



# Nutritional Information - U.S.

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

Menu Items	Serving Size (ounces)	Calories	Calories Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (grams)	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)
<b>HOT APPETIZERS</b>												
Edamame	6	210	75	8.8	1.1	0.0	0.0	435	17	8.8	3.7	18.4
Spicy Edamame	6	340	135	16.3	3.0	0.0	0.0	1145	35	8.9	16.7	21.8
<b>Tempura</b>												
Shrimp Tempura	9	560	325	37.0	5.0	0.0	78.0	910	38	1	1	18
Chicken Tempura	5	450	220	25.0	4.4	0.2	68.0	1184	28	1.3	0.4	28.0
Vegetable Tempura	10.5	590	390	43.0	7.0	0.0	0.0	490	44	4	3	7
<b>Pan Fried Gyoza Dumplings</b>												
Pork Gyoza Dumplings	5	250	110.0	12.0	3.5	0.0	20	990	25	0	7	10
Spicy Chicken Gyoza Dumplings	5	370	75	8.8	2.5	0.0	43.8	1332	44	2.5	5	13
Shrimp Saute	10 (EA)	140	17	3.4	0.5	0.0	117.4	336	0	0	0	27
<b>Tokio Wings</b>												
Sesame Garlic Sauce	16	770	760	90	26	0	500	1856	8	0	0	81
Black Pepper Teriyaki Sauce	15	680	523	60	18	0	500	2446	22	0	20	83
Spicy Sauce	17	690	607	70	19	0	500	2276	5	1	3	82
<b>COLD APPETIZERS</b>												
<b>Tuna Poke (Classic or Spicy)</b>												
Tuna Poke	7.5	140	8	0.8	0.1	0.0	40.0	1196	17	2	17	19
Tuna Poke/Spicy	7.6	260	77	11.0	0.2	0.0	40.0	1291	0	0	16	21
<b>Sushi Sampler</b>												
Tuna Nigiri	0.6	40	0	0.0	0.0	0.0	5	70	5	0	1	5
Izumidai Nigiri	0.4	30	0	0.0	0.0	0.0	5	70	5	0	1	2
Salmon Nigiri	0.6	60	20	2.0	0.5	0.0	10	70	5	0	1	4
Shrimp Nigiri	0.4	30	0	0.0	0.0	0.0	15	90	5	0	1	3
Yellowtail Nigiri	0.6	60	25	3.0	0.5	0.0	10	70	5	0	1	4
<b>Sashimi Sampler</b>												
Tuna Sashimi	1.8	50	0	0.5	0.0	0.0	25.0	20	0	0	0	12
Izumidai Sashimi	0.8	20	0	0.0	0.0	0.0	11.5	12	0	0	0	5
Salmon Sashimi	1.2	70	40	4.0	1.0	0.0	20.0	5	0	0	0	7
Seared Tuna	5.98	100	10	1.0	1.0	0.0	45.0	430	8	1	3	23
<b>Crispy Rice</b>												
Spicy Tuna	6.06	220	35	3.8	0.0	0.0	5.0	1940	38	3	22	10
Spicy Yellowtail	6.06	200	35	3.8	0.0	0.0	5.0	1940	38	3	22	7
Spicy Salmon	6.06	240	54	5.9	0.0	0.0	11.0	1940	38	3	22	9
Chili Ponzu Yellowtail	5	260	140	15	4	0.0	70.0	430	4	5	12	26
<b>SIDES ORDERS</b>												
Hibachi Chicken Rice	9.03	560	100	11.0	2.5	0.0	150.0	570	70	6	<1	15
Hibachi Steak Rice	9.03	600	125	14.0	2.8	0.0	151.0	564	71	6	1	15
Hibachi Shrimp Rice	9.03	600	92	10.3	1.3	0.0	159.0	621	71	6	1	15
Spicy Hibachi Chicken Rice	9.03	600	120.00	15.00	3.00	0.00	150.00	770.00	71.00	6.00	1.00	15.00
Spicy Fried Steak Rice	9.03	640	145.00	17.00	3.00	0.00	151.00	765.00	71.00	6.00	1.00	15.00
Spicy Fried Shrimp Rice	9.03	600	112.00	14.00	3.00	0.00	159.00	671.00	71.00	6.00	1.00	15.00
Benihana Onion Soup	6.7	30	10	1.0	0.0	0.0	0.0	710	3	0	0	1
Miso Soup	6.45	30	10	1.0	0.0	0.0	0.0	950	4	1	0	2
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	1	0	2
<b>Seaweed Salad</b>												
Classic	4.23	110	30	3	0	0.0	0.0	1380	18	7	11	2

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<b>SUSHI ENTRÉES HEADER</b>												
