

BENIHANA®

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)
APPETIZERS												
Seaweed Salad	4.23	110	30	3	0	0	0	1380	18	7	11	2
Edamame	2.75	120	45	5	0.5	0	0	200	10	7	2	9
Agedashi Tofu	5.4	130	60	7	1	0	0	780	9	3	<1	8
Vegetable Tempura	10.5	590	390	43	7	0	0	490	44	4	3	7
Pan Fried Beef Gyoza Dumplings	3.17	200	80	9	3	0.5	15	550	20	6	7	6
Sashimi Sampler												
Tuna Sashimi	1.8	50	0	0.5	0	0	25	20	0	0	0	12
Izumidai Sashimi	0.8	20	0	0	0	0	11.5	12	0	0	0	5
Salmon Sashimi	1.2	70	40	4	1	0	20	5	0	0	0	7
Sushi Sampler												
Tuna Nigiri	0.6	40	0	0	0	0	5	70	5	0	1	5
Izumidai Nigiri	0.4	30	0	0	0	0	5	70	5	0	1	2
Salmon Nigiri	0.6	60	20	2	0.5	0	10	70	5	0	1	4
Shrimp Nigiri	0.4	30	0	0	0	0	15	90	5	0	1	3
Yellowtail Nigiri	0.6	60	25	3	0.5	0	10	70	5	0	1	4
Shrimp Tempura	7.41	500	315	35	5	0	60	870	37	2	3	10
Shrimp Saute	7 (EA)	60	10	1	0	0	90	410	0	1	0	13
Soft Shell Crab	4.8	290	180	20	3.5	0	15	1030	16	2	4	12
Tuna Tataki	5.98	130	10	1	1	0	45	430	8	1	3	23
Crispy Spicy Tuna	4.23	290	120	13	2	0	15	700	28	1	11	15
Chili Ponzu Yellowtail	3.39	190	126	14	4.5	0	55	880	9	2	4	8
SIDES ORDERS												
Hibachi Chicken Rice	93	440	100	11	2.5	0	15	570	70	6	<1	15
Benihana Onion Soup	6.7	25	10	1	0	0	0	710	3	0	0	1
Miso Soup	6.45	35	10	1	0	0	0	950	4	1	0	2
Brown Rice	6	250	15	1.5	0	0	0	10	54	4	0	5
Benihana Salad	3.8	90	70	8	1	0	0	360	3	6	0	2
SUSHI COMBINATIONS HEADER												
Benihana Salad	3.8	90	70	8	1	0	0	360	3	6	0	2
Miso Soup	6.45	35	10	1	0	0	0	950	4	1	0	2.3
SUSHI COMBINATIONS												
Sushi												
California Roll	7	330	500	11	2	0	10	670	55	5	10	13
Tuna Nigiri	0.6	40	0	0	0	0	5	70	5	0	1	5
Salmon Nigiri	0.6	60	20	2	0.5	0	10	70	5	0	1	4
Izumidai Nigiri	0.4	30	0	0	0	0	5	70	5	0	1	2
Octopus Nigiri	0.4	30	0	0	0	0	5	95	5	0	1	3
Eel Nigiri	0.6	50	10	1	0	0	45	120	8	0	1	2
Shrimp Nigiri	0.4	30	0	0	0	0	15	90	5	0	1	3
Sushi Deluxe												
Tuna Roll	1	180	5	0.5	0	0	10	430	32	0	10	11
Tuna Nigiri	0.6	40	0	0	0	0	5	70	5	0	1	5
Salmon Nigiri	0.6	60	20	2	0.5	0	10	70	5	0	1	4
Izumidai Nigiri	0.4	30	0	0	0	0	5	70	5	0	1	2
Salmon Roe (Ikura Nigiri)	0.4	50	10	1	0	0	15	190	6	0	1	4
Eel Nigiri	0.6	50	10	1	0	0	45	120	8	0	1	2
Yellowtail Nigiri	0.6	60	25	3	0.5	0	10	70	5	0	1	4
Shrimp Nigiri (2)	0.8	60	0	0	0	0	30	180	10	0	2	6

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)
Octopus Nigiri	0.4	30	0	0	0	0	5	95	5	0	1	3
Albacore Nigiri	0.5	50	20	2	0.5	0	10	70	5	0	1	4
Sashimi with Rice												
Tuna Sashimi	1.8	50	0	0.5	0	0	20	20	0	0	0	12
Salmon Sashimi	1.8	100	60	6	1.5	0	30	5	0	0	0	10
Yellowtail Sashimi	1.8	120	80	9	2	0	30	20	0	0	0	12
Izumidai (Tilapia) Sashimi	1.2	30	0	0	0	0	15	18	0	0	0	7
