



Nutritional Statement

		Weight	Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Rice Bowls (includes veggies)													
Chicken Breast, White Rice - Reg	425	g	520	35	4.0	1.0	0	80	570	82	2	15	37
Chicken Breast, White Rice - Lg	638	g	790	50	6.0	1.5	0	115	1020	128	3	28	53
Dark Chicken, White Rice - Reg	425	g	550	90	10.0	2.5	0	85	560	82	2	15	31
Dark Chicken, White Rice - Lg	638	g	830	130	14.0	4.0	0	120	1000	128	3	28	45
Steak, White Rice - Reg	425	g	520	80	9.0	3.5	0	65	510	81	2	15	28
Steak, White Rice - Lg	638	g	790	110	12.0	5.0	0	95	930	128	3	28	40
Chicken Breast & Steak, White Rice - Reg	425	g	530	50	6.0	2.0	0	65	690	82	2	16	30
Chicken Breast & Steak, White Rice - Lg	638	g	800	70	8.0	3.0	0	90	1190	128	3	29	44
Shrimp, White Rice - Reg	394	g	440	15	2.0	0.0	0	140	560	81	2	15	24
Shrimp, White Rice - Lg	595	g	680	25	2.5	0.0	0	200	1000	127	3	27	36
Salmon, White Rice - Reg	439	g	480	40	4.5	0.0	0	65	580	82	2	15	28
Salmon, White Rice - Lg	610	g	680	45	5.0	0.5	0	65	940	128	3	27	32
Veggie, White Rice - Reg	369	g	370	5	0.5	0.0	0	0	370	83	3	16	8
Veggie, White Rice - Lg	567	g	580	10	1.0	0.0	0	0	730	131	4	29	12
Wraps (includes veggies)													
Chicken Breast, White Rice	385	g	630	100	11.0	3.5	0	70	1200	92	10	18	41
Chicken Breast, Brown Rice	385	g	610	110	12.0	3.5	0	70	1200	87	12	18	40
Dark Chicken, White Rice	385	g	660	150	16.0	5.0	0	75	1190	92	10	18	36
Dark Chicken, Brown Rice	385	g	640	150	17.0	5.0	0	75	1190	87	12	18	36
Steak, White Rice	385	g	640	140	15.0	5.0	0	55	1150	92	10	18	33
Steak, Brown Rice	385	g	620	140	16.0	6.0	0	55	1150	86	12	18	33
Chicken Breast & Steak, White Rice	385	g	630	120	13.0	4.5	0	60	1170	92	10	18	37
Chicken Breast & Steak, Brown Rice	385	g	610	120	14.0	4.5	0	60	1170	86	12	18	37
Shrimp, White Rice	368	g	580	90	10.0	2.5	0	140	1220	92	10	18	32
Shrimp, Brown Rice	368	g	560	90	10.0	2.5	0	140	1220	86	12	17	32
Salmon, White Rice	414	g	620	110	12.0	3.0	0	65	1240	93	10	18	36
Salmon, Brown Rice	414	g	600	120	13.0	3.0	0	65	1240	87	12	17	36
Veggie, White Rice	414	g	530	80	9.0	2.5	0	0	1040	98	13	21	17
Veggie, Brown Rice	414	g	510	80	9.0	3.0	0	0	1050	92	14	21	17
Signature Dishes (includes veggies)													
"Riceless" Chicken Breast - Reg (no sauce, on side)	326	g	210	35	3.5	1.0	0	80	260	13	5	7	32
"Riceless" Chicken Breast - Lg (no sauce, on side)	425	g	300	45	5.0	1.5	0	115	360	16	6	9	45
