



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) |
|-----------------------------------|-----------------------|----------|----------------------|-------------------|-----------------------|-------------------|------------------|-------------|-----------------------------|-----------------------|----------------|------------------|
| APPETIZERS | | | | | | | | | | | | |
| Edamame | 6 | 205 | 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 |
| 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 | 2 | 16 | 21 |
| Vegetable Tempura | 10.5 | 590 | 390 | 43.0 | 7.0 | 0 | 0 | 490 | 44 | 4 | 3 | 7 |
| Chicken Tempura | 5 | 450 | 220 | 25.0 | 4.4 | 0.2 | 68.0 | 1184 | 28 | 1.3 | 0.4 | 28.0 |
| Shrimp Tempura | 7.41 | 500 | 315 | 35.0 | 5.0 | 0.0 | 60 | 870 | 37 | 2 | 3 | 10 |
| Beef Gyoza Dumplings | 3.17 | 200 | 80 | 9.0 | 3.0 | 0.5 | 15.0 | 550 | 20 | 6 | 7 | 6 |
| Spicy Chicken Gyoza Dumplings | 3.3 | 309 | 75 | 8.8 | 2.5 | 0.0 | 43.8 | 1332 | 44 | 2.5 | 5 | 13 |
| Edamame Gyoza Dumplings | 3.4 | 184 | 18 | 4.4 | 0.6 | 0.0 | 0.0 | 616 | 25 | 2.5 | 2.5 | 7.5 |
| Garlic Sauce Tokyo Wings | 16 | 769 | 760 | 90 | 26 | 0 | 500 | 1856 | 8 | 0 | 0 | 81 |
| Black Pepper Teriyaki Tokyo Wings | 15 | 680 | 523 | 60 | 18 | 0 | 500 | 2446 | 22 | 0 | 20 | 83 |
| Spicy Sauce Tokyo Wings | 17 | 690 | 607 | 70 | 19 | 0 | 500 | 2276 | 5 | 1 | 3 | 82 |
| Sashimi Sampler | | | | | | | | | | | | |
| 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 |
| Sushi Sampler | | | | | | | | | | | | |
| 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 |
| Shrimp Tempura | 7.41 | 500 | 315 | 35.0 | 5.0 | 0.0 | 60 | 870 | 37 | 2 | 3 | 10 |
| Shrimp Saute | 7 (EA) | 60 | 10 | 1.0 | 0.0 | 0.0 | 90.0 | 410 | 0 | 1 | 0 | 13 |
| Soft Shell Crab | 4.8 | 290 | 180 | 20.0 | 3.5 | 0.0 | 15.0 | 1030 | 16 | 2 | 4 | 12 |
| Tuna Tataki | 5.98 | 130 | 10 | 1.0 | 1.0 | 0.0 | 45.0 | 430 | 8 | 1 | 3 | 23 |
| Crispy Spicy Tuna | 6.06 | 223 | 35 | 3.8 | 0.0 | 0.0 | 5.0 | 1940 | 38 | 3 | 22 | 10 |
| Chili Ponzu Yellowtail | 3.39 | 190 | 126 | 14 | 4.5 | 0.0 | 55.0 | 880 | 9 | 2 | 4 | 8 |
| SIDES ORDERS | | | | | | | | | | | | |
| Hibachi Chicken Rice | 9.03 | 440 | 100 | 11 | 2.5 | 0.0 | 150 | 570 | 70 | 6 | <1 | 15 |
| Hibachi Steak Rice | 9.03 | 470 | 125 | 14.0 | 2.8 | 0.0 | 151 | 564 | 71 | 6 | 1 | 15 |
| Hibachi Shrimp Rice | 9.03 | 435 | 92 | 10.3 | 1.3 | 0.0 | 159 | 621 | 71 | 6 | 1 | 15 |
| Spicy Fried Rice w/ Chicken | 6 | 470 | 120 | 15 | 3 | 0.0 | 150 | 770 | 71 | 6 | 0.50 | 16 |
| Benihana Onion Soup | 6.7 | 25 | 10 | 1.0 | 0.0 | 0.0 | 0.0 | 710 | 3 | 0 | 0 | 1 |
| Miso Soup | 6.45 | 35 | 10 | 1.0 | 0.0 | 0.0 | 0.0 | 950 | 4 | 1 | 0 | 2 |
| Brown Rice | 6 | 250 | 15 | 1.5 | 0.0 | 0.0 | 0.0 | 10 | 54 | 4 | 0 | 5 |
| Benihana Salad | 3.8 | 90 | 70 | 8.0 | 1.0 | 0.0 | 0.0 | 360 | 3 | 6 | 0 | 2 |
| Seaweed Salad | 4.23 | 110 | 30 | 3.0 | 0.0 | 0 | 0 | 1380 | 18 | 7 | 11 | 2 |
| SUSHI COMBINATIONS HEADER | | | | | | | | | | | | |