Octopus Sashimi	1.2	30	0	0	0	0	15	85	0	0	0	7
Steamed Rice	6	300	0	0	0	0	0	5	72	<1	<1	6
Sushi/Sashimi with Rice												
Tuna Nigiri	0.6	40	0	0	0	0	5	70	5	0	1	5
Salmon Nigiri	0.6	60	20	2	0.5	0	10	70	5	0	1	4
Izumidai Nigiri	0.4	30	0	0	0	0	5	70	5	0	1	2
Albacore Nigiri	0.5	60	20	2	0.5	0	10	70	5	0	1	4
Eel Nigiri	0.6	50	10	1	0	0	45	120	8	0	1	2
Yellowtail Nigiri	0.6	60	25	3	0.5	0	10	75	5	0	1	4
Shrimp Nigiri	0.4	30	0	0	0	0	15	90	5	0	1	3
Tuna Sashimi	1.8	50	0	0	0	0	20	15	< 1	0	0	13
Salmon Sashimi	1.2	70	40	4	1	0	20	0	0	0	0	7
Octopus Sashimi	0.8	20	0	0	0	0	10	60	0	0	0	5
Yellowtail Sashimi	1.2	80	50	6	1	0	20	15	0	0	0	8
Steamed Rice	6	300	0	0	0	0	0	5	72	<1	<1	6
SASHIMI												
Egg	0.60	25	10	1	0	0	45	55	2	0	2	1
Shrimp	0.40	10	0	0	0	0	20	25	0	0	0	2
Albacore Tuna	0.50	30	20	2	0.5	0	10	0	0	0	0	3
Izumidai - Tilapia	0.40	10	0	0	0	0	5	0	0	0	0	2
Octopus	0.40	10	0	0	0	0	5	30	0	0	0	2
Salmon	0.60	35	20	2	0.5	0	10	0	0	0	0	3
Eel	0.60	60	40	4	1	0	30	90	< 1	0	0	4
Tuna	0.60	20	0	0	0	0	5	0	< 1	0	0	4
Yellowtail	0.60	40	25	3	0.5	0	10	5	0	0	0	4
Salmon Roe	0.40	30	10	1	0	0	15	120	< 1	0	0	4
NIGIRI WITH RICE ADDED IN												
Egg	0.60	50	10	1	0	0	45	120	8	0	3	2
Shrimp	0.4	30	0	0	0	0	20	90	5	0	1	3
Albacore Tuna	0.50	55	20	2	0.5	0	10	70	5	0	1	4
Izumidai - Tilapia	0.40	30	0	0	0	0	5	70	5	0	1	2
Octopus	0.4	30	0	0	0	0	5	95	5	0	1	3
Salmon	0.6	55	20	2	0.5	0	10	70	5	0	1	4
Eel	0.60	80	40	4	1	0	30	150	6	0	1	4
Tuna	0.6	40	0	0	0	0	5	70	5	0	1	5
Yellowtail	0.6	65	25	3	0.5	0	10	70	5	0	1	4
Salmon Roe	0.4	50	15	1	0	0	15	190	6	0	1	4
ROLL												
California Hand Roll	3.65	170	20	2	0	0	< 5	370	29	2	4	9
California Roll	7.3	330	50	6	0	0	10	670	55	5	10	13
Cucumber Hand Roll	2.46	110	10	1	0	0	0	130	23	<1	10	2
Cucumber Roll	5.3	240	10	1	0	0	0	330	49	<1	4	8
Eel Hand Roll	2.6	170	50	6	1.5	0	70	400	22	<1	4	7
Eel Roll	7.85	420	110	12	3	0	110	1070	60	<1	11	18
Philadelphia Hand Roll	3.13	200	90	10	4	0	30	250	20	2	5	8
Salmon Roll	4.75	250	45	5	1	0	20	270	37	0	10	14
Shrimp Tempura Hand Roll	2.95	170	45	5	1	0	10	480	25	2	14	5
Shrimp Tempura Roll	71	400	100	11	2	0	25	1160	61	<1	4	11

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Spicy Tuna Hand Roll	2.77	140	20	2.5	0	0	10	350	26	<1	4	3
Tuna Hand Roll	2.42	110	0	0	0	0	5	180	18	0	10	10
Tuna Roll	4.7	210	0	0	0	0	15	280	37	0	10	15
Yellowtail Roll	4.5	230	30	3.5	1	0	20	280	37	0	10	13
SPECIALTY SUSHI												
Shrimp Lover's Roll	8.42	440	140	15	2.5	0	65	1210	60	7	15	17
Alaskan Roll	8.6	450	170	19	3.5	0	45	770	47			22
Chili Shrimp Roll	10.2	620	280	31	6	0	85	2040	66	2	29	20
Vegetable Roll	6.48	300	60	6	1.5	0	0	690	55	6	10	5