Miso Soup	6.45	30	10	1.0	0.0	0.0	0.0	950	4	1	0	2.3
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	1	0	2
<b>SUSHI ENTRÉES</b>												
Sushi & Sashimi Combination	15	720	144	16	3	0	85	757	105	2	11	36
Rice	5	250	0	0	0	0	0	4	61	0	0	5
California roll (4 pieces)	3	210	90	10	2	0	10	410	25	2	6	4
Tuna Nigiri (1 piece)	1	40	7	1	0	0	5	75	6	0	1	3
Yellowtail Nigiri (1 piece)	1	40	5	1	0	0	5	60	5	0	1	3
Salmon Nigiri (1 piece)	1	40	7	1	0	0	5	80	6	0	1	3
Shrimp Nigiri (1 piece)	1	30	0	0	0	0	23	80	4	0	1	3
Tuna Sashimi (2 pieces/1 oz)	1	40	11	1	0	0	10	11	0	0	0	6
Yellowtail Sashimi (2 pieces/1 oz)	1	40	11	1	0	0	14	11	0	0	0	6
Salmon Sashimi (2 pieces/1 oz)	1	30	14	2	0	0	14	25	0	0	0	5
Sashimi Assortment	13	520	90	10	2	0	100	314	62	0	0	47
Tuna Sashimi (4 pieces/2 oz)	2	70	23	3	1	0	20	23	0	0	0	12
Salmon Sashimi (4 pieces/2 oz)	2	70	27	3	1	0	28	50	0	0	0	10
Yellowtail Sashimi (4 pieces/2 oz)	2	70	23	3	1	0	28	23	0	0	0	12
Whitefish Sashimi (4 pieces/1.5 oz)	2	60	18	2	1	0	25	215	2	0	0	9
Rice	5	250	0	0	0	0	0	4	61	0	0	5
Nigiri Assortment	9	410	88	10	2	0	180	800	52	0	14	27
Tuna (2 pieces)	2	80	14	2	0	0	10	150	11	0	2	6
Yellowtail (2 pieces)	2	70	9	1	0	0	10	120	9	0	2	5
Salmon (2 pieces)	2	80	14	2	0	0	10	160	11	0	2	5
Whitefish (1 piece)	1	40	2	0	0	0	5	90	5	0	1	3
Shrimp (1 piece)	1	30	50	0	0	0	23	80	4	0	1	3
Octopus (1 piece)	1	30	60	0	0	0	3	90	6	0	1	2
Tamago (1 piece)	1	90	50	6	2	0	120	110	7	0	3	4
Chirashi	16	850	113	12	3	0	327	603	137	1	5	54
Sushi Rice	10	510	0	0	0	0	0	9	122	1	0	10
Tuna Sashimi (2pc)	1	40	13	1	0	0	11	13	0	0	0	7
Yellowtail Sashimi (2pc)	1	40	13	1	0	0	16	13	0	0	0	7
Salmon Sashimi (2pc)	1	40	15	2	0	0	16	29	0	0	0	6
Whitefish Trimmed	1	30	1	0	0	0	11	140	1	0	0	5
Octopus Trimmed	1	20	2	0	0	0	34	66	0	0	0	3
Shrimp Sushi	1pc	20	1	0	0	0	7	8	0	0	0	4
Crab Stick	1pc	30	1	<1	<1	0	6	150	4	<1	2	2
Sweet Egg Nigiri	1	90	50	6	2	0	120	110	7	0	3	4
Tobiko Orange	0	40	16	2	0	0	106	26	0	0	0	6
<b>SASHIMI</b>												
Egg Tamago	0.60	30	10	1.0	0.0	0.0	45.0	55	2	0	2	1
Shrimp	0.40	10	0	0.0	0.0	0.0	20.0	25	0	0	0	2
Albacore Tuna	0.50	30	20	2.0	0.5	0.0	10.0	0	0	0	0	3
Snapper	0.40	10	0	0.0	0.0	0.0	5.0	0	0	0	0	2
Octopus	0.40	10	0	0.0	0.0	0.0	5.0	30	0	0	0	2
Salmon	0.60	40	20	2.0	0.5	0.0	10.0	0	0	0	0	3
Eel	0.60	60	40	4.0	1.0	0.0	30.0	90	<1	0.0	0.0	4
Tuna	0.60	20	0	0.0	0.0	0.0	5.0	0	<1	0.0	0.0	4
Smoked Salmon	0.6	50	9	1.0	0.0	0.0	5.0	300	0	0	0	4
Yellowtail	0.60	40	25	3.0	0.5	0.0	10.0	5	0	0	0	4
Salmon Roe	0.40	30	10	1.0	0.0	0.0	15.0	120	<1	0.0	0.0	4
Kani Kanikama	0.60	20	0	0.0	0.0	0.0	1.9	75	2.1	0.0	<1	2
<b>NIGIRI WITH RICE ADDED IN</b>												
Egg Tamago	0.60	50	10	1.0	0.0	0.0	45.0	120	8	0	3	2
Shrimp	0.4	30	0	0.0	0.0	0.0	20.0	90	5	0	1	3

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Albacore Tuna	0.50	60	20	2.0	0.5	0.0	10.0	70	5	0	1	4
Snapper	0.40	30	0	0.0	0.0	0.0	5.0	70	5	0	1	2
Octopus	0.4	30	0	0.0	0.0	0.0	5.0	95	5	0	1	3
Salmon	0.6	60	20	2.0	0.5	0.0	10.0	70	5	0	1	4
Eel	0.60	80	40	4.0	1.0	0.0	30.0	150	6	0	1	4
