

HARD ROCK STADIUM MENU



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) |
|----------------------------------|-----------------------|----------|----------------------|-------------------|-----------------------|-------------------|------------------|-------------|-----------------------------|-----------------------|----------------|------------------|
| FRIED RICE BOWLS | | | | | | | | | | | | |
| *RA*cking Fried Rice | 13.5 | 660.0 | 148.5 | 16.5 | 3.8 | 0.0 | 225.0 | 855.0 | 105.0 | 22.5 | 1.2 | 22.5 |
| HIBACHI BOWLS | | | | | | | | | | | | |
| Hibachi Steak | 17.5 | 794.3 | 202.9 | 22.5 | 6.4 | 0.6 | 315.0 | 963.1 | 105.7 | 22.8 | 1.2 | 40.9 |
| Hibachi Shrimp | 17.5 | 775.4 | 164.5 | 19.3 | 4.2 | 0.0 | 319.0 | 1126.1 | 105.0 | 22.7 | 1.4 | 44.1 |
| Hibachi Chicken | 17.5 | 817.1 | 202.9 | 22.5 | 5.6 | 0.0 | 290.0 | 923.1 | 105.7 | 22.9 | 1.3 | 47.7 |
| YAKISOBA BOWLS | | | | | | | | | | | | |
| Yakisoba Steak | 16.4 | 640.0 | 126.0 | 14.0 | 2.9 | 4.0 | 100.0 | 1580.0 | 95.0 | 8.5 | 10.9 | 43.7 |
| Yakisoba Shrimp | 16.4 | 635.0 | 89.6 | 11.1 | <1 | 0.0 | 115.8 | 1776.8 | 95.0 | 8.7 | 11.3 | 33.1 |
| Yakisoba Chicken | 16.4 | 660.0 | 126.0 | 14.0 | 2.0 | 0.0 | 75.0 | 1540.0 | 95.0 | 8.6 | 11.0 | 34.0 |
| HOMEMADE SAUCE | | | | | | | | | | | | |
| Ginger | 1.0 | 10.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 750.0 | 2.0 | 0.0 | 0.0 | 1.0 |
| Yum Yum | 1.0 | 175.0 | 13.7 | 18.7 | 3.0 | 0.0 | 81.7 | 153.3 | 2.0 | 0.003 | 0.5 | 0.0 |
| SHAREABLES | | | | | | | | | | | | |
| Edamame | 8.0 | 265.0 | 97.9 | 11.7 | 1.5 | 0.0 | 0.0 | 581.8 | 22.9 | 11.7 | 4.9 | 24.5 |
| Popcorn | | | | | | | | | | | | |
| MAKI SUSHI ROLLS | | | | | | | | | | | | |
| California Roll | 6.8 | 410 | 180 | 20.0 | 3.5 | 0.0 | 20 | 820 | 50.0 | 5.0 | 12.0 | 8.0 |
| Spicy Salmon Roll | 6.3 | 300 | 80 | 9.0 | 1.5 | 0.0 | 25 | 690 | 41.0 | 3.0 | 11.0 | 14.0 |
| Spicy Tuna Roll | 6.2 | 310 | 80 | 9.0 | 1.5 | 0.0 | 35 | 760 | 44.0 | 3.0 | 13.0 | 14.0 |
| Avocado | 7.5 | 370 | 180 | 20.0 | 3.0 | 0.0 | 0 | 420 | 42.0 | 8.0 | 11.0 | 5.0 |
| Salmon Avocado | 6.6 | 330 | 110 | 12 | 2.1 | 0.0 | 18.9 | 274 | 281 | 3.7 | 10.0 | 14.0 |
| Vegetable Roll | 6.5 | 300 | 60 | 6 | 1.5 | 0.0 | 0.0 | 690 | 55 | 6.1 | 10.2 | 5.0 |
| POKE BOWLS | | | | | | | | | | | | |
| Spicy Tuna Poke | 21.7 | 897 | 215 | 24 | 3.8 | 0.0 | 56.0 | 2225.0 | 117.0 | 8.5 | 29.1 | 49.8 |
| Spicy Salmon Poke | 21.7 | 925 | 290 | 31 | 5.5 | 0.0 | 62.8 | 2235.0 | 117.0 | 8.5 | 29.1 | 39.3 |
| SUSHI ENTRÉES | | | | | | | | | | | | |
| Sakura Sushi Combo | 11.0 | 670 | 244 | 27 | 4.2 | 0.0 | 80.6 | 1150.0 | 71.0 | 5.2 | 17.0 | 45.6 |
| Harumi Combo | 8.9 | 470 | 65 | 7 | <1 | 0.0 | 74.0 | 610.0 | 58.0 | <1 | 14.9 | 52.6 |
| Menu Items | | | | | | | | | | | | |
| BEVERAGES | | | | | | | | | | | | |
| Souvenir Refillable Soda | 16.0 | 80-90 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 20-38 | 20-23 | 0.0 | 20-22 | 0.0 |
| Fountain Soda | 16.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 27.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| Bottled Pure Leaf Tea | 16.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 27.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| Bottled Water (Sweet Or Unsweet) | 16.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 27.5 | 0.0 | 0.0 | 0.0 | 0.0 |
| ALCOHOLIC BEVERAGES | | | | | | | | | | | | |
| Premium Draft Beer | 16.0 | 195.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 16.1 | 0.0 | 0.0 | 1.2 |
| Domestic Draft Beer | 16.0 | 130.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 16.0 | 3.2 | 0.0 | 0.0 | 1.6 |
| Kirin Ichiban | 16.0 | 130.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 16.0 | 3.2 | 0.0 | 0.0 | 1.6 |
| Benihana Private Label Sake | 6.0 | 170.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 7.2 | 0.0 | 7.2 | 0.0 |

HARD ROCK STADIUM - EVENTS ONLY

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