回転寿司 海鮮三崎港

Nutritional Information and Allergens Information for Menu Items

Information on nutrition facts, and allergens for Kaisen Misakiko's menu.
Please read the following notes before using our service.

Last updated : September 16, 2021

1. Nutrition facts are per plate or meal.
   The numbers are estimated based on our calculations.

2. Food allergens include "7 specified raw materials" that are required to be labeled on food containers and packaging, and "21 specified raw materials that are recommended" under the Food Labeling Act.

3. Nutrition facts and allergen information on "soy sauce" provided on the table are not included.
   (They are included for take-out products.)
   ◆ soy sauce（provided on the table） allergens : 「Wheat」and「Soybean」

4. Please be aware that our products may have unintentionally come into contact with possible allergens in the restaurant/store kitchen or processing factory.
   Therefore, we cannot guarantee a 100% allergy-free environment at the time of service
   Sensitivity to allergens varies depending on the customer.
   If you or a customer has a food allergy, we recommend consulting a specialist based on this data.

5. Products vary depending on the restaurants.

September 16, 2021

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Menu	Nutrition Facts					Allergens (○ : Contains allergen ingredients)																										
	Energy (kcal)	Protein (g)	Lipid (g)	Carbohydtate (g)	Salt equivalents (g)	Egg	Milk	Wheat	Shrimp	Crab	Buckwheat	Peanut	Abalone	Squid	Salmon roe	Orange	Kiwi	Beef	Walnut	Salmon	Mackerel	Soybean	Chicken	Pork	Matsutake mushroom	Peach	Yam	Apple	Gelatin	Banana	Sesame	Cashew	Almond
«Nigiri»																																	
Egg sushi	138	6.1	5.6	15.9	1.1	○	○	○														○		○									
Vegetarian sushi in a pouch of fried tofu	134	4.6	5.6	16.4	0.7			○														○											
Mayonnaise and corn battleship roll	112	1.8	5.0	14.9	0.5	○																											
Tuna and sarada battleship roll	140	4.9	8.5	11.0	0.7	○																											
Fermented soybeans battleship roll	87	4.0	2.0	13.3	0.5																	○											
Crab-flavor salad battleship roll	120	3.5	6.3	12.2	0.9	○		○	○	○				○								○											
Pickled radish roll	153	3.0	0.9	33.3	1.8																	○									○		
Dried gourd roll	145	3.0	0.3	32.5	1.5			○														○											
Cucumber roll	131	2.8	0.3	29.3	1.0																												
Fermented soybeans roll	166	5.5	2.1	31.2	1.1																	○											
Bigeye tuna	75	7.2	0.4	10.7	0.4																												
Salmon	107	6.6	4.2	10.7	0.4															○													
Gizzard shad	77	4.4	1.7	11.0	0.6																												
Flying squid	65	5.1	0.2	10.7	0.5									○																			
Prawn	66	5.1	0.3	10.8	0.7				○																								
Salad battleship rolls sampler /3 pc	186	5.2	9.9	19.1	1.0	○		○	○	○				○								○											
Tuna and pickled radish battleship roll	101	5.0	3.0	13.5	1.0			○														○									○		

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Tuna and fermented soybeans battleship roll	89	7.1	1.3	12.2	0.5																	○											
Minced tuna with onion battleship roll	95	5.5	3.1	11.3	0.6			○														○											
Onion and salmon	134	6.8	6.5	12.0	0.5	○														○													
Young yellowtail	105	7.1	3.7	10.8	0.4																												
Medium-fatty bluefin tuna	83	4.0	5.0	5.4	0.2																												
Solt sardine	109	5.8	4.6	11.0	0.7																												
Seared sardine	109	5.8	4.6	11.0	0.7																												
Bigeye soy sauce marinated tuna	81	7.4	0.6	11.6	0.8			○													○	○									○		
Giant pacific octopus from Hokkaido	55	2.6	0.1	10.9	0.6																												
Raw salmon	128	8.0	5.9	10.7	0.4															○													
Japanese horse mackerel	79	6.1	1.3	10.6	0.4																												
Prawn avocado	119	5.6	5.1	12.6	0.7	○			○																								
Flatfish fin	127	2.7	8.0	11.1	0.5																												
Whelk	58	3.3	0.1	11.0	0.5																												
Fat portion of salmon	160	5.0	10.8	10.7	0.4															○													
Red rice prawn	48	1.1	0.1	10.7	0.4				○																								
Seared flatfish fin	127	2.7	8.0	11.1	0.7			○														○											
Seared prawn and cheese	102	6.0	3.8	10.9	0.8	○	○		○																								
Tuna Avocado	127	7.6	5.2	12.5	0.5	○																											

