



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)
CATERING MENU												
COMBINATION PACKAGES HEADER												
Benihana Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	6	0	2
Benihana Onion Soup	6.7	25.0	10.0	1.00	0.0	0.0	0.0	710.0	3.0	0.0	0.0	1.00
Hibachi Chicken Rice	9	440	100	11	2.5	0.0	150	570	70	6	<1	15
COMBINATION PACKAGES												
Teppan Trio												
Hibachi Chicken	7.0	280.0	100.0	11.0	3.0	0.0	115.0	120.0	1.0	0.0	0.0	44.0
Teriyaki Steak	6.0	290	110.0	11.0	4.0	0.5	135.0	530.0	15.0	2.0	17.0	33.0
Hibachi Shrimp	14 (EA)	200	30.0	5.0	1.0	0.0	165.0	470.0	0.0	<1	<1	38.0
Rocky's Choice												
Rocky's Choice	10.5	370	140.0	16.0	6.5	1.0	215.0	245.0	1.0	1.0	<1	54.0
Splash 'N Meadow												
Splash 'N Meadow	7 / 4 (EA)	350	130.0	14.5	6.0	1.0	320.0	650.0	1.0	1.0	<1	51.0
SUSHI PLATTERS												
Shogun Platter	Total Platter	315	100.0	11.0	2.4	0.0	26.9	680.0	41.8	2.7	8.9	11.5
Emperor Platter	Total Platter	240	57	6	1	0	26	260	33	1	6	12
SHAREABLES												
Appetizers												
Edamame	6.0	205.0	75.0	8.8	1.1	0.0	0.0	435.0	17.2	8.8	3.7	18.4
Spicy Edamame	6.0	355.0	135.0	16.3	3.0	0.0	0.0	1145.0	35.1	8.9	16.7	21.8
Noodles												
Yakisoba	12.4	440.0	70.0	7.6	<1	0.0	16.0	1295.0	81.7	7.3	9.6	10.4
Yakisoba with Chicken	15.9	640.0	125.0	14.0	2.0	0.0	75.0	1540.0	94.0	8.6	11.0	34.0
Yakisoba with Beef	15.9	540.0	110.0	12.3	2.4	0.4	84.8	1378.1	82.3	7.5	9.6	24.5
Yakisoba with Shrimp	7 (each)	540.0	83.0	10.0	0.7	0.0	98.1	1532.5	81.7	7.5	9.7	29.3
Soups & Salads												
Miso Soup	6.5	34.7	10.0	1.0	0.0	0.0	0.0	950.0	4.0	1.0	0.00	2.3
Benihana Onion Soup	6.7	25.0	10.0	1.00	0.0	0.0	0.0	710.0	3.0	0.0	0.0	1.00
Benihana Salad	3.8	90.0	70.0	8.0	1.0	0.0	0.0	360.0	3.0	6.0	0.0	2.0
Sides												
Hibachi Vegetables	4.0	40.0	10.0	2.0	0.00	0	0	60.0	7.0	2.0	0	1.00
Hibachi Chicken Rice	9.0	440.0	100.0	11.0	2.5	0.0	150.0	570	70.0	6.0	<1	15
Hibachi Chicken Rice with Shrimp	10.0	470.0	103.0	11.7	2.6	0	38.5	218	570.0	6.5	<1	20.4
Spicy Chicken Rice	7.9	470.0	120.0	15.0	3.0	0	15.0	770	71.0	6.0	<1	16.0
Steam Rice	6.0	300.0	0	0	0	0	0	5.0	72.0	<1	<1	6.0
Steak, Chicken & Seafood												
Hibachi Chicken	7.0	280.0	100.0	11.0	3.0	0.0	115.0	120.0	1.0	0.0	0.0	44.0
Spicy Hibachi Chicken	7.0	360.0	120.0	14.0	3.5	0.0	115.0	790.0	16.2	0.7	0.2	44.2
Hibachi Steak	7.0	230.0	100.0	11.0	5.0	1.0	160.0	190.0	1.2	0.5	0.0	32.2
Teriyaki Steak	6.0	290.0	100.0	11.0	4.0	0.5	135.0	530.0	15.2	1.5	16.5	33.2
Colossal Shrimp	7 (EA)	190.0	50.0	6.0	1.5	0.0	280.0	800.0	0.0	<1	<1	33.0
Hibachi Shrimp	14 (EA)	200.0	30.0	5.0	1.0	0.0	165.0	470.0	0.0	<1	<1	38.0