Tuna	0.6	40	0	0.0	0.0	0.0	5.0	70	5	0	1	5
Smoked Salmon	0.6	70	9	1.0	0.0	0.0	5.0	300	11	0	2	4
Yellowtail	0.6	70	25	3.0	0.5	0.0	10.0	70	5	0	1	4
Salmon Roe	0.4	50	15	1.0	0.0	0.0	15.0	190	6	0	1	4
Kani Kanikama	0.6	40	1	0.1	0.0	0.0	1.9	142	7	0	2	2
<b>ROLLS</b>												
Dragon Roll	11	510	189	21	4	0	147	1552	67	7	13	26
Rainbow Roll	10	510	190	21	4	0	56	920	58	6	12	21
Spicy Tuna Roll	6	340	56	6	1	0	22	924	56	1	12	13
Spicy Salmon Roll	6.3	300	80	9.00	1.5	0.0	25.00	690	41	14	14	7
Philadelphia Roll	7	380	120	13.0	5.0	0.0	35.0	680	54	3	13	13
Salmon Avocado Roll	8	460	190	21	4	0	40	1100	48	6	15	10
Salmon Roll	4.75	250	45	5.0	1.0	0.0	20.0	270	37	0	10	14
Yellowtail Roll	4.5	230	30	3.5	1.0	0.0	20.0	280	37	0	10	13
Tuna Roll	4.7	210	0	0.0	0.0	0.0	15.0	280	37	0	10	15
Vegetable Roll	6	300	60	6.0	1.5	0.0	0.0	690	55	6	10	5
Cucumber Roll	5.3	240	10	1.0	0.0	0.0	0.0	330	49	<1	4	8
California Roll	7	280	45	5	0	0	4	680	55	5	10	13
Eel Roll	7.85	420	110	12.0	3.0	0.0	110.0	1070	60	<1	11	18
Shrimp Tempura Roll	7	330	90	10	2	0	25	890	52	5	12	9
<b>SPECIALTY SUSHI</b>												
Spicy Lotus Tempura Roll	7.8	530	260	29.00	6.0	0.0	35.00	1240	55	5	24	12
Shrimp Lover's Roll	8	240	80	9	2	0	60	1283	61	7	16	17
Alaskan Roll	9	400	160	18	3	0	44	782	47	2	13	22
Chili Shrimp Roll	12	810	285	32	6	0	150	2108	101	3	27	20
Las Vegas Roll	8	280	193	21	7	0	32	878	58	5	12	13
Shrimp Crunchy Roll	8	500	180	20.0	3.0	0.0	20.0	1260	68	1	12	11
Sumo Roll	12	610	499	55	10	0	136	1466	96	5	15	29
Lobster Roll	15	390	154	17	3	0	79	1018	53	2	15	15
Gojira Roll	8	510	210	23	7	0	65	1140	59	4	17	16
<b>ENTRÉE COMPLEMENTS - Add to any of our entrées</b>												
Lobster Tail	1 tail	70	14	1.5	0.5	0.3	87.5	440	0	< 1	< 1	13
NY Strip Steak	7	240	100	11.0	5.0	1.0	160.0	189	1	1	<1	32
Scallops	3.5 oz	70	18	2.0	0.5	0.0	25.0	405	2	< 1	< 1	12
Shrimp	10 (EA)	140	17	3.4	0.5	0.0	117.4	336	0	0	0	27
<b>5 COURSE ENTRÉE HEADER</b>												
Benihana Onion Soup	6.7	30	10	1.0	0.0	0.0	0.0	710	3	0.00	0.00	1
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	1	0	2
Shrimp Appetizer	3 EA	40	5	1.0	0.1	0.0	35.0	100	0	0	0	8
Hibachi Vegetables Onions	2	30	5	0.5	0.1	0.0	0.0	30	5	1.00	0.00	< 1
Hibachi Vegetables Zucchini	2	20	5	0.4	0.1	0.0	0.0	30	2	1.00	0.00	< 1
Ginger Sauce	1	10	0.0	0.0	0.0	0.0	0.0	750.0	0.0	0.00	0.00	2.0
Mustard Sauce	1	110	90.0	10.0	1.5	0.0	0.0	530.0	4.0	0.00	0.00	2.0
Benihana's Original Yum Yum Sauce™	1	170	170.0	19.0	3.0	0.0	80.0	150.0	2.0	0	<1	0.0
Steamed Rice	6	300	0	0.0	0.0	0.0	0.0	5	72	<1	<1	6
<b>NOODLES &amp; TOFU</b>												
Seafood Diablo	15.1	630	230	26.0	4.0	0.0	110.0	1620	69	3	14	31
Spicy Tofu Steak	12.1	490	150	16.0	3.5	0.0	80.0	1250	55	7	33	30
Yakisoba Chicken	15.9	640	130	14.0	2.0	0.0	75.0	1540	94	9	11	34

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Yakisoba Steak	15.5	620	119	13.2	2.2	0.2	76.9	1702	100	9	11	26
Yakisoba Shrimp	16.4	600	94	11.2	0.8	0.0	84.6	1702	94	9	11	30
