Roll	266g	450	16	4	85	1770	60	2	14
Deluxe California Roll	160g	180	2.5	0	25	960	34	2	6
Deluxe California Roll	259g	310	4.5	0.5	40	1390	56	4	10
Deluxe California Roll	333g	410	6	1	55	1720	73	4	12
Deluxe Tempura Shrimp Roll	363g	560	16	4.5	60	1910	86	5	15
Dragon BBQ Eel Roll	246g	380	13	2.5	55	1410	54	4	12
Dragon California Roll	249g	310	6	1	<5	1230	55	4	9
Dynamite Shrimp Roll	256g	290	3	0.5	120	1570	50	2	14
Dynamite Shrimp Roll	328g	380	4	0.5	155	1950	64	2	19
Imitation Crab Deluxe Philadelphia Roll	264g	370	12	5	65	1370	54	4	9
Imitation Crab Deluxe Philadelphia Roll	339g	480	16	7	85	1690	70	4	12
Imitation Crab Philadelphia Roll	138g	180	3.5	0.5	<5	820	31	2	5
Imitation Crab Philadelphia Roll	252g	370	13	5	25	1210	56	4	9
Imitation Crab Philadelphia Roll	323g	480	17	7	35	1470	69	5	11
Island Shrimp Roll	302g	540	21	7	35	1590	75	4	13
Real Crabmeat Roll	239g	300	6	1	30	1110	49	4	12
Real Crabmeat Roll	307g	390	8	1	10	1340	63	5	15
School Signature Roll	307g	560	16	8	95	2270	78	3	21
Smoked Salmon Deluxe Philadelphia Roll	161g	220	7	3	40	1090	30	2	8
Smoked Salmon Deluxe Philadelphia Roll	259g	380	12	6	70	1610	50	3	14
Smoked Salmon Deluxe Philadelphia Roll	348g	520	18	8	90	2010	66	4	19
Smoked Salmon Philadelphia Roll	252g	390	14	6	30	1450	49	3	14
Smoked Salmon Philadelphia Roll	342g	550	22	10	50	1820	65	5	19
Soft Shell Pontchartrain Roll	281g	390	11	2	20	1220	60	5	12
Spicy Cali Crunch	342g	570	28	4.5	30	1930	67	4	13
Spicy Salmon Roll	241g	330	9	1.5	15	1340	48	2	12
Spicy Salmon Roll	309g	430	12	2	20	1650	62	2	16
Spicy Shrimp Roll	139g	160	1.5	0	45	950	29	1	8
Spicy Shrimp Roll	233g	280	2.5	0.5	80	1400	48	2	14
Spicy Shrimp Roll	297g	360	3	0.7	105	1710	62	2	18
Spider Roll	299g	440	11	1.5	20	1590	70	4	13
Tempura Shrimp Roll	164g	250	8	2	10	950	38	3	6
Tempura Shrimp Roll	292g	470	16	4.5	20	1470	71	5	11

RAW SUSHI	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
Assorted Nigiri 4 PIECES	170g	240	4.5	1	65	960	33	<1	13
Assorted Nigiri 7 PIECES	272g	390	7	1.5	85	1290	54	<1	23
Creamy Spicy Tuna Roll	289g	460	19	7	50	1290	54	4	17
Creamy Spicy Tuna Roll	372g	600	25	9	65	1580	69	5	22
Dynamite Tuna Roll	244g	280	2.5	0	55	1230	49	2	14
Dynamite Tuna Roll	314g	370	3	0	70	1500	63	2	18
Fire Breathing Dragon Roll	351g	440	10	3.5	60	1310	60	5	23
Hosomaki Combo	147g	200	3	0.5	25	770	28	2	13
Rainbow California Roll	292g	390	9	1.5	65	1350	55	4	19
Salmon Cado Roll	228g	330	10	1.5	15	1040	49	4	12
Salmon Cado Roll	292g	430	13	2.5	25	1250	63	5	15
Salmon Cado Roll with Quinoa	228g	330	10	1.5	15	850	45	5	13
Sampler 9 PIECES	235g	320	7	1	15	1140	51	4	12
Spicy Nama Salmon Roll	219g	340	11	2	20	1100	47	2	12
Spicy Nama Salmon Roll	280g	440	15	2.5	30	1320	61	2	15
Spicy Tuna Pontchartrain Roll	286g	360	8	1.5	25	1180	52	4	18
Spicy Tuna Roll	139g	170	1.5	0	10	770	28	1	9
Spicy Tuna Roll	244g	330	8	1	20	1110	48	2	16
Spicy Tuna Roll	312g	430	10	1.5	30	1330	62	2	20
Spicy Tuna Roll with Quinoa	243g	320	8	1	20	910	44	3	17
Tuna Cado Roll	241g	340	6	1	30	1050	49	4	18
Tuna Cado Roll	309g	440	8	1	40	1260	63	5	23

