



# 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)
<b>APPETIZERS</b>												
Seaweed Salad	4.23	110	30	3.0	0.0	0	0	1380	18	7	11	2
Edamame	6	206	75	8.8	1.1	0.0	0.0	435	17	8.8	3.7	18.4
Spicy Edamame	6	357	135	16.3	3.0	0.0	0.0	1145	35	8.9	16.7	21.8
Tuna Poke	7.5	145	20	2	0.0	0	40	310	10	2	12	20
Tuna Poke/Spicy	7.6	305	161	20	2	0	40	1240	15	2	9	21
Vegetable Tempura	10.5	590	390	43.0	7.0	0	0	490	44	4	3	7
Pan Fried Beef Gyoza Dumplings	3.17	200	80	9.0	3.0	0.5	15.0	550	20	6	7	6
<b>Sashimi Sampler</b>												
Tuna Sashimi	1.8	50	0	0.5	0.0	0.0	25.0	20	0	0	0	12
Izumidai Sashimi	0.8	20	0	0.0	0.0	0.0	11.5	12	0	0	0	5
Salmon Sashimi	1.2	70	40	4.0	1.0	0.0	20.0	5	0	0	0	7
<b>Sushi Sampler</b>												
Tuna Nigiri	0.6	40	0	0.0	0.0	0.0	5	70	5	0	1	5
Izumidai Nigiri	0.4	30	0	0.0	0.0	0.0	5	70	5	0	1	2
Salmon Nigiri	0.6	60	20	2.0	0.5	0.0	10	70	5	0	1	4
Shrimp Nigiri	0.4	30	0	0.0	0.0	0.0	15	90	5	0	1	3
Yellowtail Nigiri	0.6	60	25	3.0	0.5	0.0	10	70	5	0	1	4
Shrimp Tempura	7.41	500	315	35.0	5.0	0.0	60	870	37	2	3	10
Shrimp Saute	7 (EA)	60	10	1.0	0.0	0.0	90.0	410	0	1	0	13
Soft Shell Crab	4.8	290	180	20.0	3.5	0.0	15.0	1030	16	2	4	12
Tuna Tataki	5.98	130	10	1.0	1.0	0.0	45.0	430	8	1	3	23
Crispy Spicy Tuna	4.23	290	120	13.0	2.0	0.0	15.0	700	28	1	11	15
Chili Ponzu Yellowtail	3.39	190	126	14	4.5	0.0	55.0	880	9	2	4	8
<b>SIDES ORDERS</b>												
Hibachi Chicken Rice	9.03	440	100	11	2.5	0.0	150	570	70	6	<1	15
Hibachi Steak Rice	9.03	468	125	14.0	2.8	0.0	151	564	71	6	1	15
Hibachi Shrimp Rice	9.03	435	92	10.3	1.3	0.0	159	621	71	6	1	15
Spicy Fried Rice w/ Chicken	6	470	120	15	3	0.0	150	770	71	6	0.50	16
Benihana Onion Soup	6.7	25	10	1.0	0.0	0.0	0.0	710	3	0	0	1
Miso Soup	6.45	35	10	1.0	0.0	0.0	0.0	950	4	1	0	2
Brown Rice	6	250	15	1.5	0.0	0.0	0.0	10	54	4	0	5
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	6	0	2
<b>SUSHI COMBINATIONS HEADER</b>												
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	6	0	2
Miso Soup	6.45	35	10	1.0	0.0	0.0	0.0	950	4	1	0	2.3
<b>SUSHI COMBINATIONS</b>												
<b>Sushi</b>												
California Roll	7	330	50.00	11.0	2.0	0.0	10.0	670	55	5	10	13
Tuna Nigiri	0.6	40	0	0.0	0.0	0.0	5.0	70	5	0	1	5
Salmon Nigiri	0.6	60	20	2.0	0.5	0.0	10.0	70	5	0	1	4
Izumidai Nigiri	0.4	30	0	0.0	0.0	0.0	5.0	70	5	0	1	2
Octopus Nigiri	0.4	30	0	0.0	0.0	0.0	5.0	95	5	0	1	3
Eel Nigiri	0.6	50	10	1.0	0.0	0.0	45.0	120	8	0	1	2
Shrimp Nigiri	0.4	30	0	0.0	0.0	0.0	15.0	90	5	0	1	3
<b>Sushi Deluxe</b>												
Tuna Roll	1	180	5	0.5	0.0	0.0	10.0	430	32	0	10	11
Tuna Nigiri	0.6	40	0	0.0	0.0	0.0	5.0	70	5	0	1	5
Salmon Nigiri	0.6	60	20	2.0	0.5	0.0	10.0	70	5	0	1	4

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)
Izumidai Nigiri	0.4	30	0	0.0	0.0	0.0	5.0	70	5	0	1	2
Salmon Roe (Ikura Nigiri)	0.4	50	10	1.0	0.0	0.0	15.0	190	6	0	1	4
Eel Nigiri	0.6	50	10	1.0	0.0	0.0	45.0	120	8	0	1	2
Yellowtail Nigiri	0.6	60	25	3.0	0.5	0.0	10.0	70	5	0	1	4
Shrimp Nigiri (2)	0.8	60	0	0	0	0	30	180	10	0	2	6
Octopus Nigiri	0.4	30	0	0.0	0.0	0.0	5.0	95	5	0	1	3
Albacore Nigiri	0.5	50	20	2.0	0.5	0.0	10.0	70	5	0	1	4
