

# Karui Menu



## 500 CALORIES OR LESS . MIKUNI DISHES ON THE LIGHTER SIDE

### SMALL PLATES

	Serving Size	Calories	Calories from Fat	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb. (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)
<b>BBQ White Tuna Appetizer</b> Grilled rare white tuna, seasoned with spicy BBQ red or white sauce with onion											
With red sauce .....	3.75 oz.	230	99	11	2	56	380	4	0	0	25
With white sauce .....	3.75 oz.	260	135	15	3	60	170	1	1	0	25
<b>Bonsai Salad</b> Mixed greens tossed in onion-soy dressing and topped with crispy wontons.....	1 serving	320	275	31	4	0	770	11	3	2.5	4
<b>Edamame</b> Soybeans.....	9 oz. (in shell)	190	81	9	1	0	20	14	9	5	17
<b>Illegal Asparagus</b> Hot oil-blanching asparagus seasoned with fiery Japanese sansho pepper and roasted sea salt, served with spicy Mikuni dressing.....	3.5 oz. asparagus w/1 oz. sauce	260	220	24	4	19	465	6	4	2	2.5
<b>Miso Soup</b> .....	5 oz.	35	9	1	0	1	505	4	1	0	3
<b>Sashimi ala carte</b> Eight (8) pieces of fresh tuna.....	2.4 oz.	75	9	1	0	31	30	1	0	0	16
<b>Sunomono Salad</b> Pickled cucumber salad .....	3.5 oz.	40	0	0	0	0	450	8	6	1	1
<b>Wakame Salad</b> Marinated seaweed salad with toasted sesame seeds .....	3.5 oz.	115	112	12	1	0	5	0.5	0	0	3

### MIKUNI ROLLS

<b>Avo-Ebi Roll</b> Shrimp and avocado.....	8 pieces	375	81	9	1	90	765	58	4	4	15
<b>Avo-kyu Roll</b> Avocado and cucumber.....	8 pieces	320	72	8	1	0	365	58	5	4	6
<b>California Roll</b> Kanikama, avocado and sesame seed.....	8 pieces	340	72	8	1	6	390	59	4	4	9
<b>California Two Roll</b> Crab mix, avocado and sesame seed.....	8 pieces	425	135	15	3	14	680	62	6	4	8
<b>Davis Roll</b> Crab mix, spicy tuna, seared tuna, white tuna, masago and onion.....	9 pieces	440	90	10	2	63	790	59	7	1	25
<b>Fresh Roll</b> Salmon, cucumber, onion, ponzu.....	9 pieces	330	32	3.5	0.5	33	650	55	5	1	18
<b>Kappa Maki</b> Cucumber .....	6 pieces	110	0	0	0	0	160	25	3	0.5	2
<b>Mel Roll</b> Tuna, yellowtail, salmon, shrimp, touch of wasabi.....	9 pieces	420	27	3	1	71	690	72	5	1	24
<b>Negihama Roll</b> Yellowtail and onion.....	6 pieces	155	18	2	0.5	16	170	25	2	1	9
<b>Nine One One Roll</b> Spicy tuna, tuna, spicy sauce.....	8 pieces	330	9	1	0	28	765	57	8	1	20
<b>Philadelphia Roll</b> Smoked salmon, cream cheese, avocado and masago.....	8 pieces	420	126	14	3	83	570	56	4	2.5	19
<b>Rabbit Roll</b> Lightly cooked asparagus, avocado, mixed greens, inari, rolled with soybean wrapper.....	8 pieces	465	81	9	1	0	1100	85	14	5	10
<b>Rainbow Roll</b> Kanikama, avocado, tuna, salmon, yellowtail, masago, onion.....	9 pieces	400	90	10	2	49	415	59	4	4	21
<b>Spicy Salmon Roll</b> Spicy salmon, cucumber and tempura bits.....	8 pieces	310	27	3	0.5	17	460	56	5	1	13
<b>Spicy Scallop Roll</b> Spicy scallop, sauce and masago.....	8 pieces	330	54	6	1	25	635	56	4	1	12
<b>Spicy Tuna Roll</b> Spicy tuna and cucumber.....	8 pieces	300	9	1	0	20	490	55	6	1	17
<b>Tasmanian Roll</b> Tasmanian ocean trout, salmon, asparagus, yellow onion, green onion, lemon, chili oil.....	9 pieces	415	117	13	2	50	395	56	5	2	18
<b>Tekka Maki</b> Tuna roll.....	6 pieces	150	9	1	0	19	175	24	2	0.5	12
<b>Una Cali Roll</b> Kanikama, eel, avocado, sauce, masago.....	9 pieces	430	108	12	2	65	810	64	10	4	16
<b>Una-Kyu</b> Eel, cucumber, sesame seeds and sauce.....	8 pieces	390	72	8	2	69	785	61	10	1	16



