

NUTRITION & ALLERGEN INFORMATION

NUTRITION FACTS

ALLERGENS

| MENU ITEM | NUTRITION FACTS | | | | | | | | | | | | | | ALLERGENS | | | | | | | | | |
|--------------------------|-----------------|-----------------------|----------|-------------------|-------------------|---------------|-------------------|---------------|------------------|-------------|----------------|-------------------|------------|-------------|-----------|-----|---------|----------|------|-----------|------|------|--------------|---|
| | Serving Size* | Serving Size (Weight) | Calories | Calories per 1 oz | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Wheat | Soy | Peanuts | Treenuts | Fish | Shellfish | Eggs | Milk | No Allergens | |
| POKÉ | | | | | | | | | | | | | | | | | | | | | | | | |
| Original Ahi Tuna | 2.00 | 2.50 | 100 | 50 | 30 | 3.5 | 0 | 0 | 20 | 300 | 3 | 0 | 1 | 14 | x | | | | x | | | | | |
| Sriracha Ahi Tuna | 2.00 | 2.00 | 70 | 35 | 20 | 2 | 0 | 0 | 15 | 240 | 2 | 0 | 2 | 10 | | | | | x | | | | | |
| Original Salmon | 2.00 | 2.50 | 140 | 70 | 80 | 9 | 2 | 0 | 30 | 290 | 2 | 0 | 1 | 12 | x | | | | x | | | | | |
| Spicy Yuzu Salmon | 2.00 | 3.25 | 180 | 90 | 110 | 12 | 2.5 | 0 | 40 | 160 | 4 | 0 | 4 | 14 | | | | | x | | | | | |
| Creamy Bay Scallops | 2.00 | 2.00 | 130 | 65 | 50 | 5 | 0.5 | 0 | 45 | 280 | 3 | 0 | 0 | 16 | x | | | | | x | | | | |
| Kimchee Shrimp | 2.00 | 2.00 | 80 | 40 | 25 | 2.5 | 0 | 0 | 55 | 1900 | 3 | 0 | 0 | 12 | x | | | | | x | | | | |
| Kimchee Tako* | 2.00 | 1.50 | 60 | 30 | 10 | 1 | 0 | 0 | 50 | 250 | 2 | 0 | 0 | 8 | x | | | | x | | | | | |
| Lobster Mayo | 1.00 | 2.00 | 100 | 100 | 60 | 6 | 1 | 0 | 35 | 360 | 1 | 0 | 0 | 9 | x | | | | | x | | | | |
| Crab Meat Mix | 1.00 | 1.25 | 90 | 90 | 70 | 7 | 1 | 0 | 5 | 250 | 4 | 0 | 2 | 2 | x | | | | | x | | | | |
| California Poke | 1.00 | 1.25 | 90 | 90 | 63 | 7 | 1 | 0 | 5 | 260 | 5 | 0 | 2 | 2 | x | | | | | x | | | | |
| Tofu | 2.00 | 2.00 | 60 | 30 | 30 | 3.5 | 0 | 0 | 0 | 480 | 2 | 0 | 1 | 6 | x | x | | | | | | | | |
| TOPPINGS | | | | | | | | | | | | | | | | | | | | | | | | |
| Avocado | 1.00 | 1.00 | 45 | | 35 | 4 | 0.5 | 0 | 0 | 0 | 2 | 2 | 0 | 1 | | | | | | | | | | x |
| Edamame | 1.00 | 0.50 | 0 | | 0 | 0 | 0 | 0 | 0 | 390 | 0 | 0 | 0 | 0 | | | | | | | | | | x |
| Ginger | 1.00 | 0.50 | 10 | | 0 | 0 | 0 | 0 | 0 | 170 | 3 | 0 | 2 | 1 | | | | | | | | | | x |
| Fried Onion | 1.00 | 0.40 | 60 | | 36 | 4 | 1 | 0 | 0 | 45 | 4 | 0 | 0 | 0 | | | | | | | | | | x |
| Seaweed Salad | 1.00 | 1.00 | 35 | | 15 | 1.5 | 0 | 0 | 0 | 320 | 4 | 1 | 3 | 0 | | | | | | | | | | x |
