

# Mediterranean Pasta Salad

## Nutrition Facts:

Serving Size: 1 cont. (454g), Amount Per Serving:  
Calories 670, Fat Cal. 80, Total Fat 9g (14% DV),  
Sat. Fat 1.5g (8% DV), Cholest. 0mg (0% DV),  
Sodium 1890mg (79%DV), Total Carb. 125g (42%  
DV), Fiber 14g (57% DV), Sugars 12g, Protein 26g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Wheat, Soy

## Ingredient List:

pasta (semolina, durum flour, niacin vitamin b3, iron ferrous sulfate, thiamine mononitrate vitamin B1, riboflavin vitamin B2, folic acid vitamin B9), sundried tomatoes (tomatoes, expeller pressed non-GMO canola oil, extra virgin olive oil, garlic, vinegar, salt, spices), olives (kalamata olives, water, salt, red wine vinegar, extra virgin olive oil) red pepper, celery, green peas, green onions, carrots, basil, artichoke hearts (artichoke hearts, water, salt, citric acid), pepperoncini (green peppers, water, distilled vinegar, salt, citric acid, benzoate of soda, sodium bisulfite, turmeric), chili powder, ground cumin, paprika, italian dressing (water, soybean oil, distilled vinegar, high fructose corn syrup, salt, garlic, onion, red bell peppers, spices, xanthan gum, natural flavors, lemon juice concentrate, calcium disodium edta (used to protect quality), caramel and annatto extract

# Roast Turkey & Salami Ciabatta Sandwich

## Nutrition Facts:

Serving Size: 1 cont. (147g), Amount Per Serving:  
Calories 280, Fat Cal. 110, Total Fat 12g (18% DV),  
Sat. Fat 5g (25% DV), Cholest. 70mg (24% DV),  
Sodium 580mg (24%DV), Total Carb. 38g (13%  
DV), Fiber 0g (0% DV), Sugars 0g, Protein 24g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Milk, Wheat, Soy

## Ingredient List:

Ciabatta (unbleached enriched bread flour (Wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), flour, water, kosher salt, yeast (yeast, sorbitan monostearate)), water, salt, yeast, dry malt), turkey (turkey breast, spices, salt), salami (Pork, beef, salt, water, corn syrup, dextrose, sugar, wine, flavorings, sodium erythroate, sodium nitrate, lactic acid starter culture, sodium nitrite, garlic), pesto cream cheese (whipped cream cheese (Pasteurized nonfat milk, milkfat, whey protein concentrate, cheese culture, enzymes, rennet, salt, <2% of powdered cellulose), water, canola oil, garlic powder, salt)

# California Roll

## Nutrition Facts:

Serving Size: 1 cont. (270g), Amount Per Serving:  
Calories 390, Fat Cal. 90, Total Fat 10g (15% DV),  
Sat. Fat 1g (6% DV), Cholest. 5mg (2% DV), Sodium  
620mg (26%DV), Total Carb. 66g (22% DV), Fiber  
2g (10% DV), Sugars 8g, Protein 11g. Percent Daily  
Value (DV) based on a 2,000 calorie diet

## Allergens:

Milk, Egg, Fish, Wheat, Soy

## Ingredient List:

sushi rice (water, rice, rice vinegar, sugar, salt), imitation crab meat (alaska pollock (msc certified), water, sorbitol, modified corn starch, wheat starch, sugar, salt, natural flavors (hydrolyzed soy protein, crab extract), egg whites, sodium tripolyphosphate, tetrasodium pyrophosphate, color added, carmine color), mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium edta, natural flavors), avocado, toasted sesame seed, nori (toasted seaweed). soy sauce packet, wasabi packet, pickled ginger packet.

## EBI - Salad Roll

### Nutrition Facts:

Serving Size: 1 cont. (304g), Amount Per Serving:  
Calories 290, Fat Cal. 100, Total Fat 11g (17% DV),  
Sat. Fat 1g (5% DV), Cholest. 115mg (37% DV),  
Sodium 440mg (19%DV), Total Carb. 34g (11%  
DV), Fiber 3g (14% DV), Sugars 16g, Protein 19g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

### Allergens:

Egg, Fish, Wheat, Soy

### Ingredient List:

spring roll wrap (tapioca, water, rice flour, salt), ebi (shrimp, salt), imitation crab meat (alaska pollock (msc certified), water, sorbitol, modified corn starch, wheat starch, sugar, salt, natural flavors (hydrolyzed soy protein, crab extract), egg whites, sodium tripolyphosphate, tetrasodium pyrophosphate, color added, carmine color), carrot, cucumber, avocado, green leaf lettuce, sweet chili sauce (sugar, water, pickled red chili, vinegar, garlic, salt, xanthan gum) soy sauce packet, wasabi packet, pickled ginger packet.

