

BENIHANA®

Beverage

January 2025

Nutritional Information U.S.

Menu Items	Serving Size (ounces)	Calories	Calories from Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Sodium (mg)	Total Carbohydrates (grams)	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)
SAKE											
Benihana Hot Sake	8	250	0	0	0	0	8	8	0	3	0
JAPANESE ARTISANAL SAKE											
MIO Sparkling Sake (300ml)	10.1	250	0	0	0	0	11.2	42	0	37	0
Sake Glass (4oz)	4	130	0	0	0	0	0	8	0	1	0
Sake Carafe (8oz)	8	250	0	0	0	0	0	15	0	3	0
Sake Bottle (720ml)	24.3	760	0	0	0	0	0	46	0	8	0
PREMIUM COLD SAKE											
Sho Chiku Bai Ginjo (300ml)	10.1	290	0	0	0	0	4.1	12	0	6	0
Hana Fuji Apple (4 oz)	4	110	0	0	0	0	2.4	13	0	12	0
Hana Lychee (4 oz)	4	110	0	0	0	0	2.4	13	0	12	0
Sho Chiku Bai Nigori (375ml)	12.7	440	0	0	0	0	29.2	24	0	18	0
Sho Chiku Bai Nigori (750ml)	25.3	850	0	0	0	0	58.2	48	0	36	0
CLASSIC COCKTAILS											
Benihana Mojito	12	260	0	0	0	0	10	30	1.3	38	0.50
Old Fashioned	9	180	0	0	0	0	0	20	<1	5	0
Paloma	12	160	0	0	0	0	0	13	0	12	0
Japanese Spritz	16	200	0	0	0	0	3	22	0	21	0
Tokyo Mule	12	190	0	0	0	0	0	19	3	37	0
Cosmopolitan	12	180	0	0	0	0	0	22	<1	22	0
Espresso Martini	12	210	0	0	0	0	0	24	0	29	0
WINE											
Disclaimers: 150 calories per glass; 4 glasses per bottle											
Wine Glass (6 oz)	6	150	0	0	0	0	5	4	0	2	0
Wine Carafe (9 oz)	9	230	0	0	0	0	10	7	0	3	0
Wine Bottle (750ml)	25.3	640	0	0	0	0	20	19	0	7	0.5
Plum Wine Glass (6oz)	6	240	0	0	0	0	0	29	0	21	0
Plum Carafe (9oz)	9	350	0	0	0	0	0	44	0	28	0
BOTTLED BEER											
Japanese Brands											
Sapporo 21.3 oz	21.3	250	0	0	0	0	0	18	0	0	0
Kirin Ichiban 22 oz	22	270	0	0	0	0	0	20	0	0	0
Kirin Light 22 oz	22	170	0	0	0	0	0	14	0	0	0
Asahi 21.4 oz	21.4	270	0	0	0	0	0	11	0	0	0
Kirin Light	12	100	0	0	0	0	0	7.8	0	0	0
Import											
Corona Extra	12	150	0	0	0	0	0	14	0	0	0
Samuel Adams	12	150	0	0	0	0	0	10	0	0	0
Stella Artois	12	150	0	0	0	0	0	12	0	0	0

