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SIGNATURE SUSHI ROLLS

menu item	serving size	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbs	dietary fiber	sugars	protein
California Roll GF	319.66 (g)	441.47	113.13 (kcal)	12.66 (g)	1.79 (g)	0 (g)	9.07 (mg)	1033.41 (mg)	69.85 (g)	4.98 (g)	5.16 (g)	12.56 (g)
Crispy Shrimp Roll	357.02 (g)	637	240.11 (kcal)	26.82 (g)	4.19 (g)	0.03 (g)	80.91 (mg)	1320.75 (mg)	80.22 (g)	5.11 (g)	3.16 (g)	16.79 (g)
PB & J Roll GF V	255.45 (g)	519.34	157.42 (kcal)	17.49 (g)	3.46 (g)	0 (g)	0 (g)	163.3 (mg)	78.04 (g)	0.79 (g)	15.46 (g)	14.45 (g)
Philly Roll GF	284.31 (g)	394.49	84.85 (kcal)	9.43 (g)	4.62 (g)	0.21 (g)	30.63 (mg)	455.04 (mg)	58.73 (g)	1.96 (g)	1.23 (g)	15.99 (g)
Salmon Crunch GF	377.66 (g)	568.07	165.46 (kcal)	18.47 (g)	2.82 (g)	0 (g)	27.88 (mg)	783.12 (mg)	79.59 (g)	5.78 (g)	5.29 (g)	18.25 (g)
Spicy Salmon Roll GF	324.47 (g)	538.11	215.14 (kcal)	23.94 (g)	6.65 (g)	0.25 (g)	47.59 (mg)	311.25 (mg)	61.5 (g)	2.97 (g)	2.24 (g)	18.19 (g)

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Spicy Tuna Roll GF	352.57 (g)	562.72	221.51 (kcal)	24.65 (g)	3.79 (g)	0.03 (g)	24.21 (mg)	230.71 (mg)	65.24 (g)	5.11 (g)	1.45 (g)	20.69 (g)
Spring Chicken GF	363.33 (g)	654.85	261.85	29.23 (g)	7.56 (g)	0.25 (g)	68.29 (mg)	1333.09 (mg)	75.12 (g)	1.69 (g)	3.69 (g)	19.57 (g)
Vegan Roll V GF	326.63 (g)	451.53	126.76 (kcal)	14.18 (g)	1.92 (g)	0 (g)	0 (g)	1100.69 (mg)	69.07 (g)	5.48 (g)	7.03 (g)	12.63 (g)

SIGNATURE BOWLS + SALADS

menu item	serving size	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbs	dietary fiber	sugars	protein
Chicken & Rice Bowl GF	588.28 (g)	698.65	149.41 (kcal)	16.69 (g)	2.76 (g)	0.04 (g)	71.34 (mg)	1298.18 (mg)	107.56 (g)	4.21 (g)	6.5 (g)	25.49 (g)
Tuna Poke Bowl GF	638.28 (g)	740.30	169.31 (kcal)	18.94 (g)	2.2 (g)	0 (g)	28.75 (mg)	1153.81 (mg)	103.14 (g)	9.32 (g)	7.63 (g)	39.9 (g)
Tofu Thai Crunch GF V	433.71 (g)	459.43	118.94 (kcal)	13.23 (g)	1.58 (g)	0 (g)	0 (mg)	987.36 (mg)	48.13 (g)	9.26 (g)	23.16 (g)	20.47 (g)
Salmon Superfood Salad GF	315.61 (g)	383.17	180.34 (kcal)	20.18 (g)	2.84 (g)	0.01 (g)	45.31 (mg)	1144.36 (mg)	19.81 (g)	5.7 (g)	10.28 (g)	21.2 (g)

BASES

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menu item	serving size	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbs	dietary fiber	sugars)	protein
Seaweed Wrap	2.5 (g)	5	0 (kcal)	0 (g)	0 (g)	0 (g)	0 (g)	5 (mg)	1 (g)	1 (g)	0 (g)	1 (g)
Soy Wrap	5 (g)	20	4.5 (kcal)	0.5 (g)	0 (g)	0 (g)	0 (g)	20 (mg)	2 (g)	0 (g)	0 (g)	2 (g)
White Rice	198.45 (g)	257.98	5 (kcal)	0.56 (g)	0.15 (g)	0 (g)	0 (g)	1.98 (mg)	55.9 (g)	0.79 (g)	0.1 (g)	5.34 (g)
Brown Rice	198.45 (g)	244.09	17.32 (kcal)	1.92 (g)	0.5 (g)	0 (g)	0 (g)	7.94 (mg)	50.76 (g)	3.18 (g)	0.48 (g)	5.44 (g)
Mixed Greens	60 (g)	10.2	1.51 (kcal)	0.17 (g)	0.02 (g)	0 (g)	0 (g)	9 (mg)	1.96 (g)	1.24 (g)	0.66 (g)	0.8 (g)
Kale	30 (g)	14.7	2.51 (kcal)	0.28 (g)	0.03 (g)	0 (g)	0 (g)	11.4 (mg)	2.62 (g)	1.08 (g)	0.68 (g)	1.28 (g)