| Benihana Salad | 3.8 | 90 | 70 | 8.0 | 1.0 | 0.0 | 0.0 | 360 | 3 | 6 | 0 | 2 |
| Miso Soup | 6.45 | 35 | 10 | 1.0 | 0.0 | 0.0 | 0.0 | 950 | 4 | 1 | 0 | 2.3 |
| SUSHI COMBINATIONS | | | | | | | | | | | | |
| Sushi | | | | | | | | | | | | |
| California Roll | 7 | 275 | 45 | 5 | 0 | 0 | 4 | 680 | 55 | 5 | 10 | 13 |
| Tuna Nigiri | 0.6 | 40 | 0 | 0.0 | 0.0 | 0.0 | 5.0 | 70 | 5 | 0 | 1 | 5 |
| Salmon Nigiri | 0.6 | 60 | 20 | 2.0 | 0.5 | 0.0 | 10.0 | 70 | 5 | 0 | 1 | 4 |
| Izumidai Nigiri | 0.4 | 30 | 0 | 0.0 | 0.0 | 0.0 | 5.0 | 70 | 5 | 0 | 1 | 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) |
|----------------------------------|-----------------------|----------|----------------------|-------------------|-----------------------|-------------------|------------------|-------------|-----------------------------|-----------------------|----------------|------------------|
| Octopus Nigiri | 0.4 | 30 | 0 | 0.0 | 0.0 | 0.0 | 5.0 | 95 | 5 | 0 | 1 | 3 |
| Eel Nigiri | 0.6 | 50 | 10 | 1.0 | 0.0 | 0.0 | 45.0 | 120 | 8 | 0 | 1 | 2 |
| Shrimp Nigiri | 0.4 | 30 | 0 | 0.0 | 0.0 | 0.0 | 15.0 | 90 | 5 | 0 | 1 | 3 |
| Sushi Deluxe | | | | | | | | | | | | |
| Tuna Roll | 1 | 180 | 5 | 0.5 | 0.0 | 0.0 | 10.0 | 430 | 32 | 0 | 10 | 11 |
| Tuna Nigiri | 0.6 | 40 | 0 | 0.0 | 0.0 | 0.0 | 5.0 | 70 | 5 | 0 | 1 | 5 |
| Salmon Nigiri | 0.6 | 60 | 20 | 2.0 | 0.5 | 0.0 | 10.0 | 70 | 5 | 0 | 1 | 4 |
| Izumidai Nigiri | 0.4 | 30 | 0 | 0.0 | 0.0 | 0.0 | 5.0 | 70 | 5 | 0 | 1 | 2 |
| Salmon Roe (Ikura Nigiri) | 0.4 | 50 | 10 | 1.0 | 0.0 | 0.0 | 15.0 | 190 | 6 | 0 | 1 | 4 |
| Eel Nigiri | 0.6 | 50 | 10 | 1.0 | 0.0 | 0.0 | 45.0 | 120 | 8 | 0 | 1 | 2 |
| Yellowtail Nigiri | 0.6 | 60 | 25 | 3.0 | 0.5 | 0.0 | 10.0 | 70 | 5 | 0 | 1 | 4 |
| Shrimp Nigiri (2) | 0.8 | 60 | 0 | 0 | 0 | 0 | 30 | 180 | 10 | 0 | 2 | 6 |
| Octopus Nigiri | 0.4 | 30 | 0 | 0.0 | 0.0 | 0.0 | 5.0 | 95 | 5 | 0 | 1 | 3 |
| Albacore Nigiri | 0.5 | 50 | 20 | 2.0 | 0.5 | 0.0 | 10.0 | 70 | 5 | 0 | 1 | 4 |
| Sashimi with Rice | | | | | | | | | | | | |
| Tuna Sashimi | 1.8 | 50 | 0 | 0.5 | 0.0 | 0.0 | 20.0 | 20 | 0 | 0 | 0 | 12 |
| Salmon Sashimi | 1.8 | 100 | 60 | 6.0 | 1.5 | 0.0 | 30.0 | 5 | 0 | 0 | 0 | 10 |
| Yellowtail Sashimi | 1.8 | 120 | 80 | 9.0 | 2.0 | 0.0 | 30.0 | 20 | 0 | 0 | 0 | 12 |
| Izumidai (Snapper) Sashimi | 1.2 | 30 | 0 | 0.0 | 0.0 | 0.0 | 15.0 | 18 | 0 | 0 | 0 | 7 |
| Octopus Sashimi | 1.2 | 30 | 0 | 0.0 | 0.0 | 0.0 | 15.0 | 85 | 0 | 0 | 0 | 7 |
| Steamed Rice | 6 | 300 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | 5 | 72 | <1 | <1 | 6 |
| Sushi/Sashimi with Rice | | | | | | | | | | | | |
| Tuna Nigiri | 0.6 | 40 | 0 | 0.0 | 0.0 | 0.0 | 5.0 | 70 | 5 | 0 | 1 | 5 |
| Salmon Nigiri | 0.6 | 60 | 20 | 2.0 | 0.5 | 0.0 | 10.0 | 70 | 5 | 0 | 1 | 4 |
| Izumidai Nigiri | 0.4 | 30 | 0 | 0.0 | 0.0 | 0.0 | 5.0 | 70 | 5 | 0 | 1 | 2 |
| Albacore Nigiri | 0.5 | 60 | 20 | 2.0 | 0.5 | 0.0 | 10.0 | 70 | 5 | 0 | 1 | 4 |
| Eel Nigiri | 0.6 | 50 | 10 | 1.0 | 0.0 | 0.0 | 45.0 | 120 | 8 | 0 | 1 | 2 |
