

FAIRWAY MARKET KIPS BAY MENU

BENIHANA® HARU® restaurant | sushi bar
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)
HIBACHI BOWLS												
Hibachi Steak Bowl	17.5	795.0	202.9	22.5	6.4	0.6	315.0	963.1	105.7	22.8	1.2	40.9
Hibachi Chicken Bowl	17.5	820.0	202.9	22.5	5.6	0.0	290.0	923.1	105.7	22.9	1.3	47.7
Hibachi Shrimp Bowl	17.5	775.0	164.5	19.3	4.2	0.0	319.0	1126.1	105.0	22.7	1.4	44.1
Hibachi Vegetable Rice	12.0	600.0	134.8	15.0	3.3	0.0	189.0	823.7	105.0	22.5	1.2	9.2
Hibachi Chicken 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
Spicy Hibachi Chicken Rice	13.5	705.0	180.0	22.5	4.5	0.0	225.0	1155.0	106.5	9.0	0.8	24.0
SUSHI COMBINATION												
Sushi Combo Plate 1 (4 tuna & 4 salmon)	4.8	380.0	83.4	8.7	2.1	0.0	64.4	559.1	41.7	0.3	10.0	32.7
Sushi Combo Plate 2 (Salmon 2pcs, Tuna 2pcs, Eel 2pcs, Shrimp 2pcs Nigiri)	4.4	416.0	120.9	13.1	3.0	0.0	122.6	770.3	42.6	0.3	10.0	30.5
Sushi Combo Plate 3 (Salmon 2pcs, Tuna 1pc, Shrimp 1pc & 1/2 California Roll)	6.2	268.0	129.9	14.1	3.0	0.0	125.1	955.3	57.1	1.5	12.2	35.0
POKE BOWLS												
Tuna Poke Bowl	21.7	897.0	213.7	23.8	3.8	0.0	56.0	2225.1	117.1	8.5	29.1	49.8
Salmon Poke Bowl	21.7	925.0	286.9	31.5	5.5	0.0	62.8	2234.6	117.1	8.5	29.1	39.3
SIDES												
Seaweed Salad		110.0	27.0	3.0	0.0	0.0	0.0	1380.0	18.0	7.3	11.2	2.0
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
Spicy Edamame	8.0	396.0	178.1	21.8	4.0	0.0	0.0	1524.6	46.8	11.9	22.3	29.0
ROLLS												
Cucumber Roll	4.8	215.0	9.0	1.0	0.0	0.0	0.0	302.5	43.5	0.6	3.4	7.5
Salmon Roll	4.5	282.3	32.4	3.5	0.8	0.0	13.2	331.7	50.9	0.2	3.2	9.7
Sashimi Cucumber Roll (Salmon)	6.0	111.0	41.4	4.5	1.0	0.0	17.6	84.8	8.9	0.8	1.1	7.4
Tuna Roll	3.7	210.0	0.0	0.0	0.0	0.0	10.2	248.8	29.8	0.4	9.6	12.4
California Roll	8.8	410.0	113.2	12.4	1.0	0.0	9.0	821.8	67.0	4.8	10.9	14.5
Spicy Tuna Roll	7.2	310.0	36.0	4.0	0.5	0.0	20.0	937.0	66.8	0.9	11.6	15.0
Brown Rice Spicy Tuna Roll	7.2	305.0	36.0	4.0	0.5	0.0	20.0	937.0	63.8	2.9	11.6	15.0
Avocado Cucumber Roll	7.5	370.0	180.0	20.0	3.0	0.0	0.0	392.5	36.5	8.0	10.6	4.5
Eel Cucumber Roll	7.7	370.0	77.6	8.6	1.8	0.0	92.0	568.9	52.4	0.2	8.9	18.0
Sashimi Cucumber Roll (Spicy Tuna)	6.0	252.0	40.5	4.5	2.1	0.0	0.0	484.5	45.0	3.3	0.9	9.0
Salmon Jalapeno Roll	4.5	282.3	32.4	3.5	0.8	0.0	13.2	331.7	50.9	0.2	3.2	9.7
Salmon Avocado Roll	6.7	330.0	72.0	8.0	1.4	0.0	13.2	334.0	53.4	2.1	3.3	10.3
Brown Rice Salmon Avocado Roll	6.7	325.0	72.0	8.0	1.4	0.0	13.2	334.0	50.4	4.1	3.3	10.3
Tuna Avocado Roll	4.7	257.7	39.7	4.4	0.6	0.0	10.2	251.1	32.3	2.3	9.7	13.0
Vegetable Roll	6.5	300.0	60.0	6.0	1.5	0.0	0.0	690.0	55.0	6.1	10.2	5.0
NIGIRI												
Shrimp Nigiri 5pcs	2.0	165.0	6.1	0.6	0.0	0.0	88.0	459.8	25.6	0.2	6.2	13.6
Salmon Nigiri 5pcs	3.0	275.0	101.4	10.6	2.6	0.0	47.0	343.4	25.6	0.2	6.2	17.9
Tuna Nigiri 5PC	3.0	200.0	2.8	0.3	0.0	0.0	33.5	355.4	26.5	0.2	6.2	23.0
Eel Nigiri 4 pcs	3.0	390.0	191.8	21.3	5.0	0.0	138.0	767.1	28.6	0.2	6.2	21.6