

**Denki Sushi Nutrition**

Standard Menu Item	Recipe Number	Portion Size	Weight	Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Total Carb	Total Sugars	Added Sugars	Cholesterol	Protein	Dietary Fiber	Sodium
			(oz)	(g)	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(g)
<b>Soup/Sides</b>															
Miso Soup	127823	12 fl oz	12oz	340.19g	90	2	0	0	12	2+	0	5	7	2	530
<b>Classic Rolls</b>															
Avocado Roll, White Rice	76160.7	8 piece	4.59oz	130.01g	190	5	0.5	0+	33	2+	1	0	3	3	180
Avocado Roll, Brown Rice	76160.29	8 piece	4.92oz	139.36g	200	6	1	0+	35	3+	3	0	3	3	180
Vegetable Roll, White Rice	127823.31	8 piece	7.92oz	224.51g	270	9	1.5	0+	45	4+	2	0	4	6	240
Vegetable Roll, Brown Rice	127823.32	8 piece	7.92oz	224.51g	270	9	1.5	0+	43	6+	3	0	5	6	220
Cucumber Roll, White Rice	76160.6	8 piece	4.98oz	141.08g	140	0	0	0+	32	2+	1	0	3	1	170
Cucumber Roll, Brown Rice	76160.28	8 piece	5.31oz	150.44g	150	1	0	0+	33	4+	3	0	3	2	170
California Roll, White Rice	69747	8 piece	8.6oz	243.79g	300	10	1.5	0+	45	6+	4	10	9	5	660
California Roll, Brown Rice	69747.2	8 piece	8.6oz	243.79g	300	11	1.5	0+	43	8+	5	10	9	5	650
Spicy Salmon Roll, Brown Rice (no mayo)	76160.26	8 piece	5.64oz	160.02g	240	5	1	0+	32	3+	3	25	15	2+	220
Spicy Tuna Roll, Brown Rice (no mayo)	76160.25	8 piece	5.64oz	160.02g	230	2.5	0.5	0+	32	3+	3	20	17	2+	200
Sushi Salmon Avocado Roll	69749.1	8 piece	8.65oz	245.35g	370	15	2.5	0+	34	2+	1	45	24	5	250
Salmon Avocado Roll, Brown Rice	69749.9	8 piece	8.65oz	245.35g	360	15	2.5	0+	32	3+	3	45	24	5	230
Salmon Cucumber Roll, White Rice	69749.3	8 piece	7.65oz	217g	280	7	1	0+	30	2+	1	45	23	2	240
Salmon Cucumber Roll, Brown Rice	69749.11	8 piece	7.65oz	217g	270	7	1.5	0+	28	3+	3	45	24	2	230
Salmon Roll, White Rice	69749.7	8 piece	7.65oz	217g	310	8	1.5	0+	29	1+	1	60	29	1	260
Salmon Roll, Brown Rice	69749.1	8 piece	7.65oz	217g	310	8	1.5	0+	27	3+	3	60	29	1	250
Shrimp Tempura Roll	127823.16	8 piece	8.2oz	232.47g	550	27	3	0+	60	9+	8	100	14	3	1000
Shrimp Tempura Roll, Brown Rice	127823.17	8 piece	8.2oz	232.47g	550	28	3.5	0+	58	11+	9	100	14	3	980
Spicy Tuna Roll, White Rice	127823.29	8 piece	6.64oz	188.19g	310	6	0.5	0+	30	2+	1	100	27	1	360
Spicy Tuna Roll, Brown Rice	127823.3	8 piece	6.64oz	188.19g	300	7	1	0+	28	3+	3	100	27	2	340
Tuna Roll, White Rice	69749.6	8 piece	7.65oz	217g	290	2.5	0.5	0+	29	1+	1	50	34	1	220
Tuna Roll, Brown Rice	69749.12	8 piece	7.65oz	217g	280	3.5	0.5	0+	27	3+	3	50	34	1	210

2000 calories a day is used for general nutrition advice, but calorie needs vary.

Nutrient values are based on data from the USDA and our suppliers. Unplanned product substitutions, changes in product specifications and other factors may result in nutrient content variations.

**Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility.**

**Due to these inherent variabilities, guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance.**