

APPETIZERS

EDAMAME (210 cal) **V** **Ve** **K** **G**

Served warm and sprinkled with sea salt.

SUSHI SAMPLER* (220 cal) **G**

Tuna, salmon, snapper, yellowtail and shrimp nigiri.

SASHIMI SAMPLER* (140 cal) **K** **G**

Tuna, salmon and snapper.

SEAWEED SALAD (110 cal) **V** **Ve**

SHRIMP SAUTÉ (140 cal) **K** **G**

Served with gluten-free soy sauce.

SEARED TUNA* (130 cal) **K** **G**

Seared sashimi grade tuna.
Served with gluten-free soy sauce.

CHILI PONZU YELLOWTAIL* (190 cal) **K**

Yellowtail, jalapeño, cilantro and chili ponzu sauce.

TUNA POKE* (140 cal) **K**

Onions, seaweed salad, sweet soy sauce, cucumber and lemon.

SASHIMI/NIGIRI

SHRIMP (10-30 cal) **G**

ALBACORE TUNA* (30-60 cal) **G**

SNAPPER* (10-30 cal) **G**

OCTOPUS (10-30 cal) **K** **G**

SALMON* (40-60 cal) **K** **G**

TUNA* (20-40 cal) **K** **G**

YELLOWTAIL* (40-70 cal) **K** **G**

EGG TAMAGO (30-50 cal) **V**

ROLLS

CUCUMBER ROLL (240 cal) **V** **Ve** **G**

SALMON ROLL* (250 cal) **G**

VEGETABLE ROLL (300 cal) **G**

YELLOWTAIL ROLL* (230 cal) **G**

TUNA ROLL* (210 cal) **G**

PHILADELPHIA ROLL* (380 cal) **G**

AVOCADO ROLL (370 cal) **V** **Ve**

SIDE ORDERS



HIBACHI CHICKEN RICE (440 cal) **G**

The original Benihana classic. Grilled chicken, rice, egg and chopped vegetables. Prepared with gluten-free soy sauce.

ADD SHRIMP (440 cal) **G**

ADD STEAK* (470 cal) **G**

SPICY CHICKEN RICE (470 cal) **G**

A combination of chili peppers, ginger and Sriracha sauce.

STEAMED RICE **V** **Ve** **G**

6 ounces (300 cal)

BENIHANA SALAD (90 cal) **V** **Ve** **K** **G**

Crisp greens, red cabbage, carrots and grape tomatoes.
Served with oil and vinegar.

MISO SOUP (30 cal) **V** **Ve** **K** **G**

A delicious blend of miso, green onion and tofu.

VEGETARIAN **V** **VEGAN** **Ve** **KETO** **K** **GLUTEN SENSITIVE** **G**

*We are required by the Health Department to inform you that the items indicated may contain raw or undercooked ingredients and consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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

ADD TO ANY OF OUR ENTRÉES

ADD LOBSTER TAIL (70 cal) **G** | **ADD NY STRIP STEAK** (240 cal) **G**
ADD SCALLOPS (70 cal) **G** | **ADD SHRIMP** (140 cal) **K G**

STEAK AND CHICKEN

All of our beef is USDA Choice, aged to perfection and hand-cut on the premises.

Served with • EDAMAME (60 cal) • BENIHANA SALAD (90 cal) • HIBACHI SHRIMP APPETIZER (40 cal)
• HIBACHI VEGETABLES (50 cal) • STEAMED RICE (300 cal) • JAPANESE HOT GREEN TEA (0 cal)

FILET MIGNON* (250 cal) **G**

Tenderloin and mushrooms lightly seasoned and grilled to perfection.

HIBACHI STEAK* (230 cal) **G**

New York strip steak and mushrooms hibachi grilled to your specification.

HIBACHI CHICKEN (280 cal) **G**

Chicken breast and mushrooms with sesame seeds.

HIBACHI CHATEAUBRIAND* (360 cal) **G**

8.5 ounces of center cut tenderloin and mushrooms lightly seasoned.

SEAFOOD

Served with • EDAMAME (60 cal) • BENIHANA SALAD (90 cal) • HIBACHI SHRIMP APPETIZER (40 cal)
• HIBACHI VEGETABLES (50 cal) • STEAMED RICE (300 cal) • JAPANESE HOT GREEN TEA (0 cal)

HIBACHI SHRIMP (200 cal) **G**

Hibachi shrimp grilled to perfection.

OCEAN TREASURE (250 cal) **G**

Grilled cold water lobster tail with grilled Hokkaido scallops and colossal shrimp.

COLOSSAL SHRIMP (190 cal) **G**

Colossal shrimp lightly seasoned and grilled with lemon.

TWIN LOBSTER TAILS (130 cal) **G**

Two cold water lobster tails grilled with lemon.

HIBACHI SCALLOPS (140 cal) **G**

Tender Hokkaido scallops grilled hibachi style with lemon.

SPECIALTIES

All of our beef is USDA Choice, aged to perfection and hand-cut on the premises.