Yakisoba Trio	16	620	114	13	2	0.1	79	1650	96	9	11	30
<b>STEAK AND CHICKEN</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.0	190	1	0	0	36
Teriyaki Chicken	7	370	100	11.0	3.0	0.0	115.0	430	17	0	0	52
Spicy Hibachi Chicken	7.00	360	120	14.0	3.5	0.0	115.0	790	16	1	0	44
Hibachi Chicken	7.00	280	100	11.0	3.0	0.0	115.0	120	1	0	0	44
Hibachi Steak	7.00	230	100	11.0	5.0	1.0	160.0	190	1	0	0	32
Teriyaki Steak	6.00	290	100	11.0	4.0	0.5	135.0	530	15	2	17	33
Hibachi Chateaubriand	8.50	360	160	18.0	7.0	0.5	130.0	400	3	0	20	48
<b>SEAFOOD</b>												
Hibachi Shrimp	14 (EA)	200	30	5.0	1.0	0.0	165.0	470	0	<1	<1	38
Spicy Hibachi Shrimp	11.5	290	75.6	10.4	1.6	0.0	188.0	940.0	2.0	1.1	1.7	43.7
<b>Surf Side</b>												
Calamari Steak	4 oz	110	35	6	2	0	170	15	0	<1	<1	16
Scallops	3.5 oz	70	20	2.0	0.5	0.0	25.0	400	2	<1	<1	12
Colossal Shrimp	4 shrimp	110	30	3.5	1.0	0.0	160.0	460	0	<1	<1	19
Colossal Shrimp	7 (EA)	190	50	6.0	1.5	0.0	280.0	800	0	<1	<1	33
Hibachi Tuna Steak	11	500	279	31.0	4.5	0.0	155.0	530	7	1	<1	45
Salmon w/Avocado	6	670	380	42.0	8.0	0.0	170.0	830	27	3	6	46
Hibachi Scallops	7	140	35	4.0	1.0	0.0	50.0	810	4	<1	<1	23
<b>Ocean Treasure</b>												
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.0	440	0	<1	<1	13
Scallops	3.5 oz	70	20	2.0	0.5	0.0	25.0	100	2	<1	<1	12
Colossal Shrimp	4 shrimp	110	30	3.5	1.0	0.0	160.0	460	0	<1	<1	19
Twin Lobster Tails	2 (EA)	130	30	3.0	1.0	0.5	175.0	880	0	<1	<1	25
<b>6 COURSE ENTRÉE HEADER</b>												
Benihana Onion Soup	6.7	30	10	1.0	0.0	0.0	0.0	710	3	0	0	1
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	1	0	2
Shrimp Appetizer	3 EA	40	5	1.0	0.0	0.0	35.0	100	0	0	0	8
Mushrooms	1.5	20	5.3	0.6	0.2	0.0	0.0	9	1	0	<1	1
Hibachi Vegetables Onions	2	30	5	1.0	0.0	0.0	0.0	30	5	1	0	0
Hibachi Vegetables Zucchini	2	20	5	1.0	0.0	0.0	0.0	30	2	1	0	1
Ginger Sauce	1	10	0.0	0.0	0.0	0.0	0.0	750.0	0.0	0	0	2.0
Mustard Sauce	1	110	90.0	10.0	1.5	0.0	0.0	530.0	4.0	0	0	2.0
Benihana's Original Yum Yum Sauce™	1	170	170.0	19.0	3.0	0.0	80.0	150.0	2.0	0	<1	0.0
Steamed Rice	6	300	0	0.0	0.0	0.0	0.0	5	72	<1	<1	6
Ice cream	3	100	45	5.0	3.0	0.0	20.0	25	13	1	11	2
Rainbow Sherbet	3	130	15	1.5	0.5	0.0	4.0	35	29	0	17	1
<b>SPECIALTIES</b>												
<b>Emperor's Feast</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>Rocky's Choice</b>												
Hibachi Steak	7.00	240	95	11.0	5.0	1.0	160.00	190	1	1	<1	32
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>Benihana Trio</b>												
Filet Mignon	4.75	200	80	9.0	4.5	0.0	70.00	160	1	1	<1	30
Colossal Shrimp	3 (EA)	80	25	2.5	1.0	0.0	120.00	340	0	0	0	14
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>Benihana Special</b>												
Hibachi Steak	7.00	240	100	11.0	5.0	1.0	160.00	189	1	1	<1	32
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.00	440	0	0	0	13
<b>Benihana Delight</b>												

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Chicken	7.00	280	95	11.0	3.0	0.0	115	120	1	1	<1	44