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Sea bream	88	5.8	2.4	10.7	0.4																												
Vinegared mackerel	124	5.3	6.5	11.0	0.7																○												
Seared vinegared mackerel	124	5.3	6.5	11.0	0.7																○												
Scallop	74	6.2	0.2	11.8	0.5																												
Lean bluefin tuna	75	7.1	0.4	10.7	0.4																												
Seared salmon with lemon and salt	131	8.1	5.9	11.3	0.6															○													
Fatty raw salmon	101	5.6	4.0	10.7	0.4															○													
Salmon avocado	159	7.1	9.0	12.4	0.5	○														○													
Bloody clam	58	2.9	0.2	11.2	0.5																												
Fatty bluefin tuna	73	3.4	4.2	5.3	0.2																												
Large seafood roll	164	9.5	3.5	23.6	1.3	○	○	○	○					○	○					○		○		○							○		
Conger eel and cucumber hand roll	114	4.5	3.2	16.8	0.6			○														○									○		
Minced tuna with onion hand roll	110	5.4	2.7	16.0	0.7			○														○											
Prawn and cucumber with mayonnaise hand roll	127	6.2	4.2	16.1	0.9	○			○																								
Minced tuna and pickled radish hand roll	112	4.6	2.4	18.1	1.1			○														○									○		
Minced tuna and pickled radish roll	179	6.4	3.1	31.4	1.6			○														○									○		
Bigeye tuna roll	160	9.5	0.7	29.0	1.0																												
Mackerel and leaf mustard roll	209	6.7	7.3	29.0	1.7																○	○									○		
Sardine and leaf mustard roll	193	7.2	5.4	29.0	1.6																	○									○		
Conger eel	101	5.7	2.7	13.4	0.8			○														○											

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Marinated bluefin tuna	81	7.4	0.6	11.6	0.8			○													○	○									○		
Sliced raw horse meat	67	4.8	0.6	10.7	0.4																												
Sword-tip squid	62	4.3	0.3	10.6	0.5									○																			
Salmon sampler/3 pc	199	9.8	10.5	16.3	0.7															○													
Shellfish sampler/3 pc	95	6.2	0.2	17.0	0.7																												
Medium-fatty bluefin tuna roll	228	8.7	8.6	29.0	1.0																												
Salmon roe battleship roll	95	6.4	2.4	12.0	0.8			○							○							○											
Eel	147	6.5	7.0	14.5	0.9			○														○											
Seared fish sampler/3 pc	191	8.0	10.2	16.7	1.0			○												○	○	○											
Bluefin tuna sampler/3 pc	198	12.0	9.5	16.1	0.6																												
Fewah sea urchin battleship roll	74	4.4	1.1	11.6	0.5																												
Battleship roll sampler/3 pc	133	8.2	3.3	17.5	0.9			○							○							○											
Soft conger eel/1piece	172	8.9	4.1	24.9	1.3			○														○											
Botan shrimp	82	8.9	0.3	11.0	0.7				○																								
«Steamed savory egg pudding ・ Soup»																																	
Steamed savory egg pudding	49	4.1	2.5	2.5	1.1	○	○	○	○													○		○									
Miso soup with sea lettuce	57	6.8	1.3	4.4	1.9																○	○											
Miso soup with clams	60	7.8	1.4	4.1	2.0																○	○											
«Dessert ・ Side menu»																																	
Starch cake dipped in kinako powder	98	1.0	0.7	22.0	0.0																	○											
Melon sherbet	109	0.1	0.2	26.6	0.0																								○				

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Catalana-style ice brulee	202	2.1	14.7	15.4	0.1	○	○															○											
Ajinonamero (Japanese horse mackerel marinated with miso paste and herbs)	77	9.7	2.5	3.9	0.9																	○									○		
Deep-fried chicken	312	18.5	26.0	1.0	2.4																	○	○										
Deep-fried octopus	154	8.4	8.7	10.5	0.9	○	○	○														○											
French fries	294	2.2	20.4	25.5	1.9			○														○											
«Soft drinks»																																	
Apple juice	96	0.0	0.0	24.0	0.0																							○					
Orange juice	102	1.6	0.0	24.0	0.0											○																	
Grape juice	112	0.0	0.0	28.0	0.0																												
«Take out menu»																																	
Large seafood roll	337	19.6	7.1	48.6	4.0	○	○	○	○					○	○					○		○		○							○		
Sakura	456	30.5	11.0	58.8	4.3	○	○	○	○					○	○					○		○		○									
Yuri	549	34.0	19.3	59.7	4.3	○	○	○	○					○	○					○		○		○									
Tsubaki	398	23.4	13.0	46.9	3.7	○	○	○	○					○						○		○		○									
Miura	2558	150.7	70.7	329.7	22.3	○	○	○	○					○	○					○		○		○									
Manazuru	1349	80.3	37.7	172.2	12.3	○	○	○	○					○	○					○		○		○									