| Corn* | 1.00 | 1.00 | 25 | | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 1 | 1 | 1 | | | | | | | | | | x |
| Dried Seaweed* | 1.00 | 1.00 | 110 | | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 11 | 0 | 11 | | | | | | | | | | x |
| Masago* | 1.00 | 0.10 | 5 | | 0 | 0 | 0 | 0 | 5 | 60 | 1 | 0 | 1 | 0 | | | | | | | x | | | |
| Green Onion* | 1.00 | 0.10 | 0 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | x |
| TEPPAN | | | | | | | | | | | | | | | | | | | | | | | | |
| Grilled Salmon | 1 pc | 2.50 | 160 | | 80 | 9 | 2.5 | 0 | 35 | 250 | 3 | 0 | 3 | 17 | x | x | | | x | | | | | |
| Angus Steak | 6 pcs | 2.00 | 110 | | 40 | 4.5 | 1.5 | 0 | 35 | 310 | 2 | 0 | 1 | 14 | x | x | | | | | | | | |
| Grilled Chicken | 6 pcs | 2.00 | 100 | | 40 | 4.5 | 1.5 | 0 | 60 | 180 | 3 | 0 | 3 | 12 | x | x | | | | | | | | |
| Shrimp Tempura | 2 pcs | 1.50 | 130 | | 54 | 6 | 1 | 0 | 65 | 200 | 10 | 1 | 0 | 8 | x | x | | | | x | x | x | x | |
| Spam* | 1 slice | 1.50 | 180 | | 144 | 16 | 6 | 0 | 40 | 790 | 1 | 0 | 0 | 7 | | | | | | | | | | x |
| SIDES | | | | | | | | | | | | | | | | | | | | | | | | |
| Sushi Rice | 8.00 | 8.00 | 380 | | 0 | 0 | 0 | 0 | 0 | 350 | 87 | 0 | 7 | 7 | | | | | | | | | | x |
| | 10.00 | 10.00 | 480 | | 0 | 0 | 0 | 0 | 0 | 440 | 109 | 0 | 9 | 9 | | | | | | | | | | x |
| Brown Rice | 8.00 | 8.00 | 320 | | 32 | 3.5 | 0.5 | 0 | 0 | 10 | 65 | 3 | 1 | 6 | | | | | | | | | | x |
| | 10.00 | 10.00 | 400 | | 36 | 4 | 0.5 | 0 | 0 | 10 | 81 | 4 | 1 | 8 | | | | | | | | | | x |
| Salad Mix | 6.00 | 6.00 | 40 | | 0 | 0 | 0 | 0 | 0 | 190 | 6 | 3 | 3 | 4 | | | | | | | | | | x |
| | 8.00 | 8.00 | 50 | | 0 | 0 | 0 | 0 | 0 | 250 | 8 | 4 | 4 | 5 | | | | | | | | | | x |
| Miso Soup* | 1 cup | 12.00 | 80 | | 22.5 | 2.5 | 0 | 0 | 0 | 1510 | 8 | 0 | 4 | 5 | | x | | | x | | | | | |
| Curry* | 1/2 cup | 6.00 | 190 | | 108 | 12 | 7 | 0 | 0 | 1470 | 21 | 1 | 8 | 1 | x | x | | | | | | | | |
| SUSHI & ROLLS | | | | | | | | | | | | | | | | | | | | | | | | |
| California Roll | 6 pcs | 202 | 7.1 oz | 350 | 110 | 12 | 2 | 0 | 10 | 480 | 54 | 4 | 7 | 8 | | | | | | | | | | x |
| California Sunrise Roll | 6 pcs | 218 | 7.7 oz | 340 | 90 | 10 | 1.5 | 0 | 60 | 930 | 56 | 3 | 11 | 8 | | | | | x | x | | | | |
| Eel Roll | 6 pcs | 161 | 5.7 oz | 210 | 50 | 5 | 1 | 0 | 35 | 1510 | 35 | 1 | 30 | 7 | | x | | | | x | | | | |
| Rainbow Roll | 6 pcs | 282 | 9.9 oz | 440 | 130 | 15 | 2.5 | 0 | 75 | 830 | 56 | 4 | 9 | 20 | | | | | | x | | | | |
| Spicy Tuna Roll | 6 pcs | 264 | 9.3 oz | 550 | 210 | 24 | 4 | 0 | 45 | 620 | 59 | 3 | 6 | 22 | | | | | | x | | | | |

