

Maki		Ingredients
Cucumber		Cucumber, sesame seeds
California		Avocado, cucumber, crab stick, sesame seeds
T-California		Avocado, lettuce, tamago (egg), crabstick, Mayo
Orange	♦	Avocado, cucumber, crab stick garnished with fish egg
Ocean Crab.		Crab meat, avocado, cucumber, sesame seeds, fish egg
Kani Tama	♦	Crab meat, tamago, avocado, lettuce, sesame seeds
Rainbow	♦	California roll topped with salmon, tuna, shrimp
Philadelphia	♦	Salmon, avocado, cream cheese
O Fallon		Smoked salmon, avocado, cream cheese
Spicy Tuna	* ♦	Spicy tuna, cucumber, avocado with fish egg spread on top
Kamikazi	*	Spicy cooked tuna, cucumber, avocado, sesame seeds
Caterpillar.		Asparagus, eel ,cucumber topped with avocado and shrimp garnished with eel sauce
Avocado		Avocado, sesame seeds
Philly		Crab stick, cream cheese
Tuna	♦	Tuna, wasabi
Salmon	♦	Salmon, wasabi
Smoked Salmon		Smoked Salmon, wasabi
Yellow Tail.	♦	Yellow tail, wasabi
Teriyaki Salad		Chicken Teriyaki, lettuce, cucumber, Carrots, Mayo
Spicy California	*	Avocado, cucumber, crab stick garnished with hot sauce
Mexicali	*	Avocado, cucumber, crab stick, shrimp garnished with hot sauce
Alaska	♦	Salmon, cucumber, avocado, sesame seeds
Boston.	♦	Tuna, cucumber, avocado, sesame seeds
Shrimp		Shrimp, cucumber
Shrimp Avocado		Shrimp, avocado, sesame seeds
Monterrey	*	Jalapenos, shrimp, cream cheese , sesame seeds
San Francisco		Seaweed salad, shrimp, cream cheese
Eel		Eel, cucumber, avocado, garnished with eel sauce
Rock & Roll	*	Eel, fish egg, avocado garnished with eel and hot sauce
Shrimp Tempura		Tempura shrimp, Avocado, cucumber, cream cheese
Crunchy		Tempura shrimp, homemade crunchy mixture, crab stick, cream cheese
House Special	*	Tempura shrimp and chicken, cucumber, carrot, cream cheese garnished with special hot sauce
Sumo.		Tempura shrimp, eel, carrot, cucumber, cream cheese garnished with eel sauce
Dynamite	*	Deep fried roll with salmon, spicy tuna, fish egg, crabstick, cream cheese garnished with special hot sauce
Dragon	*	Deep fried roll with salmon, tuna, crabstick ,cream cheese, with fish egg outside with special hot sauce
Spider	* ♦	Deep fried soft shell crab, cream cheese with fish egg outside garnished with hot sauce
Jasmine	♦	Smoked Salmon, asparagus tempura, cream cheese, fish egg, lettuce, sesame seeds
<b>Hawaiian</b>		Deep fried roll with avocado, cream cheese, crabstick, pineapple, garnished with mildly sweet sauce. NO SEAWEED
<b>Double Header</b>		First half: Eel, asparagus, cucumber top with shrimp and avocado. Second half: spicy tuna asparagus, cucumber, topped with shrimp and salmon.
<b>Sunset</b>		Spicy salmon, asparagus, cucumber topped with shrimp, tuna, salmon and eel garnish with hot sauce, and eel sauce.
<b>Volcano</b>		Deep fried roll with avocado, cream cheese, crabstick, pineapple, garnished with mildly sweet sauce and hot sauce and fish egg and carrots. NO SEAWEED

Hand Roll		Ingredients
All hand rolls		All hand rolls have similar ingredients as Maki version
		* Spicy      ♦Raw

# What is Sushi?

Sushi is a combination of rice delicately flavored with rice vinegar, seafood and vegetables. There are five types of Sushi:

**Maki Sushi** – a roll sushi consisting of rice, vegetables/seafood

**Nigiri Sushi** – hand formed rice ball with a slice of seafood on top

**Ingari Sushi** – soybean pouch filled with sushi rice

**Temaki Sushi** – hand rolled sushi

**Chirashi Sushi** – a bowl of sushi rice topped with vegetables/seafood

## Nutritional Facts

- ✓ Low in calories
- ✓ Low in cholesterol
- ✓ Low in fat
- ✓ Low in sodium

Not only does sushi taste great, it is healthy and nutritious. Health conscious individuals find that sushi allows them to have a nutritious meal without consuming excessive amounts of fat, cholesterol, sodium and calories.

## \*Not Just Raw Fish \*

Contrary to consumer's belief, Sushi is not just raw fish. Most Sushi is made with fresh vegetables and cooked seafood. Our most popular item, the California Roll (Net. 7 oz., 290 calories, cholesterol <5), is made with cucumber, avocado and crab stick. In fact, 70% of our menu items are either cooked or made with vegetables such as avocado, cucumber, and carrots.



## \* How to eat Sushi \*

Traditionally, sushi is eaten with fingers. Sushi is not to be dunked in the soy sauce, as that will cause the rice to soak and crumble. Nigiri sushi with fish on top should be turned upside down so that the soy sauce will touch the fish only. The soy sauce is served in a small saucer with Wasabi (Green Horseradish). Pickled ginger (Gari), which is believed to cleanse and refresh the palate, is eaten between different makes of Sushi.