

SAKE

Sake is rated on a scale of -70 (sweetest) to +70 (driest).



BENIHANA HOT SAKE (240 Calories) 12./carafe
Our famous award-winning signature sake.
Brewed in Berkeley, California, 9 oz., Junmai +3

JAPANESE ARTISANAL COLD SAKE

(130 Cal./glass; 250 Cal./carafe; 760 Cal./bottle)

Glass Carafe Bottle

MIO SPARKLING SAKE (250 Calories)

Delicately bubbly and refreshing, lightly sweet, soft citrus and floral. 300 ml, Nada -70 18.

DASSAI 50 "OTTER FEST"

Fragrant and refined, fennel, orange, pepper. 720 ml, Junmai Dai Ginjo, Yamaguchi +4 12. 24. 60.

KIKUSUI "CHRYSANTHEMUM WATER"

Refreshing and elegant, Mandarin orange, banana, floral. 720 ml, Junmai Ginjo, Niigata +1 11. 22. 54.

SHIMIZU-NO-MAI "PURE DAWN"

Balanced and aromatic, orange peel, minerality, Fuji apple. 720 ml, Junmai Ginjo, Akita +3 13. 26. 64.

AMABUKI "PURE RED"

Delicate and slightly sweet with red fruit notes. 720 ml Junmai, Saga +3 10. 18. 48.

SUIGEI "DRUNKEN WHALE"

Crisp and robust, floral, citrus, anise. 720 ml, Tokubetsu Junmai, Kochi +7 11. 22. 54.

SHIRAKABEGURA "THE WHITE LABEL"

Mellow and smooth, pear, caramel, nutmeg. 720 ml, Junmai, Hyogo +2 10. 18. 48.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

PREMIUM COLD SAKE

Glass Carafe Bottle

SHO CHIKU BAI GINJO (290 Calories)

Delicate and smooth, apples, nectarines. 300 ml, +5 17.

HANA FUJI APPLE SAKE

(110 Cal./glass; 220 Cal./carafe; 680 Cal./bottle) 7.5 13. 35.
Aromatic, sweet Fuji apple flavor. 750 ml

SHO CHIKU BAI NIGORI

(130 Cal./glass; 430 Cal./bottle) 8. 16.
Lightly filtered, creamy and sweet, coconut, melon. 375 ml, -20

TY KU COCONUT NIGORI

(120 Cal./glass; 320 Cal./bottle) 10. 20.
Refreshing with silky texture and hints of vanilla. 330 ml, +1.7

JAPANESE PREMIUM SPIRITS*

(2 oz. each)

Glass

SHOCHU Yokaichi Mugi (80 Calories)

Distilled from barley. 10.
Refreshing and aromatic.

WHISKY Nikka Coffey Grain (130 Calories)

Single grain whisky, fruity and complex. 13.

PLUM LIQUEUR Choya Umeshu-Dento

(80 Calories) 10.
Fragrant, full bodied, sweet and tart.

* Limited Availability

WINE LIST (150 Cal./glass; 230 Cal./carafe; 4 glasses per bottle)

Glass Carafe Bottle

SPARKLING WINE

SPARKLING WINE	Mumm Brut Prestige (split)	Napa Valley, CA			14.
PROSECCO	Cantine Maschio	Treviso, Italy			40.
PROSECCO	La Marca (split)	Treviso, Italy			12.
CHAMPAGNE	Taittinger Brut 'La Francaise'	Reims, France			85.

WHITE WINE

MOSCATO	Beringer	Chile	8.	12.	28.
RIESLING	Chateau Ste. Michelle	Columbia Valley, WA	9.	13.5	32.
PINOT GRIGIO	Coppola 'Bianco'	California	9.5	14.	34.
PINOT GRIGIO	Santa Margherita	Valdadige, Italy	14.	21.	49.
SAUVIGNON BLANC	Joel Gott	California	10.	15.	38.
SAUVIGNON BLANC	Kim Crawford	New Zealand	12.	18.	42.
CHARDONNAY	Columbia Crest	Columbia Valley, WA	9.	13.5	32.
CHARDONNAY	Kendall-Jackson	California	10.	15.	38.
CHARDONNAY	Talbott 'Kali Hart'	Monterey, CA	12.	18.	45.