# Maki - Inari

## Nutrition Facts:

Serving Size: 1 cont. (453g), Amount Per Serving:  
Calories 740, Fat Cal. 170, Total Fat 19g (28% DV),  
Sat. Fat 1.5g (8% DV), Cholest. 10mg (3% DV),  
Sodium 1240mg (52%DV), Total Carb. 112g (37%  
DV), Fiber 4g (16% DV), Sugars 16g, Protein 21g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Milk, Egg, Fish, Wheat, Soy

## Ingredient List:

Inari: inari (soybean curd, sugar, soy sauce, sweet rice wine), Sushi rice (water, rice, rice vinegar, sugar, salt), imitation crab meat (alaska pollock (msc certified), water, sorbitol, modified corn starch, wheat starch, sugar, salt, natural flavors (hydrolyzed soy protein, crab extract), egg whites, sodium tripolyphosphate, tetrasodium pyrophosphate, color added, carmine color), mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium edta, natural flavors) avocado, toasted sesame seed, .

California Roll: Sushi rice (water, rice, rice vinegar, sugar, salt), imitation crab meat (alaska pollock (msc certified), water, sorbitol, modified corn starch, wheat starch, sugar, salt, natural flavors (hydrolyzed soy protein, crab extract), egg whites, sodium tripolyphosphate, tetrasodium pyrophosphate, color added, carmine color), mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium edta, natural flavors), avocado, cucumber, toasted sesame seed, nori (toasted seaweed).

soy sauce packet, wasabi packet, pickled ginger packet.

# Quinoa Sushi Roll

## Nutrition Facts:

Serving Size: 1 cont. (275g), Amount Per Serving:  
Calories 430, Fat Cal. 120, Total Fat 13g (21% DV),  
Sat. Fat 1.5g (7% DV), Cholest. 0mg (0% DV),  
Sodium 360mg (15%DV), Total Carb. 73g (24%  
DV), Fiber 5g (22% DV), Sugars 5g, Protein 12g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Soy

## Ingredient List:

Sushi rice (water, rice, rice vinegar, sugar, salt), quinoa, cucumber, avocado, nori (toasted seaweed), carrot, toasted sesame seeds. soy sauce packet, wasabi packet, pickled ginger packet.

# Smoked Salmon Roll

## Nutrition Facts:

Serving Size: 1 cont. (281g), Amount Per Serving:  
Calories 510, Fat Cal. 230, Total Fat 26g (40% DV),  
Sat. Fat 3g (16% DV), Cholest. 20mg (6% DV),  
Sodium 850mg (36%DV), Total Carb. 63g (21%  
DV), Fiber 4g (15% DV), Sugars 7g, Protein 15g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Egg, Fish, Wheat, Soy

## Ingredient List:

Sushi rice (water, rice, rice vinegar, sugar, salt), smoked salmon (salmon, salt, brown sugar, sodium nitrite, natural hardwood smoke), cucumber, avocado, spicy sauce (mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA (used to protect quality), natural flavors.), sriracha sauce (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, xanthum gum, sodium bisulfite, sesame oil), Nori (toasted seaweed), toasted sesame seeds. soy sauce packet, wasabi packet, pickled ginger packet.

# Spicy Chicken Salad Roll

## Nutrition Facts:

Serving Size: 1 cont. (302g), Amount Per Serving:  
Calories 390, Fat Cal. 220, Total Fat 24g (37% DV),  
Sat. Fat 5g (24% DV), Cholest. 80mg (27% DV),  
Sodium 360mg (15%DV), Total Carb. 16g (5% DV),  
Fiber 3g (11% DV), Sugars 5g, Protein 27g. Percent  
Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Fish, Wheat, Peanut, Soy

