

SUSHI COMBINATIONS

Served with Benihana salad (90 Calories) and miso soup (35 Calories).

SUSHI* (570 Cal.)
California¹ Roll with an assortment of fresh nigiri.

SUSHI* DELUXE (610 Cal.)
One Tuna* Roll with an assortment of fresh nigiri.

SASHIMI* WITH RICE (630 Cal.)
An assortment of fresh sashimi served with steamed rice.

SUSHI/SASHIMI* WITH RICE (850 Cal.)
An assortment of sushi and sashimi served with steamed rice.

APPETIZERS

SEAWEED SALAD (110 Calories)
Soy, sesame and lemon.

EDAMAME (120 Calories)
Served warm and sprinkled with sea salt.

SPICY EDAMAME (378 Calories)
Sautéed with garlic butter and spicy teriyaki sauce.

TUNA* POKE (REGULAR OR SPICY) (145-305 Calories)
Onions, seaweed salad, sweet soy sauce, cucumber and lemon.

VEGETABLE TEMPURA (590 Calories)
Bell pepper, onion, asparagus, carrot and shiitake mushroom.

PAN FRIED BEEF GYOZA DUMPLINGS (200 Calories)
Spicy sesame soy dipping sauce.

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

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

SHRIMP TEMPURA (500 Calories)
Crunchy tempura shrimp, carrot, asparagus and onion.

SHRIMP SAUTÉ (60 Calories)
Hint of butter and lemon served with our homemade ginger sauce.

SOFT SHELL CRAB (290 Calories)
Tempura soft shell crabs, momiji, scallion and ponzu sauce.

TUNA* TATAKI (130 Calories)
Seared sashimi grade tuna served with ponzu sauce.

CRISPY SPICY TUNA* (290 Calories)
Crunchy sesame rice balls, jalapeño, cilantro, drizzled with soy chili sauce.

CHILI PONZU YELLOWTAIL (190 Calories)
Yellowtail*, jalapeño, cilantro and chili ponzu sauce.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request.

À LA CARTE

HIBACHI CHICKEN RICE
12 ounces (880 Cal.)
24 ounces (1,760 Cal.)

SPICY CHICKEN RICE
12 ounces (935 Cal.)
24 ounces (1,870 Cal.)

STEAMED RICE
12 ounces (600 Cal.)

BROWN RICE
12 ounces (500 Cal.)

HOT SAUCE
4 ounces (270 Cal.)

MUSTARD SAUCE
1 pint (1,760 Cal.)

GARLIC BUTTER
1 pint (2,880 Cal.)

SALAD DRESSING
1 pint (960 Cal.)

TERIYAKI SAUCE
1 pint (1,240 Cal.)

GINGER SAUCE
1 pint (160 Cal.)

BEVERAGE

BENIHANA LEMONADE
1/2 GALLON
(1,040-1,120 Calories)
Raspberry | Mango | Strawberry | Passion Fruit

FRESHLY BREWED ICED TEAS
1/2 GALLON
Benihana “Red Flower” Hibiscus Blend *Caffeine free* (160 Cal.)
Passion Fruit Green Tea (240 Cal.) | *Black Organic* (0 Cal.)

WATER (0 Calories)
Fiji | San Pellegrino

SODA 12 oz. (0 -170 Calories)
Lemon Lime Mist Twist | Pepsi | Diet Pepsi | Mountain Dew

RED BULL (8.4 oz 110 Calories)
SUGAR FREE RED BULL (8.4 oz 0 Calories)

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SPECIALTY SUSHI

SHRIMP LOVERS ROLL (440 Cal.)
Crab¹, avocado, shrimp tempura, shrimp, cucumber.

SHRIMP CRUNCHY ROLL (500 Cal.)
Shrimp tempura, avocado, cucumber, crab¹, tempura crumbs.

ALASKAN ROLL (450 Cal.)
Crab¹, avocado, salmon*, cucumber.

DRAGON ROLL (570 Cal.)
Eel, avocado, crab¹, cucumber.

CHILI SHRIMP ROLL (620 Cal.)
Crab¹, cream cheese and seaweed tempura in a spicy chili sauce, topped with spicy crab¹ and shrimp.

RAINBOW ROLL (430 Cal.)
Tuna*, shrimp, yellowtail*, snapper*, salmon*, crab¹, avocado, cucumber.

VEGETABLE ROLL (300 Cal.)
Green leaf, avocado, cucumber, red cabbage, yamagobo.

SPIDER ROLL (450 Cal.)
Soft shell crab, crab¹, green leaf, cucumber, avocado, soybean paper, yamagobo.

SPICY TUNA ROLL (320 Cal.)
Tuna*, cucumber, spicy sauce.

SUMO ROLL *Baked* (1,000 Cal.)
Crab¹, avocado, cucumber, shrimp tempura, salmon, smelt roe, special mayo sauce.

PHILADELPHIA ROLL (380 Cal.)
Salmon*, cream cheese, cucumber, avocado.