NUTRITIONAL VALUES FOR SUSHI ITEMS INCLUDE CONDIMENTS.

© 2018 SUSHI WITH GUSTO, INC.

SUSHIWITHGUSTO.COM



VEGETABLE SUSHI	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
Green Vegetable Roll	244g	280	6	1	0	1050	51	5	7
Tempura Vegetable Roll	164g	260	10	1.5	0	800	36	3	4
Tempura Vegetable Roll	256g	440	18	2.5	<5	1100	60	4	7
Tempura Vegetable Roll	342g	570	23	3	<5	1330	78	5	9
Vegetable Hosomaki	245g	270	3	0	0	1090	54	4	6
Vegetable Roll	151g	170	3	0	0	770	32	3	4
Vegetable Roll	242g	280	6	1	0	1050	52	5	14
Vegetable Roll	310g	370	7	1	0	1250	68	6	7
Vegetable Roll with Quinoa	242g	280	6	1	0	850	49	6	7
Vegetable Spring Roll NO RICE	257g	360	13	1	0	1080	61	8	4
Wasabi Mayo Soy Roll	246g	370	12	1.5	0	1180	57	4	9
Wasabi Mayo Soy Roll	312g	480	15	2	0	1420	73	5	12

COMBOS	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
Assorted Spicy Combo	306g	400	8	1.5	50	1550	62	2	18
Los Angeles Combo	270g	330	2	0	125	1360	55	2	17
Los Angeles Combo	396g	490	4.5	0.5	150	1900	84	4	22
Omega-3 Pack	292g	440	13	4.5	40	1440	59	3	19
Omega-3 Pack	337g	510	14	4.5	45	1610	70	3	22
Spicy Tuna Combo	275g	390	9	1.5	55	1280	55	1	21
Spicy Tuna Combo	380g	550	13	2	65	1620	76	2	28
Traditional Combo	283g	410	6	1.5	50	1210	55	2	26
Traditional Combo	394g	580	9	2	75	1550	77	2	37
Tuna & Salmon Combo	270g	390	7	1.5	40	1170	55	2	21
Tuna & Salmon Combo	370g	540	11	2	50	1480	76	4	27
Tuna Delight Combo	274g	380	4	0	45	1170	55	2	24
Tuna Delight Combo	377g	530	7	1	60	1480	76	4	32
West Coast Combo	278g	380	6	1	30	1270	58	2	18
West Coast Combo	385g	520	9	1.5	30	1670	83	4	22

SALADS	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
Calamari Salad	128g	203	9	0	338	1395	14	5	23
Edamame	128g	140	6	0	0	8	11	6	13
Seaweed Salad	128g	68	6	1	0	315	7	0	2
Soba Soba Salad	337g	500	12	1.5	20	1320	83	3	19

