



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	9	560	325	37.0	5.0	0.0	78.0	910	38	1	1	18
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
Tokio Wings												
Sesame Garlic Sauce	16	769	760	90	26	0	500	1856	8	0	0	81
Black Pepper Teriyaki	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
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	9	560	325	37.0	5.0	0.0	78.0	910	38	1	1	18
Shrimp Saute	10 (EA)	144	17	3.4	0.5	0.0	117.4	336	0	0	0	27
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 Rice												
Spicy Tuna	6.06	223	35	3.8	0.0	0.0	5.0	1940	38	3	22	10
Spicy Yellowtail	6.06	202	35	3.8	0.0	0.0	5.0	1940	38	3	22	7
Spicy Salmon	6.06	244	54	5.9	0.0	0.0	11.0	1940	38	3	22	9
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												

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)
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
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	0.6	50	9	1.0	0.0	0.0	5.0	300	0	0	0	4
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
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

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)
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
Smoked Salmon	0.6	70	9	1.0	0.0	0.0	5.0	300	11	0	2	4
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
Spider Roll	10	385	157	17	3	0	25	1246	58	6	12	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
Katana Roll	8	434	170	19	4	0	141	1715	33	2	10	24
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
Shrimp Saute	10 (EA)	144	17	3.4	0.5	0.0	117.4	336	0	0	0	27
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

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)
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
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												

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)
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
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												

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)
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
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
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
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

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 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
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
Chicken Tenders	6.0	560.0	275.0	31.00	6	0	85	1480	36	1.7	0.4	35
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												

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)
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
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												
Sesame 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
Crispy Rice With Spicy Tuna	6.06	223	35	3.8	0.0	0.0	5.0	1940	38	3	22	10
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

benihana.com