Spicy Tuna Roll	6.23	320	35	4	0.5	0	20	880	56	<1	11	14
Philadelphia Roll	78	380	120	13	5	0	35	680	54	3	13	13
Las Vegas Roll	8.2	560	280	31	8	0	40	770	56	5	10	13
Shrimp Crunchy Roll	8.3	500	180	20	3	0	20	1260	68	1	12	11
Dragon Roll	11	570	200	22	4	0	90	1540	67	7	13	26
Rainbow Roll	10	430	110	12	1	0	80	700	56	7	13	25
Spider Roll	8.1	450	160	18	3	0	25	1240	58	6	12	13
Sumo Roll	12.2	1000	500	56	10	0	110	1460	96	5	15	29
Lobster Roll	14.8	430	160	18	3	0	80	1010	53	2	15	15
Spicy Kiss Roll		510	220	24	4	0	50	1290	48			25
Emperors Roll	7.8	520	230	25	6	0	65	1380	47			25
5 COURSE ENTRÉE HEADER												
Benihana Onion Soup	6.7	25	10	1	0	0	0	710	3	00	00	1
Benihana Salad	3.8	90	70	8	1	0	0	360	3	5.85	00	2
Shrimp Appetizer	3 EA	40	5	1	0.1	0	35	100	0	0	0	8
Hibachi Vegetables Onions	2	25	5	0.5	0.1	0	0	30	5	10	00	< 1
Hibachi Vegetables Zucchini	2	15	5	0.4	0.1	0	0	30	2	10	00	< 1
Ginger Sauce	1	10	0	0	0	0	0	750	0	00	00	2
Mustard Sauce	1	110	90	10	1.5	0	0	530	4	00	00	2
Shrimp Sauce	1	170	170	19	3	0	80	150	2	0	<1	0
Steamed Rice	6	300	0	0	0	0	0	5	72	<1	<1	6
NOODLES & TOFU												
Seafood Diablo	15.1	630	230	26	4	0	110	1620	69	3	14	31
Spicy Tofu Steak	12.1	490	150	16	3.5	0	80	1250	55	7	33	21
Yakisoba Chicken	15.9	640	130	14	2	0	75	1540	94	9	11	34
STEAK AND CHICKEN												
Filet Mignon	5.75	250	100	11	5	0.5	85	190	1	0	0	36
Teriyaki Chicken	7	370	100	11	3	0	115	430	17	0	0	52
Spicy Hibachi Chicken	70	360	120	14	3.5	0	115	790	16	1	0	44
Hibachi Chicken	70	280	100	11	3	0	115	120	1	0	0	44
Hibachi Steak	70	230	100	11	5	1	160	190	1	0	0	32
Teriyaki Steak	60	290	100	11	4	0.5	135	530	15	2	17	33
Hibachi Chateaubriand	8.50	360	160	18	7	0.5	130	400	3	0	20	48
Imperial Steak	120	420	170	61	8	1.5	270	260	1	1	20	61
SEAFOOD												
Hibachi Shrimp	14 (EA)	200	30	5	1	0	165	470	0	<1	<1	38
Surf Side												
Calamari Steak	4 oz	110	35	6	2	0	170	15	0	< 1	< 1	16
Scallops	3.5 oz	70	20	2	0.5	0	25	400	2	< 1	< 1	12
Colossal Shrimp	4 shrimp	110	30	3.5	1	0	160	460	0	< 1	< 1	19
Colossal Shrimp	7 (EA)	190	50	6	1.5	0	280	800	0	<1	<1	33
Hibachi Tuna Steak	6	460	220	24	4	0	155	1000	7	8	7	45
Salmon w/Avocado	6	670	380	42	8	0	170	830	27	3	6	37
Hibachi Scallops	7	140	35	4	1	0	50	810	4	<1	<1	23
Ocean Treasure												
Lobster Tail	1 tail	70	15	1.5	0.5	0	90	440	0	< 1	< 1	13

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Scallops	3.5 oz	70	20	2	0.5	0	25	100	2	< 1	< 1	12
Colossal Shrimp	4 shrimp	110	30	3.5	1	0	160	460	0	< 1	< 1	19
Twin Lobster Tails	2 (EA)	130	30	3	1	0.5	175	880	0	<1	<1	25
6 COURSE ENTRÉE HEADER												
