

APPETIZERS

EDAMAME (205 Calories)
Served warm and sprinkled with sea salt.

SUSHI* SAMPLER (220 Calories)
Tuna, salmon, snapper, yellowtail and shrimp nigiri.

SASHIMI* SAMPLER (140 Calories)
Tuna, salmon and snapper.

SHRIMP SAUTÉ (60 Calories)
Served with gluten-free soy sauce.

TUNA* TATAKI (130 Calories)
Seared sashimi grade tuna.
Served with gluten-free soy sauce.

SASHIMI/NIGIRI

SHRIMP (10-30 Calories)

ALBACORE TUNA* (30-55 Calories)

SNAPPER* (10-30 Calories)

OCTOPUS (10-30 Calories)

SALMON* (35-55 Calories)

TUNA* (20-40 Calories)

YELLOWTAIL* (40-65 Calories)

ROLLS

CUCUMBER ROLL (240 Calories)

SALMON* ROLL (250 Calories)

VEGETABLE ROLL (300 Calories)

YELLOWTAIL* ROLL (230 Calories)

TUNA* ROLL (210 Calories)

PHILADELPHIA ROLL (380 Calories)

LUNCH ENTRÉES

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

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

HIBACHI CHICKEN (200 Calories)
Chicken breast and mushrooms
with sesame seeds.

HIBACHI SCALLOPS (90 Calories)
Tender Hokkaido scallops grilled
hibachi style with lemon.

HIBACHI SHRIMP (150 Calories)
Shrimp grilled with lemon.

FILET MIGNON* (200 Calories)
Tenderloin and mushrooms lightly
seasoned and grilled to perfection.

HIBACHI STEAK* (200 Calories)
New York strip steak and mushrooms
teppanyaki grilled to your specification.

LUNCH DUET
Select two of these Benihana favorites:
Chicken (130 Cal.) | **Scallops** (70 Cal)
Shrimp (70 Cal)



IMPERIAL SALAD (190 Cal.)

Garden salad with edamame, grape tomatoes, cucumber,
yellow pepper and assorted fresh vegetables.
Served with oil and vinegar.

Chicken (150 Cal.)
Salmon* (300 Cal.)

**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.

ENTRÉE COMPLEMENTS

Add to any of our entrées (excludes lunch entrées)

ADD LOBSTER TAIL (65 Cal.) **ADD | SCALLOPS** (3.5 OUNCES- 70 Cal.)

ADD SHRIMP (8 PIECES- 100 Cal.)

STEAK AND CHICKEN

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

Served with • EDAMAME (66 CAL.) • BENIHANA SALAD (90 CAL.) • HIBACHI SHRIMP APPETIZER (40 CAL.)

• HIBACHI VEGETABLES (40 CAL.) • STEAMED RICE (300 CAL.) • JAPANESE HOT GREEN TEA (0 CAL.)

FILET MIGNON* (250 Calories)

Tenderloin and mushrooms lightly seasoned and grilled to perfection.

HIBACHI STEAK* (230 Calories)

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

HIBACHI CHICKEN (280 Calories)

Chicken breast and mushrooms with sesame seeds.

HIBACHI CHATEAUBRIAND* (360 Calories)

8.5 ounces of center cut tenderloin and mushrooms lightly seasoned.

SEAFOOD

Served with • EDAMAME (66 CAL.) • BENIHANA SALAD (90 CAL.) • HIBACHI SHRIMP APPETIZER (40 CAL.)

• HIBACHI VEGETABLES (40 CAL.) • STEAMED RICE (300 CAL.) • JAPANESE HOT GREEN TEA (0 CAL.)

HIBACHI SHRIMP (200 Calories)

Hibachi shrimp grilled to perfection.

OCEAN TREASURE (250 Calories)

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

COLOSSAL SHRIMP (190 Calories)

Colossal shrimp lightly seasoned and grilled with lemon.

TWIN LOBSTER TAILS (130 Calories)

Two cold water lobster tails grilled with lemon.

HIBACHI SCALLOPS (140 Calories)

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 (66 CAL.) • BENIHANA SALAD (90 CAL.) • HIBACHI SHRIMP APPETIZER (40 CAL.)

• HIBACHI VEGETABLES (40 CAL.) • MUSHROOMS (15 CAL.) • STEAMED RICE (300 CAL.)

• JAPANESE HOT GREEN TEA (0 CAL.) • ICE CREAM OR SHERBET (90-100 CAL.)

EMPEROR'S FEAST (380 Calories)

Filet mignon* and chicken breast grilled to perfection.

DELUXE TREAT (320 Calories)

Filet mignon* and cold water lobster tail grilled with lemon.

ROCKY'S CHOICE (370 Calories)

Hibachi steak* and chicken breast grilled to your specification.

LAND 'N SEA (320 Calories)

Tender filet mignon* and Hokkaido scallops grilled in lemon.

BENIHANA TRIO (410 Calories)

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

SAMURAI TREAT (360 Calories)

Filet mignon* and colossal shrimp grilled to perfection with lemon.

BENIHANA SPECIAL (310 Calories)

Hibachi steak* paired with a cold water lobster tail.

HIBACHI SUPREME (440 Calories)

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

BENIHANA DELIGHT (390 Calories)

Chicken breast and colossal shrimp lightly seasoned and grilled.

SPLASH 'N MEADOW (350 Calories)

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

KABUKI KIDS MENU

Just for kids 12 and younger.

Served with • EDAMAME (66 CALORIES) • BENIHANA SALAD (90 CALORIES) • HIBACHI SHRIMP APPETIZER (40 CALORIES)
• HIBACHI VEGETABLES (40 CALORIES) • STEAMED RICE (300 CALORIES) • ICE CREAM OR SHERBET (90-100 CALORIES)

ENTRÉES

HIBACHI CHICKEN (180 Cal.) | **HIBACHI SHRIMP** (90 Cal.) | **HIBACHI STEAK*** (120 Cal.)

COMBINATIONS

CHICKEN & SHRIMP (200 Cal.) | **CHICKEN & STEAK*** (210 Cal.) | **STEAK* & SHRIMP** (150 Cal.)

SIDE ORDERS

HIBACHI CHICKEN RICE (440 Cal.) | **EDAMAME** (120 Cal.)

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.

SIDE ORDERS



HIBACHI CHICKEN RICE (440 Calories)

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

ADD SHRIMP (435 Calories)

ADD BEEF* (470 Calories)

SPICY CHICKEN RICE (470 Calories)

A combination of chili peppers, ginger and Sriracha sauce.

BROWN RICE (250 Calories)

STEAMED RICE

12 ounces (600 Calories)

BENIHANA SALAD (90 Calories)

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

MISO SOUP (35 Calories)

A delicious blend of miso, green onion and tofu.

BENIHANA ORIGINAL YUM YUM SAUCE™

1 ounce (170 Calories)

DESSERT

EDY'S ICE CREAM

Chocolate or Vanilla (100 Calories)

RAINBOW SHERBET

(100 Calories)

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

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.

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