








NUTRITIONAL GUIDE

PLATES

	Calories	Cal. From Fat	Total Fat (g)	Saturated Fat (g)	Trans. Fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Allergens
Chicken 	791	136	15	4.1	0	125	1202	112	3	20	47	SW
Steak 	851	256	28	12	2	105	502	104	3	12	43	SW
WaBa 	831	186	21	7.1	0.5	125	1022	110	3	18	48	SW
Salmon 	771	166	19	3.6	0	85	852	106	3	16	40	FSW
Shrimp 	581	26	3.1	0.6	0	165	1522	108	3	16	28	CSW
Beef Short Rib	941	396	44	18	0	90	362	101	3	10	31	SW

SALADS

Chicken	422	86	9.7	1.9	0	80	1110	47.4	8	28	37	SWT
Steak	552	256	28	11	1.5	90	690	42.4	8	22	36	SWT
Salmon	542	206	23	4.4	0	85	1130	47.4	8	28	38	FSWT
Oriental Dressing 2.5 fl oz	320	220	25	3.5	0	0	820	27	0	20	0	S
Ranch Dressing 2.5 fl oz	270	250	27	6	0	10	370	5	0	2	2	MEW
Casear Dressing 2.5 fl oz	320	310	35	6	0	0	850	2	0	2	2	MEW

BOWLS

Chicken	610	90	10	2.5	0	85	830	92	1	11	34	SW
Steak	630	160	18	8	1	70	300	86	1	5	29	SW
WaBa	650	140	15	6	0.5	85	630	90	1	9	35	SW
Salmon	580	100	11	2	0	50	790	92	1	11	26	FSW
Shrimp	480	15	1.5	0	0	110	1220	93	1	11	20	CSW

VEG. BOWLS

Chicken	570	90	10	2.5	0	85	860	82	5	16	35	SW
Steak	590	160	18	8	1	70	340	76	5	9	31	SW
WaBa	610	140	16	6	0.5	85	670	81	5	14	36	SW
Salmon	540	100	11	2	0	50	820	82	5	16	27	FSW
Shrimp	440	15	2	0	0	110	1260	83	5	16	21	CSW
Veggie	450	15	1.5	0	0	0	85	98	9	8	14	SW

(Waba Sauce not included)

Allergens Key: M - Milk, E - Eggs, P - Peanuts, T - Tree Nuts, F - Fish, C - Shellfish, S - Soy, W - Wheat

Plates: Exchange vegetables for rice reduces: 233 Cal, 51g Carb, 2g Protein, 14% Iron and Contributes: an additional 56mg Sodium, (5g Dietary Fiber, 5g Sugars), 110% Vitamin A, 160% Vitamin C, 10% Calcium **Bowls:** Exchange vegetables for rice reduces: 160 Cal, 34g Carb, 1g Protein, 10% Iron and Contributes: an additional 29mg Sodium, (3g Dietary Fiber, 3g Sugars), 35% Vitamin A, 110% Vitamin C, 6% Calcium. Nutritional Information is for dishes served with brushed sauce. All Plates and Bowls are served with white rice unless otherwise noted. All salads are pre-mixed with Oriental Dressing.

Kid's MENU

KID's Chicken Veggie (w/*BR)	230	40	4.5	1	0	55	400	33	4	7	14	SW
KID's Steak Veggie (w/*BR)	240	70	8	3.5	0	30	150	30	4	4	13	SW
KID's WaBa Veggie (w/*BR)	250	60	7	2.5	0	50	320	32	4	6	15	SW

TOFU MENU

Tofu Plate	701	126	14	2.1	0	0	802.3	112	8	16	29	SW
Tofu Salad	482	166	19	2.9	0	0	1080	52.4	14	28	28	SWT
Tofu Bowl	570	90	9	1.5	0	0	760	96	5	11	22	SW
Tofu Veggie Bowl	520	90	10	1.5	0	0	800	86	9	16	23	SW

SIDES

WaBa Sauce 1.5 oz	70	0	0	0	0	0	920	16	0	14	1	SW
Jalapenos - 15 g	10	10	0	0	0	0	250	2	1	1	0	-
Avocado - 102 g	160	130	15	2	0	0	5	9	7	1	2	-
Soy Sauce - 9 g	5	0	0	0	0	0	550	1	0	0	0	SW
Green Onions - 15 g	0	0	0	0	0	0	0	0	0	0	0	-
Miso Soup - 226 g	25	5	1	0	0	0	650	3	0	0	2	FSWEPECT

SUBSTITUTIONS

*BR - Plate	-45	+19	+2	+0.5	0	0	+15	-13	+5	+1	0	-
*BR - Bowl	-55	+15	+2	+0.5	0	0	+10	-15	+4	+1	0	-
*BR - Veggie Bowl	-40	+10	+1.5	0	0	0	+10	-11	+3	+<1	0	-
**WM - Plate (except waba plate)	-20	-60	-6	-1.5	-	-65	-45	0	0	0	+9	SW
**WM - WaBa Plate	-15	-40	-4.5	-1.5	-	-45	-30	0	0	0	+6	SW
**WM - Salad	-15	-40	-4.5	-1.5	-	-45	-30	0	0	0	+6	SW
**WM - Bowl	-15	-40	-4.5	-1.5	-	-45	-30	0	0	0	+6	SW
**WM - Veggie Bowl	-15	-40	-4.5	-1.5	-	-45	-30	0	0	0	+6	SW
**WM - WaBa Veggie Bowl	-5	-20	-2.5	-1	-	-25	-15	0	0	0	+3	SW
**WM - KID's Chicken Bowl	-5	-15	-2	-0.5	-	-20	-15	0	0	0	+3	SW
**WM - KID's WaBa Bowl	-5	-10	-1	-0.5	-	-15	-10	0	0	0	+2	SW

*BR - Brown Rice | **WM - White Meat