



NUTRITIONAL INFORMATION GUIDE

Teriyaki Meals

	calories	calories from fat	fat g	saturated fat g	trans fat g	cholesterol mg	sodium mg	carbohydrate g	fiber g	sugars g	protein g
Chicken with steamed rice	640	210	24	5	0	95	870	79	2	7	28
Chicken with brown rice	660	230	26	6	0	95	870	74	6	8	31
Chicken with fried rice	660	250	28	6	0	95	1530	76	3	10	28
Chicken with noodles	870	280	32	6	0	95	1580	105	7	10	43
Beef with steamed rice	580	140	16	3.5	0	55	1220	80	2	9	30
Beef with brown rice	590	160	18	4	0	55	1230	75	6	10	33
Beef with fried rice	600	180	20	4	0	55	1880	76	3	12	29
Beef with noodles	810	210	24	4	0	55	1940	106	7	12	45
Shrimp with steamed rice	530	110	12	1.5	0	165	1200	80	2	10	27
Shrimp with brown rice	550	130	14	2	0	165	1210	75	6	11	30
Shrimp with fried rice	560	140	16	2	0	165	1870	77	3	12	27
Shrimp with noodles	760	180	20	2	0	165	1920	106	7	13	42
Chicken & Shrimp with steamed rice	750	250	29	6	0	185	1450	85	2	12	40
Chicken & Shrimp with brown rice	770	280	31	6	0	185	1450	80	6	12	43
Chicken & Shrimp with fried rice	780	290	33	7	0	185	2110	81	3	14	40
Chicken & Shrimp with noodles	980	330	36	7	0	185	2160	111	7	15	55
Beef & Shrimp with steamed rice	690	180	21	4	0	145	1800	85	2	14	41
Beef & Shrimp with brown rice	700	200	23	4.5	0	145	1810	80	6	15	44
Beef & Shrimp with fried rice	710	220	25	5	0	145	2460	82	3	16	41
Beef & Shrimp with noodles	920	250	28	4.5	0	145	2520	112	7	17	56


Bento Box

	calories	calories from fat	fat g	saturated fat g	trans fat g	cholesterol mg	sodium mg	carbohydrate g	fiber g	sugars g	protein g
Chicken with steamed rice	800	290	32	6	0	85	1130	97	4	16	28
Chicken with brown rice	810	300	33	7	0	85	1130	98	7	16	31
Chicken with fried rice	820	310	35	7	0	85	1570	95	5	18	28
Chicken with noodles	950	330	37	7	0	85	1610	114	7	18	38
Beef with steamed rice	810	260	29	6	0	65	1690	100	4	20	36
Beef with brown rice	820	280	31	6	0	65	1690	97	7	20	38
Beef with fried rice	830	290	32	6	0	65	2130	98	5	21	36
Beef with noodles	970	310	35	6	0	65	2170	118	7	22	46
Shrimp with steamed rice	730	220	24	3.5	0	155	1500	99	4	19	30
Shrimp with brown rice	740	230	26	4	0	155	1500	95	7	19	32
Shrimp with fried rice	750	240	27	4	0	155	1940	96	5	20	29
Shrimp with noodles	890	260	29	4	0	155	1980	116	7	21	39


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NUTRITIONAL INFORMATION GUIDE


Sides

	calories	calories from fat	fat g	saturated fat g	trans fat g	cholesterol mg	sodium mg	carbohydrate g	fiber g	sugars g	protein g
	190	80	9	1.5	0	0	350	15	2	0	3
Vegetable Spring Roll	190	80	9	1.5	0	0	350	15	2	0	3
Chicken Egg Roll	160	50	6	1.5	0	15	340	21	3	0	8
Dumplings 6 pcs	260	110	12	2	0	15	400	29	2	1	8
Shrimp Tempura 3 pcs	390	270	30	5	0	60	310	23	<1	0	8
Edamame	170	60	7	1.5	0	0	560	11	7	1	14
Miso Soup	50	20	2	0	0	0	1580	6	1	6	4
Seaweed Salad	70	15	2	0.5	0	0	1060	13	5	10	1
Garden Salad	210	140	15	2	0	0	125	17	4	10	2


