

	SERVING	CALORIES	TOTAL FAT(g)	SAT FAT(g)	SODIUM(mg)	CARBS(g)	FIBER(g)	SUGARS(g)	PROTEIN(g)	WHEAT/GLUTEN	SOY	DAIRY	EGGS	SESAME	SHELLFISH	FISH	PEANUT	TREE NUTS*	VEGETARIAN	VEGAN		
STARTERS																						
EDAMAME	6 oz.	200	6	0	290	18	6	0	18													
POTSTICKERS (w/ sauce)	5/ order	185	8	2.5	1440	22	0	3	9	x	x									x	x	
CHICKEN SPRING ROLLS (w/o sauce)	2/ order	225	8	1	410	30	3	8	9													
SHRIMP SPRING ROLLS (w/o sauce)	2/ order	230	8	1	360	30	3	8	15						x	x						
TOFU SPRING ROLLS (w/o sauce)	2/ order	290	14	2	450	33	3	8	11		x									x	x	
SUSHI ROLLS																						
JALAPENO AHI ROLL	4 pc.	290	15	2	490	26	2	4	10	x	x		x	x	x	x						
CALIFORNIA ROLL	4 pc.	210	9	1	370	24	1	2	9		x		x	x	x	x						
CALI POKE ROLL	4 pc.	415	26	4	540	32	2	4	14	x	x		x	x	x	x						
CRAB CHEESE WONTON ROLL	4 pc.	290	25	3	560	34	1	7	9	x	x	x	x	x	x	x						
SPICY TUNA ROLL	4 pc.	225	25	2	260	24	1	2	6		x		x	x	x							
VEGGIE TOFU ROLL	4 pc.	185	25	0.5	290	30	2	8	4		x										x	
SALMON MANGO ROLL	4 pc.	170	25	0.5	110	25	1	4	6					x	x							
PROTEINS																						
WHITE CHICKEN	reg. sz.	110	2.5	1	330	0	0	0	22													
DARK CHICKEN	reg. sz.	240	12	4.5	100	0	0	0	29													
SIRLOIN STEAK	reg. sz.	135	5	2	60	0	0	0	22													
SALMON	reg. sz.	230	15	2.5	65	0	0	0	23							x						
SHRIMP	reg. sz.	110	0	0	150	0	0	0	35						x	x						
TOFU	reg. sz.	160	9	2	220	5	0	<1	14		x									x	x	
BASE (regular size)																						
BROWN RICE	9 oz.	290	2	0	0	60	5	0	6												x	x
WHITE RICE	9 oz.	330	0.5	0	0	73	<1	0	6												x	x
UDON NOODLES	9 oz.	290	1	0	440	56	6	3	14	x			x								x	x
EGG NOODLES	8 oz.	440	1.5	0	590	94	3	0	14	x			x									
SWEET POTATO HASH	9 oz.	200	0.1	0	73	27	4	6	0												x	x
CHOPPED GREENS	2 oz.	15	0	0	53	3	1	1	1												x	x
SAUCES																						
TERIYAKI	2.5 oz	130	0	0	1250	25	0	25	5	x	x										x	x
SPICY-AKI	2.5 oz	100	0	0	900	20	0	20	0		x										x	x
YAKITORI	2.5 oz	150	8	0	1350	20	0	15	5	x	x						x	x			x	x
GREEN DRAGON	2.5 oz	250	25	0	0	0	0	0	0												x	x
RED DRAGON	2.5 oz	100	5	0	950	15	0	10	0	x	x										x	x
YELLOW CURRY	2.5 oz	100	10	10	180	5	0	0	0												x	x
GREEN CURRY	2.5 oz	100	10	10	225	3	0	0	0												x	x
PEANUT	2.5 oz	200	18	4	550	8	3	3	8	x	x						x	x			x	x
GLUTEN FREE TERIYAKI	2.5 oz	100	0	0	1100	25	0	20	0		x										x	x
STEVI-YAKI	2.5 oz	25	0	0	1200	5	0	0	5	x	x										x	x
MOJOE SAUCE	2.5 oz	75	0	0	1250	20	0	15	1	x	x										x	x
JOE'S BBQ SAUCE	2.5 oz	150	0	0	325	35	0	35	0												x	x