## Ingredient List:

teriyaki chicken (soy sauce (water, wheat, soybeans, salt, sodium benzoate; less than 1/10 of 1% as a preservative) , teriyaki sauce (water, soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative]), high fructose corn syrup, sherry, brown sugar, modified food starch, and less than 2% of sesame oil, soybean oil, onion powder, citric acid, salt, natural flavors.), ginger), spring roll wrap (rice, tapioca, salt, water), carrot, cucumber, bell pepper, onion, spicy sauce (mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA (used to protect quality), natural flavors.), sriracha sauce (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, xanthum gum, sodium bisulfite, sesame oil), peanut sauce (peanut butter (peanuts, dextrose, hydrogenated vegetable oil (rapeseed and/or cottonseed and/or soybean) salt), cilantro, jalepeno, garlic, ginger, lemon juice, brown sugar, sesame oil, soy sauce, red pepper flakes), lettuce. soy sauce packet, wasabi packet, pickled ginger packet.

# Spicy Shrimp Salad Roll

## Nutrition Facts:

Serving Size: 1 cont. (389g), Amount Per Serving:  
Calories 350, Fat Cal. 200, Total Fat 22g (35% DV),  
Sat. Fat 3g (16% DV), Cholest. 90mg (30% DV),  
Sodium 590mg (25%DV), Total Carb. 23g (8% DV),  
Fiber 5g (20% DV), Sugars 9g, Protein 17g. Percent  
Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Egg, Fish, Shellfish, Wheat, Peanut, Soy

## Ingredient List:

Rice paper (Rice, tapioca, salt, water), shrimp (shimp, salt), carrot, cucumber, avocado, green onion, bell pepper, spicy sauce (mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA (used to protect quality), natural flavors.), sriracha sauce (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, xanthum gum, sodium bisulfite, sesame oil), peanut sauce (peanut butter (peanuts, dextrose, hydrogenated vegetable oil (rapeseed and/or cottonseed and/or soybean) salt), cilantro, jalepeno, garlic, ginger, lemon juice, brown sugar, sesame oil, soy sauce, red pepper flakes), green leaf lettuce. soy sauce packet, wasabi packet, pickled ginger packet.

# Sushi Combo

## Nutrition Facts:

Serving Size: 1 cont. (375g), Amount Per Serving:  
Calories 560, Fat Cal. 120, Total Fat 13g (21% DV),  
Sat. Fat 1.5g (8% DV), Cholest. 70mg (24% DV),  
Sodium 1260mg (52%DV), Total Carb. 89g (30%  
DV), Fiber 2g (8% DV), Sugars 15g, Protein 24g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Fish, Shellfish, Wheat, Soy

## Ingredient List:

California Roll: sushi rice (water, rice, rice vinegar, sugar, salt), imitation crab meat (alaska pollock (msc certified), water, sorbitol, modified corn starch, wheat starch, sugar, salt, natural flavors (hydrolyzed soy protein, crab extract), egg whites, sodium tripolyphosphate, tetrasodium pyrophosphate, color added, carmine color), mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium edta, natural flavors), avocado, toasted sesame seed, nori (toasted seaweed). soy sauce packet, wasabi packet, pickled ginger packet.

Nigiri: sushi rice (water, rice, rice vinegar (rice vinegar, water), sugar, salt), smoked salmon (keta salmon, salt, brown sugar, sodium nitrite, FD&C yellow 6/red 40, natural hardwood smoke), Ebi (Shrimp, salt), unagi (eel, soy sauce( water, soybeans, wheat, salt) sugar, corn syrup, caramel color, annato extract, xanthan gum). soy sauce packet, wasabi packet, pickled ginger packet.

# Teriyaki Chicken Salad Roll

## Nutrition Facts:

Serving Size: 1 cont. (430g), Amount Per Serving:  
Calories 450, Fat Cal. 90, Total Fat 11g (16% DV),  
Sat. Fat 2g (10% DV), Cholest. 120mg (40% DV),  
Sodium 480mg (20% DV), Total Carb. 36g (12%  
DV), Fiber 6g (22% DV), Sugars 13g, Protein 51g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Fish, Wheat, Peanut, Soy

