



Nutritional Information - U.S.

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

Menu Items	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)
CATERING MENU											
SUSHI PLATTERS											
Kyoto to the Bay	400	110.0	12.0	3.0	0.0	40.0	850.0	50.0	4.0	12.0	10.0
Sushi Garden	300	96	11	2	0	25	803	40	4	10	10
Tokyo Platter	400	112	12	2	0	56	871	53	3	11	16
Rising Sun Platter	530	199	22	4	0	41	1165	65	5	18	17
Samurai Platter	300	80	9	2	0	64	797	47	1	10	18
SUSHI TRAYS											
California Roll Tray	410	180.00	20.00	3.50	0.00	20	820.00	50.00	5.00	12.00	8.00
California & Spicy Tuna Roll Tray	380	118.00	13.00	2.00	0.00	20	872.00	52.80	3.00	12.00	11.00
Spicy Tuna Roll Tray	340	56.00	6.00	1.00	0.00	22	924.00	55.00	1.00	11.00	13.00
Philadelphia Roll Tray	380	117.00	13.00	5.00	0.00	35	682.00	54.00	2.61	13.16	13.00
Rainbow Roll Tray	510	190.00	21.00	3.50	0.00	55	920.00	58.00	6.00	12.00	21.00
Rainbow and California Roll Tray	400	140.00	16.00	2.00	0.00	77.00	766.00	53.00	6.00	12.00	17.00
Rainbow and Spicy Tuna Roll Tray	430	123.00	14.00	2.00	0.00	38.00	922.00	57.00	3.00	12.00	17.00
Spicy Shrimp Roll Tray	250	70.00	6.00	1	0.00	55.00	730.00	41.00	3.00	12	13
Avocado and Cucumber Roll Tray	260	93.00	2.00	2.00	0.00	0	317.00	37.00	1.00	6.50	5.00
BEVERAGES											
Benihana Lemonade	110	0.00	0.00	0.00	0.00	90	93.00	0.00	32.00	0.00	
Benihana Strawberry Lemonade	130	0.00	0.00	0.00	0.00	90	93.00	0.00	32.00	0.00	
Benihana Iced Tea	0	0.00	0.00	0.00	0.00			0.00	0.00		
Assorted Beverages	100	0.00	0.00	0.00	0.00	20		0.00	28.00	0.00	
Red Bull	110	0.00	0.00	0.00	0.00	0	190.00	0.00	0.00	30.00	
Tropical Red Bull	120	0.00	0.00	0.00	0.00	0	200.00	0.00	0.00	39.00	
Sugar Free Red Bull	10	0	0	0	0	100	28.00	0	0	<1	
Acqua Pana, Spring Natural Water	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
San Pellegrino, Sparkling Mineral	0	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
SAUCES (1 PINT)											
Original Garlic Sauce™	1440	1280.00	160.00	40.00	0.00	0	2000.00	40.00	0.00	0.00	<1
Ginger Dressing	960	860.00	96.00	16.00	0.00	0	5440.00	32.00	4.00	6.00	0.00
Ginger Sauce	160	0.00	0.00	0.00	0.00	0	12000.00	2.00	<1	5.00	28.00
Mustard Sauce	1760	1440.00	160.00	24.00	0.00	0	8480.00	64.00	0.00	5.00	32.00
Original Yum Yum Sauce™	2770	2690.00	300.00	48.00	0.00	1310	2450.00	32.00	0.00	9.00	0.00
Teriyaki Sauce	1240	0.00	0.00	0.00	0.00	0	9810.00	256.00	1.00	208.00	53.33
DESSERTS											
Traditional Cheesecake	850	530.00	59.00	33.00	2.50	275	990.00	66.00	1.00	56.00	14.00
Mount Fuji Chocolate Cake	420	280.00	22.00	6.34	1.40	24	379.00	58.00	2.00	44.00	3.80
APPETIZERS & SHAREABLES											
Edamame	210	75.0	8.8	1.1	0.0	0.0	435.0	17.2	8.8	3.7	18.4
Spicy Edamame	360	135.0	16.3	3.0	0.0	0.0	1145.0	35.1	8.9	16.7	21.8
Pork Gyoza	250	110.0	12.0	3.5	0.0	20.0	990.0	25.0	0.0	7.0	10.0
Black Pepper Teriyaki Sauce Wings	680	523.0	60.3	18.0	0.0	500.0	2446.3	22.1	0.1	19.5	82.7
Spicy Sauce Wings	690	607.3	69.7	19.4	0.0	500.0	2276.4	4.9	1.3	2.6	82.1
Sesame Garlic Sauce Wings	770	760.0	90.0	25.5	0.0	500.0	1855.7	8.4	0.0	0.0	81.2
Spring Roll	120	62.5	7.0	1.5	0.0	0.0	425.0	12.3	1.1	1.3	1.5
Benihana Onion Soup	30	10.0	1.0	0.0	0.0	0.0	710.0	3.0	0.0	0.0	1.0
Miso Soup	40	10.0	1.0	0.0	0.0	0.0	950.0	4.0	1.0	0.0	2.3