VEGGIES																						
TOP 5 VEGGIE MIX	5 oz.	65	1	0	0	6	1	0	3		x										x	x
BROCCOLI	1 oz.	5	0	0	0	0	0	0	0												x	x
ZUCCHINI	1 oz.	5	0	0	0	0	0	0	0												x	x
CARROTS	1 oz.	10	0	0	0	2	0	0	0												x	x
EDAMAME BEANS	1 oz.	35	1	0	0	3	1	0	3		x										x	x
SNAP PEAS	1 oz.	10	0	0	0	1	0	0	0												x	x
SPINACH	1 oz.	5	0	0	5	0	0	0	0												x	x
WATER CHESTNUTS	1 oz.	10	0	0	0	2	0	<1	0												x	x
SWEET ONION	1 oz.	10	0	0	0	0	0	0	0												x	x
SWEET POTATO	1 oz.	20	0	0	5	3	<1	<1	<1												x	x
RED PEPPER	1 oz.	5	0	0	0	1	<1	<1	0												x	x
CORN	1 oz.	20	0	0	35	4	<1	1	<1												x	x
RED CABBAGE	1 oz.	10	0	0	5	2	<1	1	<1												x	x
TOPPINGS																						
AVOCADO	1/4 fruit	80	8	1	5	3	3	0	1												x	x
CRISPY ONIONS	1 T.	70	4	2	60	3	0	0	0	x											x	x
WONTON STRIPS	.25 oz	20	2	0	45	4	0	0	0	x											x	x
JALAPENO	1 oz.	10	0	0	0	2	1	1	0												x	x
SESAME SEEDS	1 tsp	20	2	0	0	0	0	0	1					x							x	x
CHILI PEPPER FLAKES	1 tsp	5	0	0	0	1	0	0	0												x	x
GREEN ONION	1 T.	5	0	0	0	1	<1	0	<1												x	x
CRISPY JALAPENO	1 T.	40	3	0	15	3	0	0	0	x											x	x
SPICY MAYO	1 Tbsp.	100	10	1.5	70	0	0	0	0					x							x	x
PINEAPPLE	2 oz.	30	0	0	0	3	<1	3	0												x	x
SCRAMBLED EGG	1 oz.	40	2.5	1	30	<1	0	0	3					x							x	x
CRUSHED PEANUTS	1 tsp	15	1	0	10	0	0	0	0								x				x	x
SIGNATURE BOWLS																						
MOJOE BOWL	reg. sz.	660	8	3	1640	103	0	19	34	x	x		x								x	x
YAKITORI BOWL	reg. sz.	750	12	1	2180	115	2	17	45	x	x		x	x				x	x		x	x
THAI NOODLE BOWL	reg. sz.	790	48	4	5810	101	4	30	51	x	x		x	x	x	x					x	x
BANH MI BOWL	reg. sz.	850	26	6	630	95	4	17	35				x								x	x
GENERAL JOE'S BOWL	one order	710	42	25	1030	51	3	3	28				x								x	x
GENERAL JOE'S CUP	one order	410	26	14	530	27	3	2	16				x								x	x
SALADS (dressings not included)																						
SIDE SALAD	one order	15	0	0	30	2	0	0	0												x	x
SUNOMONO	one order	90	0	0	510	21	2	17	1					x							x	x
FULL NIKKO (w/ white chicken)	full sz.	330	18	2.5	460	18	5	5	27												x	x
KULA SALAD (w/ white chicken)	full sz.	420	13	2	800	54	5	39	25	x	x										x	x
ICHIGO SALAD (w/ white chicken)	full size	340	17	3	418	25	7	13	27												x	x
DRESSINGS																						
MISO	1.75 oz	120	9	0	950	9	0	7	2		x										x	x
SOY GINGER	1.75 oz	120	6	0	950	12	0	12	2	x	x										x	x
NIKKO	1.75 oz	250	21	2	630	14	0	14	0												x	x
WASABI RANCH	1.75 oz	180	18	2.5	130	17	0	<1	0					x							x	x
ICHIGO	1.75 oz	390	30	3	720	27	3	24	0					x							x	x

