

## SIDE ORDERS



### **HIBACHI CHICKEN RICE** (440 Calories)

The original Benihana classic. Grilled chicken, rice, egg and chopped vegetables.

**BROWN RICE** (250 Calories)

**SPICY CHICKEN RICE** (470 Calories)

### **STEAMED RICE**

12 ounces (600 Calories)

### **BENIHANA SALAD** (90 Calories)

Crisp greens, red cabbage, carrots and grape tomatoes.  
Served with oil and vinegar.

## BEVERAGES

### **FROZEN SPECIALTIES** (330-370 Calories)

Mango Colada | Strawberry Passion Delight | Banana Berry Smoothie

### **BENIHANA LEMONADE** (130-140 Calories)

*Complimentary refills*

Raspberry | Mango | Strawberry | Passion Fruit

### **FRESHLY BREWED ICED TEAS**

*Complimentary refills*

Benihana "Red Flower" Hibiscus Blend Caffeine free (20 Calories)

Passion Fruit Green Tea (30 Calories) | Black Organic (0 Calories)

### **WATER** (0 Calories)

Fiji | Natural Artesian | Still | San Pellegrino | Sparkling Mineral Water

### **SODA**

*Complimentary refills*

Pepsi | Sierra Mist | Dr. Pepper | Lemonade | Ginger Ale (100 Calories)

Diet Pepsi (0 Calories)

### **RAMUNE**

Classic Japanese bottled soda with a "pop!"

Lemon-Lime (80 Calories) | Grape (100 Calories) | Strawberry (100 Calories)

## DESSERT

### **EDY'S ICE CREAM**

Chocolate or Vanilla (100 Calories)

### **RAINBOW SHERBET**

(100 Calories)

*PLEASE ALERT THE SERVER OF A FOOD ALLERGY,  
INTOLERANCE OR OTHER SPECIAL DIETARY REQUEST*

*Unfortunately, we cannot fully guarantee that any menu item will be completely free of gluten since our layout and kitchen operations involve shared cooking and preparation areas and the possibility exists for food items to come in contact with other food products.*

*Please request gluten free soy sauce.*

\*We are required by the Health Department to inform you that the items indicated contain raw fish and consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



**BENIHANA**<sup>®</sup>  
GLUTEN SENSITIVE MENU

CAUTION: 500 DEGREE GRILL

## APPETIZERS

### EDAMAME (205 Calories)

Served warm and sprinkled with sea salt.

### SUSHI\* SAMPLER (220 Calories)

Tuna, salmon, snapper, yellowtail and shrimp nigiri.

### SASHIMI\* SAMPLER (140 Calories)

Tuna, salmon and snapper.

### SHRIMP SAUTÉ (60 Calories)

## SASHIMI/NIGIRI

### SHRIMP (10-30 Calories)

### ALBACORE TUNA\* (30-55 Calories)

### SNAPPER\* (10-30 Calories)

### OCTOPUS (10-30 Calories)

### SALMON\* (35-55 Calories)

### TUNA\* (20-40 Calories)

### YELLOWTAIL\* (40-65 Calories)

## ROLLS

### CUCUMBER ROLL (240 Calories)

### SALMON\* ROLL (250 Calories)

### YELLOWTAIL\* ROLL (230 Calories)

### TUNA\* ROLL (210 Calories)

## SUSHI COMBINATION

*Served with Benihana salad (90 Calories) and Edamame (66 Calories).*

### SASHIMI\* WITH RICE (630 Calories)

An assortment of fresh sashimi served with steamed rice.

## LUNCH ENTRÉES

*All of our beef is USDA Choice, aged to perfection and hand-cut on the premises.*

*Served with* • BENIHANA SALAD (90 CALORIES) • HIBACHI VEGETABLE RICE (410 CALORIES) • HIBACHI VEGETABLES (40 CALORIES)

### HIBACHI CHICKEN (200 Calories)

Chicken breast and mushrooms with sesame seeds.

### FILET MIGNON\* (200 Calories)

Tenderloin and mushrooms lightly seasoned and grilled to perfection.

### HIBACHI SCALLOPS (90 Calories)

Tender Hokkaido scallops grilled hibachi style with lemon.

### HIBACHI SHRIMP (150 Calories)

Shrimp grilled with lemon.

### HIBACHI STEAK (200 Calories)

New York strip steak\* and mushrooms teppanyaki grilled to your specification.

### LUNCH DUET

*Select two of these Benihana favorites:*

Chicken (130 Cal.) | Calamari (120 Cal.)

