



Bringing authentic sushi to supermarkets, hospitals, universities, banks and corporations



weight of serving size

weight of serving size

PARTYtrays

| | | | |
|------------------------|-----------|------|------|
| sampler tray | 80 pieces | 9-10 | 1559 |
| vegetable party tray | 70 pieces | 8-9 | 1417 |
| deluxe roll party tray | 60 pieces | 7-8 | 1275 |
| fiesta party tray | 50 pieces | 5-6 | 850 |
| let's try it tray | 35 pieces | 4-5 | 755 |
| nigiri tray | 30 pieces | 4-5 | 708 |

SIDEitems

| | |
|---------------|--------------|
| miso soup | 349 calories |
| beef shumai | 234 calories |
| pork shumai | 246 calories |
| shrimp shumai | 227 calories |

wisconsinsushi.com

COOKEDsushi

| | calories | serving size | weight of serving size | total fat (g) | saturated | trans fat (g) | cholesterol | sodium (mg) | total | dietary | sugar (g) | protein (g) | calcium (%) | iron (%) |
|---|----------|--------------|------------------------|---------------|-----------|---------------|-------------|-------------|-------|---------|-----------|-------------|-------------|----------|
| unagi | 324 | 1 | 204 | 10 | 2 | 0 | 52 | 1380 | 50 | 2 | 15 | 10 | 5 | 7 |
| california roll | 307 | 1 | 238 | 5 | 1 | 0 | 5 | 1220 | 50 | 4 | 15 | 9 | 20 | 5 |
| california roll deluxe | 310 | 1 | 243 | 4.3 | 0.5 | 0 | 45 | 1350 | 55 | 4 | 16 | 9 | 25 | 5 |
| tempura shrimp roll deluxe | 557 | 1 | 348 | 15 | 4.3 | 0 | 65 | 1900 | 80 | 5 | 25 | 15 | 20 | 6 |
| dragon roll | 307 | 1 | 238 | 6 | 1 | 0 | 5 | 1220 | 50 | 4 | 15 | 8 | 25 | 5 |
| shrimp roll deluxe | 290 | 1 | 142 | 5 | 1 | 0 | 65 | 870 | 28 | 2 | 15 | 8 | 7 | 6 |
| imitation crab philly roll | 364 | 1 | 240 | 12 | 4 | 0 | 23 | 1200 | 50 | 3 | 14 | 8 | 18 | 7 |
| imitation crab deluxe philly roll | 370 | 1 | 260 | 12 | 0.5 | 0 | 65 | 1360 | 54 | 4 | 14 | 9 | 18 | 7 |
| smoked salmon philly roll | 287 | 1 | 240 | 13 | 5 | 0 | 25 | 1400 | 45 | 3 | 13 | 14 | 6 | 6 |
| smoked salmon deluxe philly roll | 376 | 1 | 260 | 12 | 6 | 0 | 70 | 160 | 50 | 4 | 14 | 12 | 7 | 7 |
| spicy shrimp roll | 287 | 1 | 223 | 12.1 | 0 | 0 | 75 | 1390 | 45 | 2 | 12 | 13 | 7 | 6 |
| shrimp tempura roll | 464 | 1 | 283 | 15 | 4.2 | 0 | 18 | 1465 | 70 | 4 | 20 | 10 | 2 | 3 |
| chicken spring roll sweet chili & peanut sauces | 475 | 1 | 337 | 19 | 2 | 0 | 30 | 1870 | 64 | 8 | 35 | 16 | 35 | 6 |
| summer roll sweet chili & peanut sauces | 454 | 1 | 326 | 12 | 1 | 0 | 85 | 1440 | 68 | 7 | 37 | 15 | 38 | 5 |

VEGETARIANSushi

| | | | | | | | | | | | | | | |
|--|-----|---|-----|----|---|---|---|------|----|---|----|---|---|---|
| vegetable hosomake roll | 242 | 1 | 226 | 2 | 0 | 0 | 0 | 1040 | 53 | 4 | 13 | 6 | | |
| vegetable roll | 274 | 1 | 232 | 5 | 1 | 0 | 0 | 1030 | 50 | 5 | 13 | 6 | 4 | 8 |
| veggie spring roll sweet chili & peanut sauces | 354 | 1 | 255 | 12 | 1 | 0 | 0 | 1050 | 58 | 8 | 33 | 4 | 4 | 4 |