Colossal Shrimp	4 (EA)	110	30	3.5	1.0	0.0	160	160	0	0	0	19
<b>Benihana Excellence</b>												
Julienne Steak	5.00	200	70	8.0	3.0	0.0	110.00	370	11	<1	20	23
Colossal Shrimp	4 (EA)	110	30	3.5	1.0	0.0	160.00	460	0	0	0	19
<b>Splash 'N Meadow</b>												
Hibachi Steak	7.00	240	100	11.0	5.0	1.0	160.00	190	1	1	<1	32
Colossal Shrimp	4(EA)	110	30	3.5	1.0	0.0	160.00	460	0	0	0	19
<b>Deluxe Treat</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.00	440	0	0	0	13
<b>Land 'N Sea</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Scallops	3.50	70	20	2.0	0.5	0.0	25.00	400	2	0	0	12
<b>Samurai Treat</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Colossal Shrimp	4 (EA)	110	30	3.5	1.0	0.0	160.00	460	0	0	0	19
<b>Hibachi Supreme</b>												
Chateaubriand	8.50	370	160	18.0	7.0	0.5	130.00	400	3	1	<1	48
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.00	440	0	0	0	13
<b>LUNCH ENTRÉE HEADER</b>												
Benihana Onion Soup	6.7	30	10	1.0	0.0	0.0	0.00	710	3	0	0	1
Hibachi Vegetable Rice	6.9	410	70	8.0	2.0	0.0	65.00	770	75	6	<1	9
Hibachi Vegetables	4	40	10	1.0	0.0	0.0	0.00	65	6	2	0	1
<b>LUNCH ENTREES</b>												
Hibachi Chicken	5.00	200	70	8.0	2.0	0.0	80.00	85	< 1	0	0	31
Filet Mignon	4.75	200	80	9.0	4.0	0.0	70.00	150	< 1	0	0	30
Spicy Hibachi Chicken	5.00	260	90	10.0	2.5	0.0	80.00	560	11	1	11	31
Julienne Steak	4.00	160	50	6.0	2.0	0.0	90.00	295	9	1	13	19
Hibachi Scallops	4.50	90	20	2.5	0.5	0.0	30.00	520	3	0	0	15
Hibachi Shrimp	10 (EA)	150	20	3.5	0.5	0.0	120.00	340	0	0	0	27
Yakisoba	6	510	80	9.0	0.5	0.0	10.00	1490	94	9	11	13
Chicken (for Yakisoba)	2.5	90	30	3.5	1.0	0.0	40.00	40	0	0	0	15
Steak (Julienne - Yakisoba)	2	80	25	3.0	1.0	0.0	45.00	140	4	0	0	9
Hibachi Shrimp -(Yakisoba)	4 (EA)	60	10	1.5	0.0	0.0	45.00	135	0	0	0	11
Hibachi Steak	6.00	200	80	9.0	4.0	1.0	135.00	160	< 1	0.00	0	27
<b>Lunch Duet ( choose 2)</b>												
Chicken	3.500	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
Calamari	4,000	120	35	6.0	1.5	0.0	170.00	15	0	0	0	16
Steak Julienne	3	110	40	4.0	1.5	0.0	70.00	210	6	0	0	13
Yakisoba	3	260	40	4.5	0.0	0.0	5.00	740	47	6	7	6
Scallops	3.5	70	20	2.0	0.5	0.0	25.00	400	2	0	0	12
Shrimp	5 (EA)	70	10	2.0	0.0	0.0	60.00	170	0	0	0	14
<b>Sushi Combination</b>												
California Roll	1 roll	270	44.9	5.0	0.0	0.0	4.2	682.0	55.2	4.8	10.1	13.0
Tuna Nigiri	1pc	40	0.0	0.0	0.0	0.0	5.0	70.0	5.3	0.0	1.2	4.6
Salmon Nigiri	1pc	60	20.0	2.0	0.5	0.0	10.0	70.0	5.1	0.0	1.2	3.6
Yellowtail Nigiri	1pc	60	25.0	3.0	0.5	0.0	10.0	70.0	5.1	0.0	1.2	4.4
Shrimp Nigiri	1pc	30	0.0	0.0	0.0	0.0	15.0	90.0	5.0	0.0	1.2	3.0
Ginger	0.5	10	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.0
Wasabi	0.3	10	0.0	0.0	0.0	0.0	0.0	48.0	0.2	0.0	0.0	0.0
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	1	0	2
Soup	1 serving	30	9.5	1.1	0.0	0.0	0.0	950.9	4.0	1.0	0.2	2.3
<b>Lunch Boat Header</b>												
Benihana Onion Soup	6.7	30	10	1.0	0.0	0.0	0.00	710	3	0.00	0.00	1