Benihana Onion Soup	6.7	25	10	1	0	0	0	710	3	0	0	1
Benihana Salad	3.8	90	70	8	1	0	0	360	3	6	0	2
Shrimp Appetizer	3 EA	40	5	1	0	0	35	100	0	0	0	8
Mushrooms	1.5	15	5.3	0.6	0.2	0	0	9	1	0	<1	1
Hibachi Vegetables Onions	2	25	5	1	0	0	0	30	5	1	0	0
Hibachi Vegetables Zucchini	2	15	5	1	0	0	0	30	2	1	0	1
Ginger Sauce	1	10	0	0	0	0	0	750	0	0	0	2
Mustard Sauce	1	110	90	10	1.5	0	0	530	4	0	0	2
Shrimp Sauce	1	170	170	19	3	0	80	150	2	0	<1	0
Steamed Rice	6	300	0	0	0	0	0	5	72	<1	<1	6
Ice cream	3	100	45	5	3	0	20	25	13	1	11	2
Rainbow Sherbet	3	100	10	1	0	0	50	20	22	0	17	< 1
SPECIALTIES												
Emperor's Feast												
Filet Mignon	5.75	250	100	11	5	0.5	850	190	1	1	<1	36
Chicken	3.50	130	45	5	1.5	0	550	55	0	0	0	22
Rocky's Choice												
Hibachi Steak	70	240	95	11	5	1	1600	190	1	1	<1	32
Chicken	3.50	130	45	5	1.5	0	550	55	0	0	0	22
Benihana Trio												
Filet Mignon	4.75	200	80	9	4.5	0	700	160	1	1	<1	30
Colossal Shrimp	3 (EA)	80	25	2.5	1	0	1200	340	0	0	0	14
Chicken	3.50	130	45	5	1.5	0	550	55	0	0	0	22
Benihana Special												
Hibachi Steak	70	240	100	11	5	1	1600	189	1	1	<1	32
Lobster Tail	1 tail	70	15	1.5	0.5	0	900	440	0	0	0	13
Benihana Delight												
Chicken	70	280	95	11	3	0	115	120	1	1	<1	44
Colossal Shrimp	4 (EA)	110	30	3.5	1	0	160	160	0	0	0	19
Benihana Excellence												
Julienne Steak	50	200	70	8	3	0	1100	370	11	<1	20	23
Colossal Shrimp	4 (EA)	110	30	3.5	1	0	1600	460	0	0	0	19
Splash 'N Meadow												
Hibachi Steak	70	240	100	11	5	1	1600	190	1	1	<1	32
Colossal Shrimp	4(EA)	110	30	3.5	1	0	1600	460	0	0	0	19
Deluxe Treat												
Filet Mignon	5.75	250	100	11	5	0.5	850	190	1	1	<1	36
Lobster Tail	1 tail	70	15	1.5	0.5	0	900	440	0	0	0	13
Land 'N Sea												
Filet Mignon	5.75	250	100	11	5	0.5	850	190	1	1	<1	36
Scallops	3.50	70	20	2	0.5	0	250	400	2	0	0	12
Samurai Treat												
Filet Mignon	5.75	250	100	11	5	0.5	850	190	1	1	<1	36
Colossal Shrimp	4 (EA)	110	30	3.5	1	0	1600	460	0	0	0	19
Hibachi Supreme												
Chateaubriand	8.50	370	160	18	7	0.5	1300	400	3	1	<1	48
Lobster Tail	1 tail	70	15	1.5	0.5	0	900	440	0	0	0	13
LUNCH ENTRÉE HEADER												
Benihana Onion Soup	6.7	25	10	1	0	0	00	710	3	0	0	1
Hibachi Vegetable Rice	6.9	410	70	8	2	0	650	770	75	6	<1	9
Hibachi Vegetables	4	40	10	1	0	0	00	65	6	2	0	1

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LUNCH ENTREES												
Hibachi Chicken	50	200	70	8	2	0	800	85	< 1	0	0	31
Filet Mignon	4.75	200	80	9	4	0	700	150	< 1	0	0	30
Spicy Hibachi Chicken	50	260	90	10	2.5	0	800	560	11	1	11	31
Beef Julienne	40	160	50	6	2	0	900	295	9	1	13	19
Hibachi Scallops	4.50	90	20	2.5	0.5	0	300	520	3	0	0	15