| Yellowtail Nigiri | 0.6 | 60 | 25 | 3.0 | 0.5 | 0.0 | 10.0 | 75 | 5 | 0 | 1 | 4 |
| Shrimp Nigiri | 0.4 | 30 | 0 | 0.0 | 0.0 | 0.0 | 15.0 | 90 | 5 | 0 | 1 | 3 |
| Tuna Sashimi | 1.8 | 50 | 0 | 0.0 | 0.0 | 0.0 | 20.0 | 15 | 1 | 0 | 0 | 13 |
| Salmon Sashimi | 1.2 | 70 | 40 | 4.0 | 1.0 | 0.0 | 20.0 | 0 | 0 | 0 | 0 | 7 |
| Octopus Sashimi | 0.8 | 20 | 0 | 0.0 | 0.0 | 0.0 | 10.0 | 60 | 0 | 0 | 0 | 5 |
| Yellowtail Sashimi | 1.2 | 80 | 50 | 5.0 | 1.0 | 0.0 | 20.0 | 15 | 0 | 0 | 0 | 8 |
| Steamed Rice | 6 | 300 | 0 | 0 | 0 | 0 | 0 | 5 | 72 | <1 | <1 | 6 |
| SASHIMI | | | | | | | | | | | | |
| Egg | 0.60 | 25 | 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 |
| Izumidai - 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 | 35 | 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 |
| 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 |
| Kanikama | 0.60 | 17 | 0 | 0.0 | 0.0 | 0.0 | 1.9 | 75 | 2.1 | 0.0 | <1 | 2 |
| NIGIRI WITH RICE ADDED IN | | | | | | | | | | | | |
| Egg | 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 |
| Albacore Tuna | 0.50 | 55 | 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 | 55 | 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 |

| 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) |
|---|-----------------------|----------|----------------------|-------------------|-----------------------|-------------------|------------------|-------------|-----------------------------|-----------------------|----------------|------------------|
| Yellowtail | 0.6 | 65 | 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 |
| Kanikama | 0.6 | 39 | 1 | 0.1 | 0.0 | 0.0 | 1.9 | 142 | 7 | 0 | 2 | 2 |
| ROLL | | | | | | | | | | | | |
| Dragon Roll | 11 | 510 | 189 | 21 | 4 | 0 | 147 | 1552 | 67 | 7 | 13 | 26 |
| Rainbow Roll | 10 | 375 | 99 | 11 | 1 | 0 | 133 | 712 | 56 | 7 | 13 | 25 |
| 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 | 6.48 | 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 | 275 | 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 | 190 | 45 | 5 | 1 | 0 | 20 | 1233 | 62 | 1 | 5 | 11 |
| Spicy Tuna Roll | 6 | 335 | 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 | 7.08 | 380 | 120 | 13.0 | 5.0 | 0.0 | 35.0 | 680 | 54 | 3 | 13 | 13 |
| SPECIALTY SUSHI | | | | | | | | | | | | |
| 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 | 395 | 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 | 275 | 193 | 21 | 7 | 0 | 32 | 878 | 58 | 5 | 12 | 13 |
| Shrimp Crunchy Roll | 8.3 | 500 | 180 | 20.0 | 3.0 | 0.0 | 20.0 | 1260 | 68 | 1 | 12 | 11 |
| Spider Roll | 10 | 385 | 157 | 17 | 3 | 0 | 25 | 1246 | 58 | 6 | 12 | 13 |
| 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 |
| ENTRÉE COMPLEMENTS - Add to any of our entrées | | | | | | | | | | | | |
| Lobster Tail | 1 tail | 65 | 14 | 1.5 | 0.5 | 0.3 | 87.5 | 440 | 0 | < 1 | < 1 | 13 |
| Scallops | 3.5 oz | 70 | 18 | 2.0 | 0.5 | 0.0 | 25.0 | 405 | 2 | < 1 | < 1 | 12 |