## Ingredient List:

teriyaki chicken (soy sauce (water, wheat, soybeans, salt, sodium benzoate; less than 1/10 of 1% as a preservative) , teriyaki sauce (water, soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative]), high fructose corn syrup, sherry, brown sugar, modified food starch, and less than 2% of sesame oil, soybean oil, onion powder, citric acid, salt, natural flavors.), ginger), spring roll wrap (rice, tapioca, salt, water), carrot, cucumber, bell pepper, onion, peanut sauce (peanut butter, cilantro, jalapeño, garlic, ginger, lemon juice (filtered water, lemon juice concentrate, lemon oil, sodium benzoate, sodium bisulfite), brown sugar, sesame oil, salt, soy sauce (water, wheat, soybeans, salt, sodium benzoate; less than 1/10 of 1% as a preservative) , fish sauce (water, anchovy extract, salt, sugar), red pepper flakes), lettuce, toasted sesame seeds. soy sauce packet, wasabi packet, pickled ginger packet.

# Tofu Salad Roll

## Nutrition Facts:

Serving Size: 1 cont. (431g), Amount Per Serving:  
Calories 370, Fat Cal. 230, Total Fat 25g (39% DV),  
Sat. Fat 4g (19% DV), Cholest. 5mg (2% DV),  
Sodium 480mg (20%DV), Total Carb. 27g (9% DV),  
Fiber 7g (26% DV), Sugars 11g, Protein 15g. Percent  
Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Egg, Wheat, Peanut, Soy

## Ingredient List:

spring roll wrap (rice, tapioca, salt, water), firm tofu (non-GMO soybeans, water, magnesium chloride nigari), carrot, cilantro, bell pepper, cucumber, green leaf lettuce, spicy sauce (mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium EDTA (used to protect quality), natural flavors.), sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, xanthan gum, sodium bisulfate), sesame oil), peanut sauce (peanut butter, cilantro, jalapeño, garlic, ginger, lemon juice (filtered water, lemon juice concentrate, lemon oil, sodium benzoate, sodium bisulfite), brown sugar, sesame oil, soy sauce (water, wheat, soybeans, salt, sodium benzoate; less than 1/10 of 1% as a preservative), red pepper flakes), soy sauce packet, wasabi packet, pickled ginger packet.

# Vegan Salad Roll

## Nutrition Facts:

Serving Size: 1 cont. (290g), Amount Per Serving:  
Calories 290, Fat Cal. 120, Total Fat 14g (21% DV),  
Sat. Fat 1.5g (8% DV), Cholest. 0mg (0% DV),  
Sodium 290mg (12%DV), Total Carb. 36g (12%  
DV), Fiber 4g (18% DV), Sugars 16g, Protein 11g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Soy

## Ingredient List:

Rice paper wrap (Rice, tapioca, salt, water), carrot, cucumber, avocado, firm tofu, sweet chili sauce (Sugar, water, pickled red chili, vinegar, garlic, salt, xanthan gum), green leaf lettuce. soy sauce packet, wasabi packet, pickled ginger packet.

# Vegan Sushi

## Nutrition Facts:

Serving Size: 1 cont. (233g), Amount Per Serving:  
Calories 370, Fat Cal. 110, Total Fat 12g (19% DV),  
Sat. Fat 1.5g (7% DV), Cholest. 0mg (0% DV),  
Sodium 370mg (15%DV), Total Carb. 62g (21%  
DV), Fiber 4g (17% DV), Sugars 6g, Protein 9g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Soy

## Ingredient List:

sushi rice (water, rice, rice vinegar, sugar, salt), carrots, cucumber, avocado, toasted sesame seeds, nori (toasted seaweed), soy sauce packet, wasabi packet, pickled ginger packet.

# Veggie Sushi

## Nutrition Facts:

Serving Size: 1 cont. (261g), Amount Per Serving:  
Calories 470, Fat Cal. 200, Total Fat 22g (34% DV),  
Sat. Fat 8g (39% DV), Cholest. 30mg (10% DV),  
Sodium 450mg (19%DV), Total Carb. 63g (21%  
DV), Fiber 4g (17% DV), Sugars 6g, Protein 11g.  
Percent Daily Value (DV) based on a 2,000 calorie diet

## Allergens:

Milk

## Ingredient List:

sushi rice (water, rice, rice vinegar, sugar, salt), carrot, cucumber, cream cheese (pasteurized nonfat milk, milkfat, whey protein, whey, cheese culture, salt, carob bean gum, xanthan gum, guar gum, sorbic acid, vitamin A palmitate), nori (toasted seaweed), toasted sesame seeds, soy sauce packet, wasabi packet, pickled ginger packet.