



NUTRITION GUIDE

PROTEIN	GLUTEN FREE	GL/SCOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Ahi Tuna	✓		82	2g	1g	0g	19mg	20mg	2g	0g	12g	32%	0%	0%	4%
Salmon	✓		118	7g	1g	0g	31mg	34mg	0g	0g	12g	1%	0%	0%	2%
Albacore Tuna	✓		70	2g	0g	0g	30mg	20mg	0g	0g	10g	0%	0%	0%	4%
Spicy Salmon			130	9g	2g	0g	30mg	78mg	1g	11g	12g	2%	0%	2%	1%
Shrimp	✓		67	1g	0g	0g	114mg	306mg	0g	0g	10g	2%	0%	2%	8%
Scallops	✓		50	0g	0g	0g	18mg	90mg	1g	0g	10g	0%	0%	2%	0%
Free Range Chicken	✓		60	1g	1g	0g	45mg	270mg	0g	0g	13g	0%	0%	2%	4%
Organic Tofu	✓		46	2g	1g	0g	0mg	77mg	1g	0g	5g	0%	0%	4%	4%

*Regular = 2 protein choices, Large = 3 protein choices

BASE	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Swahi Rice	✓	8	288	0g	0g	0g	0mg	774mg	67g	9g	4g	0%	0%	0%	0%
Brown Rice	✓	8	320	0g	0g	0g	0mg	887mg	69g	0g	8g	0%	0%	0%	0%
Quinoa	✓	6	204	3g	1g	0g	0mg	12mg	30g	1g	7g	0%	0%	0%	10%
Salad Mix	✓	2	14	0g	0g	0g	0mg	34mg	2g	0g	1g	21%	8%	0%	6%
Burrito		10	310	0g	0g	0g	0mg	502mg	68g	9g	5g	0%	15%	0%	4%
Kale Noodles		4	318	3g	1g	0g	0mg	829mg	62g	2g	11g	0%	0%	0%	0%
Cabbage Mix	✓	1	7	0g	0g	0g	0mg	5mg	1g	1g	0g	0%	17%	6%	0%
Seaweed Wrap		2	20	0g	0g	0g	0mg	85mg	1g	0g	1g	0%	15%	0%	4%

ARIZ-INS	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Cilantro	✓	1/4	2	0g	0g	0g	0mg	3mg	0g	0g	0g	9%	3%	0%	0%
Cucumber	✓	1	3	0g	0g	0g	0mg	1mg	1g	0g	0g	0%	0%	0%	0%
Diced Mango	✓	1	17	0g	0g	0g	0mg	0mg	4g	4g	0g	2%	17%	0%	0%
Edamame	✓	1	34	1g	0g	0g	0mg	2mg	2g	1g	3g	1%	1%	2%	3%
Hot Chili Seaweed	✓	1/4	10	0g	0g	0g	0mg	582mg	3g	0g	1g	2%	2%	4%	17%
Jalapeno	✓	1	9	0g	0g	0g	0mg	0mg	2g	0g	0g	5%	21%	0%	1%
Avocado	✓	1	11	0g	0g	0g	0mg	1mg	2g	0g	0g	0%	10%	0%	1%
Kale	✓	1	8	0g	0g	0g	0mg	7mg	1g	0g	0g	0%	0%	4%	3%
Mamaderin Oranges	✓	2	20	0g	0g	0g	0mg	0mg	0g	2g	0g	4%	30%	1%	0%
Onion Seaweed	✓	1/4	1	0g	0g	0g	0mg	105mg	3g	0g	0g	0%	0%	24%	5%
Shiso Leaves	✓	1/4	1	0g	0g	0g	0mg	1mg	1g	0g	0g	0%	1%	1%	5%
Sweet Onion	✓	3/4	7	0g	0g	0g	0mg	2mg	1g	1g	0g	0%	2%	0%	0%

TOPPING'S	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Avocado	✓	1 1/2	72	6g	0g	0g	0mg	3mg	1g	0g	0g	0%	0%	0%	0%
Green Onion	✓	1/5	2	0g	0g	0g	0mg	1mg	0g	0g	0g	1%	2%	1%	5%
Miso		1/2	19	0g	0g	0g	40mg	375mg	3g	3g	1g	0%	0%	0%	0%
Pickled Ginger	✓	1	6	0g	0g	0g	0mg	257mg	1g	0g	0g	0%	0%	0%	2%
Seaweed Salad		1	30	1g	0g	0g	0mg	233mg	4g	1g	0g	0%	0%	0%	4%
Sesame Seeds	✓	1/6	26	2g	0g	0g	0mg	1mg	1g	0g	1g	0%	0%	3%	2.5%
Spicy Furikake		1/7	10	1g	0g	0g	0mg	105mg	1g	1g	0g	0%	0%	0%	3%
Surimi Salad		1	44	2g	1g	0g	6mg	155mg	4g	1g	2g	0%	0%	1%	1%
Thai Chili	✓	1/6	5	0g	0g	0g	17mg	11mg	0g	0g	0g	2%	4%	3%	0%
Wasabi	✓	1/4	2	0g	0g	0g	0mg	1mg	0g	0g	0g	2%	19%	1%	2%
Wasabi Tsubiko		1/2	41	1g	0g	0g	0mg	475mg	6g	2g	0g	0%	0%	1%	5%

