

Kurasushi allergen and calorie information (Please refer to a separate PDF for information on the Uwajima Store.)

We've done it!! We have kept the big 4 additives out of all our food ingredients since opening.

● Chemical seasonings ● Artificial sweeteners ● Artificial colorings ● Artificial preservatives

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●...Contains allergen
▲...Manufactured on equipment used to manufacture products containing

As of June 27, 2025
Standard Sushi

Item	Calorie per dish (kcal)	Not applicable	Egg	Wheat	Milk ingredients	Peanuts	Crustaceans	Shrimp	Crab	Walnut	Squid	Salmon roe	Salmon	Mackerel	Beef	Chicken	Pork	Soy bean	Orange	Apple	Gelatin	Banana	Kiwifruit	Japanese yam	Peach	Sesame	Alabone	Cashew nut	Matsutake Mushroom
Red Rice Prawn (1PC)	46							●			▲		▲	▲															
Ark Shell	68	●									▲		▲	▲															
Horse Mackerel	85										▲		▲	▲															
Seasoned Boiled Egg	140		●											▲				●		●	▲								
Conger Eel	94			●										▲				●											
Seared Shrimp with Cheese	97		●	●	●	▲		●			▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Seared Shrimp Mayo Gratin Style	186		●	●	●	▲		●			▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Seared Salmon with Cheese	120		●	●	●	▲		▲			▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Seared Pork with Cheese	146		●	●	●	▲		▲			▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Sweet Shrimp Sushi	77							●			▲																		
Sweet Shrimp and Mayo	111		●	●				●										●		●									
Abalone Sushi	78																										●		
Squid	73																												
Squid and Okra	87			●							●							●											
Squid Tempura Sushi	201		●	●	●	▲		▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Salmon Roe	93		▲	●	▲			▲	▲			●						●											
Ikejime Pangasius	75																	●											
Stuffed Sushi	117			●										●				●											
Extra-fatty Iberian Pork	115																	●											
Seafood Gunkan with Sea Urchin	89		▲	▲	▲			▲	▲		●	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Beef with Tasty Sauce	102		●	●	●			▲			▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Salmon Roll with Tasty Sauce	103			●				▲			▲		●	▲				●	●	●	●	●	●	●	●	●	●	●	●
Tuna Gunkan with Tasty Sauce	107			●														●	●	●	●	●	●	●	●	●	●	●	●
Shrimp	74							●										●											
Shrimp Avocado	118		●	●				●										●		●									
Shrimp Tempura Sushi	135		●	●	●	▲		●	▲	▲	▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Shrimp Tempura Hand Roll (1PC)	120		●	●	●	▲		●	▲	▲	▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Shrimp with Mayo	182		●	●				●										●	●	●	●	●	●	●	●	●	●	●	●
Flounder Fin	94		▲	▲									▲					▲											
Large-cut Fatty Salmon (1PC)	70												●																
Large-cut Yellowtail (1PC)	60	●																											
Seared Large-cut Salmon Belly (1PC)	85			●	●								●					●			●								