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### NIGIRI

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<b>Ebi</b> Shrimp .....	2 pieces	75	5	0.5	0	36	240	12	1	0	5
<b>Hamachi</b> Yellowtail .....	2 pieces	95	4	0.5	0	18	95	12	1	0	10
<b>Hiramasu</b> (Seasonal) Yellowtail Kingfish .....	2 pieces	75	5	0.5	0	14	100	12	1	0	6
<b>Hotate</b> Scallop .....	2 pieces	75	0	0	0	7	190	13	1	0	4
<b>Ika</b> Squid .....	2 pieces	80	5	0.5	0	66	90	13	1	0	5
<b>Ikura</b> (Seasonal) Salmon Roe .....	2 pieces	125	36	4	1	50	80	13	1	0	9
<b>Maguro</b> Tuna .....	2 pieces	95	5	0.5	0	18	95	12	1	0	10
<b>Sake</b> Fresh Salmon .....	2 pieces	130	45	5	1	24	100	12	1	0	9
<b>Shiro Maguro</b> Albacore Tuna .....	2 pieces	95	4	0.5	0	18	95	12	1	0	10
<b>Shiromi</b> White Fish .....	2 pieces	85	10	1	0	40	110	12	1	0	7
<b>Tako</b> Octopus .....	2 pieces	75	5	0.5	0	14	145	12	1	0	5
<b>Unagi</b> Eel .....	2 pieces	120	40	4	1	46	100	12	1	0	8
<b>Uni</b> (Seasonal) Sea Urchin .....	2 pieces	95	22	2.5	1	88	100	12	1	0	6

### SPECIAL DISHES

<b>Black &amp; White</b> Albacore tuna toro, lightly seared, topped with black tobiko caviar, jalapenos, onions and ponzu dressing .....	3.5 oz.	270	135	15	2	45	820	4	3	1	25
<b>Hamachi Kama</b> Broiled yellowtail collar seasoned with salt .....	1 serving	150	45	5	1	47	340	6	2	2	20
<b>Albacore Pepperfin</b> Thin slices of albacore tuna in citrus seasoned soy dressing topped with jalapenos and sesame seeds .....	3.5 oz.	290	140	15	2	45	3720	3	1	1	32
<b>Sashimi Combo</b> Chef's choice combination of today's fresh fish (does not include rice) .....	6 oz.	210	45	5	1	92	110	0	0	0	38
<b>Sea Steak</b> Seared rare tuna in Mikuni shichimi soy dressing on top of daikon radish shoestrings with onions, choice of red or white tuna or a mix of both with sesame seeds .....	3.5 oz.	200	45	5	1	50	2770	7	4	1	30
<b>Seared Tuna Poki Salad</b> Marinated sesame seaweed tossed with lightly seared tuna, cucumbers, and white onions .....	1 serving	450	310	35	5	45	1675	7	3	1	29
<b>Spicy Dream 1</b> Seared rare tuna, thin sliced, served with Mikuni original creamy dream sauces and sesame seeds .....	3.5 oz.	405	250	28	5	71	500	8	2	1	24
<b>Tako Ceviche</b> Octopus, thinly sliced, garnished with ceviche mix, ponzu, tobiko, cilantro, and lemon .....	1.5 oz.	65	5	0.5	0	20	750	5	3	0.5	
<b>VIP Sashimi</b> Seasonal thin slices of raw white fish of the day served with chopped pickled pear onions, minced parsley and special roasted onion dressing .....	1.5 oz.	95	50	6	1	60	575	1	0.5	0	10

Nutritional information is comprised of data calculated from the USDA National Nutrient Database for Standard Reference and our suppliers. Product data is based on current formulations. Please keep in mind we do not account for the natural variability that occurs within ingredients and variation that occurs due to the hand-crafted nature of each item. Variations may occur due to change of supplier, seasonal influences and changes in our product formulations. Portion sizes may vary slightly by location.



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