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	1	0	2

Menu Items	Serving Size (ounces)	Calories	Calories Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (grams)	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)
Steamed Rice	6	300	0	0.0	0.0	0.0	0.00	5	72	<1	<1	6
Sashimi	2.2	70	0	0.5	0.0	0.0	36.50	32	0	0	0	17
California Roll (half)	4	140	22	3	0	0	2	340	27	3	5	6
Edamame	1.5	50	19.1	2.2	0.3	0.0	0.0	109.0	4.3	2.2	0.9	4.6
Shrimp and Vegetable Tempura		160	119	12.6	1.0	0.0	0.00	370	6	1	0	10
Fruit		30	0	0.2	0.2	0.2	0.21	1	17	2	8	1
Lunch Boat (choose one)												
Lunch Boat Chicken	3.5	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
Lunch Boat Salmon	2	110	55.6	6.2	1.1	0.0	25.5	61.8	0.0	0	0	13.5
Lunch Boat Steak Julienne	3	110	40	4.0	1.5	0.0	70.00	210	6	0	0	13
Lunch Boat Filet Mignon	4.75	200	78	8.6	4.2	0.4	71.25	155	1	0.3	0	30
Lunch Boat Colossal Shrimp	4(EA)	110	31	3.4	0.9	0.0	159.60	457	0	0	0	19
Poke Bowl Header												
Rice	10	510	0	0	0	0	0	9	122	1	0	10
Mixed Greens	3	20	0	0	0	0	0	31	4	2	2	1
Poke Bowl												
Ahi Tuna Poke	10	310	88	11	1	0	40	1252	22	7	12	30
Salmon Poke	10	380	186	21	4	0	47	1256	22	7	12	22
<b>DESSERTS</b>												
Banana Tempura	7.6	410	120	13.0	4.5	0.0	20.00	70	69	3	27	5
Strawberry Mochi	3 each	300	60	6.0	6.0	0.0	0.00	15	51	0	42	<1.00
Green Tea Ice cream	3	90	30	4.0	2.5	0.0	10.00	40	13	0	14	2
Chocolate Ice Cream	3	100	45	5.5	3.0	0.0	20.00	25	13	1	11	2
Vanilla Ice Cream	3	100	45	5.5	3.0	0.0	20.00	25	12	0	11	2
Rainbow Sherbet	3	100	10	1.0	0.0	0.0	5.00	20	22	0	17	< 1
<b>TAKE HOME</b>												
Brown Rice (12 oz)	12	500	30	3.0	0.0	0.0	0.00	15	108	8	0	9
Ginger Sauce (1 pt)	16	160	0	0.0	0.0	0.0	0.00	12000	2	<1	5	28
Hibachi Chicken Rice (6 oz)	6	440	100.00	11.00	2.50	0.00	150	570.00	70.00	6.00	<1	15.00
Hibachi Chicken Rice (12 oz)	12	880	200.00	22.00	5.00	0.00	300	1140.00	114.00	13.00	2.00	30.00
Hibachi Chicken Rice (24 oz)	24	1760	400.00	44.00	10.00	0.00	600.00	2280	280	24.00	0.00	60.00
Spicy Fried Rice w/ Chicken (6 oz)	6	470	120.00	15.00	3.00	0.00	150	770.00	71.00	6.00	0.50	16.00
Spicy Fried Rice w/ Chicken (12 oz)	12	940	145.00	25.00	6.00	0.00	300.00	1540	140	12.00	0.50	31.00
Spicy Fried Rice w/ Chicken (24 oz)	24	1870	490.00	55.00	12.00	0.00	600.00	3075	285	25.00	1.20	60.00
Hot Sauce (4 oz)	4	270	10	1.5	0.0	0.0	0.00	1270	62	0	24	5
Mustard Sauce (1 pt)	16	1760	1440	160.0	24.0	0.0	0.00	8480	64	0	5	32
Salad Dressing (1 pt)	16	960	860	96.0	16.0	0.0	0.00	5440	32	4	6	0
Benihana Original Yum Yum Sauce™ (1 pt)	16	2770	2690	300.0	48.0	0.0	1310.00	2450	32	0	9	0
Steamed Rice (12 oz)	12	600	0	0.0	0.0	0.0	0.00	0	144	1	1	12
Teriyaki Sauce (1 pt)	16.00	1240	0	0.0	0.0	0.0	0.00	9810	256	1	208	53
Benihana Original Garlic Sauce™ (1 pt)	16	1440	1280.0	160.0	40.0	0.0	0.00	2000	40	0	0	<1
<b>TO GO SAUCES</b>												
Ginger Dressing	1 oz	60	54	6	1	0	0	340	2	0	0	0
Ginger Sauce	1 oz	10	0	0	0	0	0	750	0	0	0	2
Mustard Sauce	1 oz	110	90	10	1.5	0	0	530	4	0	0	2
