



CUCUMBER ROLL

INGREDIENTS: Milled Rice (water, milled rice, sugar, distilled vinegar, rice vinegar, salt, brown sugar), Cucumber, Honey Ginger (ginger, water, honey, sugar, vinegar, citric acid, malic acid), Green Mustard (water, horse-radish, mustard, corn flour, spirulina), Soy Sauce (water, wheat, soybean, salt, alcohol), Seaweed.

Contains: Soy, Wheat.

Packed in facility that also processes Fish, Crustacean Shellfish, Peanuts, Treenuts, Egg, Wheat, Soy, Sesame, and Milk.

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|---|---|----------------|-------------------------------|----------------|---|
| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | *The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |
| | Total Fat 0g | 0% | Total Carbohydrate 29g | 10% | |
| | Saturated Fat 0g | 0% | Dietary Fiber 0g | 0% | |
| | Trans Fat 0g | | Total Sugars 4g | | |
| 1 serving per container Serving size 4 Ounces (117 g) | Cholesterol 0mg | 0% | Includes 4g Added Sugars | 8% | |
| Calories 120 | Sodium 180mg | 10% | Protein 2.7g | | |
| Per Serving | Vitamin D 0mcg 0% • Calcium 18mg 0% • Iron 0mg 0% • Potassium 65mg 1% | | | | |

NET WEIGHT 4 OZ (117 g)



STEAMED CHICKEN GYOZA

INGREDIENTS: Chicken Dark Meat, Wheat Flour, Water, Cabbage, Onions, Canola Oil, Contains Less Than 2% Of Each Of The Following: Garlic Chives (Nira), Garlic, Salt, Chicken Broth Base (Chicken Broth, Autolyzed Yeast Extract, Chicken Fat, Modified Food Starch, Sugar, Natural Flavor), Corn Starch, Monosodium Glutamate, Sugar, Sesame Oil, Textured Soy Protein Concentrate, Gelatin, Rice Flour, Seasoning Sauce (Cooking Sake [Water, Rice, Koji {Aspergillus Oryzae}, Salt], Water, Alcohol, Dextrose, Hydrolyzed Potato And Beet Proteins, Salt), Potato Starch, Rendered Chicken Fat (Chicken Fat, Garlic), Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol [To Retain Freshness]), Sweet Cooking Rice Wine (Water, Mirin [Water, Rice, Alcohol, Salt, Koji {Aspergillus Oryzae}], Dextrose, Corn Syrup Solids, Lactic Acid, Succinic Acid), Carrageenan, Soy Lecithin, Soy Flour, Ginger, Sodium Caseinate (Milk), Spice, Disodium Inosinate, Disodium Guanylate, Egg Whites (Egg Whites, Sodium Lauryl Sulfate).

Contains: Egg, Soy, Wheat.

Packed in facility that also processes Fish, Crustacean Shellfish, Peanuts, Treenuts, Egg, Wheat, Soy, Sesame, and Milk.

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|---|---|----------------|--------------------------------|----------------|---|
| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | *The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |
| | Total Fat 1g | 1% | Total Carbohydrate 4.2g | 2% | |
| | Saturated Fat 0.233g | 1% | Dietary Fiber 0.2g | 1% | |
| | Trans Fat 0.59g | | Total Sugars 0.25g | | |
| 5 servings per container Serving size 1 Gyoza | Cholesterol 18mg | 6% | Includes 3g Added Sugars | 6% | |
| Calories 48 | Sodium 191mg | 8% | Protein 5.17g | | |
| Per Serving | Vitamin D 0mcg 0% • Calcium 6mg 0% • Iron 0.49mg 3% • Potassium 74mg 2% | | | | |

NET WEIGHT 6.5 OZ (170 g)



SESAME SEAWEED SALAD

INGREDIENTS: Seaweed, Sugar, Agar-Agar, Sesame Seeds, Vinegar, Sesame Oil, Kiku rage Mushroom, Salt, Chili Pepper.

Contains: Sesame.

Packed in facility that also processes Fish, Crustacean Shellfish, Peanuts, Treenuts, Egg, Wheat, Soy, Sesame, and Milk.

