




Samurai Sam's Nutritional Statement

																	
		Weight	Calories	Cals From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A % (DV)	Vitamin C % (DV)	Calcium % (DV)	Iron % (DV)
Teriyaki Rice Bowls (includes veggies)																	
Dark Chicken, White Rice - Reg	425	g	550	90	10.0	2.5	0	85	530	80	2	13	31	60	35	4	30
Dark Chicken, Brown Rice - Reg	425	g	500	100	11.0	3.0	0	85	540	69	6	13	31	60	35	6	15
Dark Chicken, White Rice - Lrg	638	g	820	130	14.0	4.0	0	120	970	125	3	24	45	80	50	6	40
Dark Chicken, Brown Rice - Lrg	638	g	760	150	16.0	4.5	0	120	980	107	8	23	45	80	50	8	25
White Chicken, White Rice - Reg	425	g	520	35	4.0	1.0	0	80	520	80	2	13	37	60	35	4	25
White Chicken, Brown Rice - Reg	425	g	480	50	5.0	1.5	0	80	520	69	6	13	37	60	35	6	15
White Chicken, White Rice - Lrg	638	g	790	50	6.0	1.5	0	115	940	124	3	23	53	80	50	6	40
White Chicken, Brown Rice - Lrg	638	g	720	70	8.0	2.0	0	115	940	107	8	23	53	80	50	8	20
Dark Chicken, White Rice - Reg Spicy	425	g	560	90	10.0	2.5	0	85	500	84	2	16	31	60	35	4	30
Dark Chicken, White Rice - Lrg Spicy	638	g	850	130	14.0	4.0	0	120	900	131	3	29	45	80	50	6	40
White Chicken, White Rice - Reg Spicy	425	g	530	35	4.0	1.0	0	80	510	84	2	16	36	60	35	4	25
White Chicken, White Rice - Lrg Spicy	638	g	810	50	6.0	1.5	0	115	910	132	3	29	53	80	50	6	40
Steak, White Rice - Reg	425	g	530	70	8.0	3.0	0	50	810	79	2	14	24	60	35	2	30
Steak, Brown Rice - Reg	425	g	490	80	9.0	3.0	0	50	810	67	6	13	24	60	35	4	15
Steak, White Rice - Lrg	638	g	800	100	11.0	4.0	0	70	1350	122	3	24	35	80	50	4	45
Steak, Brown Rice - Lrg	638	g	740	120	13.0	4.5	0	70	1360	105	8	24	35	80	50	6	25
Shrimp, White Rice - Reg	397	g	420	10	1.5	0.0	0	140	520	78	2	11	22	60	35	6	35
Shrimp, Brown Rice - Reg	397	g	380	25	3.0	0.5	0	140	520	66	6	11	22	60	35	8	20
Shrimp, White Rice - Lrg	595	g	650	20	2.0	0.5	0	195	940	121	3	20	32	80	50	8	50
Shrimp, Brown Rice - Lrg	595	g	590	35	4.0	1.0	0	195	940	103	8	20	32	80	50	10	30
Spicy Steak and Broccoli, White Rice - Reg	427	g	540	70	8.0	3.0	0	50	810	83	3	17	25	20	90	4	30
Spicy Steak and Broccoli, Brown Rice - Reg	427	g	500	80	9.0	3.0	0	50	820	71	6	16	25	20	90	6	20
Spicy Steak and Broccoli, White Rice - Lrg	641	g	830	100	11.0	4.0	0	70	1360	130	4	30	36	30	130	6	45
Spicy Steak and Broccoli, Brown Rice - Lrg	641	g	770	120	13.0	4.5	0	70	1360	113	9	30	36	30	130	8	30
Veggie, White Rice - Reg	369	g	360	5	0.5	0.0	0	0	400	81	3	13	8	90	50	4	20
Veggie, Brown Rice - Reg	369	g	320	20	2.0	0.0	0	0	400	69	7	13	8	90	50	6	10
Veggie, White Rice - Lrg	567	g	560	10	1.0	0.0	0	0	780	126	5	23	12	140	80	6	30
Veggie, Brown Rice - Lrg	567	g	500	30	3.0	0.5	0	0	790	108	10	23	12	140	80	8	15
Dark Chicken & Steak, White Rice - Reg	425	g	540	80	9.0	3.0	0	65	660	79	2	13	27	60	35	4	30
Dark Chicken & Steak, Brown Rice - Reg	425	g	500	90	10.0	3.0	0	65	660	68	6	13	27	60	35	6	15
Dark Chicken & Steak, White Rice - Lrg	638	g	810	110	13.0	4.0	0	95	1140	123	3	24	40	80	50	4	40
