

T-MOBILE CENTER - ARENA 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												
*RA'cking 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
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
MAKI 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
Avocado Roll	7.5	370.0	180.0	20.0	3.0	0.0	0.0	420.0	42.0	8.0	11.0	5.0
Spicy Tuna Roll	6.2	310.0	80.0	9.0	1.5	0.0	35.0	760.0	44.0	3.0	13.0	14.0
POKE BOWLS												
Spicy Tuna with Rice	13.0	680.0	60.0	7.0	1.5	0.0	35.0	1017.5	120.0	3.8	9.0	22.0
Spicy Salmon with Rice	13.0	760.0	150.0	17.0	3.0	0.0	60.0	1247.5	122.0	3.8	9.0	35.0
COMBINATION PLATTERS												
Geisha Platter	31.6	2480.0	620.0	69.0	12.0	0.0	140.0	3630.0	209.0	19.0	69.6	52.0
Tokyo Platter	24.2	2250.0	450.0	50.0	8.5	0.0	155.0	2660.0	159.0	14.0	39.5	48.0
Samurai Platter	24.0	1600.0	357.0	38.0	6.0	0.0	175.0	2780.0	164.0	11.0	44.4	51.0
Menu Items	Serving Size (ounces)	Calories	Calories from Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Sodium (mg)	Total Carbohydrates	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)	Proteins (grams)
ALCOHOLIC BEVERAGES												
Benihana Special Edition Sake	6.0	170.0	0.0	0.0	0.0	0.0	0.0	0.0	7.2	0.0	7.2	0.0
Canned Beer	24-25	190-300										
Craft Beer	12-25	130-410										
BEVERAGES												
Soft Drinks (Coke, Sprite, Fanta Orange)	16.0	80-90	0.0	0.0	0.0	0.0	0.0	20-38	20-23	0.0	20-22	0.0
Soft Drinks (Diet Coke)	16.0	0.0	0.0	0.0	0.0	0.0	0.0	27.5	0.0	0.0	0.0	0.0
Bottled Water	20.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

T-MOBILE CENTER - EVENTS ONLY
 1407 GRAND BLVD., SECTION 101 | KANSAS CITY, MO 64106