D'Lite Meals

	calories	calories from fat	fat g	saturated fat g	trans fat g	cholesterol mg	sodium mg	carbohydrate g	fiber g	sugars g	protein g
	410	50	6	1	0	0	520	83	5	8	8
Vegetables D'Lite with steamed rice	410	50	6	1	0	0	520	83	5	8	8
Vegetables D'Lite with brown rice	420	70	8	1.5	0	0	520	77	8	9	11
Vegetables D'Lite with fried rice	430	90	10	1.5	0	0	1180	79	6	10	8
Vegetables D'Lite with noodles	640	120	14	1.5	0	0	1230	109	10	11	23


Sushi Rolls

	calories	calories from fat	fat g	saturated fat g	trans fat g	cholesterol mg	sodium mg	carbohydrate g	fiber g	sugars g	protein g
	330	70	8	1	0	10	720	57	4	12	9
California Roll	330	70	8	1	0	10	720	57	4	12	9
Chicken Teriyaki Roll	360	100	11	2	0	30	710	53	4	12	12
Shrimp Tempura Roll	520	210	24	4	0	40	660	65	4	10	10
Tempura California Roll	510	230	26	5	0	15	550	61	2	12	8
Salmon Avocado Roll	350	100	11	2	0	25	410	49	4	8	13
Spicy Tuna Roll	430	130	14	2	0	25	700	55	3	11	17
Green Dragon Roll	650	310	35	8	0	105	930	71	5	13	12
Volcano Roll	440	160	17	2.5	0	20	860	54	4	12	15
Rock and Roll	550	190	21	3	0	75	1220	66	5	17	20
Red Bull Roll	590	220	24	4	0	110	1170	58	4	14	29
Dancing Eel Roll	430	120	13	3	0	80	1030	61	4	18	16
Philadelphia Roll	430	160	18	7	0	50	640	49	3	9	17
Boston Roll	280	35	4	0.5	0	60	430	49	4	9	13
Vegetables Roll	280	40	4.5	0.5	0	0	710	54	6	12	5
Tuna Roll	190	5	0	0	0	15	350	33	2	6	11
Salmon Roll	220	45	5	1	0	20	350	33	2	6	10
Rainbow Roll	360	60	7	1.5	0	35	550	51	4	10	21
Spider Roll	510	190	21	3.5	0	30	710	68	4	13	9
Sarku Japan Roll	540	230	26	4	0	110	1030	56	3	12	17


Sushi Combos

	calories	calories from fat	fat g	saturated fat g	trans fat g	cholesterol mg	sodium mg	carbohydrate g	fiber g	sugars g	protein g
	500	110	12	3	0	55	600	66	3	12	28
Salmon and Maki	500	110	12	3	0	55	600	66	3	12	28
Vegetable Zen	590	120	13	1.5	0	0	1190	101	7	25	14
Cooked D'Lite	520	70	8	1	0	30	1230	94	6	19	15
Sushi and Roll	680	100	11	2	0	50	1280	118	7	23	24
Sushi, Sashimi and Roll	670	130	14	3	0	75	1140	92	5	18	37

Beverages

	calories	calories from fat	fat g	saturated fat g	trans fat g	cholesterol mg	sodium mg	carbohydrate g	fiber g	sugars g	protein g
	22 oz	250	0	0	0	0	85	72	0	72	0
Dr. Pepper	22 oz	250	0	0	0	0	85	72	0	72	0
	32 oz	360	0	0	0	0	120	104	0	104	0
	44 oz	500	0	0	0	0	170	143	0	143	0
Classic Coke	22 oz	290	0	0	0	0	65	80	0	80	0
	32 oz	430	0	0	0	0	95	116	0	116	0
	44 oz	580	0	0	0	0	130	160	0	160	0
Diet Coke	22 oz	0	0	0	0	0	95	0	0	0	0
	32 oz	0	0	0	0	0	135	0	0	0	0
	44 oz	0	0	0	0	0	190	0	0	0	0
Sprite	22 oz	290	0	0	0	0	130	77	0	77	0
	32 oz	420	0	0	0	0	190	112	0	112	0
	44 oz	570	0	0	0	0	260	154	0	154	0
Fanta Orange	22 oz	310	0	0	0	0	95	84	0	84	0
	32 oz	460	0	0	0	0	140	122	0	122	0
	44 oz	630	0	0	0	0	190	167	0	167	0
MM Lemonade	22 oz	290	0	0	0	0	190	79	0	75	0
	32 oz	420	0	0	0	0	280	115	0	115	0
	44 oz	570	0	0	0	0	390	258	0	150	0
Fuze Iced Tea	22 oz	170	0	0	0	0	85	46	0	46	0
	32 oz	250	0	0	0	0	125	67	0	67	0
	44 oz	350	0	0	0	0	170	92	0	92	0
Brewed Iced Tea	22 oz	0	0	0	0	0	0	0	0	0	0
	32 oz	0	0	0	0	0	0	0	0	0	0
	44 oz	0	0	0	0	0	0	0	0	0	0
Bottled Water		0	0	0	0	0	1	0	0	0	0
Hot Green Tea		0	0	0	0	0	0	0	0	0	0