Large-cut Salmon with Salt and Yuzu (1PC)	59																												
Large Salmon Roe (1PC)	55			●																									
Squid & Shiso	73										●	●						●											
Octopus with Shiso Leaf	71	●																											
Extra Large Scallop Sushi	79			●														●											
Salmon with Onion	116		●	●				▲			▲		●	▲				●		●									
Seafood & Sea Urchin Handroll (1PC)	47		▲	●	▲			▲	▲		●	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Crab with Mayo	120		▲	●				●										●		●									
Crab Innards	86							●										●											
Crab Yukhoe	112		▲	●				▲					▲	▲				●		●									
Gourd Strip Roll	149		▲	●	▲			▲			▲		▲	▲				●		●									
Sukiyaki-style Beef Gunkan	142		▲	●	●			▲					▲	▲				●		●									
Cucumber Roll	120		▲	▲				▲			▲		▲	▲				●		▲									
Marinated Premium Albacore	91																	●											
Corn Mayo	169		●	●	●													●		●									
Exquisite Imitation Crab Meat	84		●	●				●	●									●											
Salmon	93			●				▲			▲		●	▲				●											
Salad	178		●	●	▲			●	●									●		●									
Seafood Salad	141			●	●			●	●		●		●	▲				●		●									
Yellowtail with Salt Sauce	107	●		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Seared Aged Extra-Fatty Tuna (1PC)	77		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Seared Aged Medium Fatty Tuna(1PC)	72		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Aged Marinated Tuna	85			●														●											
Cured Fugu (1PC)	39			●										●				●											
Aged Red Sea Bream (1PC)	41																												
Pickled Daikon Radish Roll	141	●	▲	▲	▲			▲					▲	▲				▲		▲									
Japanese Omelette	114		●	●	▲								▲	▲				●		●									
God Milk with Ponzu Gelée Gunkan	94							▲	▲					●				●											
Pollock Roe with Mayonnaise Gunkan	127		●	●				●										●		●									
Salted Spicy God Innards	98			●														●		●									
Marinated and Seared Premium Tuna (1PC)	67		▲	▲	▲	▲		▲			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲
Tuna Salad	163		●	●				▲										●		●									
Whelk	69			▲	▲			▲	▲		▲		▲	▲				●											
Tuna Roll	136		▲	▲	▲			▲	▲		▲		▲	▲				●		▲									
Marinated Premium Tuna (1PC)	67			●														●											
Premium Tuna (1PC)	64	●																											
Marinated Premium Large-cut Tuna (1PC)	49			●														●											
Extra Large-cut Ikejime Conger Eel (1PC)	64			●														●											
Extra Large-cut Freshwater Eel (1PC)	109			●														●											
Salmon Belly	118												●					●											
Natto	116																	●											
Sinle Natto Roll	160		▲	▲	▲			▲	▲		▲		▲	▲				●		▲									
Natto and Grated Japanese Yam Gunkan	110							●										●		●									
Raw Shrimp	76			●				▲			▲		▲	▲				●											
Vinegared Thick Fatty Mackerel	151													●				●											
Tuna and Green Onion	115	●		▲	▲	▲		▲					▲	▲															