Dark Chicken & Steak, Brown Rice - Lrg	638	g	750	130	15.0	4.5	0	95	1140	106	8	23	40	80	50	8	25
White Chicken & Steak, White Rice - Reg	425	g	520	50	6.0	2.0	0	65	660	80	2	13	30	60	35	4	30
White Chicken & Steak, Brown Rice - Reg	425	g	480	60	7.0	2.0	0	65	670	68	6	13	30	60	35	6	15
White Chicken & Steak, White Rice - Lrg	638	g	790	70	8.0	3.0	0	90	1140	123	3	24	44	80	52	6	40
White Chicken & Steak, Brown Rice - Lrg	638	g	730	90	10.0	3.0	0	90	1150	106	8	23	44	80	50	8	25
Dark Chicken & Shrimp, White Rice - Reg	425	g	500	50	6.0	1.5	0	140	570	79	2	12	30	60	35	6	35
Dark Chicken & Shrimp, Brown Rice - Reg	425	g	460	60	7.0	2.0	0	140	570	68	6	12	29	60	35	6	20
Dark Chicken & Shrimp, White Rice - Lrg	638	g	750	70	8.0	2.5	0	200	1030	123	3	23	43	80	50	8	50
Dark Chicken & Shrimp, Brown Rice - Lrg	638	g	690	90	10.0	2.5	0	200	1030	106	8	22	43	80	50	10	30
White Chicken & Shrimp, White Rice - Reg	425	g	480	25	3.0	1.0	0	135	580	79	2	13	32	60	35	6	30
White Chicken & Shrimp, Brown Rice - Reg	425	g	440	40	4.0	1.0	0	135	580	68	6	12	32	60	35	8	20
White Chicken & Shrimp, White Rice - Lrg	638	g	730	35	4.0	1.0	0	195	1030	123	3	23	47	80	50	8	45
White Chicken & Shrimp, Brown Rice - Lrg	638	g	670	60	6.0	1.5	0	195	1030	106	8	22	47	80	50	10	30
Salmon, White Rice	617	g	650	20	2.5	0.0	0	15	1230	122	3	21	33	80	50	4	30
Salmon, Brown Rice	617	g	590	40	4.5	0.5	0	15	1240	105	8	20	33	80	50	6	15
Sumo Bowl, White Rice	808	g	1080	190	21.0	6.0	0	215	1520	128	3	28	81	90	60	8	50
Sumo Bowl, Brown Rice	808	g	1020	200	23.0	7.0	0	215	1520	111	9	28	81	90	60	10	35
Other Bowls (includes veggies)																	
"Riceless" White Chicken - Reg (no sauce, on side)	326	g	230	35	4.0	1.0	0	80	220	16	5	9	33	180	110	8	10
"Riceless" White Chicken - Lrg (no sauce, on side)	425	g	310	50	5.0	1.5	0	115	300	20	6	11	46	230	140	10	15
Sweet and Sour Dark Chicken, White Rice - Reg	425	g	550	90	10.0	2.5	0	85	200	82	2	14	30	4	50	2	30
Sweet and Sour Dark Chicken, Brown Rice - Reg	425	g	510	100	11.0	3.0	0	85	200	71	5	15	29	4	50	4	15
Sweet and Sour Dark Chicken, White Rice - Lrg	652	g	830	130	14.0	4.0	0	120	310	128	2	27	43	4	80	4	40
Sweet and Sour Dark Chicken, Brown Rice - Lrg	652	g	770	150	16	4.5	0	120	310	111	7	27	42	4	80	6	25
Sweet and Sour White Chicken, White Rice - Reg	425	g	520	35	4.0	1.0	0	80	210	28	2	15	35	2	50	2	2
Sweet and Sour White Chicken, Brown Rice - Reg	425	g	480	50	5.0	1.5	0	80	210	21	5	15	35	2	50	4	15
Sweet and Sour White Chicken, White Rice - Lrg	652	g	790	50	6.0	1.5	0	115	320	128	2	27	51	4	80	4	40
Sweet and Sour White Chicken, Brown Rice - Lrg	652	g	730	70	8.0	2.0	0	115	320	111	7	27	50	4	80	6	20
Orange Peel Dark Chicken, White Rice - Reg	425	g	560	90	10.0	2.5	0	85	410	84	2	16	31	60	50	4	30
Orange Peel Dark Chicken, Brown Rice - Reg	425	g	520	100	11.0	3.0	0	85	410	72	6	16	31	60	50	6	15
Orange Peel Dark Chicken, White Rice - Lrg	638	g	850	130	14.0	4.0	0	120	720	132	4	30	45	80	80	6	40
Orange Peel Dark Chicken, Brown Rice - Lrg	638	g	790	150	16.0	4.5	0	120	720	115	9	29	45	80	80	10	25
