

HOUSE SPECIALS

8PC HAND-ROLLED SUSHI MADE WITH WHITE OR BROWN RICE

ALBACORE DELIGHT 10.00

California roll with garlic marinated albacore, yuzu ponzu, tobiko, crispy shallots

- 🍌 brown rice: calories 470, fat 23g, sat fat 3.5g, sodium 430mg, carbs 49g, sugar 4g, protein 19g, fiber 6g contains: wheat, egg, soy, fish, shellfish
- 🍌 white rice: calories 490, fat 23g, sat fat 3.5g, sodium 1100mg, carbs 54g, sugar 9g, protein 18g, fiber 5g contains: wheat, egg, soy, fish, shellfish

CATERPILLAR ROLL 10.00

eel, cucumber, avocado, sesame seeds, tobiko, eel sauce

- 🍌 brown rice: calories 470, fat 23g, sat fat 4g, sodium 630mg, carbs 44g, sugar 7g, protein 23g, fiber 6g contains: wheat, soy, fish
- 🍌 white rice: calories 490, fat 22g, sat fat 4g, sodium 1300mg, carbs 49g, sugar 12g, protein 23g, fiber 5g contains: wheat, soy, fish

DOWNTOWN PHILLY ROLL 10.00

spicy salmon, cream cheese, cucumber, avocado, eel sauce, sriracha sauce

- 🍌 brown rice: calories 490, fat 22g, sat fat 8g, sodium 850mg, carbs 45g, sugar 10g, protein 28g, fiber 4g contains: wheat, dairy, soy, fish
- 🍌 white rice: calories 510, fat 22g, sat fat 8g, sodium 1520mg, carbs 50g, sugar 15g, protein 28g, fiber 4g contains: wheat, dairy, soy, fish

HOKIE POKE ROLL 10.00

shoyu marinated ahi poke roll topped with wakame salad and shaved nori

- 🍌 brown rice: calories 440, fat 20g, sat fat 3g, sodium 980mg, carbs 36g, sugar 3g, protein 23g, fiber 14g contains: wheat, soy, fish
- 🍌 white rice: calories 480, fat 20g, sat fat 3g, sodium 1640mg, carbs 46g, sugar 8g, protein 24g, fiber 13g contains: wheat, soy, fish

HOUSE VEGGIE FUTOMAKI 7.00

smoked tofu, grilled broccolini, red bell peppers, avocado

- 🍌 brown rice: calories 240, fat 8g, sat fat 1g, sodium 35mg, carbs 33g, sugar 2g, protein 11g, fiber 5g contains: soy
- 🍌 white rice: calories 290, fat 7g, sat fat 1g, sodium 700mg, carbs 47g, sugar 7g, protein 11g, fiber 4g contains: soy

RAINBOW ROLL 10.00

California roll topped with salmon, tuna, and albacore

- 🍌 brown rice: calories 410, fat 21g, sat fat 3.5g, sodium 200mg, carbs 26g, sugar 1g, protein 28g, fiber 4g contains: egg, fish, wheat, shellfish
- 🍌 white rice: calories 460, fat 20g, sat fat 3.5g, sodium 870mg, carbs 39g, sugar 6g, protein 28g, fiber 3g contains: egg, fish, wheat, shellfish

SHEFFIELD'S SALMON ROLL 10.00

crispy salmon skin, avocado, cucumber, topped with salmon, ikura, bonito flakes, eel sauce

- 🍌 brown rice: calories 630, fat 34g, sat fat 8g, sodium 1030mg, carbs 50g, sugar 13g, protein 39g, fiber 4g contains: wheat, soy, fish
- 🍌 white rice: calories 650, fat 34g, sat fat 8g, sodium 1700mg, carbs 56g, sugar 18g, protein 39g, fiber 3g contains: wheat, soy, fish

SUPER HAMACHI ROLL 10.00

hamachi yellowtail fish, grilled broccolini, avocado, cucumber, jalapeno, sweet chili sauce

- 🍌 brown rice: calories 350, fat 7g, sat fat 1.5g, sodium 55mg, carbs 40g, sugar 11g, protein 30g, fiber 3g contains: fish
- 🍌 white rice: calories 370, fat 6g, sat fat 1.5g, sodium 720mg, carbs 45g, sugar 17g, protein 29g, fiber 2g contains: fish