POKE	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
Salmon	431g	620	20	4	45	1650	82	3	25
Salmon w/ Quinoa	431g	610	21	4	45	1390	77	5	26
Seaweed Salad	430g	490	11	1.5	0	1760	89	4	9
Seaweed Salad w/ Quinoa	430g	480	12	1.5	0	1500	84	6	10
Spicy Crab	459g	560	9	1.5	10	2500	101	3	14
Spicy Crab w/ Quinoa	459g	560	10	1.5	10	2240	96	5	16
Spicy Shrimp	459g	580	10	1.5	180	2860	89	3	27
Spicy Shrimp w/ Quinoa	459g	570	11	1.5	180	2600	84	5	28
Tuna & Salmon	459g	660	17	3	70	1660	82	3	35
Tuna & Salmon w/ Quinoa	459g	650	18	3	70	1400	77	5	36
Tuna Strip	431g	580	10	1.5	55	1640	82	3	31

NUTRITIONAL VALUES FOR SUSHI ITEMS INCLUDE CONDIMENTS.

© 2018 SUSHI WITH GUSTO, INC.

SUSHIWITHGUSTO.COM



BUILD-YOUR-OWN POKE	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
Avocado	28g	45	4	0.5	0	0	2	2	1
Calamari Salad	56g	45	1	0	85	150	3	0	6
Carrot	28g	10	0	0	0	20	3	1	0
Chicken	28g	40	1	0	20	25	0	0	9
Crab Salad	88g	80	1	0	10	750	11	0	5
Cucumber	28g	0	0	0	0	0	1	0	0
Eel Sauce	28g	50	0	0	0	550	12	0	1
Fried Onion	28g	180	14	4	0	240	12	0	0
Green Onion	28g	10	0	0	0	0	2	1	0
Lettuce	28g	0	0	0	0	10	1	0	0
Masago	28g	30	0	0	75	320	4	0	2
Pickled Ginger	28g	30	0	0	0	140	8	0	0
Poke Sauce	28g	40	1	0	0	390	7	0	0
Salmon	28g	60	4	1	15	15	0	0	6
Seaweed Salad	28g	15	1	0	0	70	2	0	1
Sesame Seed	28g	160	14	2	0	0	7	4	5
Spicy Mayonnaise	14g	70	7	1	5	130	2	0	0
Spicy Shrimp Salad	82g	80	1.5	0	125	580	2	0	14
Sriracha	28g	30	0	0	0	450	6	0	0
Sweet Chili Sauce	28g	70	0	0	0	380	16	1	0
Tuna	28g	45	0.5	0	20	15	0	0	8
Wasabi Mayonnaise	28g	130	13	2	10	130	4	2	0

BURRITO	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
California	454g	750	35	6	30	2140	91	7	13
California w/ Quinoa	454g	740	36	6	30	1880	86	9	14
Creamy Spicy Tuna	590g	1180	68	22	125	2450	100	7	32
Creamy Spicy Tuna w/ Quinoa	590g	1170	69	22	125	2190	95	8	33
Crispy Savory Shrimp	492g	990	53	10	120	2960	103	4	20
Crispy Savory Shrimp w/ Quinoa	491g	980	54	10	120	2700	98	6	21
Spicy Imitation Crab	503g	790	36	6	30	2300	96	7	15
Spicy Imitation Crab w/ Quinoa	503g	780	37	6	30	2040	91	9	17
Spicy Nama Salmon	461g	720	32	5	40	2380	83	4	21
Spicy Nama Salmon w/ Quinoa	461g	710	33	5	40	2120	78	6	22
Vegetable	446g	720	35	6	25	1970	88	8	10
Vegetable w/ Quinoa	446g	710	36	6	25	1710	83	9	12
California SOY WRAP	455g	750	36	6	30	2160	91	6	14
California w/ Quinoa SOY WRAP	455g	740	37	6	30	1900	86	8	15
Creamy Spicy Tuna SOY WRAP	592g	1180	69	22	125	2470	100	6	33
Creamy Spicy Tuna w/ Quinoa SOY WRAP	591g	1170	70	22	125	2210	95	7	34
Crispy Savory Shrimp SOY WRAP	493g	1000	54	10	120	2980	103	3	21
Crispy Savory Shrimp w/ Quinoa SOY WRAP	492g	990	55	10	120	2720	98	5	22
Spicy Imitation Crab SOY WRAP	504g	790	37	6	30	2320	96	6	16
Spicy Imitation Crab w/ Quinoa SOY WRAP	504g	780	38	6	30	2060	91	8	18
Spicy Nama Salmon SOY WRAP	462g	730	32	5	40	2400	83	3	22
Spicy Nama Salmon w/ Quinoa SOY WRAP	462g	720	33	5	40	2140	78	5	23
Vegetable SOY WRAP	448g	720	35	6	25	1990	88	7	11
Vegetable w/ Quinoa SOY WRAP	448g	720	36	6	25	1730	83	8	13

