



## CUCUMBER AVOCADO ROLL

**INGREDIENTS:** Milled Rice (water, milled rice, sugar, distilled vinegar, rice vinegar, salt, brown sugar), 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), Seaweed.

**Contains:** Soy, Wheat.

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

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carbohydrate</b> 49g	<b>19%</b>	
	Saturated Fat 0g	<b>3%</b>	Dietary Fiber 3g	<b>11%</b>	
	Trans Fat 0g		Total Sugars 7g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 7g Added Sugars	<b>14%</b>	
Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 1mg 6% • Potassium 50mg 1%					

**NET WEIGHT 7 OZ (198 g)**



**RE-HEAT**  
Microwave (45 Sec)



## 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, Sesame.

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

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carbohydrate</b> 4.2g	<b>2%</b>	
	Saturated Fat 0.233g	<b>1%</b>	Dietary Fiber 0.2g	<b>1%</b>	
	Trans Fat 0.59g		Total Sugars 0.25g		
	<b>Cholesterol</b> 18mg	<b>6%</b>	Includes 3g Added Sugars	<b>6%</b>	
	<b>Sodium</b> 191mg	<b>8%</b>	<b>Protein</b> 5.17g		
<b>Calories</b> Per Serving	<b>48</b>		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.*

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.
	<b>Total Fat</b> 10g		<b>13%</b>	<b>Total Carbohydrate</b> 22g	
	Saturated Fat 1g	<b>5%</b>	Dietary Fiber 1g	<b>4%</b>	
	Trans Fat 0g		Total Sugars 26g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 3g Added Sugars	<b>18%</b>	
	<b>Sodium</b> 180mg	<b>47%</b>	<b>Protein</b> 2g		
	Vitamin D 0mcg 0% • Calcium 227mg 15% • Iron 2mg 12% • Potassium 0%				

1 serving per container  
**Serving size**  
**4 Ounces (113 g)**

**Calories** **160**  
 Per Serving

**NET WEIGHT 4 OZ (113 g)**



**RE-HEAT**  
**Microwave (45 Sec)**



## 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 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, 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, 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.
	<b>Total Fat</b> 1.4g		<b>1.8%</b>	<b>Total Carbohydrate</b> 5.4g	
	Saturated Fat 0.2g	<b>1%</b>	Dietary Fiber 1g	<b>4%</b>	
	Trans Fat 0g		Total Sugars 0.4g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 1.5g		
	<b>Sodium</b> 84mg	<b>3.6%</b>			
	Vitamin D 0 mcg - • Calcium - • Iron - • Potassium -				

5 servings per container  
**Serving size**  
**1 Gyoza**

**Calories** **38**  
 Per Serving

**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.*

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 10g	<b>13%</b>	<b>Total Carbohydrate</b> 20g	<b>7.5%</b>	
	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)	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 4.5g		
<b>Calories</b> <b>180</b>	<b>Sodium</b> 400mg	<b>18%</b>			
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), Seaweed.

**Contains:** Fish (Alaska pollock), 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.*

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 9g	<b>12%</b>	<b>Total Carbohydrate</b> 47g	<b>17%</b>	
	Saturated Fat 1g	5%	Dietary Fiber 2g	7%	
	Trans Fat 0g		Total Sugars 7g		
1 serving per container Serving size 7 Ounces (198 g)	<b>Cholesterol</b> 5mg	<b>2%</b>	Includes 7g Added Sugars	14%	
<b>Calories</b> <b>280</b>	<b>Sodium</b> 490mg	<b>21%</b>	<b>Protein</b> 6g		
Per Serving	Vitamin D 0 mcg 0% • Calcium 51mg 4% • Iron 1mg 6% • Potassium 240mg 5%				

