

Rolltation - Calories / Allergy Guide

Last date modified 7/26/2022

Food items	Calories	Gulten	Vegen Items	Mayo	Nuts	Egg	Sesame	Dairy	Seafood	Shellfish	Soybeans
Protein											
Salmon	145								x		
Tuna	76								x		
Beef	180										x
Chicken	146	x									x
Boiled Shrimp	29								x	x	
Shrimp Tempura	162	x							x	x	
Tofu	66		x								x
Karaage	262	x									
Veggies											
Cucumbr	2		x								
Asparagus	3		x								
Cabbage	4		x								
Carrot	4		x								
Edamame	27		x								x
Green Lettuce	4		x								
Jalapeno	2		x								
Kale	17		x								
Red Onion	3		x								
Red Pepper	6		x								
Sweet Potato	15		x								
Tomatoes	9		x								
Sauce											
Sriracha Mayo	150			x		x	x				
Korean Citrus	55	x									x
Mango	31		x								
Mayo	200			x		x					
Miso Sauce	34	x	x								x
Spicy Habanero	150			x		x					
Spicy Sesame	62	x					x				
Teriyaki Mayo	101	x		x		x					x
Teriyaki Sauce	34	x	x								x
Umami	34	x	x				x				x
Unagi	60	x	x								x
Wasabi mayo	148			x		x					
Sriracha	0		x				x				
Toppings											
Avocado	80		x								
Cheese	36							x			
Diced Mango	7		x								
Green Onion	1		x								
Kani Salad	103	x		x		x				x	
Kidney Bean	14		x								
Kimchi	23								x	x	
Pickled Ginger	1		x								
Pickled Radish	1	x	x								
Seaweed Salad	50	x	x								
Sweet Corn	9		x								
Tamago	60	x			x						x
Tangerine	5		x								
Tobiko	4										
Wasabi Tobiko	104	x									
Crunch											
Lotus Chips	35	x	x								
Furikake	12	x									
Garlic Crisps	1		x								
Pumkin Seeds	12		x								
Sesame Seed	18						x				
Tempura Bit	43		x								
Hot Rice Bowl											
Beef Brisket	555	x				x					
Beef Brisket with Kimchi	583	x				x					
Beef Brisket with Cheese	595	x				x			x	x	
Chicken and Egg	620	x				x					
Karaage Hot Rice Bowl	836	x				x					
Snacks											
Classic Karaage	292	x				x					
Spicy Habanero Karaage	288	x				x					
Torched Cheese Karaag	306	x				x					
Classic Takoyaki	288	x				x					
Wasabi Takoyaki	306	x				x					
Takoyaki Cheese Bomb	328	x				x					

Fried with the same oil as shrimp

Calorie counts are measured per serving