Hibachi Shrimp	10 (EA)	150	20	3.5	0.5	0	1200	340	0	0	0	27
Yakisoba	6	510	80	9	0.5	0	100	1490	94	9	11	13
- Chicken (for Yakisoba)	2.5	90	30	3.5	1	0	400	40	0	0	0	15
- Steak (Julienne - Yakisoba)	2	80	25	3	1	0	450	140	4	0	0	9
- Hibachi Shrimp -(Yakisoba)	4 (EA)	60	10	1.5	0	0	450	135	0	0	0	11
Hibachi Steak	60	200	80	9	4	1	1350	160	< 1	00	0	27
Lunch Duet (choose 2)												
Chicken	3.500	130	45	5	1.5	0	550	55	0	0	0	22
Calamari	400	120	35	6	1.5	0	1700	15	0	0	0	16
Beef Julienne	3	110	40	4	1.5	0	700	210	6	0	0	13
Yakisoba	3	260	40	4.5	0	0	50	740	47	6	7	6
Scallops	3.5	70	20	2	0.5	0	250	400	2	0	0	12
Shrimp	5 (EA)	70	10	2	0	0	600	170	0	0	0	14
Lunch Boat Header												
Benihana Onion Soup	6.7	25	10	1	0	0	00	710	3	00	00	1
Benihana Salad	3.8	90	70	8	1	0	0	360	3	6	0	2
Steamed Rice	6	300	0	0	0	0	00	5	72	<1	<1	6
Sashimi	2.2	70	0	0.5	0	0	36.50	32	0	0	0	17
California Roll (half)	3.925	210	55	6	1.5	0	55	535	30	2	5	9
Edamame	1.5	64	24	2.7	0.3	0	0	107	5	1	0	5
Shrimp and Vegetable Tempura		161	119	12.6	1	0	00	370	6	1	0	0
Fruit		35	0	0.2	0.2	0.2	0.21	1	17	2	8	1
Lunch Boat (choose one)												
Lunch Boat Chicken	3.5	130	45	5	1.5	0	550	55	0	0	0	22
Lunch Boat Salmon	2	110	55.6	6.2	1.1	0	25.5	61.8	0	0	0	13.5
Lunch Boat Beef	3	110	40	4	1.5	0	700	210	6	0	0	13
ON SELECT MENUS												
Imperial Salad	15.9	190	72	8	1.5	0	0	530	23	24	1	6
Imperial Salmon	5.5	300	153	17	3	0	70	170	0	24	1	37
Imperial Chicken	3.9	150	31.5	3.5	1	0	95	115	0	24	1	30
Imperial Filet	4	210	99	11	5	1	65	135	0	24	1	28
DESSERTS												
Banana Tempura	7.6	410	120	13	4.5	0	200	70	69	3	27	5
Green Tea Ice cream	3	90	30	4	2.5	0	100	40	13	0	14	2
Chocolate Ice Cream	3	100	45	5.5	3	0	200	25	13	1	11	2
Vanilla Ice Cream	3	100	45	5.5	3	0	200	25	12	0	11	2
Rainbow Sherbet	3	100	10	1	0	0	50	20	22	0	17	< 1
TAKE HOME												
Brown Rice (12 oz)	12	500	30	3	0	0	00	15	108	8	0	9
Ginger Sauce (1 pt)	16	160	0	0	0	0	00	12000	2	3	5	28
Hibachi Chicken Rice (12 oz)	12	880	200	22	5	0	300	300	1140	13	2	142
Hot Sauce (4 oz)	4	270	10	1.5	0	0	00	1270	62	0	24	5
Mustard Sauce (1 pint)	16	1760	1440	160	24	0	00	8480	64	0	5	32
Salad Dressing (1 pt)	16	960	860	96	16	0	00	5440	32	4	6	0
Shrimp Sauce (1 pt)	16	2770	2690	300	48	0	13100	2450	32	0	9	0
Steamed Rice (12 oz)	12	600	0	0	0	0	00	0	144	1	1	12
EXPRESS LUNCH HEADER												
Benihana Onion Soup	6.7	25	10	1	0	0	00	710	3	0	0	1
Hibachi Vegetable Rice	6.9	410	70	8	2	0	650	770	75	6	1	9

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 Vegetables	4	40	10	1	0	0	00	65	6	2	0	1
EXPRESS LUNCH ENTRÉES												
Hibachi Chicken	5	200	90	7.5	2	0	800	85	< 1	0	0	31