PROTEIN

menu item	serving size	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbs	dietary fiber	sugars)	protein
Tuna	45.36 (g)	49.44	2 (kcal)	0.22 (g)	0.08 (g)	0 (g)	17.69 (mg)	20.41 (mg)	0 (g)	0 (g)	0 (g)	11.07 (g)
Salmon	45.36 (g)	57.61	17.96 (kcal)	2 (g)	0.37 (g)	0.02 (g)	20.87 (mg)	34.02 (mg)	0 (g)	0 (g)	0 (g)	9.3 (g)
Smoked Salmon	45.36 (g)	53.07	17.64 (kcal)	1.96 (g)	0.42 (g)	0 (g)	10.43 (mg)	304.81 (mg)	0 (g)	0 (g)	0 (g)	8.29 (g)
Roasted Tofu	45.36 (g)	52.46	16.58 (kcal)	1.84 (g)	0.22 (g)	0 (g)	0 (g)	320.37 (mg)	5.42 (g)	0.08 (g)	4.51 (g)	3.66 (g)
Tempura Shrimp	45.36 (g)	66.68	11.59	1.29 (g)	0.35 (g)	0 (g)	74.39	225.44	5.53 (g)	0.32 (g)	0.45 (g)	7.61 (g)

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			(kcal)				(mg)	(mg)				
Crab	45.36 (g)	63.63	25.71 (kcal)	2.86 (g)	0.48 (g)	0.01 (g)	9.38 (mg)	335.65 (mg)	6.35 (g)	0.24 (g)	2.79 (g)	3.11 (g)
Braised Steak	45.36 (g)	73.83	34.84 (kcal)	3.9 (g)	0.97 (g)	0.07 (g)	20.73 (mg)	194.5 (mg)	1.52 (g)	0.04 (g)	1.17 (g)	7.79 (g)
Roasted Chicken	45.36 (g)	59.71	22.45 (kcal)	2.51 (g)	0.54 (g)	0.01 (g)	41.57 (mg)	191.66 (mg)	0.04 (g)	0.02 (g)	0 (g)	8.7 (g)
Roasted Salmon	45.36 (g)	92.41	50.02 (kcal)	5.56 (g)	1.01 (g)	0 (g)	27.88 (mg)	313.86 (mg)	0.06 (g)	0 (g)	0.06 (g)	9.71 (g)

VEGGIES

menu item	serving size	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbs	dietary fiber	sugars)	protein
Beets	10 (g)	4.3	0.15 (kcal)	0.02 (g)	0 (g)	0 (g)	0 (g)	7.8 (mg)	0.96 (g)	0.28 (g)	0.68 (g)	0.16 (g)
Jalapeño	12 (g)	3.48	0.4 (kcal)	0.04 (g)	0.01 (g)	0 (g)	0 (g)	0.36 (mg)	0.78 (g)	0.32 (g)	0.46 (g)	0.11 (g)
Shelled Edamame	20 (g)	21.8	8.51 (kcal)	0.95 (g)	0 (g)	0 (g)	0 (g)	1.2 (mg)	1.52 (g)	0.96 (g)	0.5 (g)	2.24 (g)
Sweet Pepper	12 (g)	2.4	0.18 (kcal)	0.02 (g)	0.01 (g)	0 (g)	0 (g)	0.36 (mg)	0.56 (g)	0.2 (g)	0.29 (g)	0.1 (g)
Cream Cheese	20 (g)	70	61.99 (kcal)	6.89 (g)	4.04 (g)	0.21 (g)	20.2 (mg)	62.8 (mg)	1.1 (g)	0 (g)	0.75 (g)	1.23 (g)
Avocado	38.19 (g)	61.1	50.39 (kcal)	5.6 (g)	0.81 (g)	0 (g)	0 (g)	2.67 (mg)	3.26 (g)	2.56 (g)	0.25 (g)	0.76 (g)
Carrot	10 (g)	4.1	0.22 (kcal)	0.02 (g)	0 (g)	0 (g)	0 (g)	6.9 (mg)	0.96 (g)	0.28 (g)	0.47 (g)	0.09 (g)

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Cucumber	12 (g)	1.44	0.17 (kcal)	0.02 (g)	0 (g)	0 (g)	0 (g)	0.24 (mg)	0.26 (g)	0.08 (g)	0.17 (g)	0.07 (g)
Asparagus	15 (g)	8.52	5.82 (kcal)	0.66 (g)	0.05 (g)	0 (g)	0 (g)	33.25 (mg)	0.55 (g)	0.29 (g)	0.26 (g)	0.31 (g)
Red Onion	5 (g)	2	0.04 (kcal)	0.01 (g)	0 (g)	0 (g)	0 (g)	0.2 (mg)	0.47 (g)	0.09 (g)	0.21 (g)	0.06 (g)
Scallion	30 (g)	9.6	0.51 (kcal)	0.06 (g)	0.01 (g)	0 (g)	0 (g)	4.8 (mg)	2.2 (g)	0.78 (g)	0.7 (g)	0.55 (g)