LOBSTER ROLL (430 Cal.)
Lobster tempura, crab¹, cucumber, romaine lettuce. Comes with one Lobster Roll and two Lobster Hand Rolls.

LAS VEGAS ROLL *Deep fried* (560 Cal.)
Salmon, avocado, cream cheese, jalapeño, spicy sauce on top.

ROLLS

CUCUMBER ROLL (240 Cal.)

SALMON* ROLL (250 Cal.)

YELLOWTAIL* ROLL (230 Cal.)

TUNA* ROLL (210 Cal.)

CALIFORNIA¹ ROLL (330 Cal.)

EEL ROLL (420 Cal.)

SHRIMP TEMPURA ROLL (400 Cal.)

¹We 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.



ENTRÉE COMPLEMENTS

Add to any of our entrées
(*excludes lunch entrées*)

ADD LOBSTER TAIL

ADD SCALLOPS (3.5 OUNCES)

ADD SHRIMP (8 PIECES)

LUNCH ENTRÉES

*AVAILABLE DURING LUNCH HOURS. DATES & TIMES VARY BY LOCATION.
PLEASE CONTACT YOUR LOCAL BENIHANA.*

*All of our beef is USDA Choice, aged to perfection and hand-cut on premises.
Served with* •BENIHANA SOUP (25 CALORIES)
•HIBACHI VEGETABLE RICE (410 CALORIES) •HIBACHI VEGETABLES (40 CALORIES)

HIBACHI CHICKEN (200 Cal.)

Chicken breast and mushrooms with butter and sesame seeds.

FILET MIGNON (200 Cal.)

Tenderloin* and mushrooms lightly seasoned and grilled to perfection.

SPICY HIBACHI CHICKEN (260 Cal.)

Chicken breast grilled with green onions and mushrooms in a special spicy homemade sauce.

BEEF JULIENNE (160 Cal.)

Teriyaki beef* with green onions and mushrooms grilled in a homemade teriyaki sauce.

HIBACHI SCALLOPS (90 Cal.)

Tender sea scallops grilled hibachi style with butter and lemon.

HIBACHI SHRIMP (150 Cal.)

Hibachi shrimp grilled with butter and lemon.

YAKISOBA

Japanese sautéed noodles with vegetables in a special sauce.
Chicken (600 Cal.) | Steak* (590 Cal.)
Hibachi Shrimp (570 Cal.)

HIBACHI STEAK (200 Cal.)

New York strip steak* and mushrooms Teppanyaki grilled to your specification.

LUNCH DUET

Select two of these Benihana favorites:

Beef* Julienne (110 Cal.) | Chicken (130 Cal.) | Calamari (120 Cal.)
Yakisoba (260 Cal.) | Scallops (70 Cal.) | Hibachi Shrimp (70 Cal.)

STEAK AND CHICKEN

5 course meals served with

•BENIHANA ONION SOUP (25 CAL.) •BENIHANA SALAD (90 CAL.) •HIBACHI SHRIMP
APPETIZER (40 CAL.) •HIBACHI VEGETABLES (40 CAL.) •HOMEMADE DIPPING
SAUCES (10-170 CAL.) •STEAMED RICE (300 CAL.) •JAPANESE HOT GREEN TEA (0 CAL.)



FILET MIGNON (250 Cal.)
Tenderloin* and mushrooms lightly
seasoned and grilled to perfection.

TERIYAKI CHICKEN (370 Cal.)

Chicken breast grilled with mushrooms in a special homemade teriyaki sauce.

SPICY HIBACHI CHICKEN (360 Cal.)

Chicken breast grilled with green onions and mushrooms in a special spicy homemade sauce.

HIBACHI CHICKEN (280 Cal.)

Chicken breast and mushrooms grilled with butter and sesame seeds.

HIBACHI STEAK (230 Cal.)

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

TERIYAKI STEAK (290 Cal.)

Thinly sliced steak*, scallions and mushrooms grilled in a homemade teriyaki sauce.

HIBACHI CHATEAUBRIAND (360 Cal.)

8.5 ounces of center cut tenderloin* and mushrooms lightly seasoned and grilled with garlic butter.

SEAFOOD

5 course meals served with

•BENIHANA ONION SOUP (25 CAL.) •BENIHANA SALAD (90 CAL.) •HIBACHI SHRIMP
APPETIZER (40 CAL.) •HIBACHI VEGETABLES (40 CAL.) •HOMEMADE DIPPING
SAUCES (10-170 CAL.) •STEAMED RICE (300 CAL.) •JAPANESE HOT GREEN TEA (0 CAL.)



HIBACHI SHRIMP (200 Cal.)
Hibachi shrimp grilled to perfection.

SURF SIDE (290 Cal.)

Grilled colossal shrimp, calamari and tender sea scallops.

COLOSSAL SHRIMP (190 Cal.)

Colossal shrimp lightly seasoned and grilled with lemon and butter.

HIBACHI TUNA STEAK (460 Cal.)