**NET WEIGHT 7 OZ (198 g)**



## SHRIMP & CUCUMBER ROLL

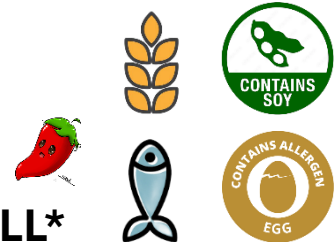
**INGREDIENTS:** Milled Rice (water, milled rice, sugar, distilled vinegar, rice vinegar, salt, brown sugar), Shrimp, Cucumber, sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), Honey Ginger (ginger, water, honey, sugar, vinegar, citric acid, malic acid), Green Mustard (water, horse-radish,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

**Contains:** Soy, Shellfish (Shrimp), 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.
	<b>Total Fat</b> 8g		<b>10%</b>	<b>Total Carbohydrate</b> 48g	
	Saturated Fat 1g	5%	Dietary Fiber 2g	7%	
	Trans Fat 0g		Total Sugars 7g		
1 serving per container Serving size 7 Ounces (198 g)	<b>Cholesterol</b> 55mg	<b>18%</b>	Includes 7g Added Sugars	14%	
<b>Calories</b> <b>290</b>	<b>Sodium</b> 500mg	<b>22%</b>	<b>Protein</b> 9g		
Per Serving	Vitamin D 0% • Calcium 68mg 6% • Iron 1mg 6% • Potassium 8mg 4%				

**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], chili powder, sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), 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), Seaweed.

**Contains:** Fish (Tuna), 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.
	<b>Total Fat</b> 7g		<b>9%</b>	<b>Total Carbohydrate</b> 45g	
	Saturated Fat 1g	5%	Dietary Fiber 2g	7%	
1 serving per container Serving size 7 Ounces (198 g)	Trans Fat 0g		Total Sugars 7g		
<b>Calories</b> <b>290</b>	<b>Cholesterol</b> 20mg	<b>7%</b>	Includes 6g Added Sugars	12%	
Per Serving	<b>Sodium</b> 400mg	<b>17%</b>	<b>Protein</b> 13g		
	Vitamin D 1mcg 4% • Calcium 46mg 4% • Iron 1mg 6% • Potassium 220mg 5%				

**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), Honey Ginger (ginger, water, honey, sugar, vinegar, citric acid, malic acid), Tempura Flakes (Wheat, Flour, Canola Oil, Red Pepper, Leavening 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.*

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 14g	<b>18%</b>	<b>Total Carbohydrate</b> 54g	<b>20%</b>	
	Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 1g	<b>4%</b>	
	Trans Fat 0g		Total Sugars 12g		
	<b>Cholesterol</b> 25mg	<b>8%</b>	Includes 9g Added Sugars	<b>18%</b>	
	<b>Sodium</b> 800mg	<b>35%</b>	<b>Protein</b> 11g		
<b>Calories</b> <b>380</b>	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 MAYO SAUCE



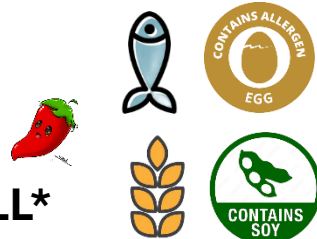
**INGREDIENTS:** Mayonnaise (soybean oil, egg yolk, vinegar, water, salt), chili sauce (chili peppers, vinegar, sugar, salt, garlic), sriracha (chili, sugar, garlic, distilled vinegar, salt), lemon juice, garlic powder.

**Contains:** Egg, Soy, Milk

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

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 34g	<b>44%</b>	<b>Total Carbohydrate</b> 4g	<b>1%</b>	
	Saturated Fat 5.5g	<b>28%</b>	Dietary Fiber 0g	<b>0%</b>	
	Trans Fat 0g		Total Sugars 3g		
	<b>Cholesterol</b> 40mg	<b>13%</b>	Includes 3g Added Sugars	<b>6%</b>	
	<b>Sodium</b> 450mg	<b>20%</b>	<b>Protein</b> 1g		
<b>Calories</b> <b>340</b>	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.2mg 2% • Potassium 30mg 0%				
Per Serving					

**NET WEIGHT 2 OZ (56 g)**



## 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], chili powder, sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), 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), Seaweed.