Scallops (70 Cal) | Shrimp (70 Cal)

## KABUKI KIDS MENU

*Just for kids 12 and younger.*

*Served with* • EDAMAME (66 CALORIES) • BENIHANA SALAD (90 CALORIES) • HIBACHI SHRIMP APPETIZER (40 CALORIES) • HIBACHI VEGETABLES (40 CALORIES) • STEAMED RICE (300 CALORIES) • ICE CREAM OR SHERBET (90-100 CALORIES)

### ENTRÉES

**HIBACHI CHICKEN (180 Cal.) | HIBACHI SHRIMP (90 Cal.) | HIBACHI STEAK\* (120 Cal.)**

### COMBINATIONS

**CHICKEN & SHRIMP (200 Cal.) | CHICKEN & STEAK\* (210 Cal.) | STEAK\* & SHRIMP (150 Cal.)**

### SIDE ORDERS

**HIBACHI CHICKEN RICE (440 Cal.) | EDAMAME (120 Cal.)**

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years, but calorie needs vary. Additional nutritional information available upon request.

\*We are required by the Health Department to inform you that the items indicated contain raw fish and consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

## ENTRÉE COMPLEMENTS

Add to any of our entrées (excludes lunch entrées)

**ADD LOBSTER TAIL (65 Cal.)**

**ADD SCALLOPS (3.5 OUNCES- 70 Cal.)**

**ADD SHRIMP (8 PIECES- 100 Cal.)**

## STEAK AND CHICKEN

*All of our beef is USDA Choice, aged to perfection and hand-cut on the premises.*

*Served with* • EDAMAME (66 CAL.) • BENIHANA SALAD (90 CAL.) • HIBACHI SHRIMP APPETIZER (40 CAL.) • HIBACHI VEGETABLES (40 CAL.) • STEAMED RICE (300 CAL.) • JAPANESE HOT GREEN TEA (0 CAL.)

### FILET MIGNON\* (250 Calories)

Tenderloin and mushrooms lightly seasoned and grilled to perfection.

### HIBACHI CHICKEN (280 Calories)

Chicken breast and mushrooms with sesame seeds.

### HIBACHI STEAK\* (230 Calories)

New York strip steak and mushrooms hibachi grilled to your specification.

### HIBACHI CHATEAUBRIAND\* (360 Calories)

8.5 ounces of center cut tenderloin and mushrooms lightly seasoned.

## SEAFOOD

*Served with* • EDAMAME (66 CAL.) • BENIHANA SALAD (90 CAL.) • HIBACHI SHRIMP APPETIZER (40 CAL.) • HIBACHI VEGETABLES (40 CAL.) • STEAMED RICE (300 CAL.) • JAPANESE HOT GREEN TEA (0 CAL.)

### HIBACHI SHRIMP (200 Calories)

Hibachi shrimp grilled to perfection.

### SURF SIDE (290 Calories)

Grilled colossal shrimp, calamari and tender Hokkaido scallops.

### COLOSSAL SHRIMP (190 Calories)

Colossal shrimp lightly seasoned and grilled with lemon.

### HIBACHI SCALLOPS (140 Calories)

Tender Hokkaido scallops grilled hibachi style with lemon.

### OCEAN TREASURE (250 Calories)

Grilled cold water lobster tail with grilled Hokkaido scallops and colossal shrimp.

### TWIN LOBSTER TAILS (130 Calories)

Two cold water lobster tails grilled with lemon.

## SPECIALTIES

*All of our beef is USDA Choice, aged to perfection and hand-cut on the premises.*

*Served with* • EDAMAME (66 CAL.) • BENIHANA SALAD (90 CAL.) • HIBACHI SHRIMP APPETIZER (40 CAL.) • HIBACHI VEGETABLES (40 CAL.) • MUSHROOMS (15 CAL.) • STEAMED RICE (300 CAL.) • JAPANESE HOT GREEN TEA (0 CAL.) • ICE CREAM OR SHERBET (90-100 CAL.)

### EMPEROR'S FEAST (380 Calories)

Filet mignon\* and chicken breast grilled to perfection.

### ROCKY'S CHOICE (370 Calories)

Hibachi steak\* and chicken breast grilled to your specification.

### BENIHANA TRIO (410 Calories)

Filet mignon\*, chicken breast and colossal shrimp grilled with lemon.

### BENIHANA SPECIAL (310 Calories)

Hibachi steak\* paired with a cold water lobster tail.

### BENIHANA DELIGHT (390 Calories)

Chicken breast and colossal shrimp lightly seasoned and grilled.

### SPLASH 'N MEADOW (350 Calories)

Hibachi steak\* and colossal shrimp lightly seasoned and grilled to your specification.

### DELUXE TREAT (320 Calories)

Filet mignon\* and cold water lobster tail grilled with lemon.

### LAND 'N SEA (320 Calories)

Tender filet mignon\* and Hokkaido scallops grilled in lemon.

### SAMURAI TREAT (360 Calories)

Filet mignon\* and colossal shrimp grilled to perfection with lemon.

### HIBACHI SUPREME (440 Calories)

Chateaubriand\*, 8.5 ounces of our finest center cut tenderloin, served with a grilled cold water lobster tail with lemon.