DRESSING

menu item	serving size	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbs	dietary fiber	sugars	protein
Spicy Mayo GF	30 (g)	174.05	170.13 (kcal)	18.95 (g)	2.92 (g)	0.04 (g)	9.2 (mg)	271.63 (mg)	0.56 (g)	0.05 (g)	0.43 (g)	0.43 (g)
Sweet Soy GF	30 (g)	85.77	65.93 (kcal)	7.46 (g)	1.06 (g)	0 (g)	0 (g)	1099.89 (mg)	3.28 (g)	0.16 (g)	2.52 (g)	2.07 (g)
Wasabi Mayo GF	30 (g)	164.59	142.16 (kcal)	15.82 (g)	2.47 (g)	0.04 (g)	7.92 (mg)	342.17 (mg)	5.4 (g)	0.32 (g)	3.73 (g)	0.37 (g)
Creamy Togarashi GF	30 (g)	132.65	122.09 (kcal)	13.57 (g)	2.12 (g)	0.03 (g)	7.58 (mg)	643.93 (mg)	2.21 (g)	0.19 (g)	1.64 (g)	0.54 (g)
Chili-Ponzu GF V	30 (g)	37.72	16.88 (kcal)	1.91 (g)	0.21 (g)	0 (g)	0 (g)	592.06 (mg)	4.66 (g)	0 (g)	3.19 (g)	0.26 (g)
House Dressing GF V	30 (g)	85.77	65.93 (kcal)	7.46 (g)	1.06 (g)	0(g)	0 (g)	1099.89 (mg)	3.28 (g)	0.16 (g)	2.52 (g)	2.07 (g)
Thai Peanut GF V	30 (g)	97.05	51.85 (kcal)	5.77 (g)	1.13 (g)	0 (g)	0 (g)	344.85 (mg)	10.31 (g)	0.04 (g)	8.81 (g)	2.61 (g)
Sweet Chili	30 (g)	51.44	0.46	0.05 (g)	0.01 (g)	0 (g)	0 (g)	138.39	12.74 (g)	0 (g)	11.13 (g)	0.08 (g)

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GF V			(kcal)					(mg)				
Sriracha GF V	30 (g)	27.9	2.51 (kcal)	0.28 (g)	0 (g)	0 (g)	0 (g)	637.2 (mg)	5.75 (g)	0.66 (g)	4.53 (g)	0.58 (g)

TOPPINGS

menu item	serving size	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbs	dietary fiber	sugars)	protein
Masago GF	15 (g)	15	0 (kcal)	0 (g)	0 (g)	0 (g)	40 (mg)	300 (mg)	3 (g)	0 (g)	3 (g)	1 (g)
Tempura Crunch GF V	7 (g)	25	0 (kcal)	0 (g)	0 (g)	0 (g)	0 (g)	37.5 (mg)	5.25 (g)	0 (g)	0 (g)	0 (g)
Sesame Seed GF V	3 (g)	17	13 (kcal)	1.4 (g)	0.2 (g)	0 (g)	0 (g)	3.12 (mg)	0.8 (g)	0.5 (g)	0.01 (g)	0.51 (g)
Seven Spice GF V	2 (g)	10	5 (kcal)	0 (g)	0 (g)	0 (g)	0 (g)	0 (g)	1 (g)	0 (g)	1 (g)	0 (g)

SIDES

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menu item	serving size	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbs	dietary fiber	sugars)	protein
Miso Soup GF V	226.8 (g)	35.33	15.88 (kcal)	1.76 (g)	0 (g)	0 (g)	0 (g)	993.03 (mg)	0.01 (g)	0 (g)	0 (g)	3.53 (g)
Edamame GF V	113.4 (g)	150	10 (kcal)	3 (g)	0 (g)	0 (g)	0 (g)	1200 (mg)	22.89 (g)	3 (g)	1 (g)	8.37 (g)
Spicy Edamame GF V	113.4 (g)	150.41	31.9 (kcal)	3.54 (g)	0 (g)	0 (g)	0 (g)	1292.57 (mg)	22.89 (g)	3.02 (g)	19.13 (g)	8.37 (g)
Seaweed Salad V	85.05 (g)	108.19	47.77 (kcal)	5.31 (g)	0 (g)	0 (g)	0 (g)	903.86 (mg)	16.42 (g)	2.8 (g)	5.56 (g)	2.7 (g)
Cucumber Salad GF V	231.58 (g)	119.72	2.99 (kcal)	0.33 (g)	0.02 (g)	0 (g)	0 (g)	1203.45 (mg)	28.39 (g)	1.11 (g)	27.15 (g)	0.96 (g)
Carrot-Ginger Salad GF V	350.8 (g)	114.89	5.47 (kcal)	2.33 (g)	0.12 (g)	0.11 (g)	0 (g)	1022.44 (mg)	37.94 (g)	4.22 (g)	27.28 (g)	6.32 (g)