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

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

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 13g	<b>17%</b>	<b>Total Carbohydrate</b> 45g	<b>16%</b>	
1 serving per container Serving size 7 Ounces (198 g)	Saturated Fat 2g	10%	Dietary Fiber 2g	7%	
	Trans Fat 0g		Total Sugars 7g		
<b>Calories</b> Per Serving	<b>Cholesterol</b> 25mg	<b>8%</b>	Includes 6g Added Sugars	12%	
	<b>Sodium</b> 390mg	<b>17%</b>	<b>Protein</b> 12g		
	Vitamin D 4mcg 20% • Calcium 48mg 4% • Iron 1mg 6% • Potassium 150mg 3%				

**NET WEIGHT 7 OZ (198 g)**

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



## YUM YUM SAUCE

**INGREDIENTS:** Mayonnaise (soybean oil, egg yolk, vinegar, water, salt), sugar, tomato paste, rice vinegar, butter, garlic powder, paprika, water.

**Contains:** Egg, Soy, Milk

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

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 32g	<b>41%</b>	<b>Total Carbohydrate</b> 6g	<b>2%</b>	
1 serving per container Serving size 2 Ounces (56 g)	Saturated Fat 6g	30%	Dietary Fiber 0g	0%	
	Trans Fat 0g		Total Sugars 5g		
<b>Calories</b> Per Serving	<b>Cholesterol</b> 45mg	<b>15%</b>	Includes 5g Added Sugars	10%	
	<b>Sodium</b> 420mg	<b>18%</b>	<b>Protein</b> 1g		
	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.2mg 2% • Potassium 40mg 0%				

**NET WEIGHT 2 OZ (56 g)**



## SPICY CALIFORNIA 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]), sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), 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), Seaweed.

**Contains:** Fish (Salmon), 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.
	<b>Total Fat</b> 12g		<b>15%</b>	<b>Total Carbohydrate</b> 50g	
	Saturated Fat 2g	<b>10%</b>	Dietary Fiber 3g	<b>11%</b>	
	Trans Fat 0g		Total Sugars 6g		
<i>1 serving per container</i> <b>Serving size</b> <b>7 Ounces (198 g)</b>	<b>Cholesterol</b> 25mg	<b>8%</b>	Includes 4g Added Sugars	<b>8%</b>	
<b>Calories</b>	<b>Sodium</b> 700mg	<b>30%</b>	<b>Protein</b> 10g		
Per Serving	Vitamin D 4mcg 20% • Calcium 20mg 2% • Iron 1mg 6% • Potassium 300mg 6%				

**320**

**NET WEIGHT 7 OZ (198 g)**



## TERIYAKI SAUCE (SWEET SOY GLAZE)



**INGREDIENTS:** Soy sauce (water, soybeans, wheat, salt), sugar, mirin (sweet rice wine), water, cornstarch.

**Contains:** 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.
	<b>Total Fat</b> 0g		<b>0%</b>	<b>Total Carbohydrate</b> 28g	
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>	
<i>1 serving per container</i> <b>Serving size</b> <b>2 Ounces (56 g)</b>	Trans Fat 0g		Total Sugars 24g		
<b>Calories</b>	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 24g Added Sugars	<b>48%</b>	
Per Serving	<b>Sodium</b> 900mg	<b>39%</b>	<b>Protein</b> 2 g		
	Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.5mg 2% • Potassium 120mg 2%				

**120**

**NET WEIGHT 2 OZ (56 g)**



## PHILLY ROLL\* (SMOKE SALMON & CREAM CHEESE ROLL)



**INGREDIENTS:** Milled Rice (water, milled rice, sugar, distilled vinegar, rice vinegar, salt, brown sugar), Salmon (raw), Cucumber, Avocado, sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), Cream Cheese (Pasteurized Milk And Cream, Whey Protein Concentrate, Whey, Salt, Carob Bean Gum, Xanthan Gum, Guar Gum, Natamycin (A Natural Mold Inhibitor), Vitamin A Palmitate, Cheese Culture), 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), Seaweed.