<b>Sashimi with Rice</b>												
Tuna Sashimi	1.8	50	0	0.5	0.0	0.0	20.0	20	0	0	0	12
Salmon Sashimi	1.8	100	60	6.0	1.5	0.0	30.0	5	0	0	0	10
Yellowtail Sashimi	1.8	120	80	9.0	2.0	0.0	30.0	20	0	0	0	12
Izumidai (Snapper) Sashimi	1.2	30	0	0.0	0.0	0.0	15.0	18	0	0	0	7
Octopus Sashimi	1.2	30	0	0.0	0.0	0.0	15.0	85	0	0	0	7
Steamed Rice	6	300	0	0.0	0.0	0.0	0.0	5	72	<1	<1	6
<b>Sushi/Sashimi with Rice</b>												
Tuna Nigiri	0.6	40	0	0.0	0.0	0.0	5.0	70	5	0	1	5
Salmon Nigiri	0.6	60	20	2.0	0.5	0.0	10.0	70	5	0	1	4
Izumidai Nigiri	0.4	30	0	0.0	0.0	0.0	5.0	70	5	0	1	2
Albacore Nigiri	0.5	60	20	2.0	0.5	0.0	10.0	70	5	0	1	4
Eel Nigiri	0.6	50	10	1.0	0.0	0.0	45.0	120	8	0	1	2
Yellowtail Nigiri	0.6	60	25	3.0	0.5	0.0	10.0	75	5	0	1	4
Shrimp Nigiri	0.4	30	0	0.0	0.0	0.0	15.0	90	5	0	1	3
Tuna Sashimi	1.8	50	0	0.0	0.0	0.0	20.0	15	1	0	0	13
Salmon Sashimi	1.2	70	40	4.0	1.0	0.0	20.0	0	0	0	0	7
Octopus Sashimi	0.8	20	0	0.0	0.0	0.0	10.0	60	0	0	0	5
Yellowtail Sashimi	1.2	80	50	5.0	1.0	0.0	20.0	15	0	0	0	8
Steamed Rice	6	300	0	0	0	0	0	5	72	<1	<1	6
<b>SASHIMI</b>												
Egg	0.60	25	10	1.0	0.0	0.0	45.0	55	2	0	2	1
Shrimp	0.40	10	0	0.0	0.0	0.0	20.0	25	0	0	0	2
Albacore Tuna	0.50	30	20	2.0	0.5	0.0	10.0	0	0	0	0	3
Izumidai - Snapper	0.40	10	0	0.0	0.0	0.0	5.0	0	0	0	0	2
Octopus	0.40	10	0	0.0	0.0	0.0	5.0	30	0	0	0	2
Salmon	0.60	35	20	2.0	0.5	0.0	10.0	0	0	0	0	3
Eel	0.60	60	40	4.0	1.0	0.0	30.0	90	<1	0.0	0.0	4
Tuna	0.60	20	0	0.0	0.0	0.0	5.0	0	<1	0.0	0.0	4
Yellowtail	0.60	40	25	3.0	0.5	0.0	10.0	5	0	0	0	4
Salmon Roe	0.40	30	10	1.0	0.0	0.0	15.0	120	<1	0.0	0.0	4
<b>NIGIRI WITH RICE ADDED IN</b>												
Egg	0.60	50	10	1.0	0.0	0.0	45.0	120	8	0	3	2
Shrimp	0.4	30	0	0.0	0.0	0.0	20.0	90	5	0	1	3
Albacore Tuna	0.50	55	20	2.0	0.5	0.0	10.0	70	5	0	1	4
Izumidai - Snapper	0.40	30	0	0.0	0.0	0.0	5.0	70	5	0	1	2
Octopus	0.4	30	0	0.0	0.0	0.0	5.0	95	5	0	1	3
Salmon	0.6	55	20	2.0	0.5	0.0	10.0	70	5	0	1	4
Eel	0.60	80	40	4.0	1.0	0.0	30.0	150	6	0	1	4
Tuna	0.6	40	0	0.0	0.0	0.0	5.0	70	5	0	1	5
Yellowtail	0.6	65	25	3.0	0.5	0.0	10.0	70	5	0	1	4
Salmon Roe	0.4	50	15	1.0	0.0	0.0	15.0	190	6	0	1	4
<b>ROLL</b>												
California Hand Roll	3.65	170	20	2.0	0.0	0.0	< 5	370	29	2	4	9
California Roll	7.3	330	50	6.0	0.0	0.0	10.0	670	55	5	10	13
Cucumber Hand Roll	2.46	110	10	1.0	0.0	0.0	0.0	130	23	<1	10	2
Cucumber Roll	5.3	240	10	1.0	0.0	0.0	0.0	330	49	<1	4	8
Eel Hand Roll	2.6	170	50	6.0	1.5	0.0	70.0	400	22	<1	4	7

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Eel Roll	7.85	420	110	12.0	3.0	0.0	110.0	1070	60	<1	11	18
Philadelphia Hand Roll	3.13	200	90	10.0	4.0	0.0	30.0	250	20	2	5	8
Salmon Roll	4.75	250	45	5.0	1.0	0.0	20.0	270	37	0	10	14
Shrimp Tempura Hand Roll	2.95	170	45	5.0	1.0	0.0	10.0	480	25	2	14	5
Shrimp Tempura Roll	7.01	400	100	11.0	2.0	0.0	25.0	1160	61	<1	4	11
Spicy Tuna Hand Roll	2.77	140	20	2.5	0.0	0.0	10.0	350	26	<1	4	3
Tuna Hand Roll	2.42	110	0	0.0	0.0	0.0	5.0	180	18	0	10	10
Tuna Roll	4.7	210	0	0.0	0.0	0.0	15.0	280	37	0	10	15
Yellowtail Roll	4.5	230	30	3.5	1.0	0.0	20.0	280	37	0	10	13
<b>SPECIALTY SUSHI</b>												