Benihana Original Yum Yum Sauce™	1 oz	170	170	19	3	0	80	150	2	0	<1	0
Teriyaki Sauce	1 oz	80	0	0	0	0	0	615	16	0	13	6
Spicy Teriyaki S.	1 oz	70	0	0.1	0	0	0	680	13	0	11	2
Hot Sauce	1 oz	70	3	0	0	0	0	320	16	0	6	1
Benihana Original Garlic Sauce™	1 oz	90	80	10	2.5	0	0	125	2.5	0	0	<1
Avocado Tartar S.	1 oz	100	100	10	2	0	10	60	2	1	1	<1
Diablo sauce	1 oz	140	135	15	3	0	10	115	1	0	0	0

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<b>CHILDRENS MENU FOOD</b>												
<b>CHILDRENS MENU HEADER</b>												
Benihana Onion Soup	6.7	30	10	1.0	0.0	0.0	0.00	710	3	0	0	1
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	1	0	2
Shrimp Apetizer	2 EA	40	5	1.0	0.0	0.0	35.00	100	0	0	0	8
Vegetables	4	40	10	1.5	0.0	0.0	0.00	65	6	2	0	1
Steamed Rice	6	300	0	0.0	0.0	0.0	0.00	0	72	<1	<1	6
Ice Cream	3	100	45	6.0	3.0	0.0	20.00	25	13	1	11	2
<b>CHILDRENS MENU FOOD</b>												
<b>ENTRÉES</b>												
California Roll	7	280	45	5	0	0	4	680	55	5	10	13
Chicken Tenders	6	560	275.0	31.00	6	0	85	1480	36	1.7	0.4	35
Hibachi Chicken	5	180	60	7.0	2.1	0.0	80.00	80	0	0	0	31
Hibachi Shrimp	6 EA	90	10	2.0	0.3	0.0	70.00	200	0	0	0	16
Hibachi Steak	2.5	120	50	6.0	2.6	0.3	90.00	100	0	0	0	18
Hibachi Filet Mignon	4.8	200	78	8.6	4.2	0.4	71.25	155	1	0	0	30
<b>COMBINATIONS</b>												
Chicken & Shrimp	3.5 / (5 EA)	200	60	7.0	1.8	0.0	115.00	220	0	0	0	35
Chicken & Steak	3.5 / 2.5	210	70	9.0	3.1	0.2	115.00	120	0	0	0	33
Steak & Shrimp	2.5 / (5 EA)	150	40	5.0	1.9	0.2	115.00	230	0	0	0	25
Filet Mignon & Chicken	6.5	260	96	10.7	4.2	0.3	101.41	156	1	1	0	41
Filet Mignon & Shrimp	6.6	200	59	7.2	2.9	0.3	106.22	275	0	0	0	33
<b>SIDE ORDERS</b>												
White Noodle	7	280	40	4.0	1.0	0.0	0.00	700	56	0	12	6
Hibachi Chicken Rice	9	560	100	11.0	2.5	0.0	150.00	570	71	6	<1	15
Edamame	6	210	75	8.8	1.1	0.0	0.0	435	17	8.8	3.7	18.4
<b>GROUP MENU</b>												
<b>GROUP MENU HEADER</b>												
Benihana Onion Soup	6.7	30	10	1.0	0.0	0.0	0.0	710	3	0	0	1
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	1	0	2
Shrimp Appetizer	3 EA	40	5	1.0	0.0	0.0	35.0	100	0	0	0	8
Hibachi Vegetables Onions	2	30	5	1.0	0.0	0.0	0.0	30	5	1	0	0
Hibachi Vegetables Zucchini	2	20	5	1.0	0.0	0.0	0.0	30	2	1	0	1
Ginger Sauce	1	10	0.0	0.0	0.0	0.0	0.0	750.0	0.0	0	0	2.0
Mustard Sauce	1	110	90.0	10.0	1.5	0.0	0.0	530.0	4.0	0	0	2.0
Benihana's Original Yum Yum Sauce™	1	170	170.0	19.0	3.0	0.0	80.0	150.0	2.0	0	<1	0.0
Hibachi Chicken Rice	6	300	0	0.0	0.0	0.0	0.0	5	72	<1	<1	6
Ice cream	3	100	45	5.0	3.0	0.0	20.0	25	13	1	11	2
Rainbow Sherbet	3	130	15	1.5	0.5	0.0	4.0	35	29	0	17	1
<b>KOI ENTRÉE</b>												
Koi Yakisoba Chicken	15.9	640	130	14.0	2.0	0.0	75.0	1540	94	9	11	34
Koi Yakisoba Steak	15	630	120	13	2	0	80	1640	98	9	11	28
Koi Yakisoba Shrimp	15	610	100	12	1	0	80	1640	94	9	11	30
<b>HOTEI ENTRÉE</b>												
Hotei Hibachi Chicken	7	280	100	11	3	0	115	120	1	0	0	44
Hotei Yakisoba Steak	15	630	120	13	2	0	80	1640	98	9	11	28
Hotei Yakisoba Shrimp	15	610	100	12	1	0	80	1640	94	9	11	30
Hotei Yakisoba Chicken	15.9	640	130	14.0	2.0	0.0	75.0	1540	94	9	11	34
<b>GEISHA ENTRÉE</b>												
Geisha Hibachi Tuna Steak	6	460	220	24	4	0	155	1000	7	8	7	45
Geisha Teriyaki Steak	6	290	100	11	4	1	135	530	15	0	0	33
Geisha Hibachi Steak	7	230	100	11	5	1	160	190	1	0	0	32
<b>BUDDHA ENTRÉE</b>												
Buddha Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.0	190	1	0	0	36
Buddha Colossal Shrimp	7 (EA)	190	50	6	1.5	0	280	800	0	<1	<1	33

Menu Items	Serving Size (ounces)	Calories	Calories Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (grams)	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)
<b>Buddha Emperor's Feast</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>SAMURAI ENTRÉE</b>												
<b>Benihana Special</b>												
Hibachi Steak	7.00	240	100	11.0	5.0	1.0	160.00	189	1	1	<1	32
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.00	440	0	0	0	13
Hibachi Chateaubriand	8.50	360	160	18.0	7.0	0.5	130.0	400	3	0	0	48
<b>Benihana Trio</b>												
Filet Mignon	4.75	200	80	9.0	4.5	0.0	70.00	160	1	0	0	30
Colossal Shrimp	3 (EA)	80	25	2.5	1.0	0.0	120.00	340	0	0	0	14
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>DRAGON ENTRÉE</b>												
Dragon Twin Lobster Tails	2 (EA)	130	30	3	1	0.5	175	880	0	0	0	25
<b>Dragon Hibachi Supreme</b>												
Chateaubriand	8.5	370	160	18	7	0.5	130	400	3	0	0	48
Lobster Tail	1 tail	70	15	1.5	0.5	0	90	440	0	0	0	12.5
<b>HAPPY HOUR</b>												
<b>APPETIZERS</b>												
Edamame	6	210	75	9	1	0	0	435	17	9	4	18
Spicy Edamame	6	340	135	16	3	0	0	1145	35	9	17	22
Vegetable Spring Roll	2	120	63	7	2	0	0	425	12	1	1	2
Shrimp Tempura	9	560	325	37	5	0	78	910	38	1	1	18
Onion Rings	4	400	195	22	4	0	0.0	780	46	3	6	5.6
Salmon Avocado Sashimi	4	180	90	10	2	0	55.0	692	2	2	0	20.56
<b>Tokio Wings</b>												
Sesame Garlic Sauce (6 wings)	20	770	760	90	26	0	500	1856	8	0	0	81
Black Pepper Teriyaki S. (6 wings)	19	680	523	60	18	0	500	2446	22	0	20	83
Spicy Sauce (6 wings)	21	690	607	70	19	0	500	2276	5	1	3	82
<b>Pan Fried Gyoza Dumplings</b>												
Pork Gyoza	5	250	110.0	12.0	3.5	0.0	20	990	25	0	7	10
Spicy Chicken Gyoza	5	370	75	8.8	2.5	0.0	43.8	1332	44	2.5	5	13
<b>Crispy Rice</b>												
Spicy Tuna	6.06	220	35	3.8	0.0	0.0	5.0	1940	38	3	22	10
Spicy Yellowtail	6.06	200	35	3.8	0.0	0.0	5.0	1940	38	3	22	7
Spicy Salmon	6.06	240	54	5.9	0.0	0.0	11.0	1940	38	3	22	9
<b>SUSHI ROLLS</b>												
California Roll	7	280	45	5	0	0	4	680	55	5	10	13
Avocado Cucumber Roll	8	370	180	20	3	0	0	393	37	8	11	5
Spicy Salmon Roll	6	300	80	9	2	0	25	690	41	14	14	7
Spicy Tuna Roll	6	340	56	6	1	0	22	924	56	1	12	13
Crunchy Calamari Roll	8	200	185	20	7	0	64	1275	71	5	20	11
Chili Shrimp Roll	12	810	285	32	6	0	150	2108	101	3	27	20
Shrimp Crunchy Roll	8	500	180	20	3	0	20	1260	68	1	12	11
Spicy Lotus Roll	8	530	260	29	6	0	35	1240	55	5	24	12
Salmon Avocado Roll	8	460	190	21	4	0	40	1100	48	6	15	10