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|--|---|----------------|-------------------------------|----------------|---|
| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | *The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |
| | Total Fat 10g | 13% | Total Carbohydrate 22g | 10% | |
| | Saturated Fat 1g | 5% | Dietary Fiber 1g | 4% | |
| | Trans Fat 0g | | Total Sugars 26g | | |
| 1 serving per container Serving size 4 Ounces (113 g) | Cholesterol 0mg | 0% | Includes 3g Added Sugars | 18% | |
| Calories 160 | Sodium 180mg | 47% | Protein 2g | | |
| Per Serving | Vitamin D 0mcg 0% • Calcium 227mg 15% • Iron 2mg 12% • Potassium 0% | | | | |

NET WEIGHT 4 OZ (113 g)



STEAMED VEGETABLE GYOZA

INGREDIENTS: Cabbage, Onions, carrots, shiitake mushrooms, Canola Oil, Contains Less Than 2% Of Each Of The Following: Garlic Chives (Nira), Garlic, Salt, Modified Food Startch, Sugar, Natural Flavor), Corn Starch, Monosodium Glutamate, Sugar, Sesame Oil, Textured Soy Protein Concentrate, Gelatin, Rice Flour, Seasoning Sauce (Cooking Sake [Water, Rice, Koji {Aspergillus Oryzae}, Salt], Water, Alcohol, Dextrose, Hydrolyzed Potato And Beet Proteins, Salt), Potato Starch, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol [To Retain Freshness]), Sweet Cooking Rice Wine (Water, Mirin [Water, Rice, Alcohol, Salt, Koji (Aspergillus Oryzae), Dextrose, Corn Syrup Solids, Lactic Acid, Succinic Acid), Carrageenan, Soy Lecithin, Soy Flour, Ginger, Sodium Caseinate (Milk), Spice, Disodium Inosinate, Disodium Gyanylate, Egg Whites (Egg Whites, Sodium Lauryl Sulfate).

Contains: Wheat, Egg, Soy.

Packed in facility that also processes Fish, Crustacean Shellfish, Peanuts, Treenuts, Egg, Wheat, Soy, Sesame, and Milk.

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|--|--|----------------|--------------------------------|----------------|---|
| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | *The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |
| | Total Fat 1.4g | 1.8% | Total Carbohydrate 5.4g | 2% | |
| | Saturated Fat 0.2g | 1% | Dietary Fiber 1g | 4% | |
| | Trans Fat 0g | | Total Sugars 0.4g | | |
| 5 servings per container Serving size 1 Gyoza | Cholesterol 0mg | 0% | | | |
| Calories 38 | Sodium 84mg | 3.6% | Protein 1.5g | | |
| Per Serving | Vitamin D 0 mcg - • Calcium - • Iron - • Potassium - | | | | |

NET WEIGHT 6.5 OZ (170 g)



GINGER SALAD

INGREDIENTS: Lettuce, Spinach, Kale, Beet Greens, Cucumber, Cherry Tomatoes, Carrot, Vegetable Oil, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Honey, Flavored Vinegar (Vinegar, Water, Natural Flavor), Celery, Carrots, Ginger, Sugar, Tomato Paste, Cultured Dextrose (to Extend Shelf Life), Hot Sauce (Red Jalapeno Pepper, Water, Sugar, Salt, Garlic, Distilled Vinegar, Xanthan Gum, Pepper Sauce [Distilled Vinegar, Red Pepper, Salt]), White Pepper.

Contains: Soy.

Packed in facility that also processes Fish, Crustacean Shellfish, Peanuts, Treenuts, Egg, Wheat, Soy, Sesame, and Milk.

| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | *The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |
|---|--|----------------|---------------------|-------------------------------|---|
| | Total Fat 10g | | 13% | Total Carbohydrate 20g | |
| | Saturated Fat 1.5g | 7.5% | Dietary Fiber 7.5g | 27% | |
| | Trans Fat 0g | | Total Sugars 6g | | |
| 1 serving per container Serving size 5,3 Ounces (150 g) | Cholesterol 0mg | 0% | Protein 4.5g | | |
| Calories 180 | Sodium 400mg | 18% | | | |
| Per Serving | Vitamin D - • Calcium - • Iron - • Potassium - | | | | |

NET WEIGHT 4 OZ (113 g)



CALIFORNIA ROLL

INGREDIENTS: Milled Rice (water, milled rice, sugar, distilled vinegar, rice vinegar, salt, brown sugar), Crab Stick (Alaska pollock, water, cane sugar, tapioca starch, potato starch, egg whites, sea salt, mirin wine [sake, sugar, salt, water, yeast extract], canola oil, natural crab flavors [swimming crab and/or snow crab], citric acid, paprika oleoresin, lycopene, mayonnaise [expeller pressed canola oil, water, apple cider vinegar, whole eggs, sugar, salt, egg yolks, modified corn starch, xanthan gum]), Cucumber, Avocado, Honey Ginger (ginger, water, honey, sugar, vinegar, citric acid, malic acid), Green Mustard (water, horse-radish, mustard, corn flour, spirulina), Soy Sauce (water, wheat, soybean, salt, alcohol), Sesame Seed, Seaweed.