Shrimp Lover's Roll	8.42	440	140	15.0	2.5	0.0	65.0	1210	60	7	15	17
Alaskan Roll	8.6	450	170	19.0	3.5	0.0	45.0	770	47			22
Chili Shrimp Roll	10.2	620	280	31.0	6.0	0.0	85.0	2040	66	2	29	20
Vegetable Roll	6.48	300	60	6.0	1.5	0.0	0.0	690	55	6	10	5
Spicy Tuna Roll	6.23	320	35	4.0	0.5	0.0	20.0	880	56	<1	11	14
Philadelphia Roll	7.08	380	120	13.0	5.0	0.0	35.0	680	54	3	13	13
Las Vegas Roll	8.2	560	280	31.0	8.0	0.0	40.0	770	56	5	10	13
Shrimp Crunchy Roll	8.3	500	180	20.0	3.0	0.0	20.0	1260	68	1	12	11
Dragon Roll	11	570	200	22.0	4.0	0.0	90.0	1540	67	7	13	26
Rainbow Roll	10.0	430	110	12.0	1.0	0.0	80.0	700	56	7	13	25
Spider Roll	8.1	450	160	18.0	3.0	0.0	25.0	1240	58	6	12	13
Sumo Roll	12.2	1000	500	56.0	10.0	0.0	110.0	1460	96	5	15	29
Lobster Roll	14.8	430	160	18.0	3.0	0.0	80.0	1010	53	2	15	15
Spicy Kiss Roll		510	220	24.0	4.0	0.0	50.0	1290	48			25
Emperors Roll	7.8	520	230	25.0	6.0	0.0	65.0	1380	47			25
<b>ENTRÉE COMPLEMENTS - Add to any of our entrées</b>												
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.0	440	0	< 1	< 1	13
Scallops	3.5 oz	70	20	2.0	0.5	0.0	25.0	100	2	< 1	< 1	12
Colossal Shrimp	8 (EA)	101	14	2.4	0.4	0.0	82.3	237	0	< 1	< 1	19
<b>5 COURSE ENTRÉE HEADER</b>												
Benihana Onion Soup	6.7	25	10	1.0	0.0	0.0	0.0	710	3	0.00	0.00	1
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	5.85	0.00	2
Shrimp Appetizer	3 EA	40	5	1.0	0.1	0.0	35.0	100	0	0	0	8
Hibachi Vegetables Onions	2	25	5	0.5	0.1	0.0	0.0	30	5	1.00	0.00	< 1
Hibachi Vegetables Zucchini	2	15	5	0.4	0.1	0.0	0.0	30	2	1.00	0.00	< 1
Ginger Sauce	1	10.0	0.0	0.0	0.0	0.0	0.0	750.0	0.0	0.00	0.00	2.0
Mustard Sauce	1	110.0	90.0	10.0	1.5	0.0	0.0	530.0	4.0	0.00	0.00	2.0
Benihana's Original Yum Yum Sauce™	1	170.0	170.0	19.0	3.0	0.0	80.0	150.0	2.0	0	<1	0.0
Steamed Rice	6	300	0	0.0	0.0	0.0	0.0	5	72	<1	<1	6
<b>NOODLES &amp; TOFU</b>												
Seafood Diablo	15.1	630	230	26.0	4.0	0.0	110.0	1620	69	3	14	31
Spicy Tofu Steak	12.1	490	150	16.0	3.5	0.0	80.0	1250	55	7	33	30
Yakisoba Chicken	15.9	640	130	14.0	2.0	0.0	75.0	1540	94	9	11	34
<b>STEAK AND CHICKEN</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.0	190	1	0	0	36
Teriyaki Chicken	7	370	100	11.0	3.0	0.0	115.0	430	17	0	0	52
Spicy Hibachi Chicken	7.00	360	120	14.0	3.5	0.0	115.0	790	16	1	0	44
Hibachi Chicken	7.00	280	100	11.0	3.0	0.0	115.0	120	1	0	0	44
Hibachi Steak	7.00	230	100	11.0	5.0	1.0	160.0	190	1	0	0	32
Teriyaki Steak	6.00	290	100	11.0	4.0	0.5	135.0	530	15	2	17	33
Hibachi Chateaubriand	8.50	360	160	18.0	7.0	0.5	130.0	400	3	0	20	48
<b>SEAFOOD</b>												
Hibachi Shrimp	14 (EA)	200	30	5.0	1.0	0.0	165.0	470	0	<1	<1	38
Surf Side												

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Calamari Steak	4 oz	110	35	6	2	0	170	15	0	<1	<1	16
Scallops	3.5 oz	70	20	2.0	0.5	0.0	25.0	400	2	<1	<1	12
Colossal Shrimp	4 shrimp	110	30	3.5	1.0	0.0	160.0	460	0	<1	<1	19
Colossal Shrimp	7 (EA)	190	50	6.0	1.5	0.0	280.0	800	0	<1	<1	33
Hibachi Tuna Steak	6	460	220	24.0	4.0	0.0	155.0	1000	7	8	7	54
Salmon w/Avocado	6	670	380	42.0	8.0	0.0	170.0	830	27	3	6	46