Orange Peel White Chicken, White Rice - Reg	425	g	530	35	4.0	1.0	0	80	410	84	2	17	36	60	50	4	25
Orange Peel White Chicken, Brown Rice - Reg	425	g	490	50	5.0	1.5	0	80	420	73	6	16	36	60	50	6	15
Orange Peel White Chicken, White Rice - Lrg	638	g	810	50	6.0	1.5	0	115	730	132	4	30	53	80	80	8	40
Orange Peel White Chicken, Brown Rice - Lrg	638	g	750	70	8.0	2.0	0	115	730	115	9	30	52	80	80	10	20

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Teriyaki Yakisoba Noodle Bowls (includes veggies)																
Dark Chicken - Reg	398 g	580	120	14.0	2.5	0	85	1000	89	4	21	39	50	40	4	20
Dark Chicken - Lrg	554 g	810	170	19.0	3.5	0	120	1130	123	6	23	55	70	60	4	30
White Chicken - Reg	398 g	550	70	8.0	1.0	0	80	1010	89	4	22	44	50	40	4	20
White Chicken - Lrg	554 g	770	100	11.0	1.5	0	115	1140	123	6	24	63	70	60	6	30
Steak - Reg	398 g	560	100	11.0	2.5	0	50	1300	87	4	22	31	50	40	2	25
Steak - Lrg	554 g	780	140	16.0	4.0	0	40	1550	121	6	24	45	70	60	2	35
Shrimp - Reg	369 g	440	40	4.0	0.0	0	140	1020	86	4	19	29	50	45	4	25
Shrimp - Lrg	510 g	620	60	6.0	0.0	0	195	1140	120	6	21	42	80	60	6	40
Veggie - Reg	341 g	390	40	4.5	0.0	0	0	870	89	5	21	15	80	60	4	15
Veggie - Lrg	483 g	550	60	6.0	0.0	0	0	930	124	8	23	22	120	100	4	25
Salmon	525 g	630	70	8.0	0.0	0	15	1440	121	6	21	43	70	60	2	20
Dark Chicken, Spicy - Reg	398 g	600	120	14.0	2.5	0	85	930	95	4	26	38	50	40	4	25
Dark Chicken, Spicy - Lrg	554 g	830	170	19.0	3.5	0	120	1050	130	6	28	55	80	60	4	35
White Chicken, Spicy - Reg	398 g	570	70	8.0	1.0	0	80	940	95	4	26	44	50	40	4	20
White Chicken, Spicy - Lrg	554 g	790	100	11.0	1.5	0	115	1060	130	6	28	63	70	60	6	30
Steak, Spicy - Reg	398 g	580	100	11.0	2.5	0	50	1230	94	4	27	31	50	40	2	25
Steak, Spicy - Lrg	554 g	810	140	16.0	4.0	0	70	1480	128	6	29	44	70	60	2	35
Dark Chicken and Steak - Reg	398 g	570	110	12.0	2.5	0	65	1150	88	4	22	35	50	40	2	20
Dark Chicken and Steak - Lrg	554 g	790	160	18.0	3.5	0	95	1340	122	6	24	50	70	60	4	35
White Chicken and Steak - Reg	398 g	550	90	9.0	2.0	0	65	1160	88	4	22	38	50	40	2	20
White Chicken and Steak - Lrg	554 g	770	120	13.0	2.5	0	90	1350	122	6	24	54	70	60	4	30
Teriyaki Wraps (includes veggies)																
Dark Chicken, White Rice	391 g	670	150	16.0	4.0	0	75	1260	95	8	13	34	45	30	25	30
Dark Chicken, Brown Rice	391 g	650	150	17.0	4.0	0	75	1260	90	9	13	34	25	30	25	25
White Chicken, White Rice	391 g	640	100	11.0	2.5	0	70	1260	96	8	13	39	45	30	25	30
White Chicken, Brown Rice	391 g	620	110	12.0	2.5	0	70	1260	90	9	13	39	45	30	25	25
Dark Chicken, White Rice - Spicy	391 g	680	150	16.0	4.0	0	75	1240	99	8	16	34	45	30	25	35
White Chicken, White Rice - Spicy	391 g	660	100	11.0	2.5	0	70	1250	99	8	16	38	45	30	25	30
Steak, White Rice	391 g	650	130	14.0	4.0	0	40	1510	94	8	13	28	45	25	20	35
Steak, Brown Rice	391 g	630	140	15.0	4.0	0	40	1510	89	9	13	27	45	25	25	25
Veggie, White Rice	420 g	510	80	9.0	1.5	0	0	1160	95	12	14	15	140	80	25	20
Veggie, Brown Rice	420 g	530	80	9.0	1.5	0	0	1160	100	10	14	15	140	80	25	30
