

BENIHANA®

Sushi

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) |
|----------------------------------|-----------------------|----------|---------------------------|-------------------|-----------------------|-------------------|------------------|---------------------|-----------------------------|-----------------------|------------------|------------------|
| FRIED RICE BOWLS                 |                       |          |                           |                   |                       |                   |                  |                     |                             |                       |                  |                  |
| 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             |
| HIBACHI BOWLS                    |                       |          |                           |                   |                       |                   |                  |                     |                             |                       |                  |                  |
| 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             |
| YAKISOBA BOWLS                   |                       |          |                           |                   |                       |                   |                  |                     |                             |                       |                  |                  |
| 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             |
| HOMEMADE SAUCE                   |                       |          |                           |                   |                       |                   |                  |                     |                             |                       |                  |                  |
| 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              |
| SHAREABLES                       |                       |          |                           |                   |                       |                   |                  |                     |                             |                       |                  |                  |
| 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             |
| Pork Gyoza                       | 5                     | 250      | 110                       | 12                | 3.5                   | 0                 | 20               | 990                 | 25                          | 0                     | 7                | 10               |
| MAKI SUSHI ROLLS                 |                       |          |                           |                   |                       |                   |                  |                     |                             |                       |                  |                  |
| 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              |
| POKE BOWLS                       |                       |          |                           |                   |                       |                   |                  |                     |                             |                       |                  |                  |
| 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             |
| SUSHI BURRITOS                   |                       |          |                           |                   |                       |                   |                  |                     |                             |                       |                  |                  |
| Spicy Tuna Sushi Burrito         | 10                    | 379      | 150                       | 17                | 2                     | 0                 | 0                | 2209                | 62                          | 4                     | 8                | 11               |
| Spicy Salmon Sushi Burrito       | 10.0                  | 385      | 165                       | 19                | 2.3                   | 0.0               | 0.0              | 2215.0              | 62.2                        | 4.3                   | 7.9              | 11.2             |
| 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) |
| BEVERAGES                        |                       |          |                           |                   |                       |                   |                  |                     |                             |                       |                  |                  |
| 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                    | 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              |
| ALCOHOLIC BEVERAGES              |                       |          |                           |                   |                       |                   |                  |                     |                             |                       |                  |                  |
| 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              |

HARD ROCK STADIUM | PHX ARENA | YANKEE STADIUM

Menu items vary by location