NUTRITION FACTS

ALLERGENS

| TEA BAR | Serving Size (oz) | Calories | Fat (g) | Sat. Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Wheat | Soy | Peanuts | Treenuts | Fish | Shellfish | Eggs | Milk | No Allergens | |
|---|-------------------|----------|---------|--------------|------------------|-------------|----------------|-------------------|-----------|-------------|-------|-----|---------|----------|------|-----------|------|------|--------------|---|
| | | | | | | | | | | | | | | | | | | | | |
| Raspberry Black Tea | 16 oz | 210 | 0 | 0 | 0 | 65 | 53 | 3 | 50 | 1 | | | | | | | | | | x |
| | 24 oz | 140 | 0 | 0 | 0 | 40 | 35 | 2 | 34 | 1 | | | | | | | | | | x |
| Passion Fruit Green Tea | 16 oz | 150 | 0 | 0 | 0 | 45 | 38 | 3 | 35 | 2 | | | | | | | | | | x |
| | 24 oz | 250 | 0 | 0 | 0 | 70 | 61 | 5 | 57 | 3 | | | | | | | | | | x |
| Passion Fruit Black Tea | 16 oz | 150 | 0 | 0 | 0 | 45 | 38 | 3 | 35 | 2 | | | | | | | | | | x |
| | 24 oz | 250 | 0 | 0 | 0 | 65 | 62 | 5 | 57 | 3 | | | | | | | | | | x |
| Strawberry Fruit Tea | 16 oz | 150 | 0 | 0 | 0 | 35 | 40 | 1 | 38 | 0 | | | | | | | | | | x |
| | 24 oz | 230 | 0 | 0 | 0 | 45 | 59 | 1 | 57 | 1 | | | | | | | | | | x |
| Hibiscus Green Tea | 16 oz | 190 | 0 | 0 | 0 | 35 | 49 | 0 | 47 | 0 | | | | | | | | | | x |
| | 24 oz | 290 | 0 | 0 | 0 | 50 | 74 | 0 | 70 | 1 | | | | | | | | | | x |
| MILK TEA | | | | | | | | | | | | | | | | | | | | |
| Thai Milk Tea | 16 oz | 280 | 6 | 4 | 0 | 110 | 54 | 0 | 49 | 2 | | | | | | | | | | x |
| | 24 oz | 420 | 9 | 6 | 0 | 170 | 81 | 0 | 73 | 3 | | | | | | | | | | x |
| Classic Green Milk Tea | 16 oz | 260 | 6 | 0 | 0 | 50 | 34 | 2 | 31 | 0 | | | | | | | | | | x |
| | 24 oz | 380 | 10 | 0.5 | 0 | 75 | 50 | 2 | 46 | 1 | | | | | | | | | | x |
| Classic Black Milk Tea | 16 oz | 260 | 6 | 0 | 0 | 50 | 34 | 2 | 31 | 1 | | | | | | | | | | x |
| | 24 oz | 390 | 10 | 0.5 | 0 | 75 | 51 | 2 | 46 | 1 | | | | | | | | | | x |
| Matcha Green Milk Tea | 16 oz | 380 | 7 | 4 | 30 | 60 | 65 | 0 | 32 | 12 | | | | | | | | | | x |
| | 24 oz | 570 | 10 | 6 | 45 | 85 | 97 | 0 | 48 | 19 | | | | | | | | | | x |
| ICED TEA | | | | | | | | | | | | | | | | | | | | |
| Iced Green Tea | 16 oz | 140 | 0 | 0 | 0 | 55 | 34 | 2 | 31 | 0 | | | | | | | | | | x |
| | 24 oz | 200 | 0 | 0 | 0 | 80 | 51 | 3 | 46 | 1 | | | | | | | | | | x |
| Iced Black Tea | 16 oz | 140 | 0 | 0 | 0 | 55 | 34 | 2 | 31 | 1 | | | | | | | | | | x |
| | 24 oz | 210 | 0 | 0 | 0 | 80 | 51 | 3 | 46 | 1 | | | | | | | | | | x |
| | 24 oz | 200 | 0 | 0 | 0 | 75 | 50 | 0 | 45 | 1 | | | | | | | | | | x |
| SMOOTHIE | | | | | | | | | | | | | | | | | | | | |
| Mango Smoothie | 16 oz | 260 | 0 | 0 | 0 | 15 | 61 | 3 | 49 | 3 | | | | | | | | | | x |
| | 24 oz | 490 | 0 | 0 | 0 | 15 | 117 | 4 | 97 | 5 | | | | | | | | | | x |
| SPECIALTY DRINKS | | | | | | | | | | | | | | | | | | | | |
| Infused Water (Lemon Cucumber) | 20 oz | 10 | 0 | 0 | 0 | 15 | 3 | 1 | 1 | 0 | | | | | | | | | | x |
| Infused Water (Strawberry Pineapple) | 20 oz | 20 | 0 | 0 | 0 | 15 | 5 | 1 | 4 | 0 | | | | | | | | | | x |
| Infused Water (Watermelon, Kiwi, Orange) | 20 oz | 30 | 0 | 0 | 0 | 15 | 7 | 1 | 6 | 0 | | | | | | | | | | x |
| Japanese Lemonade | 16 oz | 230 | 0 | 0 | 0 | 10 | 61 | 0 | 58 | 0 | | | | | | | | | | x |
| TOPPINGS | | | | | | | | | | | | | | | | | | | | |
| Tapioca Pearls | 3.7 wt. oz | 130 | 0 | 0 | 0 | 35 | 32 | 1 | 4 | 0 | | | | | | | | | | x |
| Lychee Jelly | 4.4 wt. oz | 270 | 0 | 0 | 0 | 50 | 37 | 1 | 54 | 1 | | | | | | | | | | x |
| Chia Seeds | 3.8 wt. oz | 45 | 3 | 0 | 0 | 0 | 4 | 3 | 0 | 1 | | | | | | | | | | x |

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. These values are based on standard product formulation. Minor acceptable variations can be expected due to sampling differences, product assembly, seasonal influences and regional suppliers. Promotional entrees have not been included

Ingredients are based upon standardized recipes. Variations in nutrition values may occur based upon regional and seasonal ingredient differences, packaging differences and menu items being individually hand served. Hibachi-San uses ingredients that contain all the major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, soy and wheat). Hibachi-San prepares its entrees fresh with shared cooking equipment and therefore allergens could be present in any entree. Hibachi-San does not have any vegetarian or gluten free dishes. No MSG added except for that naturally occurring in certain ingredients.