Sushi Hand Rolls

	calories	calories from fat	fat g	saturated fat g	trans fat g	cholesterol mg	sodium mg	carbohydrate g	fiber g	sugars g	protein g
	210	60	7	1	0	35	330	27	1	5	9
Salmon Skin Hand Roll	210	60	7	1	0	35	330	27	1	5	9
Seafood Hand Roll	170	15	1.5	0	0	35	530	29	1	7	9
Spicy Tuna Hand Roll	180	30	3.5	0.5	0	10	450	27	1	6	8

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ALLERGEN INFORMATION

TERIYAKI MEALS	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOY	SULFITES
Chicken							✓	✓	
Beef							✓	✓	
Shrimp				✓			✓	✓	
Chicken & Shrimp				✓			✓	✓	
Beef & Shrimp				✓			✓	✓	

BENTO BOXES	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOY	SULFITES
Chicken		✓	✓	✓			✓	✓	
Beef		✓	✓	✓			✓	✓	
Shrimp		✓	✓	✓			✓	✓	

SUSHI COMBOS	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOY	SULFITES
Salmon and Maki		✓	✓	✓			✓	✓	
Vegetable Zen							✓	✓	
Cooked D'Lite		✓	✓	✓			✓	✓	
Sushi and Roll		✓	✓	✓			✓	✓	
Sushi, Sashimi and Roll		✓	✓	✓			✓	✓	

SIDES	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOY	SULFITES
Vegetable Spring Roll							✓	✓	
Chicken Egg Roll	✓	✓					✓	✓	
Dumplings		✓					✓	✓	
Shrimp Tempura				✓			✓	✓	✓
Edamame								✓	
Miso Soup			✓					✓	
Seaweed Salad							✓	✓	
Garden Salad							✓	✓	

SUSHI ROLLS	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOY	SULFITES
California Roll		✓	✓	✓			✓	✓	
Chicken Teriyaki Roll			✓				✓	✓	
Shrimp Tempura Roll			✓	✓			✓	✓	
Tempura California Roll	✓	✓	✓	✓			✓	✓	
Salmon Avocado Roll			✓				✓	✓	
Spicy Tuna Roll		✓	✓				✓	✓	✓
Green Dragon Roll	✓		✓	✓			✓	✓	
Volcano Roll		✓	✓	✓			✓	✓	✓
Rock and Roll		✓	✓				✓	✓	✓
Red Bull Roll		✓	✓	✓			✓	✓	✓
Dancing Eel Roll		✓	✓	✓			✓	✓	
Philadelphia Roll	✓		✓				✓	✓	
Boston Roll				✓			✓	✓	
Vegetables Roll							✓	✓	
Tuna Roll			✓				✓	✓	
Salmon Roll			✓				✓	✓	
Rainbow Roll		✓	✓	✓			✓	✓	
Spider Roll			✓	✓			✓	✓	
Sarku Japan Roll		✓	✓	✓			✓	✓	✓

SUSHI HAND ROLLS	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOY	SULFITES
Salmon Skin Hand Roll			✓				✓	✓	
Seafood Hand Roll		✓	✓	✓			✓	✓	
Spicy Tuna Hand Roll		✓	✓				✓	✓	✓

D'LITE MEAL	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOY	SULFITES
Vegetables D'Lite							✓	✓	

- Some menu items may not be available at all Sarku restaurants. Limited time offers, test products have not been included.
- The allergen information given shows the presence of specific allergens that are present in the ingredients of the menu items based on standard products information and ingredient declarations.
- Sarku Japan prepares our entrée fresh with shared cooking equipment and therefore allergens could be present in any entrée.
- If you have special dietary needs, experience food allergies or sensitivities or just need more details about our products, please call 1-888-612-7551.
- Our customer relations representative can answer your questions and help you to choose the Sarku foods that are good for you.