| Colossal Shrimp | 8 (EA) | 100 | 14 | 2.4 | 0.4 | 0.0 | 82.3 | 237 | 0 | < 1 | < 1 | 19 |
| 5 COURSE ENTRÉE HEADER | | | | | | | | | | | | |
| Benihana Onion Soup | 6.7 | 25 | 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 | 5.85 | 0.00 | 2 |
| Shrimp Appetizer | 3 EA | 40 | 5 | 1.0 | 0.1 | 0.0 | 35.0 | 100 | 0 | 0 | 0 | 8 |
| Hibachi Vegetables Onions | 2 | 25 | 5 | 0.5 | 0.1 | 0.0 | 0.0 | 30 | 5 | 1.00 | 0.00 | < 1 |
| Hibachi Vegetables Zucchini | 2 | 15 | 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 | 0.0 | 750.0 | 0.0 | 0.00 | 0.00 | 2.0 |
| Mustard Sauce | 1 | 110.0 | 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 | 170.0 | 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 |
| NOODLES & TOFU | | | | | | | | | | | | |
| 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 |
| Yakisoba Beef | 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 |
| STEAK AND CHICKEN | | | | | | | | | | | | |
| 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 |

| 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) |
|------------------------------------|-----------------------|----------|----------------------|-------------------|-----------------------|-------------------|------------------|-------------|-----------------------------|-----------------------|----------------|------------------|
| Hibachi Chateaubriand | 8.50 | 360 | 160 | 18.0 | 7.0 | 0.5 | 130.0 | 400 | 3 | 0 | 20 | 48 |
| SEAFOOD | | | | | | | | | | | | |
| Hibachi Shrimp | 14 (EA) | 200 | 30 | 5.0 | 1.0 | 0.0 | 165.0 | 470 | 0 | <1 | <1 | 38 |
| Spicy Hibachi Shrimp | 11.5 | 286 | 75.6 | 10.4 | 1.6 | 0.0 | 188.0 | 940.0 | 2.0 | 1.1 | 1.7 | 43.7 |
| Surf Side | | | | | | | | | | | | |
| 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 |
| Ocean Treasure | | | | | | | | | | | | |
| 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 |
| 6 COURSE ENTRÉE HEADER | | | | | | | | | | | | |
| Benihana Onion Soup | 6.7 | 25 | 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 | 6 | 0 | 2 |
| Shrimp Appetizer | 3 EA | 40 | 5 | 1.0 | 0.0 | 0.0 | 35.0 | 100 | 0 | 0 | 0 | 8 |
| Mushrooms | 1.5 | 15 | 5.3 | 0.6 | 0.2 | 0.0 | 0.0 | 9 | 1 | 0 | <1 | 1 |
| Hibachi Vegetables Onions | 2 | 25 | 5 | 1.0 | 0.0 | 0.0 | 0.0 | 30 | 5 | 1 | 0 | 0 |
| Hibachi Vegetables Zucchini | 2 | 15 | 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 | 0.0 | 750.0 | 0.0 | 0 | 0 | 2.0 |
| Mustard Sauce | 1 | 110.0 | 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 | 170.0 | 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 |
| SPECIALTIES | | | | | | | | | | | | |
| Emperor's Feast | | | | | | | | | | | | |
| 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 |
| Rocky's Choice | | | | | | | | | | | | |
| 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 |
| Benihana Trio | | | | | | | | | | | | |
| 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 |
| Benihana Special | | | | | | | | | | | | |