Sweet and Sour Chicken Breast, White Rice - Reg	425	g	510	35	4.0	1.0	0	80	370	80	2	14	35
Sweet and Sour Chicken Breast, White Rice - Lg	638	g	760	50	6.0	1.5	0	115	620	122	3	22	51
Spicy Steak and Broccoli, White Rice - Reg	449	g	540	80	9.0	3.5	0	65	520	82	3	14	29
Spicy Steak and Broccoli, White Rice - Lg	662	g	810	120	13.0	5.0	0	95	940	128	4	26	43
Sumo Bowl, White Rice	808	g	1070	190	21.0	7.0	0	230	1270	130	3	29	85
Spicy Pepper Steak, White Rice - Reg	468	g	600	120	14.0	4.0	0	65	2340	81	2	14	32
Spicy Pepper Steak, White Rice - Lg	705	g	930	200	23.0	6.0	0	95	3670	128	3	27	46
Asian Tacos, Chicken Breast, White Rice	438	g	640	80	9.0	3.0	0	70	2300	104	4	44	37
Asian Tacos, Dark Chicken, White Rice	438	g	660	130	14.0	4.5	0	75	2280	104	4	44	32
Asian Tacos, Steak, White Rice	438	g	650	110	12.0	4.5	0	40	2500	105	4	46	26
Thai Peanut, Chicken Breast - Reg	429	g	580	100	11.0	2.5	0	80	550	79	3	11	38
Thai Peanut, Chicken Breast - Lg	644	g	900	170	19.0	4.0	0	115	970	122	5	20	57
Korean BBQ, Chicken Breast - Reg	459	g	580	60	6.0	1.5	0	80	1050	89	3	20	37
Korean BBQ, Chicken Breast - Lg	657	g	830	80	9.0	2.0	0	115	1350	129	4	25	53
Avocado Citrus, Chicken Breast - Reg	454	g	560	90	10.0	2.0	0	80	620	80	4	10	37
Avocado Citrus, Chicken Breast - Lg	695	g	870	150	17.0	3.0	0	115	1110	124	7	19	54
Sweet Chili, Chicken Breast - Reg	411	g	530	35	4.0	1.0	0	80	450	83	2	15	35
Sweet Chili, Chicken Breast - Lg	610	g	810	50	6.0	1.5	0	115	760	130	2	28	51
Yakisoba Bowls (includes veggies)													
Chicken Breast - Reg	355	g	560	70	8.0	1.0	0	70	640	83	4	16	36
Chicken Breast - Lg	525	g	830	90	10.0	1.0	0	90	1090	130	7	28	50
Dark Chicken - Reg	355	g	580	110	13.0	2.0	0	75	620	83	4	15	31
Dark Chicken - Lg	525	g	860	150	17.0	3.0	0	95	1080	130	7	28	44
Steak - Reg	355	g	560	100	12.0	3.0	0	55	580	83	4	15	28
Steak - Lg	525	g	830	140	16.0	4.0	0	75	1020	130	6	28	40
Chicken Breast and Steak - Reg	355	g	550	90	10.0	2.0	0	60	610	83	4	15	32
Chicken Breast and Steak - Lg	525	g	830	120	13.0	2.5	0	85	1060	130	6	28	45
Shrimp - Reg	337	g	490	45	5.0	0.0	0	145	1100	83	4	15	26
Shrimp - Lg	510	g	760	70	7.0	0.5	0	210	1790	131	6	28	39
Salmon - Reg	384	g	540	80	9.0	0.5	0	65	670	83	4	15	32
Salmon - Lg	525	g	770	100	11.0	0.5	0	65	1070	130	6	28	38
Veggie - Reg	313	g	430	45	5.0	0.0	0	0	460	85	5	16	11
Veggie - Lg	483	g	660	60	7.0	0.0	0	0	870	133	8	30	18