Hibachi Scallops	7	140	35	4.0	1.0	0.0	50.0	810	4	<1	<1	23
<b>Ocean Treasure</b>												
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.0	440	0	<1	<1	13
Scallops	3.5 oz	70	20	2.0	0.5	0.0	25.0	100	2	<1	<1	12
Colossal Shrimp	4 shrimp	110	30	3.5	1.0	0.0	160.0	460	0	<1	<1	19
Twin Lobster Tails	2 (EA)	130	30	3.0	1.0	0.5	175.0	880	0	<1	<1	25
<b>6 COURSE ENTRÉE HEADER</b>												
Benihana Onion Soup	6.7	25	10	1.0	0.0	0.0	0.0	710	3	0	0	1
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	6	0	2
Shrimp Appetizer	3 EA	40	5	1.0	0.0	0.0	35.0	100	0	0	0	8
Mushrooms	1.5	15	5.3	0.6	0.2	0.0	0.0	9	1	0	<1	1
Hibachi Vegetables Onions	2	25	5	1.0	0.0	0.0	0.0	30	5	1	0	0
Hibachi Vegetables Zucchini	2	15	5	1.0	0.0	0.0	0.0	30	2	1	0	1
Ginger Sauce	1	10.0	0.0	0.0	0.0	0.0	0.0	750.0	0.0	0	0	2.0
Mustard Sauce	1	110.0	90.0	10.0	1.5	0.0	0.0	530.0	4.0	0	0	2.0
Benihana's Original Yum Yum Sauce™	1	170.0	170.0	19.0	3.0	0.0	80.0	150.0	2.0	0	<1	0.0
Steamed Rice	6	300	0	0.0	0.0	0.0	0.0	5	72	<1	<1	6
Ice cream	3	100	45	5.0	3.0	0.0	20.0	25	13	1	11	2
Rainbow Sherbet	3	130	15	1.5	0.5	0.0	4.0	35	29	0	17	1
<b>SPECIALTIES</b>												
<b>Emperor's Feast</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>Rocky's Choice</b>												
Hibachi Steak	7.00	240	95	11.0	5.0	1.0	160.00	190	1	1	<1	32
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>Benihana Trio</b>												
Filet Mignon	4.75	200	80	9.0	4.5	0.0	70.00	160	1	1	<1	30
Colossal Shrimp	3 (EA)	80	25	2.5	1.0	0.0	120.00	340	0	0	0	14
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>Benihana Special</b>												
Hibachi Steak	7.00	240	100	11.0	5.0	1.0	160.00	189	1	1	<1	32
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.00	440	0	0	0	13
<b>Benihana Delight</b>												
Chicken	7.00	280	95	11.0	3.0	0.0	115	120	1	1	<1	44
Colossal Shrimp	4 (EA)	110	30	3.5	1.0	0.0	160	160	0	0	0	19
<b>Benihana Excellence</b>												
Julienne Steak	5.00	200	70	8.0	3.0	0.0	110.00	370	11	<1	20	23
Colossal Shrimp	4 (EA)	110	30	3.5	1.0	0.0	160.00	460	0	0	0	19
<b>Splash 'N Meadow</b>												
Hibachi Steak	7.00	240	100	11.0	5.0	1.0	160.00	190	1	1	<1	32
Colossal Shrimp	4(EA)	110	30	3.5	1.0	0.0	160.00	460	0	0	0	19
<b>Deluxe Treat</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.00	440	0	0	0	13
<b>Land 'N Sea</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Scallops	3.50	70	20	2.0	0.5	0.0	25.00	400	2	0	0	12
<b>Samurai Treat</b>												

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)
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Colossal Shrimp	4 (EA)	110	30	3.5	1.0	0.0	160.00	460	0	0	0	19
<b>Hibachi Supreme</b>												
Chateaubriand	8.50	370	160	18.0	7.0	0.5	130.00	400	3	1	<1	48
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.00	440	0	0	0	13
<b>LUNCH ENTRÉE HEADER</b>												
Benihana Onion Soup	6.7	25	10	1.0	0.0	0.0	0.00	710	3	0	0	1
Hibachi Vegetable Rice	6.9	410	70	8.0	2.0	0.0	65.00	770	75	6	<1	9
Hibachi Vegetables	4	40	10	1.0	0.0	0.0	0.00	65	6	2	0	1
<b>LUNCH ENTREES</b>												
