



# 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>CATERING MENU</b>												
<b>COMBINATION PACKAGES HEADER</b>												
Samurai Salad	3.8	90	70	8.0	1.0	0.0	0.0	360	3	6	0	2
Samurai Onion Soup	6.7	25.0	10.0	1.00	0.0	0.0	0.0	710.0	3.0	0.0	0.0	1.00
Hibachi Chicken Rice	9	440	100	11	2.5	0.0	150	570	70	6	<1	15
<b>COMBINATION PACKAGES</b>												
<b>Teppan Trio</b>												
Hibachi Chicken	7.0	280.0	100.0	11.0	3.0	0.0	115.0	120.0	1.0	0.0	0.0	44.0
Teriyaki Steak	6.0	290	110.0	11.0	4.0	0.5	135.0	530.0	15.0	2.0	17.0	33.0
Hibachi Shrimp	14 (EA)	200	30.0	5.0	1.0	0.0	165.0	470.0	0.0	<1	<1	38.0
<b>Rocky's Choice</b>												
Rocky's Choice	10.5	370	140.0	16.0	6.5	1.0	215.0	245.0	1.0	1.0	<1	54.0
<b>Splash 'N Meadow</b>												
Splash 'N Meadow	7 / 4 (EA)	350	130.0	14.5	6.0	1.0	320.0	650.0	1.0	1.0	<1	51.0
<b>SUSHI PLATTERS</b>												
Shogun Platter	Total Platter	315	100.0	11.0	2.4	0.0	26.9	680.0	41.8	2.7	8.9	11.5
Emperor Platter	Total Platter	240	57	6	1	0	26	260	33	1	6	12
<b>SHAREABLES</b>												
<b>Appetizers</b>												
Edamame	6.0	205.0	75.0	8.8	1.1	0.0	0.0	435.0	17.2	8.8	3.7	18.4
Spicy Edamame	6.0	355.0	135.0	16.3	3.0	0.0	0.0	1145.0	35.1	8.9	16.7	21.8
<b>Noodles</b>												
Yakisoba	12.4	440.0	70.0	7.6	<1	0.0	16.0	1295.0	81.7	7.3	9.6	10.4
Yakisoba with Chicken	15.9	640.0	125.0	14.0	2.0	0.0	75.0	1540.0	94.0	8.6	11.0	34.0
Yakisoba with Beef	15.9	540.0	110.0	12.3	2.4	0.4	84.8	1378.1	82.3	7.5	9.6	24.5
Yakisoba with Shrimp	7 (each)	540.0	83.0	10.0	0.7	0.0	98.1	1532.5	81.7	7.5	9.7	29.3
<b>Soups &amp; Salads</b>												
Miso Soup	6.5	34.7	10.0	1.0	0.0	0.0	0.0	950.0	4.0	1.0	0.00	2.3
Benihana Onion Soup	6.7	25.0	10.0	1.00	0.0	0.0	0.0	710.0	3.0	0.0	0.0	1.00
Benihana Salad	3.8	90.0	70.0	8.0	1.0	0.0	0.0	360.0	3.0	6.0	0.0	2.0
<b>Sides</b>												
Hibachi Vegetables	4.0	40.0	10.0	2.0	0.00	0	0	60.0	7.0	2.0	0	1.00
Hibachi Chicken Rice	9.0	440.0	100.0	11.0	2.5	0.0	150.0	570	70.0	6.0	<1	15
Hibachi Chicken Rice with Shrimp	10.0	470.0	103.0	11.7	2.6	0	38.5	218	570.0	6.5	<1	20.4
Spicy Chicken Rice	7.9	470.0	120.0	15.0	3.0	0	15.0	770	71.0	6.0	<1	16.0
Steam Rice	6.0	300.0	0	0	0	0	0	5.0	72.0	<1	<1	6.0
<b>Steak, Chicken &amp; Seafood</b>												
Hibachi Chicken	7.0	280.0	100.0	11.0	3.0	0.0	115.0	120.0	1.0	0.0	0.0	44.0
Spicy Hibachi Chicken	7.0	360.0	120.0	14.0	3.5	0.0	115.0	790.0	16.2	0.7	0.2	44.2
Hibachi Steak	7.0	230.0	100.0	11.0	5.0	1.0	160.0	190.0	1.2	0.5	0.0	32.2
Teriyaki Steak	6.0	290.0	100.0	11.0	4.0	0.5	135.0	530.0	15.2	1.5	16.5	33.2
Colossal Shrimp	7 (EA)	190.0	50.0	6.0	1.5	0.0	280.0	800.0	0.0	<1	<1	33.0
Hibachi Shrimp	14 (EA)	200.0	30.0	5.0	1.0	0.0	165.0	470.0	0.0	<1	<1	38.0