Served with • EDAMAME (60 cal) • BENIHANA SALAD (90 cal) • HIBACHI SHRIMP APPETIZER (40 cal)
• HIBACHI VEGETABLES (50 cal) • MUSHROOMS (20 cal) • STEAMED RICE (300 cal)
• JAPANESE HOT GREEN TEA (0 cal) • ICE CREAM (90-100 CAL) OR SHERBET (130 CAL)

EMPEROR'S FEAST* (380 cal) **G**

Filet mignon and chicken breast grilled to perfection.

SPLASH 'N MEADOW* (350 cal) **G**

Hibachi steak and colossal shrimp lightly seasoned and grilled to your specification.

ROCKY'S CHOICE* (370 cal) **G**

Hibachi steak and chicken breast grilled to your specification.

DELUXE TREAT* (320 cal) **G**

Filet mignon and cold water lobster tail grilled with lemon.

BENIHANA TRIO* (410 cal) **G**

Filet mignon, chicken breast and colossal shrimp grilled with lemon.

LAND 'N SEA* (320 cal) **G**

Tender filet mignon and Hokkaido scallops grilled in lemon.

BENIHANA SPECIAL* (310 cal) **G**

Hibachi steak paired with a cold water lobster tail.

SAMURAI TREAT* (360 cal) **G**

Filet mignon and colossal shrimp grilled to perfection with lemon.

BENIHANA DELIGHT (390 cal) **G**

Chicken breast and colossal shrimp lightly seasoned and grilled.

HIBACHI SUPREME* (440 cal) **G**

Chateaubriand, 8.5 ounces of our finest center cut tenderloin, served with a grilled cold water lobster tail with lemon.

KABUKI KIDS MENU

Just for kids 12 and younger.

Served with •BENIHANA SALAD (90 cal) •HIBACHI SHRIMP APPETIZER (40 cal)
•HIBACHI VEGETABLES (40 cal) •STEAMED RICE (300 cal) •ICE CREAM (90-100 CAL) OR SHERBET (130 CAL)

ENTRÉES

HIBACHI CHICKEN (180 cal) **G** | **HIBACHI SHRIMP** (90 cal) **G**
HIBACHI STEAK* (120 cal) **G** | **HIBACHI FILET MIGNON*** (200 cal) **G**

COMBINATIONS

CHICKEN & SHRIMP (200 cal) **G** | **CHICKEN & STEAK*** (210 cal) **G** | **STEAK* & SHRIMP** (150 cal) **G**
FILET MIGNON* & CHICKEN (260 cal) **G** | **FILET MIGNON* & SHRIMP** (200 cal) **G**

SIDE ORDERS

HIBACHI CHICKEN RICE (440 cal) **G** | **EDAMAME** (210 cal) **V** **Ve** **K** **G**

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years, but calorie needs vary. Additional nutritional information available upon request.

LUNCH ENTRÉES

All of our beef is USDA Choice, aged to perfection and hand-cut on the premises.

Served with

•BENIHANA SALAD (90 cal) •HIBACHI VEGETABLE RICE (410 cal) •HIBACHI VEGETABLES (40 cal)

HIBACHI CHICKEN (200 cal) **G**

Chicken breast and mushrooms with sesame seeds.

HIBACHI SCALLOPS (90 cal) **G**

Tender Hokkaido scallops grilled hibachi style with lemon.

HIBACHI SHRIMP (150 cal) **G**

Shrimp grilled with lemon.

FILET MIGNON* (200 cal) **G**

Tenderloin and mushrooms lightly seasoned and grilled to perfection.

HIBACHI STEAK* (200 cal) **G**

New York strip steak and mushrooms Teppanyaki grilled to your specification.

LUNCH DUET **G**

Select two of these Benihana favorites:

Chicken (130 cal) | **Scallops** (70 cal)

Shrimp (70 cal)

DESSERT

ICE CREAM **G**

Chocolate or Vanilla (100 cal)

RAINBOW SHERBET **G**

(100 cal)

STRAWBERRY MOCHI **V**

3 Pieces (300 cal)

PLEASE ALERT THE SERVER OF A FOOD ALLERGY, INTOLERANCE OR OTHER SPECIAL DIETARY REQUEST

GLUTEN SENSITIVE: The items listed only contain ingredients that are inherently gluten-free or were verified by the manufacturer as gluten-free. Based on cooking methods, it is possible that cross-contact may occur with gluten-containing ingredients.

KETO friendly diet but do contain 6 grams or less net carbs

VEGETARIAN: Following items do not contain meat, poultry or fish, but may contain eggs, milk, honey and other animal-derived ingredients. Based on cooking methods, it's possible that cross-contact may occur with non-vegetarian ingredients.

VEGAN: They do not contain meat, poultry, fish, eggs, milk, honey, or other animal-derived ingredients. Based on cooking methods, it's possible that cross-contact may occur with non-vegan ingredients.

VEGETARIAN **V** **VEGAN** **Ve** **KETO** **K** **GLUTEN SENSITIVE** **G**

**We are required by the Health Department to inform you that the items indicated may contain raw or undercooked ingredients and consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*

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