Contains: Fish (Alaska pollock), Shellfish (swimming crab and/or snow crab), Egg, Soy, Wheat, Sesame.

Packed in facility that also processes Fish, Crustacean Shellfish, Peanuts, Treenuts, Egg, Wheat, Soy, Sesame, and Milk.

| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | *The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |
|---|---|----------------|--------------------------|-------------------------------|---|
| | Total Fat 9g | | 12% | Total Carbohydrate 47g | |
| | Saturated Fat 1g | 5% | Dietary Fiber 2g | 7% | |
| 1 serving per container Serving size 7 Ounces (198 g) | Trans Fat 0g | | Total Sugars 7g | | |
| Calories 280 | Cholesterol 5mg | 2% | Includes 7g Added Sugars | 14% | |
| Per Serving | Sodium 490mg | 21% | Protein 6g | | |
| | Vitamin D 0 mcg 0% • Calcium 51mg 4% • Iron 1mg 6% • Potassium 240mg 5% | | | | |

NET WEIGHT 7 OZ (198 g)



SHRIMP & CUCUMBER ROLL

INGREDIENTS: Milled Rice (water, milled rice, sugar, distilled vinegar, rice vinegar, salt, brown sugar), Shrimp, Cucumber, sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), annatto], chili powder), Honey Ginger (ginger, water, honey, sugar, vinegar, citric acid, malic acid), Green Mustard (water, horse-radish, mustard, corn flour, spirulina), Soy Sauce (water, wheat, salt, soybean, alcohol), Sesame Seed, Seaweed.

Contains: Soy. Shellfish (Shrimp), Egg, Soy, Wheat, Sesame.

Packed in facility that also processes Fish, Crustacean Shellfish, Peanuts, Treenuts, Egg, Wheat, Soy, Sesame, and Milk.

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|--|---|----------------|-------------------------------|----------------|---|
| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | *The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |
| | Total Fat 8g | 10% | Total Carbohydrate 48g | 17% | |
| | Saturated Fat 1g | 5% | Dietary Fiber 2g | 7% | |
| | Trans Fat 0g | | Total Sugars 7g | | |
| | Cholesterol 55mg | 18% | Includes 7g Added Sugars | 14% | |
| | Sodium 500mg | 22% | Protein 9g | | |
| Calories 290 | Vitamin D 0% • Calcium 68mg 6% • Iron 1mg 6% • Potassium 8mg 4% | | | | |
| 1 serving per container Serving size 7 Ounces (198 g) | | | | | |

NET WEIGHT 7 OZ (198 g)



SPICY TUNA & CUCUMBER ROLL

INGREDIENTS: Milled Rice (water, milled rice, sugar, distilled vinegar, rice vinegar, salt, brown sugar), Tuna (raw), Cucumber, Spicy Sauce (mayonnaise [expeller pressed canola oil, water, apple cider vinegar, whole eggs, sugar, salt, egg yolks, modified corn starch, xanthan gum], chili oil [soybean oil, chili], capelin roe [capelin roe (raw), sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), annatto], chili powder), Honey Ginger (ginger, water, honey, sugar, vinegar, citric acid, malic acid), Green Mustard (water, horse-radish, mustard, corn flour, spirulina), Soy Sauce (water, wheat, salt, soybean, alcohol), Sesame Seed, Seaweed.

Contains: Fish (Tuna, Capelin Roe), Soy, Wheat, Sesame.

Packed in facility that also processes Fish, Crustacean Shellfish, Peanuts, Treenuts, Egg, Wheat, Soy, Sesame, and Milk.

