



Lann Sann Sushi and Noodle House

Published 4/20/2026

Located in West Bethesda, Raye Montague Center for
Maritime Technology (BLDG 40) Cafeteria

Hours: 6:30 a.m. (coffee) - 2:30 p.m.

Breakfast: 7-9:30 a.m.

Sushi: 7 a.m.-2 p.m.

Hot Bar: 10:30 a.m. - 1:30 p.m.

Menu

Chef Special Combos

Meal Packs

LANN SANN SUSHI MENU



FRESH, TASTY, AUTHENTIC

Made fresh daily is our promise to you

Monday - Friday

06:30 am - 02:30 pm

(301) 550 1879

NSWC Carderock Division,
Building 40 Cafeteria

VEGGIE LOVER MEAL PACK

\$16.49

(430Cal.) Combo of Avocumber Roll, Vegetarian Roll, Avocado Cumber Nori Outside Roll with Veggie Garden Wrap

OCEANA LOVER MEAL PACK

\$17.99

(530Cal.) Combo of California Rolls and Shrimp Tempura Roll with Imi.Crab/Shrimp Nigiri

SALMON LOVER MEAL PACK

\$21.99

(560Cal.) Combo of Salmon Avocado Rolls, Nori Outside Salmon Roll with Salmon Nigiri

TUNA SALMON LOVER MEAL PACK

\$22.49

(560Cal.) Combo of Tuna Avocado & Salmon Avocado Rolls, Nori Outside Tuna & Salmon Roll with Salmon/Tuna Nigiri

Fully Cooked Meat Spicy
 Vegetarian Raw or Undercooked Ingredients
 Contain Dairy Products

Nutritional Values Include A Serving Size of Ginger, Wasabi, and Soy Sauce.
2,000 Calories A Day Is Used For General Nutrition Advice, But Calorie Needs Vary.
Additional Nutritional Information Available Upon Request. Before placing your order or checking out, please inform your server if a person in your party has a food allergy.

LANN SANN CHEF SPECIAL 1

\$13.49

(360Cal.) Combo of Vegetarian Roll and Avocumber Roll Drizzled with Sushi Sauce

LANN SANN CHEF SPECIAL 2

\$13.99

(440Cal.) Combo of Crab California and Shrimp California Drizzled with Sushi Sauce (and/or) Spicy Mayo Sauce

LANN SANN CHEF SPECIAL 3

\$14.99

(460Cal.) Combo of Salmon & Tuna Avocado Roll

LANN SANN CHEF SPECIAL 4

\$15.49

(480Cal.) Combo of Salmon & Tuna Avocado Roll/Rainbow Roll (With Imitation Crabmeat inside) Drizzled with Spicy Mayo Sauce

UNAGI SPECIAL COMBO

\$16.99

(380Cal.) Combo of Eel Cucumber Roll & Eel Nigiri Drizzled with Sushi Sauce



Maki Sushi Rolls

- VEGETARIAN ROLL/AVOCUMBER ROLL**  **\$7.49**
(240Cal.) Avocado, Carrot & Cucumber
(OR) Avocado & Cucumber
- AVOCADO S. ROLL**  **\$6.49**
(120Cal.) Simple Avocado sushi roll with Nori Sheet on the Outside
- CUCUMBER S. ROLL**  **\$5.99**
(100Cal.) Simple Cucumber sushi roll with Nori Sheet on the Outside
- CRAB CALIFORNIA ROLL**  **\$7.99**
(250Cal.) Imitation Crab, Avocado & Cucumber
- SHRIMP SPRING ROLL**  **\$7.49**
(180Cal.) Rice Sheet, Cooked Shrimp, Lettuce, Carrot & Cucumber with Sweet Chili Sauce
- SHRIMP CALIFORNIA ROLL**  **\$8.49**
(240Cal.) Shrimp, Avocado & Cucumber
- PHILADELPHIA ROLL**   **\$9.49**
(326Cal.) Philadelphia Cream Cheese, Imitation Crab & Avocado
- GRILLED SALMON ROLL**  **\$9.99**
(380Cal.) Seasoned Grilled Salmon, Cucumber with Sushi Sauce
- SALMON AVOCADO ROLL**  **\$9.99**
(310Cal.) Salmon & Avocado
- TUNA AVOCADO ROLL**  **\$9.99**
(280Cal.) Tuna & Avocado
- SALMON S. ROLL**  **\$8.49**
(170Cal.) Simple Salmon sushi roll with Nori Sheet on the Outside
- TUNA S. ROLL**  **\$8.49**
(130Cal.) Simple Tuna sushi roll with Nori Sheet on the Outside



ALL SPICY MAKI SUSHI ROLLS WILL BE SERVED WITH SPICY MAYO
(20Cal.)