Sesame crusted tuna steak* with tomato, avocado and edamame in a white balsamic sauce. Served medium rare.

HIBACHI SALMON WITH AVOCADO TARTAR SAUCE (670 Cal.)

Hibachi grilled salmon served with a savory avocado tartar sauce, with sautéed shiitake mushrooms and asparagus in garlic butter.
Served with sautéed udon noodles.

HIBACHI SCALLOPS (140 Cal.)

Tender sea scallops grilled hibachi style with butter and lemon.

OCEAN TREASURE (250 Cal.)

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

TWIN LOBSTER TAILS (130 Cal.)

Two cold water lobster tails grilled with butter and lemon.

SPECIALTIES

5 course meals served with

•BENIHANA ONION SOUP (25 CAL.) •BENIHANA SALAD (90 CAL.) •HIBACHI SHRIMP
APPETIZER (40 CAL.) •HIBACHI VEGETABLES (40 CAL.) •MUSHROOMS (15 CAL.)
•HOMEMADE DIPPING SAUCES (10-170 CAL.) •STEAMED RICE (300 CAL.) •JAPANESE HOT
GREEN TEA (0 CAL.)



EMPEROR'S FEAST (380 Cal.)
Filet mignon* and chicken breast
grilled to perfection.

ROCKY'S CHOICE (370 Cal.)

Hibachi steak* and chicken breast grilled to your specification.

BENIHANA TRIO (410 Cal.)

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

BENIHANA SPECIAL (310 Cal.)

Hibachi steak* paired with a cold water lobster tail.

BENIHANA DELIGHT (390 Cal.)

Chicken breast and colossal shrimp lightly seasoned and grilled.

BENIHANA EXCELLENCE (310 Cal.)

Teriyaki beef* julienne with scallions and colossal shrimp.

SPLASH 'N MEADOW (350 Cal.)

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

DELUXE TREAT (320 Cal.)

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

LAND 'N SEA (320 Cal.)

Tender filet mignon* and sea scallops grilled in butter and lemon.

SAMURAI TREAT (360 Cal.)

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

HIBACHI SUPREME (440 Cal.)

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

NOODLE AND TOFU

5 course meals served with

•BENIHANA ONION SOUP (25 CAL.) •BENIHANA SALAD (90 CAL.) •HIBACHI SHRIMP
APPETIZER (40 CAL.) •HIBACHI VEGETABLES (40 CAL.) •HOMEMADE DIPPING
SAUCES (10-170 CAL.) •STEAMED RICE (300 CAL.) •JAPANESE HOT GREEN TEA (0 CAL.)



SEAFOOD DIABLO (630 Cal.)
Sea scallops, calamari, shrimp, assorted
vegetables and Japanese udon noodles
grilled in a homemade spicy sauce.

SPICY TOFU STEAK (490 Cal.)

Tofu, scallions and cilantro grilled in a special spicy homemade sauce.

YAKISOBA (640 Cal.)

Japanese sautéed noodles with chicken and mixed vegetables in a special sauce and sprinkled with sesame seeds.



Available for children up to 12 years old.

ENTRÉES

CALIFORNIA¹ ROLL (330 Cal.)
HIBACHI CHICKEN (180 Cal.)
HIBACHI SHRIMP (90 Cal.)
HIBACHI STEAK* (120 Cal.)

COMBINATIONS

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

SIDE ORDERS

WHITE NOODLES (280 Cal.)
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 with garlic flavored butter.

SPICY CHICKEN RICE (470 Cal.)

GARLIC BUTTER

1 oz (90 Cal.)

BROWN RICE (250 Cal.)

TERIYAKI SAUCE

1 oz (80 Cal.)

BENIHANA ONION SOUP (25 Cal.)

This homemade Benihana specialty has been a favorite since 1964.

GINGER DRESSING

1 oz (60 Cal.)

MISO SOUP (35 Cal.)

A delicious blend of miso, green onion and tofu.

GINGER SAUCE

1 oz (10 Cal.)

BENIHANA SALAD (90 Cal.)

Crisp greens, red cabbage, carrots and grape tomatoes in a homemade tangy ginger dressing.

MUSTARD SAUCE

1 oz (110 Cal.)

HOT SAUCE 1 oz (70 Cal.)

SPICY TERIYAKI SAUCE

1 oz (70 Cal.)

DIABLO SAUCE 1 oz (140 Cal.)

AVOCADO TARTAR SAUCE

1oz (100 Cal.)

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¹Kani kama crab & kani kama crab mix contain imitation crab.

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LUNCH BOAT

Served with soup (25 Cal.), Benihana salad (90 Cal.),
edamame (66 Cal.), sashimi* (70 Cal.), half California¹
roll (210 Cal.), shrimp and vegetable tempura (161 Cal.),
steamed rice (300 Calories) and fresh fruit (35 Calories).
Chicken (130 Cal.) | Salmon (110 Cal.)
Beef* Julienne (110 Cal.)



Dinner menu items also available during Lunch hours.