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|--|--|----------------|-------------------------------|----------------|---|
| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | *The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |
| | Total Fat 7g | 9% | Total Carbohydrate 45g | 16% | |
| | Saturated Fat 1g | 5% | Dietary Fiber 2g | 7% | |
| | Trans Fat 0g | | Total Sugars 7g | | |
| | Cholesterol 20mg | 7% | Includes 6g Added Sugars | 12% | |
| | Sodium 400mg | 17% | Protein 13g | | |
| Calories 290 | Vitamin D 1mcg 4% • Calcium 46mg 4% • Iron 1mg 6% • Potassium 220mg 5% | | | | |
| 1 serving per container Serving size 7 Ounces (198 g) | | | | | |

NET WEIGHT 7 OZ (198 g)

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness



WELLSTAR ROLL



INGREDIENTS: Milled Rice (water, milled rice, sugar, distilled vinegar, rice vinegar, salt, brown sugar), Tuna (raw), Crab stick (Alaska pollock, water, cane sugar, tapioca starch, potato starch, egg whites, sea salt, mirin wine [sake, sugar, salt, water, yeast extract], canola oil, natural crab flavors [swimming crab and/or snow crab], citric acid, paprika oleoresin, lycopene, mayonnaise [expeller pressed canola oil, water, apple cider vinegar, whole eggs, sugar, salt, egg yolks, modified corn starch, xanthan gum]), Cucumber, Avocado, sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), annatto, chili powder, chili oil [soybean oil, chili], Honey Ginger (ginger, water, honey, sugar, vinegar, citric acid, malic acid), Tempura Flakes (Wheat, Flour, Canola Oil, Red Pepper, Leaving agent, Salt), Green Mustard (water, horse-radish, mustard, corn flour, spirulina), Soy Sauce (water, wheat, salt, soybean, alcohol), Seaweed.

Contains: Fish (Tuna, Salmon), Shellfish (swimming crab and/or snow crab), Egg, Soy, Wheat.

Packed in facility that also processes Fish, Crustacean Shellfish, Peanuts, Treenuts, Egg, Wheat, Soy, Sesame, and Milk.

| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | *The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |
|----------------------------|--|--------------------------|-------------------------------|----------------|---|
| | Total Fat 14g | 18% | Total Carbohydrate 54g | 20% | |
| Saturated Fat 2.5g | 13% | Dietary Fiber 1g | 4% | | |
| Trans Fat 0g | | Total Sugars 12g | | | |
| Cholesterol 25mg | 8% | Includes 9g Added Sugars | 18% | | |
| Sodium 800mg | 35% | Protein 11g | | | |
| Calories 380 | Vitamin D 4mcg 20% • Calcium 31mg 2% • Iron 1mg 6% • Potassium 230mcg 5% | | | | |
| Per Serving | | | | | |

NET WEIGHT 8 OZ (227 g)

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness



SPICY SALMON & AVOCADO ROLL



INGREDIENTS: Milled Rice (water, milled rice, sugar, distilled vinegar, rice vinegar, salt, brown sugar), Salmon (raw), Cucumber, Avocado, Spicy Sauce (mayonnaise [expeller pressed canola oil, water, apple cider vinegar, whole eggs, sugar, salt, egg yolks, modified corn starch, xanthan gum], chili oil [soybean oil, chili], capelin roe [capelin roe (raw), sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), annatto], chili powder), Honey Ginger (ginger, water, honey, sugar, vinegar, citric acid, malic acid), Green Mustard (water, horse-radish, mustard, corn flour, spirulina), Soy Sauce (water, wheat, salt, soybean, alcohol), Sesame Seed, Seaweed.

Contains: Fish (Salmon), Soy, Wheat, Sesame.

Packed in facility that also processes Fish, Crustacean Shellfish, Peanuts, Treenuts, Egg, Wheat, Soy, Sesame, and Milk.

| Nutrition Facts | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | *The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice. |
|----------------------------|---|--------------------------|-------------------------------|----------------|---|
| | Total Fat 13g | 17% | Total Carbohydrate 45g | 16% | |
| Saturated Fat 2g | 10% | Dietary Fiber 2g | 7% | | |
| Trans Fat 0g | | Total Sugars 7g | | | |
| Cholesterol 25mg | 8% | Includes 6g Added Sugars | 12% | | |
| Sodium 390mg | 17% | Protein 12g | | | |
| Calories 290 | Vitamin D 4mcg 20% • Calcium 48mg 4% • Iron 1mg 6% • Potassium 150mg 3% | | | | |
| Per Serving | | | | | |

NET WEIGHT 7 OZ (198 g)

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness