

YANKEE STADIUM MENU



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)
FRIED RICE BOWLS												
Fried Rice	13.5	660.0	148.5	16.5	3.8	0.0	225.0	855.0	105.0	22.5	1.2	22.5
HIBACHI BOWLS												
Hibachi Steak	17.5	794.3	202.9	22.5	6.4	0.6	315.0	963.1	105.7	22.8	1.2	40.9
Hibachi Shrimp	17.5	775.4	164.5	19.3	4.2	0.0	319.0	1126.1	105.0	22.7	1.4	44.1
Hibachi Chicken	17.5	817.1	202.9	22.5	5.6	0.0	290.0	923.1	105.7	22.9	1.3	47.7
YAKISOBA BOWLS												
Yakisoba Steak	16.4	640.0	126.0	14.0	2.9	4.0	100.0	1580.0	95.0	8.5	10.9	43.7
Yakisoba Shrimp	16.4	635.0	89.6	11.1	<1	0.0	115.8	1776.8	95.0	8.7	11.3	33.1
Yakisoba Chicken	16.4	660.0	126.0	14.0	2.0	0.0	75.0	1540.0	95.0	8.6	11.0	34.0
HOMEMADE SAUCE												
Ginger	1.0	10.0	0.0	0.0	0.0	0.0	0.0	750.0	2.0	0.0	0.0	1.0
Mustard	1.0	265.0	98.0	12.0	1.5	0.0	0.0	580.0	23.0	12.0	5.0	25.0
SHAREABLES												
Edamame	8.0	265.0	98.0	12.0	1.5	0.0	0.0	580.0	23.0	12.0	5.0	25.0
Pork Gyoza	5	250	110	12	3.5	0	20	990	25	0	7	10
MAKI SUSHI ROLLS												
California Roll	6.8	410.0	180.0	20.0	3.5	0.0	20.0	820.0	50.0	5.0	12.0	8.0
Spicy Salmon Roll	6.3	300.0	80.0	9.0	1.5	0.0	25.0	690.0	40.0	3.0	11.0	14.0
Spicy Tuna Roll	6.2	310.0	80.0	9.0	1.5	0.0	35.0	760.0	45.0	3.0	13.0	14.0
Avocado	7.5	370.0	180.0	20.0	3.0	0.0	0.0	420.0	40.0	8.0	11.0	5.0
POKE BOWLS												
Spicy Tuna Poke	21.7	896.6	215.0	23.8	3.8	0.0	56.0	2225.0	117.0	8.5	29.1	49.8
Spicy Salmon Poke	21.7	924.6	290.0	31.5	5.5	0.0	62.8	2235.0	117.0	8.5	29.1	39.3
SUSHI BURRITOS												
Spicy Tuna Sushi Burrito	10	379	150	17	2	0	0	2209	62	4	8	11
Spicy Salmon Sushi Burrito	10.0	385	165	19	2.3	0.0	0.0	2215.0	62.2	4.3	7.9	11.2
Menu Items												
BEVERAGES												
Souvenir Soda	16.0	80-90	0.0	0.0	0.0	0.0	0.0	20-38	20-23	0.0	20-22	0.0
Poland Spring Water	16.0	0.0	0.0	0.0	0.0	0.0	0.0	27.5	0.0	0.0	0.0	0.0
ALCOHOLIC BEVERAGES												
Draft Beer - Kirin Ichiban	16.0	195.0	0.0	0.0	0.0	0.0	0.0	0.0	16.1	0.0	0.0	1.2
Draft Beer - Michelob Ultra	16.0	130.0	0.0	0.0	0.0	0.0	0.0	16.0	3.2	0.0	0.0	1.6

YANKEE STADIUM - EVENTS ONLY

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