

DIGNITY HEALTH SPORTS PARK - 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>SHAREABLES</b>												
Edamame	8.0	265.0	98.0	12.0	1.5	0.0	0.0	580.0	23.0	12.0	5.0	25.0
<b>MAKI ROLLS</b>												
California Roll	6.8	410.0	180.0	20.0	3.5	0.0	20.0	820.0	50.0	5.0	12.0	8.0
Avocado Roll	7.5	370.0	180.0	20.0	3.0	0.0	0.0	420.0	42.0	8.0	11.0	5.0
Spicy Tuna Roll	6.2	310.0	80.0	9.0	1.5	0.0	35.0	760.0	44.0	3.0	13.0	14.0
<b>POKE BOWLS</b>												
Spicy Tuna with Rice	13.0	680.0	60.0	7.0	1.5	0.0	35.0	1017.5	120.0	3.8	9.0	22.0
Spicy Salmon with Rice	13.0	760.0	150.0	17.0	3.0	0.0	60.0	1247.5	122.0	3.8	9.0	35.0
<b>SASHIMI (6 PCS)</b>												
Salmon "Sake"	3.4	111.0	45.0	5.0	<1	0.0	47.0	86.0	0.0	0.0	0.0	17.0
Tuna "Maguro"	3.4	120.0	40.0	4.3	<1	0.0	34.0	39.0	0.0	0.0	0.0	20.0
<b>NIGIRI (6 PCS)</b>												
Salmon "Sake" Nigiri	4.8	240.0	40.0	4.5	0.0	0.0	30.0	480.0	33.0	0.0	7.4	15.0
Tuna "Maguro" Nigiri	5.7	240.0	40.0	4.5	0.0	0.0	30.0	450.0	33.0	0.0	7.4	18.0
Shrimp "Ebi" Nigiri	4.7	150.0	0.0	0.0	0.0	0.0	135.0	480.0	21.0	0.0	7.4	15.0
<b>COMBINATION PLATTERS</b>												
Geisha Platter	31.6	2480.0	620.0	69.0	12.0	0.0	140.0	3630.0	209.0	19.0	69.6	52.0
Tokyo Platter	24.2	2250.0	450.0	50.0	8.5	0.0	155.0	2660.0	159.0	14.0	39.5	48.0
Samurai Platter	24.0	1600.0	357.0	38.0	6.0	0.0	175.0	2780.0	164.0	11.0	44.4	51.0
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>ALCOHOLIC BEVERAGES</b>												
Benihana Special Edition 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
Draft Beer - Kirin Ichiban	16.0	195.0	0.0	0.0	0.0	0.0	0.0	0.0	16.1	0.0	0.0	1.2
Draft Beer - Bud Light	16.0	150.0	0.0	0.0	0.0	0.0	0.0	14.6	9.3	0.0	0.0	1.2
Draft Beer - Michelob Ultra	16.0	130.0	0.0	0.0	0.0	0.0	0.0	16.0	3.2	0.0	0.0	1.6
<b>BEVERAGES</b>												
Soft Drinks (Coke, Sprite, Fanta Orange)	16.0	80-90	0.0	0.0	0.0	0.0	0.0	20-38	20-23	0.0	20-22	0.0
Soft Drinks (Diet Coke)	16.0	0.0	0.0	0.0	0.0	0.0	0.0	27.5	0.0	0.0	0.0	0.0

DIGNITY HEALTH SPORTS PARK - EVENTS ONLY  
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