Hibachi Filet	4.75	200	80	8.5	4	0	700	150	< 1	0	0	30
Hibachi Shrimp	10 (EA)	140	20	3.5	0.5	0	1200	340	0	0	0	27
Hibachi Steak Julienne	5	200	70	7.5	3	0	1100	370	10.5	0	0	23
EXPRESS LUNCH COMBO												
Lunch Combo (Steak & Chicken)	3.5 / 3.5	270	90	10	3.5	0	1350	310	7.6	0	0	38
Lunch Combo (Steak & Shrimp)	3.5 / 5 (EA)	210	60	7	2	0	1400	430	7.6	0	0	30
Lunch Combo (Chicken & Shrimp)	3.5/5(EA)	210	60	7	2	0	1150	231	< 1	0	0	36
EXPRESS LUNCH RICE BOWL												
Chicken Teriyaki Bowl	21.8	940	70	8	2	0	800	1380	175	14	40	43
Shrimp Teriyaki Bowl	20.8	870	40	4	0.5	0	750	1320	178	14	40	31
Steak Teriyaki Bowl	20.7	920	70	8	2.5	0	400	1560	181	14	40	32
EXPRESS LUNCH - LUNCH BOAT HEADER												
Benihana Onion Soup	6.7	25	10	1	0	0	00	710	3	0	0	1
Benihana Salad	3.8	90	70	8	1	0	0	360	3	6	0	2
Steamed Rice	6	300	0	0	0	0	00	5	72	<1	<1	6
Sashimi	2.2	70	0	0.5	0	0	36.50	32	0	0	0	17
California Roll (half)	3.925	210	55	6	1.5	0	55	535	30	2	5	9
Edamame	1.5	64	24	2.7	0.3	0	0	107	5	1	0	5
Shrimp and Vegetable Tempura		161	119	12.6	1	0	00	370	6	1	0	0
Fruit		35	0	0.2	0.2	0.2	0.21	1	17	2	8	1
EXPRESS LUNCH BOAT (CHOOSE ONE)												
Lunch Boat Chicken	3.5	130	45	5	1.5	0	550	55	0	0	0	22
Lunch Boat Salmon	2	110	56	6.2	1.1	0	25.45	62	0	0	0	13
Lunch Boat Beef	3	110	40	4	1.5	0	700	210	6	0	0	13
BENTO BOXES												
Chicken Breast	5 oz	122	700	80	20	00	800	85	<1	00	00	0
Beef Julienne	5 oz	87.5	600	80	0.63	00	1100	370	11	00	00	16
Salmon Filet	5 oz	270	1400	150	2.50	00	650	50	0	00	00	20
Teriyaki sauce	1 oz	80	00	00	00	00	00	615	16	00	130	3
Spicy Teriyaki	1 oz	70	00	0.10	00	00	00	680	14	00	110	2
Garlic Butter	1/2 oz	90	800	80	2.50	00	00	125	3	00	00	<1
Miso Soup		35	100	10	00	00	00	950	4	10	<1	2
Steamed rice	6 oz	300	00	00	00	00	00	5	72	<1	<1	6
Sushi rice	6 oz	270	50	10	00	00	00	800	62	00	10	4
Benihana Salad	2/3 serving	60	500	50	00	00	00	240	2	6	0	1
Edamame	4 oz	170	700	70	00	00	00	290	15	7	2	13
Cucumber Roll	5.3	240	100	10	00	00	00	330	49	<1	4	8
California Roll	7.3	330	500	60	00	00	100	670	55	5	10	13
CHILDRENS MENU HEADER												
Benihana Onion Soup	6.7	25	10	1	0	0	00	710	3	0	0	1
Benihana Salad	3.8	90	70	8	1.5	0	2550	360	3	6	0	2
Shrimp Apetizer	2 EA	40	5	1	0	0	350	100	0	0	0	8
Vegetables	4	40	10	1.5	0	0	00	65	6	2	0	1
Steamed Rice	6	300	0	0	0	0	00	0	72	<1	<1	6
Ice Cream	3	100	45	6	3	0	200	25	13	1	11	2
CHILDRENS MENU FOOD												
California Roll Meal Jr	1	330	50	6	0	0	700	670	55	7	10	13
Chicken & Shrimp (Jr. Combo)	3.5 / (5 EA)	200	60	7	1.8	0	1150	220	0	0	0	35
Chicken & Steak (Jr. Combo)	3.5 / 2.5	210	70	9	3.1	0.2	1150	120	0	0	0	33
