

BENIHANA®

Beverage

Nutritional Information U.S.

Menu Items	Serving Size (ounces)	Calories	Calories from Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Sodium (mg)	Total Carbohydrates (grams)	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)
SAKE											
Benihana Hot Sake	8	240	0	0	0	0	8	8	0	3	0
JAPANESE ARTISANAL SAKE											
MIO Sparkling Sake (300ml)	10.1	250	0	0	0	0	11.2	42	0	37	0
Sake Glass (4oz)	4	130	0	0	0	0	0	8	0	1	0
Sake Carafe (8oz)	8	250	0	0	0	0	0	15	0	3	0
Sake Bottle (720ml)	24.3	760	0	0	0	0	0	46	0	8	0
PREMIUM COLD SAKE											
Sho Chiku Bai Ginjo (300ml)	10.1	290	0	0	0	0	4.1	12	0	6	0
Hana Fuji Apple (4 oz)	4	110	0	0	0	0	2.4	13	0	12	0
Hana Lychee (4 oz)	4	110	0	0	0	0	2.4	13	0	12	0
Sho Chiku Bai Nigori (375ml)	12.7	130	0	0	0	0	29.2	24	0	18	0
Sho Chiku Bai Nigori (750ml)	25.3	850	0	0	0	0	58.2	48	0	36	0
CLASSIC COCKTAILS											
Old Fashioned	9	180	0	0	0	0	0	20	<1	5	0
Negroni	9	190	0	0	0	0	0	10	0	0	0
Japanese Spritz	16	210	0	0	0	0	3	22	0	21	0
Tokyo Mule	12	190	0	0	0	0	0	19	3	37	0
Cosmopolitan	12	270	0	0	0	0	0	22	<1	22	0
Espresso Martini	12	210	0	0	0	0	0	24	0	29	0
WINE											
Disclaimers: 150 calories per glass; 4 glasses per bottle											
Wine Glass (6 oz)	6	150	0	0	0	0	5	4	0	2	0
Wine Carafe (9 oz)	9	230	0	0	0	0	10	7	0	3	0
Wine Bottle (750ml)	25.3	640	0	0	0	0	20	19	0	7	0.5
Plum Wine Glass (6oz)	6	240	0	0	0	0	0	29	0	21	0
Plum Carafe (9oz)	9	350	0	0	0	0	0	44	0	28	0
BOTTLED BEER											
Japanese Brands											
Sapporo 21.3 oz	21.3	250	0	0	0	0	0	18	0	0	0
Kirin Ichiban 22 oz	22	270	0	0	0	0	0	20	0	0	0
Kirin Light 22 oz	22	170	0	0	0	0	0	14	0	0	0
Asahi 21.4 oz	21.4	270	0	0	0	0	0	11	0	0	0
Kirin Light	12	100	0	0	0	0	0	7.8	0	0	0
Import											
Corona Extra	12	150	0	0	0	0	0	14	0	0	0
Samuel Adams	12	150	0	0	0	0	0	10	0	0	0
Stella Artois	12	150	0	0	0	0	0	12	0	0	0
Domestic											
Bud Light	12	110	0	0	0	0	0	7	0	0	0
Michelob Ultra	12	90	0	0	0	0	0	3	0	0	0

