

YOGIS GRILL

TERIYAKI & ROLL

TERIYAKI ENTREES

	CALORIES	CAL. FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS. FAT	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
CHICKEN BOWL (REG)	500	90	10	2.5	0	155	120	65	0	0	34
CHICKEN BOWL (LG)	740	130	15	4	0	230	180	93	0	0	41
BEEF BOWL (REG)	590	160	18	7	0	105	70	65	0	0	38
BEEF BOWL (LG)	870	240	27	10	0	160	100	93	0	0	57
CHICKEN/BEEF (REG)	550	130	14	5	0	130	95	65	0	0	36
CHICKEN/BEEF (LG)	800	190	21	7	0	195	140	93	0	0	54
ARIZONA BOWL (REG)	570	80	9	1.5	0	10	1100	99	5	1	22
ARIZONA BOWL (LG)	720	80	9	1.5	0	10	1650	127	5	1	30
SPICY TUNA (REG)	560	100	12	2	0	45	220	74	5	3	36
GRILLED SALMON (LG)	770	190	21	7	0	80	320	93	0	0	45
KATSU BOWL (REG)	520	50	6	1.5	0	110	95	65	0	0	45
KATSU BOWL (LG)	800	190	10	2.5	0	180	160	94	0	0	75
TOFU BOWL (LG)	550	80	9	1	0	0	15	96	2	0	20

SALADS

GARDEN SALAD (SMALL)	20	1	0	0	0	0	15	5	0	1	0
GARDEN SALAD (LG)	45	5	0.5	0	0	0	25	8	5	3	3
CHICKEN SALAD	250	90	10	2.5	0	155	140	8	5	3	32
BEEF SALAD	340	170	18	7	0	105	90	8	5	3	36
CHICKEN & BEEF SALAD	300	130	14	5	0	130	115	8	5	3	34
TOFU SALAD	170	80	9	1	0	0	40	11	7	3	15

SAUCES

TERIYAKI SAUCE	80	0	0	0	0	0	750	18	0	16	<1
SPICY TERIYAKI SAUCE	25	0	0	0	0	0	230	5	0	4	0
SWEET & SOUR SAUCE	60	0	0	0	0	0	340	16	0	14	0
EEL SAUCE	50	0	0	0	0	0	550	12	0	10	1
KATSU SAUCE	40	0	0	0	0	0	790	9	0	8	0

SIDES

SIDE RICE	290	0	0	0	0	0	0	65	0	0	5
SIDE BROWN RICE	250	15	2	0	0	0	0	53	4	0	8
STEAMED VEGGIES	50	0	0	0	0	0	45	11	4	4	3
SIDE SALAD	20	1	0	0	0	0	15	5	0	1	0
HALF AVOCADO	100	70	9	1.5	1.5	0	0	5	4	0	1

UDON

UDON	345	71	8	.65	.65	0	59	78	3.8	16	14
SHRIMP TEMPURA UDON	447	131	15	.75	.75	0	66	82	3.8	16	19
BEEF UDON	737	328	37	9.7	9.7	0	136	78	3.8	16	45
CHICKEN UDON	571	144	16	2.5	2.5	0	130	99	3.8	16	49

STIR-FRY NOODLES

VEGGIE YAKISOBA	400	0	0	0	0	0	1490	88	3	12	16
CHICKEN YAKISOBA	580	70	8	2	0	130	1590	88	3	12	40
BEEF YAKISOBA	650	140	15	6	0	90	1540	88	3	12	43
CHICKEN/BEEF YAKISOBA	620	110	12	5	0	110	1560	88	3	12	42
TOFU YAKISOBA	530	80	8	1	0	0	1500	91	5	12	28
SHRIMP YAKISOBA	430	5	1	0	0	40	1660	89	3	12	20

	CALORIES	CAL. FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS. FAT	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
SIDE RICE	290	0	0	0	0	0	0	65	0	0	5
SIDE BROWN RICE	250	15	2	0	0	0	0	53	4	0	8
STEAMED VEGGIES	50	0	0	0	0	0	45	11	4	4	3
SIDE SALAD	20	1	0	0	0	0	15	5	0	1	0
HALF AVOCADO	100	70	9	1.5	1.5	0	0	5	4	0	1
UDON	345	71	8	.65	.65	0	59	78	3.8	16	14
SHRIMP TEMPURA UDON	447	131	15	.75	.75	0	66	82	3.8	16	19
BEEF UDON	737	328	37	9.7	9.7	0	136	78	3.8	16	45
CHICKEN UDON	571	144	16	2.5	2.5	0	130	99	3.8	16	49
VEGGIE YAKISOBA	400	0	0	0	0	0	1490	88	3	12	16
CHICKEN YAKISOBA	580	70	8	2	0	130	1590	88	3	12	40
BEEF YAKISOBA	650	140	15	6	0	90	1540	88	3	12	43
CHICKEN/BEEF YAKISOBA	620	110	12	5	0	110	1560	88	3	12	42
TOFU YAKISOBA	530	80	8	1	0	0	1500	91	5	12	28
SHRIMP YAKISOBA	430	5	1	0	0	40	1660	89	3	12	20

YOGIS GRILL

TERIYAKI & ROLL

SUSHI

	CALORIES	CAL. FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS. FAT	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
CUCUMBER ROLL (1/2)	140	0	0	0	0	0	20	25	1	7	3
CUCUMBER ROLL (FULL)	250	0	0	0	0	0	20	49	2	7	5
CALIFORNIA ROLL (1/2)	200	15	2	0	0	<5	420	31	1	6	8
CALIFORNIA ROLL (FULL)	370	30	4	0.5	0	5	840	62	3	6	16
SPICY CALIFORNIA (1/2)	180	15	2	0	0	<5	460	32	1	<1	8
SPICY CALIFORNIA (FULL)	400	30	4	0.5	0	5	1320	68	3	12	16
CRUNCH ROLL (1/2)	230	50	6	1	0	40	220	30	1	6	10
CRUNCH ROLL (FULL)	480	100	12	2	0	95	650	63	3	6	24
AVOCADO ROLL (1/2)	220	40	4.5	0.5	0	<5	420	33	3	6	8
AVOCADO ROLL (FULL)	400	60	7	1	0	5	840	64	4	6	16
DRAGON ROLL	470	90	11	2	0	70	870	63	3	6	25
HAWAIIAN ROLL	410	35	4	0.5	0	20	860	62	3	6	26
RAINBOW ROLL	470	80	9	1.5	0	40	870	63	3	6	27
SALMON ROLL	360	80	8	2	0	35	50	47	1	6	17
TUNA ROLL	300	5	0.5	0	0	25	45	47	1	6	19
SPICY TUNA ROLL	300	15	1.5	0	0	20	120	48	1	7	16
CATERPILLAR ROLL	360	80	9	1.5	0	65	45	49	2	6	15
VEGETABLE ROLL	238	36	4	0.5	0	0	886	44	2.7	4	4.5
YOGIS ROLL	440	80	9	1.5	0	100	440	57	1	7	25
CRAZY TUNA ROLL	372	55	1	0	0	65	700	45	1	7	26

NUTRITIONAL INFORMATION IS FOR DISHES WITH BRUSHED SAUCES. ALL TERIYAKI ENTREES ARE SERVED WITH WHITE RICE UNLESS OTHERWISE NOTED. *VALUES DO NOT INCLUDE SAUCES ON TOP.