



Sushi (すし, 寿司, 鮓) is a type of food preparation originating in Japan, consisting of cooked vinegared rice (鮓飯 sushi-meshi) combined with other ingredients (ネタ neta) such as seafood, meat, vegetables....

Sashimi (/sa shi mi / Japanese: 刺身) is a Japanese delicacy consisting of very fresh raw meat or fish sliced into thin pieces.

Rolls

Eat Fit served with brown rice

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| Angel Roll \$15.00
Spicy tuna, Snowcrab and Crunchy inside. Escolar, avocado, Wasabi Tobiko on top with Ponzu sauce | Green Flower Roll \$16.00
Tempura Whitefish, Snowcrab, Spicy Tuna, wrapped in seaweed paper and soy paper. Wasabi Tobiko with Eel sauce and white sauce on top. | Scallop Roll \$10.00
Boiled Scallop and Asparagus |
| Baked Salmon Roll \$13.00
Snowcrab with asparagus inside. Baked salmon with Seaweed top with Eel sauce (no rice) | Happy Roll \$16.00
Spicy Tuna, Crawfish inside, BBQ Eel, Boiled Shrimp and avocado outside, Topped with Eel sauce and sesame seed | Shrimp Tempura Roll \$10.00
Tempura shrimp, Cucumber, Avocado, Smelt Roe with Eel sauce |
| Burning Man Roll \$14.00
Spicy Tuna and crunchy inside. Pepper Tuna, Avocado, Green Onion and sesame seed on top, eel and ponzu sauce. | Louisiana Roll \$9.00
Spicy Crawfish, Avocado | Sky Roll \$16.00
Spicy White fish, Snowcrab, inside, Avocado, Tuna and yellowtail outside wrapped with Soybean paper white sauce |
| California Roll \$8.00
Crabstick, Cucumber, Smelt Roe, Avocado | Lettuce Wrap Roll \$10.00
Boiled shrimp, Snowcrab, Avocado wrapped in lettuce, no rice, eel sauce. | Snowcrab Roll \$8.00
Snowcrab and Asparagus, Avocado |
| Caterpillar Roll \$15.00
Snowcrab, BBQ Eel inside, Sliced Avocado with Eel sauce on top. | Mandeville Roll \$10.00
Whitefish, Snowcrab, Asparagus, Smelt Roe, Seaweed paper wrapped and whole roll fried, white and eel sauce | Snowcrab Nurito Roll \$16.00
Snowcrab wrapped with cucumber, no rice, white sauce |
| Calamari Crunchy Roll \$15.00
Inside with Fried Calamari, Snowcrab Asparagus, Crunchy, sprinkling Smelt Roe on top eel sauce, sesame seed. | Manhattan Roll \$16.00
Fried Soft-Shell Crab, BBQ Eel, Snowcrab, Avocado inside, Smelt Roe topped with Eel sauce | Soybean Paper Roll \$16.00
Red Snapper, Tuna, Salmon, Asparagus, Avocado, Snowcrab, wrapped with Soybean Paper, white sauce |
| Chef's Special Roll \$12.00
Yellowtail, Salmon, Tuna, Asparagus, Avocado wrapped in seaweed Paper with white sauce | Metairie Roll \$8.50
Tuna, Snowcrab, Avocado, topped with eel sauce | Special Crunchy Roll \$10.00
Snowcrab, Asparagus, smelt roe, Crunchy, BBQ Eel with eel sauce. |
| Chop Chop Roll \$12.00
Crunchy Roll in the middle and top with spicy tuna, spicy salmon and crunchy. | Mississippi Roll \$16.00
Spicy Tuna and Snowcrab inside, Fresh Salmon, Avocado, Smelt Roe and Crunchy on top, eel in white sauce | Special Eel Roll \$10.00
BBQ Eel, Cucumber, Avocado, Smelt Roe, Sesame Seeds topped with Eel sauce |
| Crunchy Roll \$8.00
Snowcrab, Asparagus, Crunchy | New Orleans Roll \$16.00
Spicy Crawfish, Snowcrab, Avocado inside, Spicy Tuna and Crunchy on top. | Spicy Tuna Roll \$8.50
Spicy Tuna wrapped in Seaweed paper |
| Crunchy Dynamite Roll \$9.50
Salmon, Tuna, Crunchy with wasabi sauce | Philadelphia Roll \$8.50
Smoked Salmon, Avocado, Cream cheese | Spider Roll \$14.00
Fried Soft-Shell Crab, Cucumber, Smelt Roe, topped with Eel sauce |
| Crunchy Salmon Roll \$14.00
Spicy Salmon, Tempura Shrimp, Avocado, smelt roe, Asparagus Wrapped in Soybean Paper, eel sauce | Playboy Roll \$15.00
Coconut Shrimp, snowcrab, avocado inside with tuna, salmon with white and eel sauce on top. | Supercrab Roll \$16.00
Tempura Crabstick, Cream Cheese, Spicy Tuna inside, Snowcrab outside, eel and white sauce |
| Cucumber Roll \$7.00
Cucumber and sesame seed wrapped in seaweed paper. | Rainbow Roll \$16.00
California Roll inside, with Tuna, Salmon, Yellowtail on top. | Tiger Roll \$16.00
Lemonfish, Tuna, Smelt Roe inside, BBQ Eel, Salmon, Avocado and crunchy on top. eel sauce |
| Dancing Tuna Roll \$14.00
Spicy Salmon, Crunchy inside with Sliced Tuna, Avocado, white sauce on top. | Rice Paper Roll \$15.00
Tuna, Salmon, Crabstick, Carrot, Lettuce, Asparagus, Cucumber, Avocado wrapped with rice paper served with hoisin and chili sauce (no rice) | Tuna Roll \$8.50
Tuna wrapped in seaweed paper |
| Dragon Roll \$16.50
Snowcrab inside, BBQ Eel, Snowcrab, Crunchy on top, eel sauce. | Rock & Roll \$10.00
Tempura Shrimp, Snowcrab, Avocado, Asparagus, Smelt Roe topped with Eel sauce | Tuna Nurito Roll \$16.00
Tuna, smelt roe and avocado wrapped in cucumber, no rice. |
| Dynamite Roll \$9.00
Salmon, Tuna, Wasabi Sauce | Rocky 2 Roll \$12.00
Tempura Shrimp, Snowcrab, Avocado, Asparagus, Smelt Roe topped with Eel sauce in soy paper | Utah Roll \$18.00
Tempura Shrimp, Snowcrab, Avocado, smelt roe, Cream Cheese, Tuna with eel and white sauce. |
| Fresh Salmon Roll \$9.00
Salmon, Avocado, Smelt Roe | Salmon Tempura Roll \$10.00
Tempura Salmon, Avocado, Cream Cheese, Green Onion served with white sauce and eel sauce | Volcano Roll \$18.00
Salmon, Smelt Roe, Avocado inside, Spicy Tuna, Snowcrab, Crunchy on top, white sauce |
| Fat J Roll \$18.00
Tempura Shrimp, Snowcrab and smelt roe inside, Tuna, Boiled Shrimp, crunchy on top, wrapped in soybean paper with eel sauce and white sauce | | Valentine's Roll \$15.00
Boiled Shrimp, Crabsticks, Avocado, Crunchy and smelt roe wrapped in Soybean Paper and Seaweed Paper with white sauce |

