

TALKING STICK RESORT ARENA 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)
<b>FRIED RICE BOWLS</b>												
*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
<b>HIBACHI BOWLS</b>												
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
<b>YAKISOBA BOWLS</b>												
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
<b>HOMEMADE SAUCE</b>												
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
<b>SHAREABLES</b>												
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
<b>MAKI SUSHI ROLLS</b>												
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
<b>POKE BOWLS</b>												
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
<b>SUSHI ENTRÉES</b>												
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
<b>Menu Items</b>												
Menu Items	Serving Size (ounces)	Calories	Calories from Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Sodium (mg)	Total Carbohydrates	Dietary Fiber (grams)	Sugars (grams)	Proteins (grams)	Proteins (grams)
<b>BEVERAGES</b>												
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 (Pepsi Products)	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
<b>ALCOHOLIC BEVERAGES</b>												
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