**Contains:** Fish (Smoke Salmon), Soy, Wheat, Milk.

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

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 13g	<b>17%</b>	<b>Total Carbohydrate</b> 45g	<b>16%</b>	
	Saturated Fat 2g	<b>10%</b>	Dietary Fiber 2g	<b>7%</b>	
	Trans Fat 0g		Total Sugars 7g		
1 serving per container Serving size <b>7 Ounces (198 g)</b>	<b>Cholesterol</b> 25mg	<b>8%</b>	Includes 6g Added Sugars	<b>12%</b>	
<b>Calories</b> <span style="font-size: 2em;"><b>290</b></span>	<b>Sodium</b> 390mg	<b>17%</b>	<b>Protein</b> 12g		
Per Serving	Vitamin D 4mcg 20% • Calcium 48mg 4% • Iron 1mg 6% • Potassium 150mg 3%				

**NET WEIGHT 7 OZ (198 g)**

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



## SWEET CHILI SAUCE



**INGREDIENTS:** Sugar, water, chili peppers, vinegar, garlic, salt, modified cornstarch.

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

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 34g	<b>12%</b>	
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>	
	Trans Fat 0g		Total Sugars 30g		
1 serving per container Serving size <b>2 Ounces (56 g)</b>	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 30g Added Sugars	<b>60%</b>	
<b>Calories</b> <span style="font-size: 2em;"><b>140</b></span>	<b>Sodium</b> 320mg	<b>14%</b>	<b>Protein</b> 0g		
Per Serving	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.2mg 2% • Potassium 60mg 2%				

**NET WEIGHT 2 OZ (56 g)**



## MOUNTAINSIDE 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), Honey Ginger (ginger, water, honey, sugar, vinegar, citric acid, malic acid), Tempura Flakes (Wheat, Flour, Canola Oil, Red Pepper, Leavening 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.
1 serving per container Serving size 8 Ounces (227 g)	<b>Total Fat</b> 14g	<b>18%</b>	<b>Total Carbohydrate</b> 54g	<b>20%</b>	
	Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 1g	<b>4%</b>	
	Trans Fat 0g		Total Sugars 12g		
	<b>Cholesterol</b> 25mg	<b>8%</b>	Includes 9g Added Sugars	18%	
<b>Sodium</b> 800mg	<b>35%</b>	<b>Protein</b> 11g			
<b>Calories</b> <b>380</b>	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*



## EDAMAME (Boiled Soybeans)



**INGREDIENTS:** Soybean, Salt.

**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.
1 serving per container Serving size 3.7 Ounces (105 g) Edible Portion	<b>Total Fat</b> 2.5g	<b>3%</b>	<b>Total Carbohydrate</b> 12g	<b>4%</b>	
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 11g	<b>39%</b>	
	Trans Fat 0g		Total Sugars 0g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 40mg	<b>2%</b>	<b>Protein</b> 13g			
<b>Calories</b> <b>120</b>	Vitamin D 0mcg 0% • Calcium 79mg 6% • Iron 2mg 15% • Potassium 1890mg 40%				
Per Serving					

