

PIPELINE

poke

NUTRITION GUIDE

INGREDIENTS	CALORIES	PROTEIN (GRAMS)
Jasmie Rice (1 Cup)	213	4
Nori (full sheet)	10	1

PROTEINS (PER 3OZ SERVING)

Salmon	121	17
Tuna	97	20
Tofu	87	7

MIX-INS (PER 1OZ SERVING)

Avocado	45	<1
Cilantro	7	<1
Cucumber	3	0
Fired Onions	73	<1
Mango	17	0
Masago	40	6
Nori Furikake	142	5
Scallions	9	<1
Sesame Seeds	156	5
Sweet Onions	47	1
Tomatoes	22	1
Wasabi Tobiko	82	0

SIDES (PER 1 OZ SERVING)

Crab Salad	86	2.5
Jasmine Rice	37	<1
Macaroni Salad	66	<1
Seaweed Salad	16	.25

SAUCES (PER 1 OZ SERVING)

Eel Sauce	70	2
Japanese Mayo	203	0
Shoyu (Soy based)	74	1.5
Spicy Mayo	142	0
Spicy Shoyu (Soy based)	74	1.5
Wasabi Mayo	144	<1