Item	Calories per dish (Kcal)	Allergens																										
		Not applicable	Egg	Wheat	Milk Ingredients	Peanuts	Buckwheat	Shrimp	Crab	Walnut	Squid	Salmon roe	Salmon	Mackerel	Beef	Chicken	Pork	Soy bean	Orange	Apple	Celery	Banana	Kiwifruit	Japanese yam	Peach	Seasame	Abalone	Matsukae Mushrooms
Cream with Sauce	117			●					▲				●				●		●									
Parboiled Acerola Red Sea Bream	90	●																										
Conger Eel & Cucumber-Roll	155		▲	▲	▲		▲	▲			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲				▲			
Seared Fatty Salmon Belly	170		▲	●	●	▲		▲			▲	●	▲	▲			●		▲						▲			▲
Seared Tuna Yukhoe with Salt Gunkan	133		●	●	●				▲					▲			●					▲	▲		▲	●		
Sweet Shrimp Duo	83						●																					
Scored Squid	77									●																		
Extra Large Bigeye Shrimp (1PC)	44																											
Parboiled Bigeye Red Sea Bream	75	●																										
Freshwater Eel Dragon Roll	249		●	●	▲	▲		●	▲		▲	▲	▲			▲	▲	●		●	▲				▲			
Eel & Cucumber-Roll	171		▲	●	●			▲	▲		▲	▲	▲			▲	▲	●		▲	▲				▲			
Eel & Omelet	129		▲	●	●												●											
Sea Urchin Gunkan (1PC)	47																											
Shrimp and Crab Mountain	101			●			▲	●																				
Large-cut Fatty Bonito	106	●																										
Large-cut Raw Salmon (1PC)	63												●															
Large-cut Lean Albacore	92																											
Large Salmon Roe Gunkan (2PC)	106			●							●							●										
Large Bigeye Tuna (1PC)	64	●																										
Onion and Shrimp with Sesame Dressing	96		●	●			▲								●	●	●	●		●	●				●			
Onion and Pork Kalbi with Sesame Dressing	115		●	●	●			▲	▲				▲	▲		●	●	●	●	●	●			▲		●		
Seafood Roll	176		●	●	●		●	●				●	●			▲	▲	●		▲	▲				●			
Seafood Yukhoe	122									●			●				●	●		▲	▲					●		
Lean Skipjack Tuna	91	●															●											
Crab Duo	72						●																					
Beef Yukhoe Gunkan	128		●	●	●					▲		▲	▲	●		▲	▲	▲	▲	●			▲	▲	▲	▲	●	
Scraped Wild Pacific Bluefin Tuna Gunkan	103	●																										
Superior Fatty Tuna Set	512		▲	▲	▲	▲		▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲		▲
5 Kinds of Shellfish Salad	151		●	●	●			▲	▲					●	●		●		●							●		
Salmon & Scallop-Salt Gunkan	145											●	●				●									●		
Mackerel & Shiso-Roll	174		▲	●	●			▲		▲					▲	▲	▲	▲	▲	▲	▲					●		
Red Rice Prawn Sushi with Salty Sauce	85			▲	▲			●			▲	▲	▲	▲		▲	▲	▲	▲	▲	▲					●		
Seared Aged Medium-fatty Tuna (2PC)	126		▲	▲	▲	▲			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲		▲
Marinated Premium Aged Yellowtail	108			●								▲	▲				●											
Deluxe Crab Assortment	264			▲				▲	●			▲	▲				●				▲							
Octopus Salad	141			●	●			▲	▲								●		●		▲							
Bettfish Gunkan	109		●	●	●			▲	▲								●		●									
Marinated and Seared Large Bigeye Tuna (1PC)	67			▲	▲	▲			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲		▲
Marinated Large Bigeye Tuna (1PC)	67			●																								
Large Wild Shrimp (1PC)	44							●																				
Wild Yellowtail with Rice Malt	107	●																										
Wild Yellowtail Yukhoe Gunkan	122		●	●	●			●									●		●							●		
Wild Yellowtail with Yukhoe Sauce	97			●	●			●																		●		
Premium Lean Tuna	114		●																●									
Extra-large Raw Snow Crab (1PC)	39							●																				
Extra-large Tuna Gunkan	108	●																										
Fatty Red Tuna	196		▲	▲	▲			▲	▲		▲	▲	▲		▲	▲	▲	▲	▲	▲	▲				▲			
Fatty Herring *Made with ingredients from Hokkaido	98				●												●											
Raw Salmon Gunkan	119											●	●															
Raw Salmon (2PC)	104																											
Thick Scallop (1PC)	51	●										●																
Scallop with Salt and Green Onions Gunkan	101			●					▲									●								●		
Rich Sea Urchin (1PC)	48								▲	▲																		
Seared Salt-Aged Medium-fatty Tuna (1PC)	72		▲	▲	▲	▲		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲		▲
Salt-aged Medium-fatty Tuna (2PC)	126	●																										
Smoked Yellowtail and Mayo	146		●	●	●			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲		▲
Special Chirashi Sushi Gift	289		●	●	●			▲	●		▲	▲	●	●			●		▲	▲	▲	▲	▲	▲	▲	▲		▲
Bacon Tempura Sushi *Free of four major additives	229		●	●	●	▲						▲	▲	▲		▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲		▲
Hokkaido Octopus in Wasabi Marinade *Made with octopus from Hokkaido	77		●	●								▲	▲	▲		▲				●								
Popcorn Shrimp Roll	235	●	●	●	●	▲		●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	●		▲
Genuine Snow Crab (1PC)	36							●																				
Seared Tuna	86			●													●											
Red Sea Bream Tempura Sushi (1PC)	86		●								▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲		▲
Red Sea Bream with Yuzu Pepper	86			●													●											