Hibachi Chicken	5.00	200	70	8.0	2.0	0.0	80.00	85	< 1	0	0	31
Filet Mignon	4.75	200	80	9.0	4.0	0.0	70.00	150	< 1	0	0	30
Spicy Hibachi Chicken	5.00	260	90	10.0	2.5	0.0	80.00	560	11	1	11	31
Beef Julienne	4.00	160	50	6.0	2.0	0.0	90.00	295	9	1	13	19
Hibachi Scallops	4.50	90	20	2.5	0.5	0.0	30.00	520	3	0	0	15
Hibachi Shrimp	10 (EA)	150	20	3.5	0.5	0.0	120.00	340	0	0	0	27
Yakisoba	6	510	80	9.0	0.5	0.0	10.00	1490	94	9	11	13
- Chicken (for Yakisoba)	2.5	90	30	3.5	1.0	0.0	40.00	40	0	0	0	15
- Steak (Julienne - Yakisoba)	2	80	25	3.0	1.0	0.0	45.00	140	4	0	0	9
- Hibachi Shrimp -( Yakisoba)	4 (EA)	60	10	1.5	0.0	0.0	45.00	135	0	0	0	11
Hibachi Steak	6.00	200	80	9.0	4.0	1.0	135.00	160	< 1	0.00	0	27
Mini-Chirashi & Tempura Udon	27.00	710	160	16.8	1.8	0.0	90.00	4135	110	5	25	21
<b>Lunch Duet ( choose 2)</b>												
Chicken	3.500	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
Calamari	4.000	120	35	6.0	1.5	0.0	170.00	15	0	0	0	16
Beef Julienne	3	110	40	4.0	1.5	0.0	70.00	210	6	0	0	13
Yakisoba	3	260	40	4.5	0.0	0.0	5.00	740	47	6	7	6
Scallops	3.5	70	20	2.0	0.5	0.0	25.00	400	2	0	0	12
Shrimp	5 (EA)	70	10	2.0	0.0	0.0	60.00	170	0	0	0	14
<b>Lunch Boat Header</b>												
Benihana Onion Soup	6.7	25	10	1.0	0.0	0.0	0.00	710	3	0.00	0.00	1
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	6	0	2
Steamed Rice	6	300	0	0.0	0.0	0.0	0.00	5	72	<1	<1	6
Sashimi	2.2	70	0	0.5	0.0	0.0	36.50	32	0	0	0	17
California Roll (half)	3.925	210	55	6	1.5	0	55	535	30	2	5	9
Edamame	1.5	52	19.1	2.2	0.3	0.0	0.0	109.0	4.3	2.2	0.9	4.6
Shrimp and Vegetable Tempura		161	119	12.6	1.0	0.0	0.00	370	6	1	0	0
Fruit		35	0	0.2	0.2	0.2	0.21	1	17	2	8	1
<b>Lunch Boat (choose one)</b>												
Lunch Boat Chicken	3.5	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
Lunch Boat Salmon	2	110.0	55.6	6.2	1.1	0.0	25.5	61.8	0.0	0	0	13.5
Lunch Boat Beef	3	110	40	4.0	1.5	0.0	70.00	210	6	0	0	13
<b>ON SELECT MENUS</b>												
Imperial Salad	15.9	190	72	8	1.5	0.0	0	530	23	24	1	6
Imperial Salmon	5.5	300	153	17	3.0	0.0	70	170	0	24	1	37
Imperial Chicken	3.9	150	31.5	3.5	1.0	0.0	95	115	0	24	1	30
Imperial Filet	4	210	99	11	5	1.0	65	135	0	24	1	28
<b>DESSERTS</b>												
Banana Tempura	7.6	410	120	13.0	4.5	0.0	20.00	70	69	3	27	5
Green Tea Ice cream	3	90	30	4.0	2.5	0.0	10.00	40	13	0	14	2
Chocolate Ice Cream	3	100	45	5.5	3.0	0.0	20.00	25	13	1	11	2
Vanilla Ice Cream	3	100	45	5.5	3.0	0.0	20.00	25	12	0	11	2
Rainbow Sherbet	3	100	10	1.0	0.0	0.0	5.00	20	22	0	17	< 1
<b>TAKE HOME</b>												
Brown Rice (12 oz)	12	500	30	3.0	0.0	0.0	0.00	15	108	8	0	9

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)
Ginger Sauce (1 pt)	16	160	0	0.0	0.0	0.0	0.00	12000	2	3	5	28
Hibachi Chicken Rice	6	440.00	100.00	11.00	2.50	0.00	15.00	570.00	70.00	6.00	<1	15.00
Hibachi Chicken Rice	12	880.00	200.00	22.00	5.00	0.00	30.00	1140.00	114.00	13.00	2.00	30.00
Hibachi Chicken Rice	24	1760.00	400.00	44.00	10.00	0.00	60.00	2280.00	280.00	24.00	0.00	60.00
Spicy Fried Rice w/ Chicken	6	470.00	120.00	15.00	3.00	0.00	15.00	770.00	71.00	6.00	0.50	16.00
