

ALCOHOL-FREE

FROZEN SPECIALTIES

MANGO COLADA (360 Calories) 8.
Pineapple, coconut and mango purée.

STRAWBERRY PASSION DELIGHT (370 Calories) 8.
Passion fruit with a strawberry swirl.

BANANA BERRY SMOOTHIE (330 Calories) 8.
Strawberry, banana and blueberry.

BENIHANA LEMONADE (130-140 Calories) 7.
Complimentary refills
Raspberry | Mango | Strawberry | Passion Fruit

FRESHLY BREWED ICED TEAS 5.
Complimentary refills
Benihana “Red Flower” Hibiscus Blend Caffeine free (20 Calories)
Passion Fruit Green Tea (30 Cal.) | Black Organic (0 Cal.)

RAMUNE 6.
Classic Japanese bottled soda with a “pop!”
Lemon-Lime (80 Calories) | Grape (100 Calories) | Strawberry (100 Calories)

WATER (0 Calories) 6./8.
Fiji, Natural Artesian, Still
San Pellegrino, Sparkling Mineral Water

SODA 4.
Complimentary refills
Pepsi | Sierra Mist | Dr. Pepper | Lemonade | Ginger Ale (100 Calories)

Diet Pepsi (0 Calories)

RED BULL (8.4 oz 110 Calories) 5.
SUGAR FREE RED BULL (8.4 oz 0 Calories) 5.

APPETIZERS

- SEAWEED SALAD (110 Calories) 5.
Soy, sesame and lemon.
- EDAMAME (120 Calories) 6.
Served warm and sprinkled with sea salt.
- SPICY EDAMAME (378 Calories) 8.
Sautéed with garlic butter and spicy teriyaki sauce.
- TUNA* POKE (REGULAR OR SPICY) (145-305 Calories) 15.
Onions, seaweed salad, sweet soy sauce, cucumber and lemon.
- VEGETABLE TEMPURA (590 Calories) 12.
Bell pepper, onion, asparagus, carrot and shiitake mushroom.
- SUSHI* SAMPLER (220 Calories) 18.
Tuna*, salmon*, snapper*, yellowtail* and shrimp nigiri.
- SASHIMI* SAMPLER (140 Calories) 19.
Tuna*, salmon* and snapper*.
- SHRIMP TEMPURA (500 Calories) 16.
Crunchy tempura shrimp, carrot, asparagus and onion.
- SOFT SHELL CRAB (290 Calories) 14.
Tempura soft shell crabs, momiji, scallion and ponzu sauce.
- TUNA* TATAKI (130 Calories) 13.
Seared sashimi grade tuna served with ponzu sauce.
- CHILI PONZU YELLOWTAIL (190 Calories) 14.
Yellowtail*, jalapeño, cilantro and chili ponzu sauce.

SIDE ORDERS

- HIBACHI CHICKEN RICE (440 Calories) 7.
The original Benihana classic. Grilled chicken, rice, egg and chopped vegetables with garlic flavored butter.
- BROWN RICE (250 Calories) 5.
- MISO SOUP (35 Calories) 5.
A delicious blend of miso, green onion and tofu.
- SPICY CHICKEN RICE (470 Calories) 8.
- BENIHANA SALAD (90 Calories) 5.
Crisp greens, red cabbage, carrots and grape tomatoes in a homemade tangy ginger dressing.
- BENIHANA ONION SOUP (25 Calories) 5.
This homemade Benihana specialty has been a favorite since 1964.

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

SUSHI COMBINATIONS

Served with Benihana salad (90 Calories) and miso soup (35 Calories).

SUSHI* (570 Calories) 24.
California[†] Roll with an assortment of fresh nigiri.

SUSHI* DELUXE (610 Calories) 35.
One Tuna* Roll with an assortment of fresh nigiri.

SASHIMI* WITH RICE (630 Calories) 26.
An assortment of fresh sashimi served with steamed rice.

SUSHI/SASHIMI* WITH RICE (850 Calories) 40.
An assortment of sushi and sashimi served with steamed rice.

SASHIMI/NIGIRI

- EGG* (25-50 Calories) 7.
- SHRIMP (10-30 Calories) 8.
- ALBACORE TUNA* (30-55 Calories) 8.
- SNAPPER* (10-30 Calories) 8.
- OCTOPUS (10-30 Calories) 7.
- SALMON* (35-55 Calories) 8.
- EEL (60-80 Calories) 8.
- TUNA* (20-40 Calories) 8.
- YELLOWTAIL* (40-65 Calories) 8.

ROLLS

- CUCUMBER ROLL (240 Calories) 8.
- SALMON* ROLL (250 Calories) 9.
- YELLOWTAIL* ROLL (230 Calories) 9.
- TUNA* ROLL (210 Calories) 7.
- CALIFORNIA[†] ROLL (330 Calories) 14.
- EEL ROLL (420 Calories) 14.
- SHRIMP TEMPURA ROLL (400 Calories) 15.

*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.

[†]Kani kama crab & kani kama crab mix contain imitation crab.

SPECIALTY SUSHI

SHRIMP LOVERS ROLL (440 Calories) 20.
Crab[†], avocado, shrimp tempura, shrimp, cucumber.

VEGETABLE ROLL (300 Calories) 12.
Green leaf, avocado, cucumber, red cabbage, yamagobo.

SPICY TUNA ROLL (320 Calories) 13.
Tuna*, cucumber, spicy sauce.

PHILADELPHIA ROLL (380 Calories) 12.
Salmon*, cream cheese, cucumber, avocado.

LAS VEGAS ROLL Deep fried (560 Calories) 16.
Salmon, avocado, cream cheese, jalapeño, spicy sauce on top.

SHRIMP CRUNCHY ROLL (500 Calories) 15.
Shrimp tempura, avocado, cucumber, crab[†], tempura crumbs.

DRAGON ROLL (570 Calories) 20.
Eel, avocado, crab[†], cucumber.

RAINBOW ROLL (430 Calories) 20.
Tuna*, shrimp, yellowtail*, snapper*, salmon*, crab[†], avocado, cucumber.

SPIDER ROLL (450 Calories) 20.
Soft shell crab, crab[†], green leaf, cucumber, avocado, soybean paper, yamagobo.

LOBSTER ROLL (430 Calories) 34.
Lobster tempura, crab[†], cucumber, romaine lettuce.
Comes with one Lobster Roll and two Lobster Hand Rolls.

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