**NET WEIGHT 8 OZ (227 g)**



**RE-HEAT**  
Microwave (60 Sec)



## EGG FRIED RICE

**INGREDIENTS:** Water, Rice, Egg, Shortening (Rapeseed oil), Soy sauce (Defatted soybean, Wheat, Salt), Carrot, Onion, Rapeseed oil, Green onion, Processed pea (Pea protein, Sprouted pea, Pea powder), Salt, Rapeseed oil, Monosodium glutamate, Sugar, Cooking wine (Glutinous rice, Rice, Rice malt, Ethyl alcohol, Glucose, Water), Hydrolyzed protein (Corn, Wheat, Salt), Dextrin, Yeast extract, Yeast extract (Yeast extract, Dextrin), Mixed seasoning (Brewed seasoning (Rice, Corn, Potato, Sweet potato), Glucose, Ethyl alcohol, Salt, Water), Protein autolysis (Japanese anchovy, Salt), Food starch-modified, Onion powder (Onion extract, Dextrin, Sugar), Seasoning (Rice bran oil, Onion), Seasoning (Corn flour, Pepper, Rice flour), Seasoning (Black pepper, Corn flour, Rice flour), Color (β-Carotene [Color], Water, Corn), Food starch-modified, Xanthan gum, Seasoning (Pepper, Dextrin)

**Contains:** Egg, Soybean. Wheat (so NOT gluten-free), Japanese anchovy (fish).

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

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 17g	<b>23%</b>	<b>Total Carbohydrate</b> 75g	<b>26%</b>	
Saturated Fat 3.5g	<b>14%</b>	Dietary Fiber <1g	<b>4%</b>		
Trans Fat 0g		Total Sugars <1g			
1 serving per container Serving size <b>10 Ounces (284 g)</b>	<b>Cholesterol</b> 185mg	<b>65%</b>	Includes 0g Added Sugars	0%	
<b>Calories</b>	<b>Sodium</b> 1760mg	<b>75%</b>	<b>Protein</b> 16g		
Per Serving	Vitamin D 0.4mcg 4% • Calcium 20mg 1% • Iron 1mg 5% • Potassium 120mcg 4%				

**NET WEIGHT 10 OZ (284 g)**



**RE-HEAT**  
Microwave (45 Sec)



## STEAMED SHRIMP SHUMAI

**INGREDIENTS:** Onion, Cooked Shrimp (shrimp, salt), Surimi (pollock, sorbitol, sugar, sodium tripolyphosphate, tetrasodium pyrophosphate). Pork fat, Water, Wheat flour, Soy protein, Potato starch, Sugar, Salt, Sesame oil, Soy sauce, Ginger, Monosodium glutamate (MSG), Disodium inosinate, Disodium guanylate

**Contains:** Fish (Pollock), Shellfish (Shrimp), Soy, Wheat, Sesame.

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

<b>Nutrition Facts</b>	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.
	<b>Total Fat</b> 10g	<b>13%</b>	<b>Total Carbohydrate</b> 15g	<b>5%</b>	
Saturated Fat 4g	<b>19%</b>	Dietary Fiber 1g	<b>2%</b>		
Trans Fat 0g		Total Sugars 3g			
1 serving per container Serving size <b>6 pcs</b> <b>3.5 Ounces (100 g)</b>	<b>Cholesterol</b> 35mg	<b>12%</b>	Includes 2g Added Sugars	5%	
<b>Calories</b>	<b>Sodium</b> 320mg	<b>14%</b>	<b>Protein</b> 7g		
Per Serving	Vitamin D 0.5mcg 2% • Calcium 70mg 6% • Iron 0.5mg 2% • Potassium 0mcg 0%				