Spicy Fried Rice w/ Chicken	12	935.00	145.00	25.00	6.00	0.00	30.00	1540.00	140.00	12.00	0.50	31.00
Spicy Fried Rice w/ Chicken	24	1870.00	490.00	55.00	12.00	0.00	60.00	3075.00	285.00	25.00	1.20	60.00
Hot Sauce (4 oz)	4	270	10	1.5	0.0	0.0	0.00	1270	62	0	24	5
Mustard Sauce (1 pint)	16	1760	1440	160.0	24.0	0.0	0.00	8480	64	0	5	32
Salad Dressing (1 pt)	16	960	860	96.0	16.0	0.0	0.00	5440	32	4	6	0
Benihana's Original Yum Yum Sauce™ (1 pt)	16	2770	2690	300.0	48.0	0.0	1310.00	2450	32	0	9	0
Steamed Rice (12 oz)	12	600	0	0.0	0.0	0.0	0.00	0	144	1	1	12
Teriyaki Sauce (1 pt)	16.00	1240	0	0.0	0.0	0.0	0.00	9810	256	1	208	53
Garlic Butter (1 pt)	16	1440	1280.0	160.0	40.0	0.0	0.00	2000	40	0	0	<1
<b>EXPRESS LUNCH HEADER</b>												
Benihana Onion Soup	6.7	25	10	1.0	0.0	0.0	0.00	710	3	0	0	1
Hibachi Vegetable Rice	6.9	410	70	8.0	2.0	0.0	65.00	770	75	6	1	9
Hibachi Vegetables	4	40	10	1.0	0.0	0.0	0.00	65	6	2	0	1
<b>EXPRESS LUNCH ENTRÉES</b>												
Hibachi Chicken	5	200	90	7.5	2.0	0.0	80.00	85	< 1	0.0	0.0	31
Hibachi Filet	4.75	200	80	8.5	4.0	0.0	70.00	150	< 1	0.0	0.0	30
Hibachi Shrimp	10 (EA)	140	20	3.5	0.5	0.0	120.00	340	0.0	0.0	0.0	27
Hibachi Steak Julienne	5	200	70	7.5	3.0	0.0	110.00	370	10.5	0.0	0.0	23
<b>EXPRESS LUNCH COMBO</b>												
Lunch Combo (Steak & Chicken)	3.5 / 3.5	270	90	10.0	3.5	0.0	135.00	310	7.6	0.0	0.0	38
Lunch Combo (Steak & Shrimp)	3.5 / 5 (EA)	210	60	7.0	2.0	0.0	140.00	430	7.6	0.0	0.0	30
Lunch Combo (Chicken & Shrimp)	3.5/5(EA)	210	60	7.0	2.0	0.0	115.00	231	< 1	0.0	0.0	36
<b>EXPRESS LUNCH RICE BOWL</b>												
Chicken Teriyaki Bowl	21.8	940	70	8.0	2.0	0.0	80.00	1380	175	14	40	43
Shrimp Teriyaki Bowl	20.8	870	40	4.0	0.5	0.0	75.00	1320	178	14	40	31
Steak Teriyaki Bowl	20.7	920	70	8.0	2.5	0.0	40.00	1560	181	14	40	32
<b>EXPRESS LUNCH - LUNCH BOAT HEADER</b>												
Benihana Onion Soup	6.7	25	10	1.0	0.0	0.0	0.00	710	3	0	0	1
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	6	0	2
Steamed Rice	6	300	0	0.0	0.0	0.0	0.00	5	72	<1	<1	6
Sashimi	2.2	70	0	0.5	0.0	0.0	36.50	32	0	0	0	17
California Roll (half)	3.925	210	55	6	1.5	0	55	535	30	2	5	9
Edamame	1.5	64	24	2.7	0.3	0.0	0.0	107	5	1	0	5
Shrimp and Vegetable Tempura		161	119	12.6	1.0	0.0	0.00	370	6	1	0	0
Fruit		35	0	0.2	0.2	0.2	0.21	1	17	2	8	1
<b>EXPRESS LUNCH BOAT ( CHOOSE ONE)</b>												
Lunch Boat Chicken	3.5	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
Lunch Boat Salmon	2	110	56	6.2	1.1	0.0	25.45	62	0	0	0	13
Lunch Boat Beef	3	110	40	4.0	1.5	0.0	70.00	210	6	0	0	13
<b>BENTO BOXES</b>												
Chicken Breast	5 oz	122	70.00	8.00	2.00	0.00	80.00	85	<1	0.00	0.00	0
Beef Julienne	5 oz	87.5	60.00	8.00	0.63	0.00	110.00	370	11	0.00	0.00	16
Salmon Filet	5 oz	270	140.00	15.00	2.50	0.00	65.00	50	0	0.00	0.00	20
Teriyaki sauce	1 oz	80	0.00	0.00	0.00	0.00	0.00	615	16	0.00	13.00	3
Spicy Teriyaki	1 oz	70	0.00	0.10	0.00	0.00	0.00	680	14	0.00	11.00	2
Garlic Butter	1/2 oz	90	80.00	8.00	2.50	0.00	0.00	125	3	0.00	0.00	<1
Miso Soup	35	10.00	1.00	0.00	0.00	0.00	0.00	950	4	1.00	<1	2
Steamed rice	6 oz	300	0.00	0.00	0.00	0.00	0.00	5	72	<1	<1	6