| 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 |
| Benihana Delight | | | | | | | | | | | | |
| 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 |
| Benihana Excellence | | | | | | | | | | | | |
| 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 |
| Splash 'N Meadow | | | | | | | | | | | | |
| 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 |
| Deluxe Treat | | | | | | | | | | | | |
| Filet Mignon | 5.75 | 250 | 100 | 11.0 | 5.0 | 0.5 | 85.00 | 190 | 1 | 1 | <1 | 36 |

| 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) |
|------------------------------|-----------------------|----------|----------------------|-------------------|-----------------------|-------------------|------------------|-------------|-----------------------------|-----------------------|----------------|------------------|
| Lobster Tail | 1 tail | 70 | 15 | 1.5 | 0.5 | 0.0 | 90.00 | 440 | 0 | 0 | 0 | 13 |
| Land 'N Sea | | | | | | | | | | | | |
| 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 |
| Samurai Treat | | | | | | | | | | | | |
| 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 |
| Hibachi Supreme | | | | | | | | | | | | |
| 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 |
| LUNCH ENTRÉE HEADER | | | | | | | | | | | | |
| Benihana Onion Soup | 6.7 | 25 | 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 |
| LUNCH ENTREES | | | | | | | | | | | | |
| 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 |
| Beef Julienne | 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 |
| Lunch Duet (choose 2) | | | | | | | | | | | | |
| 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 |
| Beef 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 |
| Lunch Boat Header | | | | | | | | | | | | |
| Benihana Onion Soup | 6.7 | 25 | 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 | 6 | 0 | 2 |
| 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 | 137 | 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 | 0 |
| Fruit | | 35 | 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 | 110.0 | 55.6 | 6.2 | 1.1 | 0.0 | 25.5 | 61.8 | 0.0 | 0 | 0 | 13.5 |
| Lunch Boat Beef | 3 | 110 | 40 | 4.0 | 1.5 | 0.0 | 70.00 | 210 | 6 | 0 | 0 | 13 |
| Sushi Combination | | | | | | | | | | | | |
| California Roll | 1 roll | 274 | 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 | 5 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 1.0 | 0.0 | 0.0 | 0.0 |
| Wasabi | 0.3 | 1 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 48.0 | 0.2 | 0.0 | 0.0 | 0.0 |

| 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) |
|---|-----------------------|----------|----------------------|-------------------|-----------------------|-------------------|------------------|-------------|-----------------------------|-----------------------|----------------|------------------|
| Benihana Salad | 1 serving | 88 | 72.0 | 8.0 | 1.3 | 0.0 | 0.0 | 361.7 | 3.0 | 5.9 | 0.0 | 1.7 |