**NET WEIGHT 3.5 OZ (100 g)**

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



**RE-HEAT**  
Microwave (45 Sec)



## STEAMED CHICKEN BUN

**INGREDIENTS:** Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Chicken (chicken, soybean oil, soy sauce (water, soybeans, wheat, salt, sodium benzoate: less than 1/10 of 1% as a preservative), wheat gluten, water, salt, sodium phosphate), Water, Sugar, Lard (lard and hydrogenated lard, BHA, propyl gallate and citric acid added to help protect flavor), Corn Syrup (corn syrup, salt, vanilla extract (vanilla beans, water, ethyl alcohol)), Less than 2% of Oyster Flavored Sauce (water, sugar, salt, oyster extractives (oyster, water, salt), corn starch), Hoisin Sauce (sugar, water, soybean paste (water, soybean, wheat flour, salt), tomato paste (tomato), salt, vinegar (water, rice), garlic, modified corn starch, chili, caramel color (sugarcane molasses, water), citric acid), Modified Corn Starch, Soybean Oil, Yeast (yeast, sorbitan monostearate), Mushroom Flavored Soy Sauce (water, soybeans, sugar, salt, wheat flour, extract of mushroom, sulfur dioxide), Monosodium Glutamate, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Cooking Wine (wine, salt, sulfites), Sesame Oil, Soy Sauce (water, soybeans, wheat, salt, sodium benzoate: less than 1/10 of 1% as a preservative), Salt

**Contains:** Soybean. 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.
2 serving per container Serving size 1 Bun 2.3 oz (65 g)	<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carbohydrate</b> 26g	<b>9%</b>	
	Saturated Fat 1g	<b>5%</b>	Dietary Fiber 1g	<b>4%</b>	
	Trans Fat 0g		Total Sugars 4g		
<b>Calories</b> Per Serving	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 3g Added Sugars	6%	
	<b>Sodium</b> 220mg	<b>10%</b>	<b>Protein</b> 6g		
	Vitamin D 0mcg 0% • Calcium 9mg 0% • Iron 1mg 6% • Potassium 60mcg 2%				

**170**

**NET WEIGHT 4.6 OZ (130 g)**



## SPICY CRUNCHY SALMON\*

**INGREDIENTS:** Milled Rice (water, milled rice, sugar, distilled vinegar, rice vinegar, salt, brown sugar), Salmon (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, 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]), Cucumber, Avocado, sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), Honey Ginger (ginger, water, honey, sugar, vinegar, citric acid, malic acid), Tempura Flakes (Wheat, Flour, Canola Oil, Red Pepper, Leavening agent, Salt), Green Mustard (water, horse-radish, mustard, corn flour, spirulina), Soy Sauce (water, wheat, salt, soybean, alcohol), Seaweed.

**Contains:** Fish (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.
	<b>Total Fat</b> 14g		<b>18%</b>	<b>Total Carbohydrate</b> 54g	
	Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 1g	<b>4%</b>	
	Trans Fat 0g		Total Sugars 12g		
1 serving per container Serving size <b>8 Ounces (227 g)</b>	<b>Cholesterol</b> 25mg	<b>8%</b>	Includes 9g Added Sugars	<b>18%</b>	
<b>Calories</b>	<b>Sodium</b> 800mg	<b>35%</b>	<b>Protein</b> 11g		
Per Serving	Vitamin D 4mcg 20% • Calcium 31mg 2% • Iron 1mg 6% • Potassium 230mcg 5%				

**380**

**NET WEIGHT 8 OZ (227 g)**

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



## SPICY CRUNCHY TUNA\*

**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, 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]), Cucumber, Avocado, sugar, salt, gluten-free soy sauce (water, salt, soybean, alcohol), 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), 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.
1 serving per container Serving size 8 Ounces (227 g)	<b>Total Fat</b> 14g	<b>18%</b>	<b>Total Carbohydrate</b> 54g	<b>20%</b>	
	Saturated Fat 2.5g	<b>13%</b>	Dietary Fiber 1g	<b>4%</b>	
	Trans Fat 0g		Total Sugars 12g		
<b>Calories</b> Per Serving	<b>Cholesterol</b> 25mg	<b>8%</b>	Includes 9g Added Sugars	<b>18%</b>	
	<b>Sodium</b> 800mg	<b>35%</b>	<b>Protein</b> 11g		
	Vitamin D 4mcg 20% • Calcium 31mg 2% • Iron 1mg 6% • Potassium 230mcg 5%				

**NET WEIGHT 8 OZ (227 g)**

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