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Salads													
Oriental Chicken Salad (with dressing)	439	g	560	200	22.0	5.0	0	80	1040	54	8	17	37
Sesame Garden Toss Salad (with dressing)	312	g	420	130	15.0	2.0	0	65	750	42	3	20	27
Side Salad (without dressing)	128	g	50	10	1.5	1.0	0	0	350	9	1	7	1
Kid's Bowls (no veggies)													
Chicken Breast, White Rice	198	g	290	20	2.0	0.5	0	45	470	45	0	12	20
Yakisoba, Chicken Breast	171	g	320	40	4.5	0.5	0	45	510	46	2	12	22
Sides													
Grilled Chicken & Vegetable Eggroll (1 ea)	85	g	140	45	5.0	1.0	0	15	500	19	2	2	6
Edamame, Sea Salt	115	g	160	60	7.0	1.5	0	0	600	9	9	0	15
Potstickers (3 ea) (without sauce)	55	g	160	80	9.0	4.5	0	15	210	15	1	2	4
Desserts													
Cookie, Chocolate Chunk	40	g	200	90	10.0	5.0	0	10	135	26	1	15	2
Cookie, Oatmeal Raisin	40	g	180	70	8.0	4.0	0	15	140	25	1	13	2
Cookie, Peanut Butter	40	g	220	120	13.0	5.0	0	15	160	21	1	14	4
Cookie, Sugar	40	g	190	80	9.0	4.5	0	15	180	26	0	14	2
Cookie, White Chunk Macadamia Nut	40	g	210	100	12	6	0	10	130	24	1	15	2
Individual Items													
Chicken Breast - Reg	99	g	160	30	3.5	1.0	0	80	210	1	0	0	29
Chicken Breast - Lg	142	g	230	45	5.0	1.5	0	115	300	1	0	1	42
Dark Chicken - Reg	99	g	190	80	9.0	2.5	0	85	200	1	0	0	24
Dark Chicken - Lg	142	g	270	120	13.0	3.5	0	120	280	1	0	1	34
Steak - Reg	99	g	160	70	8.0	3.5	0	65	140	0	0	0	20
Steak - Lg	142	g	230	100	11.0	4.5	0	95	210	1	0	0	29
Shrimp - Reg	68	g	80	10	1.0	0.0	0	140	190	0	0	0	17
Shrimp - Lg	99	g	120	15	2.0	0.0	0	200	280	0	0	0	25
Salmon	113	g	120	35	4.0	0.5	0	65	220	1	0	0	21
White Rice - Reg	227	g	290	5	0.0	0.0	0	0	0	65	1	1	5
White Rice - Lg	340	g	440	5	0.5	0.0	0	0	0	97	1	2	8
Brown Rice - Reg	227	g	250	15	2.0	0.0	0	0	0	53	4	1	5
Brown Rice - Lg	340	g	380	25	3.0	0.5	0	0	0	80	6	1	8
Yakisoba Noodles - Reg	170	g	350	35	4.0	0.0	0	0	90	66	3	2	9
Yakisoba Noodles - Lg	255	g	520	50	6.0	0.0	0	0	135	99	5	2	14
Tortilla - 12" Wheat	102	g	290	70	8.0	2.5	0	0	660	44	9	4	11
Tortilla - 4.5" Flour/Corn	23	g	70	20	2.0	1.0	0	0	160	12	1	1	2
Veggies - Reg	71	g	15	0	0.0	0.0	0	0	15	4	1	2	1
Veggies - Lg	99	g	25	0	0.0	0.0	0	0	20	5	2	3	1
Sauces/Dressings													
Teriyaki Sauce	30	g	50	0	0.0	0.0	0	0	370	13	0	12	1
Spicy Teriyaki Sauce	30	g	50	0	0.0	0.0	0	0	370	13	0	12	1
Sweet and Sour Sauce	30	g	25	0	0.0	0.0	0	0	170	7	0	6	0
Oriental Vinaigrette	30	g	30	10	1.5	0.0	0	0	360	5	0	5	0
Korean BBQ	30	g	45	10	1.0	0.0	0	0	430	10	0	8	0
Teriyaki Citrus	30	g	45	15	1.5	0.0	0	0	420	8	0	7	1
Thai Peanut Sauce	30	g	100	54	6.0	1.0	0	0	340	10	0	8	2
Sweet Red Chili Sauce	30	g	60	0	0.0	0.0	0	0	240	15	0	13	0
Sesame Oriental Dressing	30	g	90	40	4.5	0.5	0	0	320	12	0	9	0
Potsticker Sauce	21	g	10	0	0.0	0.0	0	0	450	0	0	0	1

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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 preparation 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, custom orders, self-service orders and regional menu variations.

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