

## Ingredients

As you may know, sushi has become wildly popular all over the world in the last decade. There are good reasons for this. Sushi is not only attractive in it's presentation, but it is fun to eat and it is nutritious!

The main ingredients of sushi, raw fish, vegetables and rice are naturally low in fat and high in protein, carbohydrates, vitamins, and minerals. The fat that is found in fish is generally rich in unsaturated Omega-3 fats and considered to be healthy for your heart.

Our sushi is prepared with only the freshest and finest ingredients available. After 15 years in this business Hawaii Cuisine Enterprises knows the best way to keep our customers satisfied is to consistently deliver the freshest most pleasing product.

Please feel free to ask us about the various methods and types of sushi we prepare.

We love to talk "sushi" anytime!

Curious about the History of Sushi, please read more, it's very interesting in fact!

[The History of Sushi >>](#)