Menu Items	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	90	70.0	8.0	1.0	0.0	0.0	360	3.0	6.0	0.0	2
Steamed Rice	300	0.0	0.0	0.0	0.0	0	5.0	72.0	<1	<1	6
Hibachi Vegetables Zucchini	20	5.0	0.4	0.1	0.0	0	30.0	1.6	1.0	0	< 1
Hibachi Vegetables Onions	30	5.0	0.5	0.1	0.0	0	30.0	4.6	1.0	0	< 1
FRIED RICE AND NOODLES											
Hibachi Chicken Rice	560	100.0	11.0	2.5	0.0	150.0	570.0	70.0	6.0	<1	15.0
Hibachi Shrimp Rice	600	92.3	10.3	1.3	0.0	159.0	621.3	71.0	6.4	0.8	15.0
Hibachi Steak Rice	600	125.0	14.0	2.8	0.0	151.0	563.8	71.0	6.4	0.8	15.0
Spicy Fried Rice with Chicken	600	120.0	15.0	3.0	0.0	150.0	770.0	71.0	6.0	1.0	15.0
Spicy Fried Rice with Steak	640	145.0	17.00	3.0	0.0	151.0	765.0	71.0	6.0	1.0	15.0
Spicy Fried Rice with Shrimp	600	112.0	14.0	3.0	0.0	159.0	671.0	71.0	6.0	1.0	15.0
Yakisoba	440	70.0	7.6	<1	0.0	16.0	1295.0	81.7	7.3	9.6	10.4
Yakisoba with Chicken	640	125.0	14.0	2.0	0.0	75.0	1540.0	94.0	8.6	11.0	34.0
Yakisoba with Steak	620	118.5	13.2	2.2	0.2	76.9	1701.7	99.8	8.6	11.0	25.8
Yakisoba with Shrimp	600	93.8	11.2	0.8	0.0	84.6	1701.8	94	8.6	11.0	29.8
STEAK, CHICKEN & SEAFOOD											
Hibachi Steak	230	100.0	11.0	5.0	1.0	160.0	190.0	1.2	0.5	0.0	32.2
Teriyaki Steak	290	100.0	11.0	4.0	0.5	135.0	530.0	15.2	1.5	16.5	33.2
Hibachi Chicken	280	100.0	11.0	3.0	0.0	115.0	120.0	1.0	0.0	0.0	44.0
Spicy Hibachi Chicken	360	120.0	14.0	3.5	0.0	115.0	790.0	16.2	0.7	0.2	44.2
Colossal Shrimp	190	50.0	6.0	1.5	0.0	280.0	800.0	0.0	<1	<1	33.0
Hibachi Shrimp	200	30.0	5.0	1.0	0.0	165.0	470.0	0.0	<1	<1	38.0
COMBINATION PACKAGES HEADER											
Benihana Salad	90	70.0	8.0	1.0	0.0	0.0	360	3.0	6.0	0.0	2
Benihana Onion Soup	30	10.0	1.00	0.0	0.0	0.0	710	3.0	0.0	0.0	1
Hibachi Chicken Rice	560	100.0	11.0	2.5	0.0	150.0	570	70.0	6.0	<1	15
COMBINATION PACKAGES											
Teppan Trio	490	150.0	17.0	5.0	>1	260.0	760.0	13.0	1.5	13.5	70.7
Seafood Lovers	360	51.9	8.2	1.8	0.1	235.2	287.8	31.5	0.0	0.0	40.5

catering.benihana.com