Sushi rice	6 oz	270	5.00	1.00	0.00	0.00	0.00	800	62	0.00	1.00	4
Benihana Salad	2/3 serving	60	50.00	5.00	0.00	0.00	0.00	240	2	6	0	1

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)
Edamame	4 oz	170	70.00	7.00	0.00	0.00	0.00	290	15	7	2	13
Cucumber Roll	5.3	240	10.00	1.00	0.00	0.00	0.00	330	49	<1	4	8
California Roll	7.3	330	50.00	6.00	0.00	0.00	10.00	670	55	5	10	13
<b>CHILDRENS MENU HEADER</b>												
Benihana Onion Soup	6.7	25	10	1.0	0.0	0.0	0.00	710	3	0	0	1
Benihana Salad	3.8	90	70	8.0	1.5	0.0	255.00	360	3	6	0	2
Shrimp Apetizer	2 EA	40	5	1.0	0.0	0.0	35.00	100	0	0	0	8
Vegetables	4	40	10	1.5	0.0	0.0	0.00	65	6	2	0	1
Steamed Rice	6	300	0	0.0	0.0	0.0	0.00	0	72	<1	<1	6
Ice Cream	3	100	45	6.0	3.0	0.0	20.00	25	13	1	11	2
<b>CHILDRENS MENU FOOD</b>												
California Roll Meal Jr	1	330	50	6.0	0.0	0.0	70.00	670	55	7	10	13
Chicken & Shrimp (Jr. Combo)	3.5 / (5 EA)	200	60	7.0	1.8	0.0	115.00	220	0	0	0	35
Chicken & Steak (Jr. Combo)	3.5 / 2.5	210	70	9.0	3.1	0.2	115.00	120	0	0	0	33
Steak & Shrimp (Jr. Combo)	2.5 / (5 EA)	150	40	5.0	1.9	0.2	115.00	230	0	0	0	25
Hibachi Chicken Jr.	5	180	60	7.0	2.1	0.0	80.00	80	0	0	0	31
Hibachi Shrimp Jr.	6 EA	90	10	2.0	0.3	0.0	70.00	200	0	0	0	16
Hibachi Steak Jr.	2.5	120	50	6.0	2.6	0.3	90.00	100	0	0	0	18
<b>CHILDRENS MENU SIDE ORDER</b>												
Edamame	2.75	95	35	4.0	0.5	0.0	0.00	200	7.9	4.0	1.7	8.4
Hibachi Chicken Rice	9	440	100	11.0	2.5	0.0	150.00	570	71	6	<1	15
White Noodle	7	280	40	4.0	1.0	0.0	0.00	700	56	0	12	6
<b>GROUP MENU</b>												
<b>GROUP MENU HEADER</b>												
Benihana Onion Soup	6.7	25	10	1.0	0.0	0.0	0.0	710	3	0	0	1
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	6	0	2
Shrimp Appetizer	3 EA	40	5	1.0	0.0	0.0	35.0	100	0	0	0	8
Hibachi Vegetables Onions	2	25	5	1.0	0.0	0.0	0.0	30	5	1	0	0
Hibachi Vegetables Zucchini	2	15	5	1.0	0.0	0.0	0.0	30	2	1	0	1
Ginger Sauce	1	10.0	0.0	0.0	0.0	0.0	0.0	750.0	0.0	0	0	2.0
Mustard Sauce	1	110.0	90.0	10.0	1.5	0.0	0.0	530.0	4.0	0	0	2.0
Benihana's Original Yum Yum Sauce™	1	170.0	170.0	19.0	3.0	0.0	80.0	150.0	2.0	0	<1	0.0
Hibachi Chicken Rice	6	300	0	0.0	0.0	0.0	0.0	5	72	<1	<1	6
Ice cream	3	100	45	5.0	3.0	0.0	20.0	25	13	1	11	2
Rainbow Sherbet	3	130	15	1.5	0.5	0.0	4.0	35	29	0	17	1
<b>KOI ENTRÉE</b>												
Koi Yakisoba Chicken	15.9	640	130	14.0	2.0	0.0	75.0	1540	94	9	11	34
Koi Yakisoba Steak	15	630	120	13	2	0	80	1640	98	9	11	28
Koi Yakisoba Shrimp	15	610	100	12	1	0	80	1640	94	9	11	30
Koi Hibachi Chicken	7	280	100	11	3	0	115	120	1	0	0	44
Koi Spicy Hibachi Chicken	7.00	360	120	14.0	3.5	0.0	115.0	790	16	0	0	44
<b>HOTEI ENTRÉE</b>												
Hotei Hibachi Chicken	7	280	100	11	3	0	115	120	1	0	0	44
Hotei Spicy Hibachi Chicken	7.00	360	120	14.0	3.5	0.0	115.0	790	16	1	0	44
Hotei Yakisoba Steak	15	630	120	13	2	0	80	1640	98	9	11	28
Hotei Yakisoba Shrimp	15	610	100	12	1	0	80	1640	94	9	11	30
Hotei Yakisoba Chicken	15.9	640	130	14.0	2.0	0.0	75.0	1540	94	9	11	34
<b>GEISHA ENTRÉE</b>												
Geisha Hibachi Tuna Steak	6	460	220	24	4	0	155	1000	7	8	7	45
