

# BENIHANA®

## Beverage

### 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)
<b>SAKE</b>											
Benihana Hot Sake	8	240	0	0	0	0	8	8	0	3	0
<b>JAPANESE ARTISANAL COLD SAKE</b>											
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
<b>PREMIUM COLD SAKE</b>											
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
Sho Chiku Bai Nigori (375ml)	12.7	130	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
TyKu Coconut Nigori (330ml)	11.2	320	0	0	0	0	0	39	0	22	0
TyKu Cucumber (330ml)	11.2	320.0	0	0	0	0	0	20	0	0	0
Sake Flight	6	210	0	0	0	0	0	11	0	2	0
<b>JAPANESE PREMIUM SPIRITS</b>											
Shochu Yokaichi Mugi	2	80	0	0	0	0	0	0	0	0	0
iichiko Silhouette Shochu	2	80	0	0	0	0	0	0	0	0	0
Whisky Nikka Coffey Grain	2	130	0	0	0	0	0	0	0	0	0
SUNTORY WHISKY TOKI™	2	130	0	0	0	0	0	0	0	0	0
<b>WINE</b>											
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
<b>BOTTLED BEER</b>											
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

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)
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
Domestic											
Bud Light	12	110	0	0	0	0	0	7	0	0	0
Budweiser	12	150	0	0	0	0	0	10	0	0	0
Michelob Ultra	12	90	0	0	0	0	0	3	0	0	0
Miller Lite	12	100	0	0	0	0	0	3	0	0	0
Lagunitas IPA	12	190	0	0	0	0	0	17	0	0	0
<b>SPECIALTY COCKTAILS</b>											
Benihana Punch	12	270		0			10	37	<1	37	0.61
Mai Tai	12	270	0	0	0	0	0	30	<1	28	0.5
Benihana Mojito	12	210	16.7	2	1.7	0	0	21	1	38	0
Exotic Mojito	12	370	16.7	2	1.7	0	10	60	2	33	1
Coconut Mojito	12	250	0	0	0	0		13	1	31	0
Haiku Colada	12	200	0	0.5	0.01	0	0	16	2	54	4
Yuzu Margarita	12	190	0	0	0	0	0	29	2	31	0
Kappa Collins	12	200	0	0	0	0	0	19	4	11	0
Sake Sangria Red Plum	12	1,220	33.4	2	1.7	0	120	194	0	24	2
Sake Sangria White Peach	12	270	5	0	0	0	25	43	<1	18	0
Beni Long Island Iced Tea	12	230	0	0	0	0	0	18	0	41	0
Tokyo Mule	12	190	0	0	0	0	0	19	3	37	0
Beni-Tini	8	180	0	0	0	0	0	19	<1	19	0
Rising Sun	8	260	0	0	0	0	0.4	25	<1	38	0
Lychee Blossom	8	270	0	0	0	0	5	34	0	23	0
Prickly Pear Margarita	12	241	0	0	0	0	<1	27	<1	22	<1
<b>SIGNATURE PUNCH BOWLS</b>											
Blue Ocean Punch Bowl	12	230	0	0	0	0	0	18	4	193	0
Baby Ocean Punch Bowl	12	190	0	0	0	0	0	19	<1	43	3
Red Flower Punch Bowl	12	1,120	0	0	0	0	3	267	0	193	0
Baby Red Flower Punch Bowl	12	250	0	0	0	0	1	59	0	43	0
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
<b>ALCOHOL FREE</b>											
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	
Red Flower Tea	16	0	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											
Pepsi	16	100	0	0	0	0	20		0	28	0
Coca Cola Classic	16	100	0	0	0	0	0	25	0	26	0
Diet Pepsi	16	0	0	0	0	0	40		0	0	0
Diet Coke	16	0	0	0	0	0	0	0	0	0	0
Sierra Mist	16	100	0	0	0	0	20	27	0	27	0
Sprite	16	60	0	0	0	0	0	16	0	26	0
Mtn Dew	16	110	0	0	0	0	30	29	0	29	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)
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
Ramune	6.76	80	0	0	0	0	0	20	0	20	0
Ramune Strawberry	6.76	100	0	0	0	0	30	26	0	25	0
Ramune Grape	6.76	100	0	0	0	0	20	26	0	24	0
Red Bull	8.4	110	0	0	0	0	100	28	0	11	0.9
Red Bull 0 sugar free	8.4	110	0	0	0	0	100	28	0	0	0.9
<b>CHILDREN'S MENU</b>											
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
<b>HAPPY HOUR</b>											
Sake											
Benihana Sake	4	120	0	0	0	0	4	4	0	2	0
Beer											
Bud Light Beer	12	110	0	0	0	0	0	6.6	0	0	0
Kirin Light	12	100	0	0	0	0	0	7.8	0	0	0.7
Lagunitas IPA	12	190	0	0	0	0	0	17	2	0	0
Premium Well											
Distilled Spirits (80 proof gin, rum, vodka, or whiskey)	1.5	100	0	0	0	0	0	0	0	0	0
Wine											
Wine Glass (6 oz)	6	150	0	0	0	0	5	4	0	2	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
Benihana Mojito	12	260	0	0	0	0	10	30	1	38	0.5
Exotic Mojito	12	200	0	0	0	0	0	25	2	33	0.5
Coconut Mojito	12	210	16.7	2	1.7	0	0	21	1	31	0
Red Plum Sake Sangria	12	190	0	0	0	0	0	29	0	24	0
White Peach Sangria	12	200	0	0	0	0	0	19	<1	18	0

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