Steak & Shrimp (Jr. Combo)	2.5 //(5 EA)	150	40	5	1.9	0.2	1150	230	0	0	0	25
Hibachi Chicken Jr.	5	180	60	7	2.1	0	800	80	0	0	0	31
Hibachi Shrimp Jr.	6 EA	90	10	2	0.3	0	700	200	0	0	0	16
Hibachi Steak Jr.	2.5	120	50	6	2.6	0.3	900	100	0	0	0	18

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)
CHILDRENS MENU SIDE ORDER												
Edamame	2.75	120	45	5	0.5	0	00	200	10	7	7	9
Hibachi Chicken Rice	9	440	100	11	2.5	0	1500	570	71	6	<1	15
White Noodle	7	280	40	4	1	0	00	700	56	0	12	6
HAPPY HOUR												
Edamame	2.75	120	45	5	0.5	0	00	200	10	7	2	9
Seaweed Salad	4.23	110	30	3	0	0	00	1380	18	7	11	2
Salmon Nigiri	0.6	55	20	2	0.5	0	100	70	5	0	1	4
Shrimp Nigiri	0.4	30	0	0	0	0	200	90	5	0	1	3
Tuna Nigiri	0.6	40	0	0	0	0	50	70	5	0	1	5
Yellowtail Nigiri	0.6	70	30	3	0.5	0	100	70	5	0	1	4
Salmon Hand Roll	3	160	50	5	1	0	50	125	23	0	10	6
Shrimp Tempura Hand Roll	3	160	45	5	1	0	100	180	25	2	14	5
Spicy Tuna Hand Roll	2.8	140	25	2.5	0	0	100	350	26	<1	4	3
Yellowtail Hand Roll	4.5	230	30	3.5	1	0	200	280	37	0	10	13
California Roll	7.3	330	50	6	0	0	50	670	55	5	10	13
Philadelphia Roll	7.1	380	120	13	5	0	350	680	54	3	13	13
Spicy Tuna Roll	6.23	320	35	4	0.5	0	200	880	56	<1	11	14
Pan Fried Beef Gyoza Dumplings	3.17	200	80	9	3	0.5	50	550	10	6	7	6
Shrimp Tempura	7.41	500	320	35	5	0	600	870	37	6	7	10
Karaage Chicken	8.1	530	250	28	5	0	1250	2100	29			40
Crispy Panko Crusted Calamari	8.1	540	230	26	5	0	1200	1600	58			19
Chili Shrimp Roll	10.2	620	280	31	6	0	850	2040	66	2	29	20
Dragon Roll	11	570	200	22	4	0	1500	1540	67	7	13	26
Las Vegas Roll	8.2	560	280	31	8	0	400	770	56	5	10	13
Rainbow Roll	10	430	110	12	1	0	1350	700	56	7	13	25
Shrimp Crunchy roll	8.3	500	180	20	3	0	200	1260	68	1	12	11
Crispy Spicy Tuna	8.3	290	120	13	2	0	150	700	28	1	11	15
GROUP MENU												
GROUP MENU HEADER												
Benihana Onion Soup	6.7	25	10	1	0	0	0	710	3	0	0	1
Benihana Salad	3.8	90	70	8	1	0	0	360	3	6	0	2
Shrimp Appetizer	3 EA	40	5	1	0	0	35	100	0	0	0	8
Hibachi Vegetables Onions	2	25	5	1	0	0	0	30	5	1	0	0
Hibachi Vegetables Zucchini	2	15	5	1	0	0	0	30	2	1	0	1
Ginger Sauce	1	10	0	0	0	0	0	750	0	0	0	2
Mustard Sauce	1	110	90	10	1.5	0	0	530	4	0	0	2
Shrimp Sauce	1	170	170	19	3	0	80	150	2	0	<1	0
Hibachi Chicken Rice	6	300	0	0	0	0	0	5	72	<1	<1	6
Ice cream	3	100	45	5	3	0	20	25	13	1	11	2
Rainbow Sherbet	3	130	15	1.5	0.5	0	4	35	29	0	17	1
KOI ENTRÉE												
Koi Yakisoba Chicken	15.9	640	130	14	2	0	75	1540	94	9	11	34
Koi Yakisoba Steak	15	630	120	13	2	0	80	1640	98	9	11	28
Koi Yakisoba Shrimp	15	610	100	12	1	0	80	1640	94	9	11	30
Koi Hibachi Chicken	7	280	100	11	3	0	115	120	1	0	0	44