CRUNCH	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Garlic Crisps		1/2	67	3g	1g	0g	0mg	56mg	8g	0g	2g	0%	0%	0%	0%
Lotus Crisps		1	30	1g	0g	0g	0mg	60mg	5g	1g	1g	0%	0%	0%	0%
Macadamia Nuts	✓	1	204	21g	3g	0g	0mg	5mg	4g	1g	2g	0%	0%	1%	3%
Onion Crisps		1/2	75	4g	1g	0g	0mg	45mg	9g	3g	0g	0%	0%	3%	0%
Shredded Nori		1/4	1	0g	0g	0g	0mg	2mg	0g	0g	0g	4%	2%	0%	0%
Toasted Rice Puffs		1/4	26	0g	0g	0g	0mg	60mg	6g	5g	0g	0%	0%	1%	2.5%
Wonton Crisps		1/2	30	2g	2g	2g	2mg	64mg	2g	0g	2g	0%	0%	1%	3%

SALUCE	GLUTEN FREE	GL/BOWL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Poke Works Classic		2	310	19g	2g	1g	0mg	618mg	10g	9g	1g	0%	1%	0%	0%
Classic Salt	✓	2	119	14g	2g	0g	0mg	87mg	0g	0g	0g	0%	0%	0%	1%
Ponzu Fresh		2	40	0g	0g	0g	0mg	8831mg	4g	4g	0g	1%	0%	0%	4%
Spicy Ginger	✓	2	204	16g	1g	0g	0mg	260mg	14g	11g	1g	0%	23%	1%	2%
Sriracha Aioli	✓	2	238	24g	3g	0g	17mg	482mg	5g	4g	1g	0%	26%	3%	2%
Sweet Chili Gochujang	✓	2	130	5g	1g	0g	0mg	901mg	19g	16g	2g	0%	1%	2%	3%
Umaami Shoyu		2	79	3g	1g	0g	1mg	1170mg	11g	9g	0g	0%	3%	0%	0%
Wasabi Aioli	✓	2	261	28g	4g	0g	20mg	266mg	1g	0g	1g	0%	20%	1%	1%

SIDES	GLUTEN FREE	GL	CALORIES	TOTAL FAT	SAT. FAT	TRANS FAT	CHOLEST	SODIUM	TOTAL CARB	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM (%)	IRON
Miso Soup*		8	85	4g	2g	0g	0mg	800mg	10g	2g	8g	0%	0%	4%	0%

*Gluten Free option available upon request

	Regular	Large
Signature Works*	Calories	Calories
Hawaiian Classic	550	630
Umaami Classic	290	370
Spicy Ahi	455	540
Shiso Salmon	345	455
Spicy Ponzu Albacore	240	310
Wasabi Shrimp & Scallops	435	490
Sweet Ginger Chicken	395	455
Sweet Chili Tofu (v)	290	340

*Calorie range does not include base

ALLERGENS						
Egg	Fish	Gluten	Gluten Free	Milk	Shellfish	Soy
		X				X
	X	X				X
X		X				X
	X	X				X
X		X			X	X
			X			X
			X			X

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JG Myers



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Table of Contents Restaurant Nutrition Guide Booklets

1. Understanding the eBook Restaurant Nutrition Guide Booklets
 - The Rise of Digital Reading Restaurant Nutrition Guide Booklets
 - Advantages of eBooks Over Traditional Books
2. Identifying Restaurant Nutrition Guide Booklets
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Restaurant Nutrition Guide Booklets
 - User-Friendly Interface
4. Exploring eBook Recommendations from Restaurant Nutrition Guide Booklets

- Personalized Recommendations
- Restaurant Nutrition Guide Booklets User Reviews and Ratings
- Restaurant Nutrition Guide Booklets and Bestseller Lists
- 5. Accessing Restaurant Nutrition Guide Booklets Free and Paid eBooks
 - Restaurant Nutrition Guide Booklets Public Domain eBooks
 - Restaurant Nutrition Guide Booklets eBook Subscription Services
 - Restaurant Nutrition Guide Booklets Budget-Friendly Options
- 6. Navigating Restaurant Nutrition Guide Booklets eBook Formats
 - ePub, PDF, MOBI, and More
 - Restaurant Nutrition Guide Booklets Compatibility with Devices
 - Restaurant Nutrition Guide Booklets Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Restaurant Nutrition Guide Booklets
 - Highlighting and Note-Taking Restaurant Nutrition Guide Booklets
 - Interactive Elements Restaurant Nutrition Guide Booklets
- 8. Staying Engaged with Restaurant Nutrition Guide Booklets
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Restaurant Nutrition Guide Booklets
- 9. Balancing eBooks and Physical Books Restaurant Nutrition Guide Booklets
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Restaurant Nutrition Guide Booklets
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Restaurant Nutrition Guide Booklets
 - Setting Reading Goals Restaurant Nutrition Guide Booklets
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Restaurant Nutrition Guide Booklets

- Fact-Checking eBook Content of Restaurant Nutrition Guide Booklets
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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