RAWsushi

| | | | | | | | | | | | | | | |
|------------------------|-----|---|-----|----|-----|---|----|------|----|---|----|----|----|---|
| nigiri | 387 | 1 | 255 | 2 | 0 | 0 | 20 | 1090 | 50 | 3 | 13 | 15 | 2 | 4 |
| sassy spicy tuna roll | 456 | 1 | 277 | 15 | 5 | 0 | 40 | 1250 | 50 | 4 | 14 | 16 | 19 | 8 |
| spicy tuna deluxe roll | 365 | 1 | 277 | 17 | 5 | 0 | 48 | 1260 | 52 | 4 | 15 | 16 | 20 | 9 |
| hosomaki combo | 307 | 1 | 255 | 2 | 0 | 0 | 50 | 1100 | 51 | 3 | 14 | 16 | 2 | 4 |
| rainbow roll | 388 | 1 | 277 | 8 | 1 | 0 | 60 | 1300 | 52 | 4 | 14 | 18 | 25 | 6 |
| salmon avocado roll | 326 | 1 | 221 | 9 | 1.3 | 0 | 13 | 1020 | 45 | 4 | 10 | 12 | 4 | 8 |
| spicy tuna roll | 326 | 1 | 277 | 17 | 6 | 0 | 48 | 1250 | 52 | 4 | 15 | 16 | 20 | 8 |
| spicy salmon roll | 334 | 1 | 204 | 10 | 2 | 0 | 19 | 1090 | 45 | 2 | 12 | 12 | 4 | 6 |
| tuna avocado roll | 437 | 1 | 229 | 5 | 1 | 0 | 29 | 1040 | 45 | 4 | 12 | 18 | 4 | 6 |

COMBOPacks

| | | | | | | | | | | | | | | |
|-------------------------|-----|---|-----|---|-----|---|----|------|----|---|----|----|---|---|
| jump around spicy combo | 398 | 1 | 294 | 7 | 1.2 | 0 | 48 | 1600 | 60 | 2 | 16 | 17 | 6 | 8 |
| snappy tuna combo | 524 | 1 | 264 | 3 | 0 | 0 | 43 | 1150 | 52 | 2 | 13 | 23 | 2 | 4 |
| midtown combo | 537 | 1 | 260 | 6 | 1.2 | 0 | 37 | 1150 | 52 | 2 | 13 | 20 | 2 | 4 |

SALADS

| | | | | | | | | | | | | | | |
|----------------|-----|---|-----|---|---|---|-----|-----|---|---|---|----|---|---|
| calamari salad | 198 | 1 | 113 | 2 | 0 | 0 | 150 | 290 | 6 | 0 | 6 | 12 | 2 | 2 |
| seaweed salad | 64 | 1 | 113 | 4 | 1 | 0 | 0 | 280 | 6 | 0 | 6 | 2 | 8 | 4 |

SPECIALTYitems

| | | | | | | | | | | | | | | |
|--------------------------|-----|---|-----|----|-----|---|-----|------|----|---|----|----|---|----|
| inari sushi | 377 | 1 | 221 | 15 | 1.5 | 0 | 0 | 1000 | 43 | 5 | 18 | 8 | 4 | 28 |
| spicy avocado inari | 354 | 1 | 235 | 11 | 1.3 | 0 | 28 | 2000 | 59 | 3 | 18 | 19 | 6 | 28 |
| spicy avocado crab inari | 435 | 1 | 221 | 6 | 1 | 0 | 100 | 1450 | 39 | 1 | 18 | 19 | 6 | 24 |
| spicy shrimp inari | 308 | 1 | 431 | 20 | 4 | 0 | 45 | 1640 | 80 | 2 | 20 | 25 | 3 | 4 |
| spicy salmon rice bowl | 614 | 1 | 431 | 10 | 1 | 0 | 50 | 1640 | 82 | 2 | 20 | 30 | 3 | 4 |

SAUCES&condiments

| | | | | | | | | | | | | | | |
|-------------------|-----|---|----|----|----|----|---|------|----|---|---|---|---|--|
| unagi sauce | 141 | 1 | 46 | 0 | 0 | 0 | 0 | 1460 | 30 | 0 | 3 | 0 | 0 | |
| pickled ginger | 8 | 1 | 46 | 0 | 0 | 0 | 0 | 176 | 1 | 0 | 0 | 0 | 0 | |
| spicy mayonaise | 121 | 1 | 46 | 10 | 11 | 11 | 0 | 680 | 6 | 0 | 0 | 0 | 0 | |
| sweet chili sauce | 108 | 1 | 46 | 0 | 0 | 0 | 0 | 630 | 25 | 1 | 0 | 0 | 0 | |
| wasabi | 61 | 1 | 46 | 0 | 0 | 0 | 0 | 0 | 12 | 6 | 0 | 0 | 0 | |