Upcharges may apply to substitutions. Brown rice \$1, soy paper \$2, rice paper \$1.

House Special Rolls

 Eat Fit served with brown rice

Angry Dragon \$20.00 Tempura Shrimp, Mango, Snowcrab inside. Eel and Seaweed salad, snowcrab and crunchy on top with eel sauce.	HWY59 Roll \$14.00 Seared Pepper Tuna, Asparagus, Crunchy inside. Spicy Escolar on top with ponzu sauce.	Spring Mix Roll  \$15.00 Seared pepper Tuna, Spring Mix, Carrot, Cucumber and Snowcrab wrapped in Rice paper with mango sauce, no rice
Black & Gold \$17.00 Seared pepper tuna, snowcrab, asparagus. Topped with salmon, avocado, crunchy, smelt roe and black caviar, eel in white sauce	Kazoku Roll \$20.00 Salmon, Tuna, Tempura Shrimp, Avocado inside. Crabstick, Crunchy and wasabi tobiko on top, in seaweed in soybean paper. eel in white sauce	Under the sea \$22.00 Snowcrab, Salmon, Tuna, White fish inside, wrapped in rice paper, and seaweed paper whole roll tempura fried covered with seaweed salad, no rice
Blossom of Love  \$15.00 Three delicate flowers : Salmon, Tuna, White fish with Snowcrab	Lemontree Roll  \$16.00 Spicy Crawfish, Spicy Scallop inside, Lemonfish on top with Avocado and Wasabi Tobiko, seasoned with ponzu sauce	Effervescent  \$22.00 Spicy tuna and avocado inside, top with pepper tuna, baked spicy scallop, jalapeños, smelt roe, green onion with ponzu sauce
City Tuna Roll \$18.00 Spicy tuna, snowcrab, avocado inside, wrapped in sesame soybean paper, top with pepper tuna, crunchy and angel sauce	Passion Roll \$14.00 Spicy Tuna, Crunchy inside. Salmon, Mango and Smelt Roe outside with mango sauce.	Spiderman Roll \$22.00 Pepper tuna, asparagus and crunchy inside; on top with spicy tuna, soft shell crab, crabstick, green onion, angel and eel sauce
Decade Roll \$20.00 Tuna, Yellowtail, Salmon, Snowcrab, Crunchy inside. Wrapped in seaweed and Sesame Soybean paper, white and eel sauce	Spring Girl Roll \$18.00 Spicy Crawfish, escolar, snowcrab and lettuce wrapped in soy bean paper, on top with wasabi tobiko, salmon, boiled shrimp, avocado and lemon sliced with mango sauce.	White dragon \$20.00 Spicy tuna, avocado, crunchy inside; on top sear spicy albacore, green onion, sesame seed with ponzu chili sauce.
Half and Half \$14.00 Katsu Shrimp, Tempura Shrimp and Lettuce inside, boiled shrimp on top sprinkle with Japanese seasoning, eel sauce	Salmon on Fire \$18.00 Snowcrab, Spicy Salmon and Asparagus inside with Torch Salmon, green onion and smelt roe on top, ponzu sauce	
Hawaii Roll \$15.00 Coconut Shrimp, Avocado, Snowcrab, Mango, Lettuce and Spicy Tuna in Rice paper, no rice, top with mango sauce	Showing Roll \$16.00 Escolar, Avocado, Snowcrab, Red Snapper inside. Lemonfish, smelt roe and Scallop on top, ponzu sauce	