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くら
KURA

As of June 27, 2025
Side dishes

[illegible]

[illegible]

[illegible]

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As of June 27, 2025
Hands-Hands Project

Item	Calories per dish (kcal)	Not applicable	Egg	Wheat	Milk Ingredients	Peanuts	Buckwheat	Shrimp	Crab	Walnut	Squid	Salmon roe	Salmon	Mackerel	Beef	Chicken	Pork	Soy bean	Orange	Apple	Gelatin	Banana	Kiwifruit	Japanese yam	Peach	Sesame	Aubergine	Cashew nut	Matsutake Mushroom
Ajideji	135		●	●	●	●		▲	▲						▲	●	▲	●	▲	▲	▲	▲	▲	▲	▲	▲		▲	
Erizos (Sea Urchin with Lime)	25			●				▲	▲							●		●											
Ensalada de Feria	75		●	●				●	▲																				
Gai Yang	61		●	●	●									▲		●				●	▲								
Roast Duck with Truffle Sauce	102		▲	▲	●	▲		▲	▲		●					●		●								▲		▲	
Sausage with Curry Ketchup	151		▲	▲	▲			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Cauliflower Nuggets	173		●	●	●	▲		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	
Carne Asada (Roast Beef Steak)	53		▲	●	▲	▲		▲	▲	▲	▲	▲	▲	▲	●	▲		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Ganjang Saewoo	54			●				●						●				●		●						●			
Fried Cassava	144		▲	▲	▲	▲										▲		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Kebab	80		●	▲	●										●	●	●	●								▲			
Coconut Fish Salada	109			●														●											
Sunday Roast	48		▲	▲	●	▲		▲	▲	▲	▲	▲	▲		●	●	●	●		●	▲	▲	▲	▲	▲	▲	▲	▲	
Sambal Udang	98		▲	●	▲	▲		●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Cold Borscht	172		●	●	●	▲		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Soup Meat	249		●	●	●	▲		▲	▲	▲	▲	▲	▲	▲	●	●	●	●	●	●	▲	▲	▲	▲	▲	▲	▲	▲	
Danish Open-Faced Sandwich	141		▲	▲	●			▲		▲	▲		●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Ceviche	64			●											●	●	●	●											
Meatball with Tomato Sauce	194		●	●	●	▲				▲					●	●	●	●		●	▲	▲		▲		▲		▲	
Octopus Salad	50							▲			▲							●		●	▲	▲		▲				▲	
Doubles	155		▲	●	▲	▲		▲	▲	▲	▲	▲	▲		●	●	●	●	▲	▲		●		▲	▲	▲	▲	▲	
Tagliata	47				●				▲						●	▲	▲	▲		●									
Chicken Adobo	87		●	●	●				▲					▲		●	●	●	●		▲	▲	▲	▲	▲	▲	▲	▲	
Moambe Chicken	136		●	●	●	●		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Qofte	103		●	●	●										●	●	●	●		●									
Chili Crab	31		▲	●	▲	▲		▲	●	▲	▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Fresh Spring Rolls	48							●																					
Norway Salmon Carpaccio	67												●																
Soused Herring	59			●														●											
Papa Criolla with Hogao Sauce	79		▲	▲	▲	▲		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Habanero Chicken	54		●	●	●											●	●	●	●										
Jamon Serrano (Spanish Cured Ham)	31																	●											
Hamburger	275		●	●	●	▲		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Piadina	105			●	●													●											
Picante de Pollo	75		●	●	●	▲		▲	▲	▲	▲	▲	▲	▲	▲	●	●	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Falafel	140		●	▲	▲	▲		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Fried Tilapia	54		●	●	●			▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Pescado Con Coco	69		●	●	●	▲		▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Poke	121			●														●		●						●			
Boxty (Potato Pancake)	62		●	●	●													●	▲	▲									
Pollo Asado (Roast Chicken)	69		●	●	●											●		●		●						▲			
Maquereau	109			●										●				●											
Malakoff	244		●	●	●	▲		▲	▲	▲	▲	▲	▲		▲	▲	▲	●	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	
Meatballs	197		●	●	●										●	●	●	●		●						▲			
Micronesian Chicken	64		●	●	●										●	●	●	●											
Roast Beef	49			●	●										●	●	▲			●									
Ropa Vieja (Stewed Lean Meat)	54		●	●	●										●	●	●	●		●									

[illegible]