Koi Spicy Hibachi Chicken	70	360	120	14	3.5	0	115	790	16	0	0	44
HOTEI ENTRÉE												
Hotei Hibachi Chicken	7	280	100	11	3	0	115	120	1	0	0	44
Hotei Spicy Hibachi Chicken	70	360	120	14	3.5	0	115	790	16	1	0	44
Hotei Yakisoba Steak	15	630	120	13	2	0	80	1640	98	9	11	28
Hotei Yakisoba Shrimp	15	610	100	12	1	0	80	1640	94	9	11	30
Hotei Yakisoba Chicken	15.9	640	130	14	2	0	75	1540	94	9	11	34
GEISHA ENTRÉE												
Geisha Hibachi Tuna Steak	6	460	220	24	4	0	155	1000	7	8	7	45
Geisha Teriyaki Steak	6	290	100	11	4	1	135	530	15	0	0	33

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)
Geisha Hibachi Steak	7	230	100	11	5	1	160	190	1	0	0	32
Geisha Hibachi Shrimp	14 (EA)	200	30	5	1	0	165	470	0	<1	<1	38
BUDDHA ENTRÉE												
Buddha Benihana Delight												
Chicken	70	280	95	11	3	0	115	120	1	0	0	44
Colossal Shrimp	4 (EA)	110	30	3.5	1	0	160	160	0	<1	<1	19
Buddha Filet Mignon	5.75	250	100	11	5	0.5	85	190	1	0	0	36
Buddha Colossal Shrimp	7 (EA)	190	50	6	1.5	0	280	800	0	<1	<1	33
Buddha Rocky's Choice												
Hibachi Steak	7	240	100	11	5	1	160	190	1	0	0	32
Chicken	3.5	130	45	5	1.5	0	55	55	0	0	0	22
Buddha Splash 'N Meadow												
Hibachi Steak	70	240	100	11	5	1	1600	190	1	0	0	32
Colossal Shrimp	4(EA)	110	30	3.5	1	0	1600	460	0	<1	<1	19
SAMURAI ENTRÉE												
Samurai Ocean Treasure												
Lobster Tail	1 tail	70	15	1.5	0.5	0	90	440	0	0	0	13
Scallops	3.5 oz	70	20	2	0.5	0	25	100	2	<1	<1	12
Colossal Shrimp	4 shrimp	110	30	3.5	1	0	160	460	0	<1	<1	19
Samurai Splash 'N Meadow												
Hibachi Steak	70	240	100	11	5	1	1600	190	1	1	<1	32
Colossal Shrimp	4(EA)	110	30	3.5	1	0	1600	460	0	0	0	19
Samurai Benihana Special												
Hibachi Steak	70	240	100	11	5	1	1600	189	1	1	<1	32
Lobster Tail	1 tail	70	15	1.5	0.5	0	900	440	0	0	0	13
Samurai Deluxe Treat												
Filet Mignon	5.75	250	100	11	5	0.5	850	190	1	1	<1	36
Lobster Tail	1 tail	70	15	1.5	0.5	0	900	440	0	0	0	13
Samurai Chateaubriand	8.50	360	160	18	7	0.5	130	400	3	0	0	48
Samurai Benihana Trio												
Filet Mignon	4.75	200	80	9	4.5	0	700	160	1	0	0	30
Colossal Shrimp	3 (EA)	80	25	2.5	1	0	1200	340	0	0	0	14
Chicken	3.50	130	45	5	1.5	0	550	55	0	0	0	22
Samurai Emperor's Feast												
Filet Mignon	5.75	250	100	11	5	0.5	850	190	1			36
Chicken	3.50	130	45	5	1.5	0	550	55	0	0	0	22
DRAGON ENTRÉE												
Dragon Twin Lobster Tails												
Dragon Hibachi Supreme	2 (EA)	130	30	3	1	0.5	175	880	0	0	0	25
Dragon Hibachi Supreme												
Chateaubriand	8.5	370	160	18	7	0.5	130	400	3	0	0	48
Lobster Tail	1 tail	70	15	1.5	0.5	0	90	440	0	0	0	12.5

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