

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[®]
GLUTEN SENSITIVE MENU

CAUTION: 500 DEGREE GRILL

APPETIZERS

EDAMAME (120 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)

Hint of butter and lemon.

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 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 butter and sesame seeds.

FILET MIGNON (200 Calories)

Tenderloin* and mushrooms lightly seasoned and grilled to perfection.

HIBACHI SCALLOPS (90 Calories)

Tender sea scallops grilled hibachi style with butter and lemon.

HIBACHI SHRIMP (150 Calories)

Hibachi shrimp grilled with butter and 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) | Hibachi 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.

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

ENTRÉE COMPLEMENTS

Add to any of our entrées

ADD LOBSTER TAIL

ADD SCALLOPS (3.5 OUNCES)

ADD SHRIMP (7 PIECES)

STEAK AND CHICKEN

All of our beef is USDA Choice, aged to perfection and hand-cut on 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 grilled with butter and 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 and grilled with butter.

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 sea scallops.

COLOSSAL SHRIMP (190 Calories)

Colossal shrimp lightly seasoned and grilled with lemon and butter.

HIBACHI SCALLOPS (140 Calories)

Tender sea scallops grilled hibachi style with butter and lemon.

OCEAN TREASURE (250 Calories)

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

TWIN LOBSTER TAILS (130 Calories)

Two cold water lobster tails grilled with butter and lemon.

SPECIALTIES

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

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 butter and lemon.

LAND 'N SEA (320 Calories)

Tender filet mignon* and sea scallops grilled in butter and lemon.

SAMURAI TREAT (360 Calories)

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

HIBACHI SUPREME (440 Calories)

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