Hissho SUSHI

2025 - 2026 Nutrition & Big 9 Allergens

INDIVIDUAL ITEMS	Catagories	Weight of Portion Serving (oz)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Potassium (mg)	Calcium (mg)	Iron (mg)	Egg	Fish	Shellfish	Milk	Soy	Wheat	Peanut	Tree Nut	Sesame Seed
White Rice	Starch/Base	8	290	1	-	-	-	-	64	1	-	-	6	79	23	3	-	-	-	-	-	-	-	-	-
Brown Rice	Starch/Base	8	230	2	-	-	-	10	49	2	-	-	5	174	26	1	-	-	-	-	-	-	-	-	-
Vegetable Fried Rice	Starch/Base	8	270	5	-	-	-	750	50	3	3	-	7	187	34	2	-	-	-	-	x	-	-	-	-
Vegetable Lo Mein Noodle	Starch/Base	8	270	8	-	-	-	1470	37	4	9	2	8	297	62	2	x	-	-	-	x	x	-	-	-
Vegetable Egg Roll (1pc)	Starters	3	140	5	1	-	-	550	20	2	2	-	4	120	20	1	x	-	-	-	x	x	-	-	-
Chicken Dumplings (2pc)	Starters	51 grams	100	3	1	-	20	233	10	-	1	-	6	87	7	1	x	x	-	-	x	x	-	-	x
Asian Chicken Skewers (2pc)	Starters	6	300	7	2	-	95	520	36	-	30	4	31	259	61	2	-	-	-	-	x	x	-	-	x
Crab Rangoon (4pc)	Starters	4	310	7	5	-	35	630	52	-	28	1	5	10	71	1	x	x	x	x	x	x	-	-	-
General Tso's Chicken	Daily Entrée	5	230	14	3	-	35	390	18	1	5	4	8	224	28	1	-	-	-	-	x	x	-	-	-
Orange Chicken	Daily Entrée	5	290	18	3	-	45	420	24	-	8	8	10	182	29	1	-	-	-	-	x	x	-	-	x
Teriyaki Chicken	Daily Entrée	5	160	7	1	-	40	720	8	1	3	1	12	175	18	1	-	-	-	-	x	x	-	-	x
Beef & Broccoli	Daily Entrée	5	210	13	3	-	40	680	9	1	4	1	15	323	30	1	-	-	-	-	x	x	-	-	x
Salt & Pepper Shrimp	Daily Entrée	5	180	6	1	-	80	840	20	2	2	-	11	151	34	1	-	-	x	-	-	x	-	-	-
Flash Fried Thai Tofu	Daily Entrée	5	150	9	-	-	-	590	6	2	3	2	9	58	20	8	-	-	-	-	x	-	-	-	-
Chicken Laksa	Festival Entrée	5	190	12	4	-	45	570	8	1	2	1	12	151	17	1	-	-	-	-	x	x	-	x	x
Spicy Beef with Basil	Festival Entrée	5	230	14	3	-	50	800	9	1	4	1	16	337	27	2	-	-	-	-	x	x	-	-	x
Spicy Gochujang Shrimp	Festival Entrée	5	160	5	-	-	75	580	19	1	9	-	9	169	49	1	-	-	x	-	x	x	-	-	x
Szechuan Beef	Festival Entrée	5	250	15	3	-	50	920	12	2	6	2	17	151	34	2	-	-	-	-	x	x	-	-	-
Samurai Shrimp	Festival Entrée	5	250	19	4	-	85	740	17	1	8	-	9	131	43	-	x	-	x	-	x	x	-	-	-
Mushroom Chicken Delight (2025)	Festival Entrée	5	180	10	1	-	50	930	9	1	4	1	14	156	15	1	-	-	-	-	x	x	-	-	x
Jalapeno Chicken	Festival Entrée	5	250	14	1	-	75	1070	22	1	15	16	19	75	34	2	-	-	-	-	x	x	-	-	x
Asian Slaw with Fresh Cilantro	Topping	1	10	-	-	-	-	5	2	1	1	-	-	3	9	-	-	x	-	-	-	x	-	-	-
Pickled Cucumber and Carrot Salad	Topping	1	10	-	-	-	-	360	3	-	2	2	-	40	4	-	-	-	-	-	-	-	-	-	-
Edamame Salad	Topping	1	30	1	-	-	-	100	4	1	2	1	2	88	11	-	-	x	-	-	x	-	-	-	-
Fresh Vegetable Salad	Topping	1	10	-	-	-	-	95	2	-	2	1	-	48	4	-	-	x	-	-	-	x	-	-	-
Steamed Broccoli Florets	Topping	1	10	-	-	-	-	10	1	1	-	-	1	92	14	-	-	-	-	-	-	-	-	-	-
Fried Onions	Topping	10 grams	60	5	2	-	-	50	4	-	1	-	1	40	8	-	-	-	-	-	-	x	-	-	-
Sriracha Sauce	Topping Sauces	1	25	-	-	-	-	440	5	-	3	2	1	-	7	1	-	-	-	-	-	-	-	-	-
Chili Lime Sauce	Topping Sauces	1	45	-	-	-	-	700	8	-	7	7	1	6	-	1	-	x	-	-	-	x	-	-	-
Yum Yum Sauce	Topping Sauces	1	150	15	3	-	10	160	2	-	2	2	-	11	1	-	x	-	-	-	x	-	-	-	-
Spicy Mayo	Topping Sauces	1	144	19	2	-	24	236	1	-	1	-	-	14	-	-	x	-	-	-	x	-	-	-	-
Spring Roll Sauce	Topping Sauces	1	62	-	-	-	-	330	16	-	15	15	-	-	-	-	-	-	-	-	-	-	-	-	-
Mini Cinnamon Sugar Doughnuts	Dessert	6	520	23	15	-	-	1710	67	-	-	4	8	151	99	5	-	-	-	x	x	x	-	-	-
Mini Cinnamon Sugar Doughnuts (W/ Condensed Milk)	Dessert	6	540	23	15	-	-	1720	70	-	-	12	8	174	116	5	-	-	-	x	x	x	-	-	-

X - It contains this ingredient.