| Soup | 1 serving | 25 | 9.5 | 1.1 | 0.0 | 0.0 | 0.0 | 950.9 | 4.0 | 1.0 | 0.2 | 2.3 |
| Bento Box Header | | | | | | | | | | | | |
| Benihana Onion Soup | 6.7 | 25 | 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 |
| Beef Gyoza | 1.0 | 40 | 16.2 | 1.8 | 0.6 | 0.1 | 1.2 | 2.0 | 110.0 | 1.2 | 1.4 | 4.6 |
| Vegetable Spring Roll | 1.5 | 50 | 10.0 | 1.0 | 0.0 | 0.0 | 0.0 | 190.0 | 9.0 | <1 | 3.0 | <1 |
| California Roll (half) | 3.7 | 137 | 22.5 | 2.5 | 0.0 | 0.0 | 2.1 | 341.0 | 27.6 | 2.4 | 5.1 | 6.5 |
| Seaweed Salad | 1.0 | 28 | 6.8 | 0.8 | 0.0 | 0.0 | 0.0 | 345.0 | 4.5 | 1.8 | 2.8 | 0.5 |
| Edamame | 1.5 | 52 | 18.4 | 2.2 | 0.3 | 0.0 | 0.0 | 109.1 | 4.3 | 2.2 | 0.9 | 4.6 |
| Fresh Fruit | 1.0 | 9 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | <1 | 8.0 | <1 | 1.4 | <1 |
| Bento Box (choose one) | | | | | | | | | | | | |
| Steak | 3.0 | 122 | 40.7 | 4.5 | 1.8 | 0.2 | 67.5 | 222.2 | 6.5 | 0.5 | 11.9 | 14.0 |
| Chicken | 3.5 | 138 | 47.6 | 5.3 | 1.6 | 0.0 | 56.9 | 59.6 | 0.6 | 0.3 | 0.1 | 22.1 |
| Salmon | 4.0 | 232 | 128.0 | 14.0 | 2.8 | 0.0 | 70.4 | 68.0 | 0.0 | 0.0 | 0.0 | 24.8 |
| Imperial Salad | | | | | | | | | | | | |
| Imperial Salad | 15.9 | 190 | 72 | 8 | 1.5 | 0.0 | 0 | 530 | 23 | 24 | 1 | 6 |
| Imperial Salad with Salmon | 5.5 | 300 | 153 | 17 | 3.0 | 0.0 | 70 | 170 | 0 | 24 | 1 | 37 |
| Imperial Salad with Chicken | 3.9 | 150 | 31.5 | 3.5 | 1.0 | 0.0 | 95 | 115 | 0 | 24 | 1 | 30 |
| Imperial Salad with Ahi Tuna | 6 | 210 | 40 | 4.5 | 1.5 | 0 | 75 | 120 | 0 | 0 | 0 | 40 |
| DESSERTS | | | | | | | | | | | | |
| Banana Tempura | 7.6 | 410 | 120 | 13.0 | 4.5 | 0.0 | 20.00 | 70 | 69 | 3 | 27 | 5 |
| 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 |
| TAKE HOME | | | | | | | | | | | | |
| 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 | 3 | 5 | 28 |
| Hibachi Chicken Rice | 6 | 440.00 | 100.00 | 11.00 | 2.50 | 0.00 | 15.00 | 570.00 | 70.00 | 6.00 | <1 | 15.00 |
| Hibachi Chicken Rice | 12 | 880.00 | 200.00 | 22.00 | 5.00 | 0.00 | 30.00 | 1140.00 | 114.00 | 13.00 | 2.00 | 30.00 |
| Hibachi Chicken Rice | 24 | 1760.00 | 400.00 | 44.00 | 10.00 | 0.00 | 60.00 | 2280.00 | 280.00 | 24.00 | 0.00 | 60.00 |
| Spicy Fried Rice w/ Chicken | 6 | 470.00 | 120.00 | 15.00 | 3.00 | 0.00 | 15.00 | 770.00 | 71.00 | 6.00 | 0.50 | 16.00 |
| Spicy Fried Rice w/ Chicken | 12 | 935.00 | 145.00 | 25.00 | 6.00 | 0.00 | 30.00 | 1540.00 | 140.00 | 12.00 | 0.50 | 31.00 |
| Spicy Fried Rice w/ Chicken | 24 | 1870.00 | 490.00 | 55.00 | 12.00 | 0.00 | 60.00 | 3075.00 | 285.00 | 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 pint) | 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 |
| TO GO SAUCES | | | | | | | | | | | | |
| 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 |

| 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) |
|------------------------------------|-----------------------|----------|----------------------|-------------------|-----------------------|-------------------|------------------|-------------|-----------------------------|-----------------------|----------------|------------------|