House Special Sushi

Tempura Shrimp Sushi \$10.00	Wasabi Tobiko Salmon / Tuna Sushi \$12.00
Trio Salmon Sushi \$12.00	Trio Tuna Sushi \$12.00
Snowcrab Warship Sushi \$10.00	

Sushi

Asparagus	\$6.00
Albacore (White Tuna)	\$8.00
Boiled Shrimp	\$8.00
Baby Softshell Crab	\$12.00
Crabstick	\$8.00
Eel	\$10.00
Escolar	\$8.00
Fresh Salmon	\$10.00
Hokki Clam	\$10.00
Lemonfish	\$8.00
Tamago	\$8.00
Tuna	\$10.00
Octopus	\$10.00
Pepper Tuna	\$10.00
Red Snapper	\$8.00
Smelt Roe	\$8.00
Salmon Roe	\$12.00
Scallop (Baked/Cold)	\$9.00
Squid (Raw)	\$9.00
Sweet Shrimp	\$12.00
Snowcrab Salmon / Tuna	\$12.00
Wasabi Tobiko	\$8.00

Sashimi

Blue Fin Tuna	\$20.00
Salmon	\$20.00
Escolar	\$18.00
Pepper Tuna	\$20.00
Yellowtail	\$22.00
Red Snapper	\$18.00
Mix Sashimi	\$23.00

Handrolls

Goofy Handroll \$8.00 Pepper tuna, spicy tuna, avocado, green onion and crunchy with ponzu sauce, eel sauce
Spider Handroll \$10.00 Fried soft shell crab, cucumber, smelt roe and avocado with eel sauce
Princess "Yoko" Handroll \$10.00 Yellowtail, spicy salmon, smelt roe and avocado
Boston Handroll \$8.00 Crabstick, lettuce, boiled shrimp, avocado and smelt roe, no rice

Bowls

Erica Bowl \$12.00 Tuna, avocado, roe, snowcrab, crunchy over rice with eel sauce
Salmon Oyako Bowl \$16.00 Salmon sashimi, salmon roe and smelt roe over rice
Eel Don \$18.00 Grilled BBQ eel over sushi rice with Japanese seasoning and eel sauce)
Skinny Marc Bowl \$16.00 Fried salmon skin, seaweed salad, smelt roe, spicy baked scallop, green onion, sushi rice, eel sauce
Super Bowl \$18.00 Chopped tuna, salmon, pepper tuna, white fish and snowcrab over sushi rice, green onion)
Volcano Bowl \$14.00 Spicy tuna, snowcrab, salmon, avocado, smelt roe and crunchy, white sauce)
Lava Bowl \$16.00 Spicy tuna, Spicy Salmon, green onion
Hawaii Poke Bowl \$16.50 Seasoned Salmon and Tuna, Mango, Seaweed Salad, Avocado Green Onion, Rice Based

Box Sushi

Box Eel	\$20.00
Box Salmon	\$20.00
Box Tuna	\$20.00
Box Special	\$22.00
Box Shrimp	\$20.00
Box Snapper	\$20.00

Roll Combo

Choice of 2	\$12
California Roll	Philadelphia Roll
Crunchy Dynamite Roll	Snowcrab Roll
Crunchy Roll	Special Crunchy Roll
Fresh Salmon Roll	Spicy Tuna Roll
Louisiana Roll	Tuna Roll

CONSUMER ADVISORY:
Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness especially if you have certain medical conditions

Upcharges may apply to substitutions. Brown rice \$1, soy paper \$2, rice paper \$1.

 Eat Fit Northshore items meet nutritional criteria designated by Ochsner Health System in partnership with St. Tammany Parish Hospital. Visit EatFitNorthshore.com + download Eat Fit app for nutrition facts.