VOLCANO ROLL 10.00

spicy California roll, spicy tuna, sriracha mayo, tempura crisps, wasabi tobiko

- 🍌 brown rice: calories 630, fat 34g, sat fat 5g, sodium 1470mg, carbs 55g, sugar 8g, protein 24g, fiber 5g contains: wheat, egg, soy, fish, shellfish
- 🍌 white rice: calories 670, fat 34g, sat fat 5g, sodium 2130mg, carbs 65g, sugar 13g, protein 24g, fiber 4g contains: wheat, egg, soy, fish, shellfish

CONSUMER ADVISORY:

In the interest of public health, please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



indicates vegetarian item



indicates vegan item

CLASSIC ROLLS

8PC HAND-ROLLED SUSHI MADE WITH WHITE OR BROWN RICE

CALIFORNIA ROLL 7.00

- 🍏 brown rice: calories 410, fat 25g, sat fat 3.5g, sodium 170mg, carbs 36g, sugar 1g, protein 12g, fiber 6g contains: egg, fish, wheat, shellfish
- 🍏 white rice: calories 460, fat 24g, sat fat 3.5g, sodium 830mg, carbs 50g, sugar 6g, protein 12g, fiber 5g contains: egg, fish, wheat, shellfish

CUCUMBER AVOCADO ROLL 6.00 🌱

- 🍏 brown rice: calories 230, fat 9g, sat fat 1.5g, sodium 15mg, carbs 34g, sugar 1g, protein 5g, fiber 7g
- 🍏 white rice: calories 280, fat 9g, sat fat 1.5g, sodium 680mg, carbs 48g, sugar 7g, protein 5g, fiber 6g

SALMON AVOCADO ROLL 8.00

- 🍏 brown rice: calories 260, fat 9g, sat fat 1.5g, sodium 30mg, carbs 30g, sugar 1g, protein 15g, fiber 4g contains: fish
- 🍏 white rice: calories 280, fat 8g, sat fat 1g, sodium 700mg, carbs 35g, sugar 6g, protein 15g, fiber 3g contains: fish

SPICY TUNA ROLL 8.00

- 🍏 brown rice: calories 310, fat 9g, sat fat 2g, sodium 450mg, carbs 33g, sugar 3g, protein 23g, fiber 4g contains: fish
- 🍏 white rice: calories 370, fat 9g, sat fat 1.5g, sodium 1120mg, carbs 47g, sugar 8g, protein 24g, fiber 13g contains: fish

ADDITIONAL, TRADITIONAL SUSHI ROLLS ARE AVAILABLE UPON REQUEST.
ASK YOUR SERVER FOR DETAILS.

SASHIMI + NIGIRI

SERVED WITH GINGER AND WASABI

SELECT YOUR SUSTAINABLY-SOURCED FISH

- 🍏 ALBACORE per 2oz calories 80, fat 3g, sat fat 0.5g, sodium 20mg, carbs 0g, sugar 0g, protein 13g, fiber 0g contains: fish
- 🍏 EEL per 2oz calories 130, fat 8g, sat fat 1.5g, sodium 35mg, carbs 0g, sugar 0g, protein 13g, fiber 0g contains: fish
- 🍏 SALMON per 2oz calories 80, fat 3.5g, sat fat 0.5g, sodium 25mg, carbs 0g, sugar 0g, protein 11g, fiber 0g contains: fish
- SALMON ROE per 2oz calories 150, fat 10g, sat fat 2.5g, sodium 850mg, carbs 2g, sugar 0g, protein 14g, fiber 0g contains: fish, soy
- 🍏 TUNA per 2oz calories 80, fat 3g, sat fat 0.5g, sodium 20mg, carbs 0g, sugar 0g, protein 13g, fiber 0g contains: fish
- 🍏 YELLOWTAIL per 2oz calories 80, fat 3g, sat fat 0.5g, sodium 20mg, carbs 0g, sugar 0g, protein 13g, fiber 0g contains: fish

CHOOSE YOUR SERVING STYLE:

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| SASHIMI 10.00
select one type of fish,
4oz serving | SASHIMI PLATTER 14.00
select up to three types
of fish, 6oz total serving |
| SHEFFIELD'S NIGIRI 5.00
your choice of fish served
over brown (30 cal) or
white (35 cal) rice
2 pieces per serving | CHEF'S CHIRASHI 14.00
6oz of chef selected fish +
vegetables over brown (30 cal)
or white (35 cal) rice
contains: wheat, egg, soy,
fish, shellfish |

2,000 calories a day is used for general nutrition advice,
but calorie needs vary.

Additional nutrition information available upon request.

SHEFFIELD'S