Geisha Teriyaki Steak	6	290	100	11	4	1	135	530	15	0	0	33
Geisha Hibachi Steak	7	230	100	11	5	1	160	190	1	0	0	32
Geisha Hibachi Shrimp	14 (EA)	200	30	5.0	1.0	0.0	165.0	470	0	<1	<1	38
Geisha Hibachi Scallops	7	140	35	4.0	1.0	0.0	50.0	810	4	<1	<1	23
<b>BUDDHA ENTRÉE</b>												

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)
<b>Buddha Benihana Delight</b>												
Chicken	7.00	280	95	11.0	3.0	0.0	115	120	1	0	0	44
Colossal Shrimp	4 (EA)	110	30	3.5	1.0	0.0	160	160	0	<1	<1	19
Buddha Hibachi Tuna Steak	6	460	220	24	4	0	155	1000	7	8	7	45
Buddha Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.0	190	1	0	0	36
Buddha Colossal Shrimp	7 (EA)	190	50	6	1.5	0	280	800	0	<1	<1	33
<b>Buddha Rocky's Choice</b>												
Hibachi Steak	7	240	100	11	5	1	160	190	1	0	0	32
Chicken	3.5	130	45	5	1.5	0	55	55	0	0	0	22
<b>Buddha Emperor's Feast</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>Buddha Splash 'N Meadow</b>												
Hibachi Steak	7.00	240	100	11.0	5.0	1.0	160.00	190	1	0	0	32
Colossal Shrimp	4(EA)	110	30	3.5	1.0	0.0	160.00	460	0	<1	<1	19
Buddha Hibachi Scallops	7	140	35	4.0	1.0	0.0	50.0	810	4	<1	<1	23
<b>SAMURAI ENTRÉE</b>												
<b>Samurai Ocean Treasure</b>												
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.0	440	0	0	0	13
Scallops	3.5 oz	70	20	2.0	0.5	0.0	25.0	100	2	<1	<1	12
Colossal Shrimp	4 shrimp	110	30	3.5	1.0	0.0	160.0	460	0	<1	<1	19
<b>Samurai Splash 'N Meadow</b>												
Hibachi Steak	7.00	240	100	11.0	5.0	1.0	160.00	190	1	1	<1	32
Colossal Shrimp	4(EA)	110	30	3.5	1.0	0.0	160.00	460	0	0	0	19
<b>Samurai Benihana Special</b>												
Hibachi Steak	7.00	240	100	11.0	5.0	1.0	160.00	189	1	1	<1	32
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.00	440	0	0	0	13
<b>Samurai Deluxe Treat</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Lobster Tail	1 tail	70	15	1.5	0.5	0.0	90.00	440	0	0	0	13
<b>Samuria Surf Side</b>												
Calamari Steak	4 oz	110	35	6	2	0	170	15	0	<1	<1	16
Scallops	3.5 oz	70	20	2.0	0.5	0.0	25.0	400	2	<1	<1	12
Colossal Shrimp	4 shrimp	110	30	3.5	1.0	0.0	160.0	460	0	<1	<1	19
Samurai Chateaubriand	8.50	360	160	18.0	7.0	0.5	130.0	400	3	0	0	48
<b>Samurai Benihana Trio</b>												
Filet Mignon	4.75	200	80	9.0	4.5	0.0	70.00	160	1	0	0	30
Colossal Shrimp	3 (EA)	80	25	2.5	1.0	0.0	120.00	340	0	0	0	14
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>Samurai Emperor's Feast</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1			36
Chicken	3.50	130	45	5.0	1.5	0.0	55.00	55	0	0	0	22
<b>Samurai Land 'N Sea</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Scallops	3.50	70	20	2.0	0.5	0.0	25.00	400	2	0	0	12
<b>Samurai Treat</b>												
Filet Mignon	5.75	250	100	11.0	5.0	0.5	85.00	190	1	1	<1	36
Colossal Shrimp	4 (EA)	110	30	3.5	1.0	0.0	160.00	460	0	0	0	19
<b>DRAGON ENTRÉE</b>												
Dragon Twin Lobster Tails	2 (EA)	130	30	3	1	0.5	175	880	0	0	0	25
<b>Dragon Hibachi Supreme</b>												
Chateaubriand	8.5	370	160	18	7	0.5	130	400	3	0	0	48
Lobster Tail	1 tail	70	15	1.5	0.5	0	90	440	0	0	0	12.5