Menu Items	Serving Size (ounces)	Calories	Calories from Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Sodium (mg)	Total Carbohydrates (grams)	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)
Dogfish '60 Minute' IPA	12	210	0	0	0	0	0	17	0	0	0
High Noon Seltzer	12	100	0	0	0	0	0	2.6	0	2.6	0
SPECIALTY COCKTAILS											
Benihana Punch	12	270		0			10	37	<1	37	0.61
Mai Tai	12	270	0	0	0	0	0	30	<1	28	0.5
Benihana Mojito	12	210	16.7	2	1.7	0	0	21	1	38	0
Exotic Mojito	12	370	16.7	2	1.7	0	10	60	2	33	1
Coconut Mojito	12	250	0	0	0	0		13	1	31	0
Haiku Colada	12	200	0	0.5	0.01	0	0	16	2	54	4
Yuzu Margarita	12	190	0	0	0	0	0	29	2	31	0
Prickly Pear Margarita	12	241	0	0	0	0	<1	27	<1	22	<1
Kappa Collins	12	200	0	0	0	0	0	19	4	11	0
Red Plum Sake Sangria	12	220	0	2	1.7	0	120	194	0	24	2
White Peach Sake Sangria	12	270	5	0	0	0	25	43	<1	18	0
Sparkling Rosé Sangria	12	180	0	0	0	0	0	15	<1	15	0
Beni Long Island Iced Tea	12	230	0	0	0	0	0	18	0	41	0
MARTINIS											
Beni-Tini	8	180	0	0	0	0	0	19	<1	19	0
Rising Sun	8	260	0	0	0	0	0.4	25	<1	38	0
Lychee Blossom	8	270	0	0	0	0	5	34	0	23	0
SIGNATURE PUNCH BOWLS											
Blue Ocean Punch Bowl	12	230	0	0	0	0	0	18	4	193	0
Baby Ocean Punch Bowl	12	190	0	0	0	0	0	19	<1	43	3
Red Flower Punch Bowl	60	1120	0	<1	0	0	3	267	0	193	2
Baby Red Flower	12	250	0	<1	0	0	1	59	0	43	<1
Benihana Hurricane Punch Bowl	60	990	0	<1	0	0	9	147	4	138	2
Baby Hurricane	12	220	0	<1	0	0	2	33	<1	31	<1
ALCOHOL FREE											
Banana Berry Smoothie	16	360	16.7	2	1.7	0	10	171	4	52	1
Mango Colada	16	360	16.7	2	1.7	0	10	171	5	50	1
Strawberry Passion Delight	16	370	0	0	0	0	30	93	4	58	0
Milkshake											
Strawberry	16	307	30	3	2	0	5	517	65	5	50
Cookies & Cream	16	380	72	8	3	0	5	1046	72	6	52
Benihana Lemonade											
Mango	16	130	0	0	0	0	90	56	0	32	0
Strawberry	16	130	0	0	0	0	90	93	0	32	0
Passion Fruit	16	140	0	0	0	0	90	37	<1	33	0
Raspberry	16	130	0	0	0	0	90	24	0	32	0
Iced Tea											
Black Organic Tea	16	0	0	0	0	0			0	0	
Red Flower Tea	16	0	0	0	0	0	0	0	0	6	0
Iced Green Tea	16	30	0	0	0	0	0	20	0	7	0
Soft Drinks											
Pepsi	16	100	0	0	0	0	20		0	28	0
Coca Cola Classic	16	100	0	0	0	0	0	25	0	26	0
Diet Pepsi	16	0	0	0	0	0	40		0	0	0
Diet Coke	16	0	0	0	0	0	0	0	0	0	0
Sierra Mist	16	100	0	0	0	0	20	27	0	27	0
Sprite	16	60	0	0	0	0	0	16	0	26	0
Mtn Dew	16	110	0	0	0	0	30	29	0	29	0
Dr Pepper	16	70	0	0	0	0	0	18	0	26	0
Lemonade	16	100	0	0	0	0	100	27	0	27	0
Ramune	6.76	80	0	0	0	0	0	20	0	20	0
Ramune Strawberry	6.76	100	0	0	0	0	30	26	0	25	0
Ramune Grape	6.76	100	0	0	0	0	20	26	0	24	0
Red Bull	8.4	110	0	0	0	0	100	28	0	11	0.9

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Red Bull Sugar Free	8.4	10	0	0	0	0	105	2	0	0	0
Red Bull - Tropical	8.4	110	0	0	0	0	100	27	0	11	0.9
CHILDREN'S MENU											
Banana Berry Blast	16	250	0	4	0	0	0	62	2	48	0
Dragon Juice	16	90	0	0	0	0	0	23	0	24	0
Apple Juice	8	120	0	0	0	0	15	29	0	28	0
Orange Juice	8	110	0	0	0	0	0	26	0	22	2
Pineapple Juice	8	130	0	0	0	0	0	32	0	30	0
Cranberry Juice	8	100	0	0	0	0	0	35	0	24	0
Milk 2%	8	140	0	5	0	0	20	14	0	12	10
HAPPY HOUR											
Punch Bowl											
Blue Ocean Punch Bowl	12	230	0	0	0	0	0	18	4	193	0
Sake											
Benihana Hot Sake	8	240	0	0	0	0	8	8	0	3	0
Sho Chiku Bai Ginjo (300ml)	10.1	290	0	0	0	0	4.1	12	0	6	0
Beer											
Kirin Ichiban Sake Bomber	26	390	0	0	0	0	4	24	0	2	0
Kirin Light	12	100	0	0	0	0	0	7.8	0	0	0.7
Wine											
Disclaimer: 150 calories per glass	6	150	0	0	0	0	5	4	0	2	0
Plum Wine Glass (6oz)	6	240	0	0	0	0	0	29	0	21	0
Specialty Cocktails											
Benihana Punch	12	270	0	0	0	0	10	37	<1	37	0.61
Mai Tai	12	270	0	0	0	0	0	30	<1	28	0.5
Benihana Mojito	12	260	0	0	0	0	10	30	1	38	0.5
Exotic Mojito	12	200	0	0	0	0	0	25	2	33	0.5
Coconut Mojito	12	210	16.7	2	1.7	0	0	21	1	31	0
Red Plum Sake Sangria	12	190	0	0	0	0	0	29	0	24	0
White Peach Sangria	12	200	0	0	0	0	0	19	<1	18	0
Aviation Kappa Collins	12	200	0	0	0	0	0	19	4	11	0
Beni-Tini	8	180	0	0	0	0	0	19	<1	19	0
Milagro Margarita	12	190	0	0	0	0	0	29	2	31	0
Milagro Paloma	12	160	0	0	0	0	0	13	0	12	0
Classic Cocktails											
Iwai Old Fashioned	9	180	0	0	0	0	0	20	<1	5	0
Roku Negroni	9	190	0	0	0	0	0	10	0	0	0
Japanese Spritz	16	210	0	0	0	0	3	22	0	21	0
Tokyo Mule	12	190	0	0	0	0	0	19	3	37	0
Cosmopolitan	12	270	0	0	0	0	0	22	<1	22	0
Hendrick's & Tonic	12	190	0	0	0	0	0	16	<1	20	0
Distilled Spirits (80 proof gin, rum, vodka, or whiskey)/per 1.5 oz	1.5	100	0	0	0	0	0	0	0	0	0