| CHILDRENS MENU HEADER | | | | | | | | | | | | |
| Benihana Onion Soup | 6.7 | 25 | 10 | 1.0 | 0.0 | 0.0 | 0.00 | 710 | 3 | 0 | 0 | 1 |
| Benihana Salad | 3.8 | 90 | 70 | 8.0 | 1.5 | 0.0 | 255.00 | 360 | 3 | 6 | 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 |
| CHILDRENS MENU FOOD | | | | | | | | | | | | |
| California Roll Meal Jr | 7 | 275 | 45 | 5 | 0 | 0 | 4 | 680 | 55 | 5 | 10 | 13 |
| Chicken & Shrimp (Jr. Combo) | 3.5 / (5 EA) | 200 | 60 | 7.0 | 1.8 | 0.0 | 115.00 | 220 | 0 | 0 | 0 | 35 |
| Chicken & Steak (Jr. Combo) | 3.5 / 2.5 | 210 | 70 | 9.0 | 3.1 | 0.2 | 115.00 | 120 | 0 | 0 | 0 | 33 |
| Steak & Shrimp (Jr. Combo) | 2.5 //(5 EA) | 150 | 40 | 5.0 | 1.9 | 0.2 | 115.00 | 230 | 0 | 0 | 0 | 25 |
| Hibachi Chicken Jr. | 5 | 180 | 60 | 7.0 | 2.1 | 0.0 | 80.00 | 80 | 0 | 0 | 0 | 31 |
| Hibachi Shrimp Jr. | 6 EA | 90 | 10 | 2.0 | 0.3 | 0.0 | 70.00 | 200 | 0 | 0 | 0 | 16 |
| Hibachi Steak Jr. | 2.5 | 120 | 50 | 6.0 | 2.6 | 0.3 | 90.00 | 100 | 0 | 0 | 0 | 18 |
| Chicken Tempura | 5.0 | 450.0 | 220.0 | 25.00 | 4 | 0 | 68 | 1184 | 28 | 1.3 | 0.4 | 28 |
| Hibachi Filet Mignon | 4.8 | 200 | 78 | 8.6 | 4.2 | 0.4 | 71.25 | 155 | 1 | 0 | 0 | 30 |
| Hibachi Chicken & Filet Mignon | 6.5 | 263 | 96 | 10.7 | 4.2 | 0.3 | 101.41 | 156 | 1 | 1 | 0 | 41 |
| Filet Mignon & Shrimp | 6.6 | 201 | 59 | 7.2 | 2.9 | 0.3 | 106.22 | 275 | 0 | 0 | 0 | 33 |
| CHILDRENS MENU SIDE ORDER | | | | | | | | | | | | |
| Edamame | 6 | 205 | 75 | 8.8 | 1.1 | 0.0 | 0.0 | 435 | 17 | 8.8 | 3.7 | 18.4 |
| Hibachi Chicken Rice | 9 | 440 | 100 | 11.0 | 2.5 | 0.0 | 150.00 | 570 | 71 | 6 | <1 | 15 |
| White Noodle | 7 | 280 | 40 | 4.0 | 1.0 | 0.0 | 0.00 | 700 | 56 | 0 | 12 | 6 |
| GROUP MENU | | | | | | | | | | | | |
| GROUP MENU HEADER | | | | | | | | | | | | |
| Benihana Onion Soup | 6.7 | 25 | 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 | 6 | 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 | 25 | 5 | 1.0 | 0.0 | 0.0 | 0.0 | 30 | 5 | 1 | 0 | 0 |
| Hibachi Vegetables Zucchini | 2 | 15 | 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 | 0.0 | 750.0 | 0.0 | 0 | 0 | 2.0 |
| Mustard Sauce | 1 | 110.0 | 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 | 170.0 | 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 |
| KOI ENTRÉE | | | | | | | | | | | | |
| 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 |
| HOTEI ENTRÉE | | | | | | | | | | | | |
| 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 |
| GEISHA ENTRÉE | | | | | | | | | | | | |
| 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 |
| BUDDHA ENTRÉE | | | | | | | | | | | | |
| 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 |
| Buddha Emperor's Feast | | | | | | | | | | | | |
| 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 |

| 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) |