Salads (without dressing)																
Oriental Chicken Salad	326 g	340	100	12.0	3.0	0	80	230	26	5	6	34	10	8	4	8
Sesame Garden Noodle Salad	369 g	270	40	4.5	1.0	0	80	220	27	4	6	34	110	10	6	10
Side Salad	71 g	10	0	0.0	0.0	0	0	5	2	1	1	1	4	2	0	0
Kid's Teriyaki Bowls (no veggies)																
Dark Chicken, White Rice	198 g	300	50	6.0	1.5	0	50	430	42	0	10	17	0	0	0	15
Dark Chicken, Brown Rice	198 g	280	60	6.0	1.5	0	50	430	37	2	10	17	0	0	2	8
White Chicken, White Rice	198 g	280	20	2.0	0.5	0	45	430	43	0	10	20	0	0	2	15
White Chicken, Brown Rice	198 g	260	25	3.0	0.5	0	45	430	37	2	10	20	0	0	2	6
Steak, White Rice	198 g	290	40	4.0	1.5	0	25	600	42	0	10	13	0	0	0	15
Steak, Brown Rice	198 g	270	45	5.0	1.5	0	25	600	36	2	10	13	0	0	2	8
Yakisoba, Dark Chicken	171 g	290	60	8.0	1.5	0	50	500	42	1	10	20	0	2	0	10
Yakisoba, White Chicken	171 g	280	35	4.0	0.5	0	45	510	42	1	10	24	0	2	0	10
Yakisoba, Steak	171 g	280	60	6.0	1.5	0	25	680	42	1	10	16	0	2	0	10
Sides																
Grilled Chicken & Vegetable Eggroll (1 ea)	85 g	140	40	4.5	1.0	0	10	440	17	2	2	7	20	15	0	6
Crab Rangoon (3 pieces)	85 g	210	110	12.0	5.0	0	35	260	20	1	1	7	6	0	2	6
California Roll (1 roll)	170 g	260	10	1.0	0.0	0	5	920	46	1	9	7	8	6	2	6
Potstickers (2 ea)	40 g	90	40	4.0	1.5	0	10	180	10	0	1	3	0	2	0	4
Individual Items																
Dark Chicken - Reg	99 g	190	80	9.0	2.5	0	85	150	2	0	2	24	2	0	2	8
Dark Chicken - Lrg	142 g	280	120	13.0	3.5	0	120	210	3	0	3	34	2	0	2	10
White Chicken - Reg	99 g	170	30	3.5	1.0	0	80	160	2	0	2	29	0	0	2	6
White Chicken - Lrg	142 g	240	45	5.0	1.5	0	115	220	3	0	3	42	0	0	2	8
Steak - Reg	99 g	170	60	7.0	2.5	0	50	450	1	0	3	17	0	0	0	8
Steak - Lrg	142 g	250	90	10.0	3.5	0	70	640	1	0	4	24	0	0	0	10
Shrimp - Reg	71 g	70	5	1.0	0.0	0	140	160	0	0	0	15	4	2	2	10
Shrimp - Lrg	99 g	100	10	1.0	0.0	0	195	220	0	0	0	21	4	4	4	15
Salmon	113 g	100	15	1.5	0.0	0	15	520	1	0	0	22	0	0	0	0
White Rice - Reg	227 g	290	5	0.0	0.0	0	0	0	65	1	1	5	0	0	0	20
White Rice - Lrg	340 g	440	5	0.5	0.0	0	0	0	97	1	2	8	0	0	2	30
Brown Rice - Reg	227 g	250	15	2.0	0.0	0	0	0	53	4	1	5	0	0	2	6
Brown Rice - Lrg	340 g	380	25	3.0	0.5	0	0	0	80	6	1	8	0	0	4	10
Yakisoba Noodles - Reg	170 g	280	30	3.5	0.0	0	0	105	64	3	1	12	0	2	0	10
Yakisoba Noodles - Lrg	255 g	420	45	5.0	0.0	0	0	160	96	4	1	18	0	4	0	20
Veggies - Reg	71 g	20	0	0.0	0.0	0	0	20	4	2	2	1	60	35	2	2
Veggies - Lrg	99 g	25	0	0.0	0.0	0	0	30	6	2	3	1	80	50	4	2

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Sauces/Dressings			Weight														
Teriyaki Sauce	30	g	40	0	0.0	0.0	0	0	360	9	0	8	1	0	0	0	0
Spicy Teriyaki Sauce	30	g	50	0	0.0	0.0	0	0	350	13	0	11	1	2	0	0	0
Sweet and Sour Sauce	30	g	35	0	0.0	0.0	0	0	250	9	0	8	0	0	2	0	0
Orange Peel Sauce	30	g	60	0	0.0	0.0	0	0	250	14	0	12	1	0	15	0	0
Oriental Vinaigrette	43	g	50	30	3.5	0.0	0	0	660	5	0	5	0	0	0	0	0
Chinese Salad Dressing	43	g	130	70	8.0	1.0	0	0	230	14	0	13	0	0	0	0	0

The Nutritional Information Samurai Sam's has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.