Extra \$0.50

Specialty Rolls

- VEGGIE GARDEN WRAP**  **\$8.49**
(120Cal.) Rice Paper, Lettuce, Avocado, Carrot & Cucumber with Sweet Chili Sauce
- VEGGIE DELUXE ROLL**  **\$10.49**
(250Cal.) Avocado, Cucumber Drizzled with Sushi Sauce Topped with Fried Onion
- CARTERPILLAR ROLL**  **\$10.99**
(270Cal.) Vegetarian Roll Layered with Avocados & Drizzled with Sushi Sauce
- CRUNCHY TEMPURA SHRIMP ROLL**   **\$11.99**
(460Cal.) Tempura Shrimp, Avocado, Topped up with Fried Onion, Drizzled with Spicy Mayo Sauce & Sushi Sauce
- CRUNCHY DELUXE ROLL**   **\$12.99**
(480Cal.) Tempura Shrimp, Cucumber, Layered on Top with Shredded Imitation Crab & Fried Onion, Drizzled with Spicy Mayo Sauce & Sushi Sauce
- RAINBOW ROLL**  **\$12.99**
(340Cal.) Imitation Crab, Avocado Roll Layered with Tuna & Salmon
- SALMON VOLCANO ROLL**   **\$14.99**
(380Cal.) Avocumber Roll Topped up with Salmon, Shishito Pepper, Shichimi Powder, Fried Onion, Sushi Sauce & Spicy Mayo Sauce
- TUNA VOLCANO ROLL**   **\$14.99**
(380 Cal.) Avocumber Roll Topped up with Tuna, Shishito Pepper, Shichimi Powder, Fried Onion, Sushi Sauce & Spicy Mayo Sauce

-  Fully Cooked Meat
-  Vegetarian
-  Contain Dairy Products
-  Spicy
-  Raw or Undercooked Ingredients
-  Vegan

Nutritional Values Include A Serving Size of Ginger, Wasabi, and Soy Sauce.
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Snacks

- TEMPURA CHICKEN ROLL**  **\$9.49**
(460Cal.) Tempura Chicken, Spicy mayo and Sushi Sauce
- TAMAGO NIGIRI**  **\$7.99**
(250Cal.) 3 pcs of Savory-Sweet Layered Omelet placed atop a hand-pressed log of vinegared sushi rice, secured with a nori seaweed. 
- INARI COMBO**  **\$7.99**
(460Cal.) 4 pcs of Savory-Sweet Vegan Tofu Pockets containing seasoned sushi rice inside.
- SPAM MUSUBI**  **\$3.59**
(360Cal.) Popular Hawaiian snack and comfort food made with pan-fried low sodium Spam on top of a block of seasoned sushi rice wrapped in a sheet of nori seaweed, Drizzled with sauce-
Sauce Options:
*Sweet Sushi sauce only (OR)
*Sweet Sushi Sauce & Spicy Mayo
- ONIGIRI**  **\$4.99**
(260 Cal.) Triangular Japanese Rice Balls made with seasoned sushi rice, wrapped in crispy nori seaweed, and stuffed with choice of savory fillings-
Fillings Options:
*Tuna Mayo
*Teriyaki Chicken Tempura
*Inari (Tofu) 

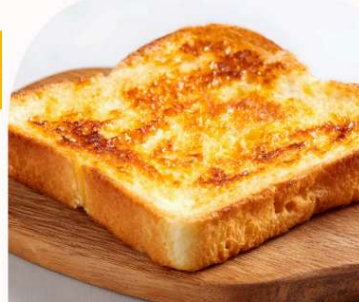


HOT BAR BREAKFAST

\$9.99

Per Lb

07:00 AM TO 9:30 AM



HOT APPETIZERS

Self Serve

\$11.99

Per Lb

10:00 AM TO 2:00 PM



HOT BAR

Self Serve

✓ Delicious and freshly prepared in our kitchen.

\$11.99

Per Lb

10:30 AM TO 1:30 PM



<i>Chef Special Combos</i>	<i>Meal Pa</i>
<p>LANN SANN CHEF SPECIAL 1 \$13.49 (360Cal.) Combo of Vegetarian Roll and Avocumber Roll Drizzled with Sushi Sauce</p>	<p>VEGGIE LOVER MEAL PA (430Cal.) Combo of Avocumber Roll, Vegetarian Roll, Avocado Cumber Nori Outside Roll w Veggie Garden Wrap</p>
<p>LANN SANN CHEF SPECIAL 2 \$13.99 (440Cal.) Combo of Crab California and Shrimp California Drizzled with</p>	<p>OCEANA LOVER MEAL PA (530Cal.) Combo of California Rolls a Shrimp Tomato Roll with</p>

Poke B

(420-720 Cal.)

ri Lettuce, Carrots, Cucumber, Radish
 o Edamame, Topped with Avocado, Ho
 g Pickled Ginger, Fried Onion, Spicy
 Sauce, Poke Sauce & Sushi Sauce o
 hi of tasty sushi rice.



Coffee & Tea



Hot Coffee

		Single	Double
Espresso	{5-10 cal}	\$2.25	\$3.25
Americano	{5 cal}	\$2.65	\$3.35
Cappuccino	{210-350 cal}	\$3.75	\$4.25
Latte	{210-350 cal}	\$3.75	\$4.25
Hot Chocolate	{210-310 cal}	\$3.55	\$3.95
Mocha	{210-310 cal}	\$4.25	\$4.75

Hot Tea

Earl Grey Tea/Green Tea/
English Breakfast

\$2.49

- Please select **Hot Water** option from the coffee machine and grab your desired tea sachets.

Iced Coffee

Iced Cappuccino	{170- 190 cal}	\$4.25	\$4.75
Iced Latte	{170- 190 cal}	\$4.25	\$4.75

- Please grab **Ice** from **Ice machine** and select desired **Iced Coffee** at the **Coffee Machine**



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A graphic for a coffee menu. It features a white background with scattered coffee beans and a cup of coffee on a saucer. The text 'Coffee Time' is written in a black, cursive font. Below the title, two menu items are listed: 'Medium (16 oz) --- \$2.49' and 'Large (20 oz) --- \$2.69'.

Coffee Time

Medium (16 oz) --- \$2.49

Large (20 oz) --- \$2.69