NUTRITIONAL VALUES FOR SUSHI ITEMS INCLUDE CONDIMENTS.

© 2018 SUSHI WITH GUSTO, INC.

SUSHIWITHGUSTO.COM



DONBURI									
	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
Beef	599g	700	20	9	45	3000	109	2	16
Chicken	654g	820	18	5	160	2420	106	2	52
Vegetable	627g	560	2.5	0	0	2300	115	7	18

RAMEN									
	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
Beef Shoyu	647g	740	23	7	100	9900	98	5	26
Extra Beef Shoyu	704g	850	33	12	125	10260	100	5	30
Beef Tonkotsu	647g	650	17	7	105	3810	97	5	22
Extra Beef Tonkotsu	704g	770	27	11	130	4180	99	5	27
Chicken Shoyu	647g	670	14	3.5	105	9740	97	5	32
Extra Chicken Shoyu	704g	730	15	4	130	9940	97	5	43
Chicken Tonkotsu	647g	590	8	3	110	3650	95	5	29
Extra Chicken Tonkotsu	704g	640	9	3.5	135	3850	95	5	39
Pork Shoyu	647g	760	23	6	110	9860	99	6	33
Extra Pork Shoyu	704g	900	33	9	140	10200	101	7	46
Pork Tonkotsu	647g	670	17	5	115	3780	97	6	30
Extra Pork Tonkotsu	704g	820	27	9	145	4120	99	7	42
Spicy Miso Mix w/ Fried Onions	28g	130	8	2	0	360	12	1	1
Spicy Miso Mix	14g	35	1	0	0	240	6	1	1
Buttered Corn	43g	210	13	7	30	100	21	2	3

SPECIALTY ITEMS									
	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
Chicken Spring Roll	337g	480	19	2.5	30	1870	64	8	16
Inari Sushi	234g	380	9	1	0	1340	62	<1	11
Spicy Avocado Crab Inari	247g	440	12	1.5	30	2030	61	3	20
Spicy Avocado Inari	229g	360	16	2	0	1010	45	5	9
Spicy Crab Cucumber Roll NO RICE	295g	410	6	1	75	3010	57	4	29
Spicy Salmon Rice Bowl	375g	620	26	4.5	45	1330	73	4	21
Spicy Shrimp Inari	226g	310	7	1	110	1490	41	<1	20
Spicy Tuna Rice Bowl	375g	580	18	2.5	55	1320	73	4	26
Spring Roll NO RICE	347g	460	13	1	90	1450	70	8	16

SAUCES & CONDIMENTS									
	SINGLE SERVING PACKAGES	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	PROTEIN (g)
BBQ Eel Sauce	46g	144	0	0	0	1470	31	0	3
Gari PICKLED GINGER	46g	8	0	0	0	176	1	1	0
Japanese White Sauce	46g	146	12	12	12	282	9	0	0
Peanut Sauce	43g	100	4	0	0	410	16	<1	2
Soy Sauce	5.5ml	3	0	0	0	340	0	0	0
Spicy Mayo Sauce	46g	126	11	11	7	688	7	0	0
Sweet Chili Sauce	46g	112	0	0	0	640	27	1	0
Wasabi Mayonnaise Sauce	46g	134	11	11	8	446	9	0	0
Wasabi	46g	64	0	0	0	0	13	6	0

NUTRITIONAL VALUES FOR SUSHI ITEMS INCLUDE CONDIMENTS.

© 2018 SUSHI WITH GUSTO, INC.

SUSHIWITHGUSTO.COM