Menu Items	Serving Size (ounces)	Calories	Calories from Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Sodium (mg)	Total Carbohydrates (grams)	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)
Domestic											
Bud Light	12	110	0	0	0	0	0	7	0	0	0
Michelob Ultra	12	90	0	0	0	0	0	3	0	0	0
Dogfish '60 Minute' IPA	12	210	0	0	0	0	0	17	0	0	0
High Noon Seltzer	12	100	0	0	0	0	0	2.6	0	2.6	0
SPECIALTY COCKTAILS											
Benihana Punch	12	270	0	0	0	0	10	37	<1	37	0.61
Mai Tai	12	270	0	0	0	0	0	30	<1	28	0.5
Haiku Colada	12	370	0	0.5	0.01	0	0	16	2	54	4
Cucumber Collins	12	190	0	0	0	0	0	19	4	11	0
Beni Long Island Iced Tea	12	230	0	0	0	0	0	18	0	41	0
MOJITOS											
Exotic Mojito	12	200	0	0	0	0	1.7	25	2	33	1
Coconut Mojito	12	210	16.7	2	1.7	0	0	60	1	38	0
Benihana Frozen Mojito	12	280	0	0	0	0	0	26	0	33	0
MARGARITAS											
Rocky's Margarita	12	230	0	0	0	0	0	29	2	31	0
Prickly Pear Margarita	12	240	0	0	0	0	<1	27	<1	22	<1
SANGRIAS											
Red Plum Sake Sangria	12	190	0	2	1.7	0	120	29	0	24	2
White Peach Sake Sangria	12	200	0	0	0	0	0	19	<1	18	0
Sparkling Rosé Sangria	12	210	0	0	0	0	0	15	<1	15	0
MARTINIS											
Beni-Tini	8	180	0	0	0	0	0	19	<1	19	0
Rising Sun Lemon Drop	8	260	0	0	0	0	0.4	25	<1	38	0
Lychee Blossom Martini	8	270	0	0	0	0	5	34	0	23	0
PUNCH BOWLS											
Blue Ocean Punch Bowl	12	1220	33	0	2	0	130	200	4	193	2
Baby Blue Ocean	12	270	7	0	<1	0	30	40	<1	43	0
Tropical Energy Punch Bowl	60	1120	0	0	0	0	150	92	2	186	0
Baby Tropical Energy Punch	12	250	0	0	0	0	35	21	<1	42	0
Benihana Hurricane Punch Bowl	60	990	0	<1	0	0	9	147	4	138	2
Baby Hurricane	12	220	0	<1	0	0	2	33	<1	31	<1
ALCOHOL FREE											
Banana Berry Smoothie	16	360	16.7	2	1.7	0	10	171	4	52	1
Mango Colada	16	360	16.7	2	1.7	0	10	171	5	50	1
Strawberry Passion Delight	16	370	0	0	0	0	30	93	4	58	0
Milkshake											
Strawberry	16	307	30	3	2	0	5	517	65	5	50
Cookies & Cream	16	380	72	8	3	0	5	1046	72	6	52
Benihana Lemonade											
Mango	16	130	0	0	0	0	90	56	0	32	0
Strawberry	16	130	0	0	0	0	90	93	0	32	0
Passion Fruit	16	140	0	0	0	0	90	37	<1	33	0
Raspberry	16	130	0	0	0	0	90	24	0	32	0
Iced Tea											
Black Organic Tea	16	0	0	0	0	0	0	0	0	0	0
Red Flower Tea	16	20	0	0	0	0	0	0	0	6	0
Iced Green Tea	16	30	0	0	0	0	0	20	0	7	0
Soft Drinks											
Coca Cola Classic	16	100	0	0	0	0	0	25	0	26	0
Diet Coke	16	0	0	0	0	0	0	0	0	0	0
Sprite	16	60	0	0	0	0	0	16	0	26	0
Dr Pepper	16	70	0	0	0	0	0	18	0	26	0
Lemonade	16	100	0	0	0	0	100	27	0	27	0

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Bottled Water											
Fiji Water	16.907	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0
Sparkling Water	16.907	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0
Betty Buzz Lemon Lime	9	30	0	0	0	0	20	9	0	4	0
Ramune											
Lemon-Lime	6.76	80	0	0	0	0	0	20	0	20	0
Strawberry	6.76	100	0	0	0	0	30	26	0	25	0
Grape	6.76	100	0	0	0	0	20	26	0	24	0
Red Bull											
Red Bull Original	8.4	110	0	0	0	0	100	28	0	11	0.9
Red Bull Sugar Free	8.4	10	0	0	0	0	105	2	0	0	0
Red Bull - Tropical	8.4	110	0	0	0	0	100	27	0	11	0.9
CHILDREN'S MENU											
Banana Berry Blast	16	250	0	4	0	0	0	62	2	48	0
Dragon Juice	16	90	0	0	0	0	0	23	0	24	0
Apple Juice	8	120	0	0	0	0	15	29	0	28	0
Orange Juice	8	110	0	0	0	0	0	26	0	22	2
Pineapple Juice	8	130	0	0	0	0	0	32	0	30	0
Cranberry Juice	8	100	0	0	0	0	0	35	0	24	0
Milk 2%	8	140	0	5	0	0	20	14	0	12	10
HAPPY HOUR											
Punch Bowl											
Blue Ocean Punch Bowl	12	1220	33	0	2	0	130	200	4	193	2
Sake											
Benihana Hot Sake	8	240	0	0	0	0	8	8	0	3	0
Beer											
Kirin Ichiban Sake Bomber	26	390	0	0	0	0	4	24	0	2	0
Kirin Light	12	100	0	0	0	0	0	7.8	0	0	0.7
Wine											
Disclaimers: 150 calories per glass; 4 glasses per bottle											
Plum Wine Glass (6oz)	6	240	0	0	0	0	0	29	0	21	0
Signature Cocktails											
Benihana Punch	12	270	0	0	0	0	10	37	<1	37	0.61
Mai Tai	12	270	0	0	0	0	0	30	<1	28	0.5
Cucumber Collins	12	200	0	0	0	0	0	19	4	11	0
Haiku Colada	12	370	0	0.5	0.01	0	0	16	2	54	4
Sake Sangria											
White Peach Sangria	12	200	0	0	0	0	0	19	<1	18	0
Red Plum Sake Sangria	12	190	0	0	0	0	0	29	0	24	0
Sparkling Rosé Sangria	12	180	0	0	0	0	0	15	<1	15	0
Benihana Mojito											
Classic Mojito	12	260	0	0	0	0	10	30	1	38	0.5
Exotic Mojito	12	200	0	0	0	0	1.7	25	2	33	1
Coconut Mojito	12	210	17	2	2	0	0	21	1	31	0
Classic Cocktails											
Rocky's Margarita	12	230	0	0	0	0	0	29	2	31	0
Beni Long Island Iced Tea	12	230	0	0	0	0	0	18	0	41	0
Distilled Spirits (80 proof gin, rum, vodka, or whiskey)/per 1.5 oz	1.5	100	0	0	0	0	0	0	0	0	0