|------------------------------------|-----------------------|----------|----------------------|-------------------|-----------------------|-------------------|------------------|-------------|-----------------------------|-----------------------|----------------|------------------|
| SAMURAI ENTRÉE | | | | | | | | | | | | |
| Samurai Benihana Special | | | | | | | | | | | | |
| 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 |
| Samurai Chateaubriand | 8.50 | 360 | 160 | 18.0 | 7.0 | 0.5 | 130.0 | 400 | 3 | 0 | 0 | 48 |
| Samurai Benihana Trio | | | | | | | | | | | | |
| 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 |
| DRAGON ENTRÉE | | | | | | | | | | | | |
| Dragon Twin Lobster Tails | 2 (EA) | 130 | 30 | 3 | 1 | 0.5 | 175 | 880 | 0 | 0 | 0 | 25 |
| Dragon Hibachi Supreme | | | | | | | | | | | | |
| 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 |
| HAPPY HOUR | | | | | | | | | | | | |
| Edamame | 2.75 | 95 | 35 | 4.0 | 0.5 | 0.0 | 0.00 | 200 | 7.9 | 4.0 | 1.7 | 8.4 |
| Spicy Edamame | 2.75 | 161 | 60 | 7.3 | 1.3 | 0.0 | 0.00 | 515 | 16 | 4 | 8 | 10 |
| Shrimp Tempura | 7.4 | 500 | 315 | 35.0 | 5.0 | 0.0 | 60.00 | 870 | 37 | 6 | 7 | 10 |
| Pineapple Shrimp | 6.9 | 160 | 59 | 6.79 | 3.0 | 0.2 | 130.23 | 1064 | 10 | 3 | 3 | 17 |
| Tokio Wings | | | | | | | | | | | | |
| Garlic Sauce (6 wings) | 19.7 | 769 | 760.0 | 90.0 | 25.5 | 0.0 | 500.0 | 1855.7 | 8.4 | 0.0 | 0.0 | 81.2 |
| Black Pepper Teriyaki S. (6 wings) | 18.7 | 670 | 523.0 | 60.3 | 18.0 | 0.0 | 500.0 | 2446.3 | 22.1 | 0.1 | 19.5 | 82.7 |
| Spicy Sauce (6 wings) | 20.9 | 690 | 607.3 | 69.7 | 19.4 | 0.0 | 500.0 | 2276.4 | 4.9 | 1.3 | 2.6 | 82.1 |
| Vegetable Spring Roll | 2 | 118 | 63 | 7.0 | 1.5 | 0.0 | 0.00 | 425 | 12 | 1 | 1 | 2 |
| Pan Fried Beef Gyoza Dumplings | 3 | 200 | 81 | 9.0 | 3.0 | 0.5 | 6.00 | 10 | 550 | 6 | 7 | 23 |
| Bao Buns Shrimp | 2 pieces | 360 | 18 | 2.00 | 0.4 | 0.0 | 23.00 | 472 | 76 | 2 | 8 | 8 |
| Bao Buns Chicken | 2 pieces | 390 | 42 | 4.6 | 0.8 | 0.1 | 26.00 | 419 | 128 | 2 | 7 | 10 |
| Shrimp Takoyaki | 7.683 | 292 | 40 | 8.7 | 1.8 | 0.0 | 32.77 | 946 | 46 | 1 | 5 | 8 |
| Octopus Takoyaki | 7.683 | 330 | 52 | 15.9 | 4.3 | 0.0 | 47.77 | 995 | 38 | 3 | 33 | 9 |
| California Roll | 7 | 275 | 45 | 5 | 0 | 0 | 4 | 680 | 55 | 5 | 10 | 13 |
| Avocado Cucumber Roll | 7.5 | 370 | 180 | 20.0 | 3.0 | 0.0 | 0.00 | 393 | 37 | 8 | 11 | 5 |
| Spicy Salmon Roll | 6.3 | 300 | 80 | 9.00 | 1.5 | 0.0 | 25.00 | 690 | 41 | 14 | 14 | 7 |
| Spicy Tuna Roll | 6.06 | 335 | 56 | 6.3 | 0.8 | 0.0 | 21.82 | 924 | 56 | 1 | 12 | 13 |
| Crunchy Calamari Roll | 8.3 | 197 | 185 | 20.4 | 6.9 | 0.0 | 64.45 | 1275 | 71 | 5 | 20 | 11 |
| Chili Shrimp Roll | 12 | 810 | 285 | 32 | 6 | 0 | 150 | 2108 | 101 | 3 | 27 | 20 |
| Shrimp Crunchy roll | 8.3 | 500 | 180 | 20.0 | 3.0 | 0.0 | 20.00 | 1260 | 68 | 1 | 12 | 11 |
| Spicy Lotus Roll | 7.8 | 530 | 260 | 29.00 | 6.0 | 0.0 | 35.00 | 1240 | 55 | 5 | 24 | 12 |

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