BLUSH WINE

WHITE ZINFANDEL	Beringer	California	8.	12.	28.
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RED WINE

PINOT NOIR	La Crema	Monterey, CA	12.	18.	45.
PINOT NOIR	Meiomi	California	15.	22.5	52.
MERLOT	14 Hands	Washington State	9.	13.5	32.
MERLOT	Rodney Strong	Sonoma County, CA	11.	16.5	42.
MALBEC	Salentein Reserve	Uco Valley, Argentina	11.	16.5	42.
CABERNET SAUVIGNON	Hayes Ranch	Central Coast, CA	10.	15.	38.
CABERNET SAUVIGNON	Louis M. Martini	Sonoma, CA	12.	18.	45.
CABERNET SAUVIGNON	Simi	Alexander Valley, CA	15.	22.5	52.
CABERNET SAUVIGNON	Beringer 'Knights Valley'	Knights Valley, CA	17.	25.	58.

RESERVE LIST

SAUVIGNON BLANC	Craggy Range 'Te Muna'	New Zealand			50.
CHARDONNAY	Chateau Montelena	Napa Valley, CA			58.
CHARDONNAY	Cakebread Cellars	Napa Valley, CA			62.
PINOT NOIR	Sanford	Santa Rita Hills, CA			55.
CABERNET SAUVIGNON	Stag's Leap 'Artemis'	Napa Valley, CA			65.
CABERNET SAUVIGNON	Chimney Rock	Stags Leap, CA			85.

PLUM WINE (240 Cal./glass; 350 Cal./carafe; 4 glasses per bottle)

BENIHANA PLUM WINE		Berkeley, California	8.	12.	28.
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BEER

Large Japanese (20 oz 240 cal.)
 Domestic & Import (12 oz 150 cal.)
 Light Beer (12 oz 100 - 110 cal.)
 Draft Beer (16 oz 150 - 200 cal.)
 Seasonal Beer (12 oz 200 - 240 cal.)



**RAISE YOUR GLASS
 FOR A TOAST AND SAY
 CHEERS OR KANPAI!**

JAPANESE BRANDS

SAPPORO (20.3 oz) | **KIRIN ICHIBAN** (22 oz) 10.

KIRIN LIGHT (12 oz) 6.

DOMESTIC/IMPORT BEER (12 oz)

BUD LIGHT 6.

CORONA | STELLA ARTOIS 6.

ANGRY ORCHARD CIDER (220 cal.) 6.

DRAFT (16 oz)

ASAHI SUPER DRY 7.

CRAFT

HITACHINO WHITE ALE (11.2 oz 170 cal.) 9.

LAGUNITAS IPA (12 oz 190 cal.) 6.

SEASONAL CRAFT 6.

Local/Seasonal specialties also available.

SPECIALTY COCKTAILS

BENIHANA PUNCH (270 Calories) 12.5

Myers's Platinum Rum, Bols strawberry and peach liqueurs and tropical fruit juices.

Enjoy in a signature mug 16.

BENIHANA MOJITO (260 Calories) 12.5

Bacardi Silver Rum and Benihana Sake with fresh limes and mint.

COCONUT MOJITO (210 Calories) 12.5

Ciroc Coconut Vodka and Malibu Rum with coconut, pineapple, fresh limes and mint.

TOKYO MULE (190 Calories) 12.5

Tito's Handmade Vodka and Benihana Sake with crushed cucumber, fresh lime and ginger beer.

WHITE PEACH SAKE SANGRIA

(200 Calories) 12.5

White wine and Benihana Sake with white peach and passion fruit purées and pineapple juice.

BENIHANA LONG ISLAND ICED TEA (230 Calories) 13.

Bacardi Rum, Hendrick's, Patrón Silver Tequila, Grey Goose Vodka, Combier Liqueur d'Orange, fresh lemon sour, black tea, splash of cola.

PREMIUM MARTINIS 13. EACH

BENI-TINI (180 Calories)

Grey Goose Vodka and Yokaichi Mugi shochu with hibiscus infused tea and passion fruit purée.

LYCHEE BLOSSOM (270 Calories)

Absolut Vodka and St-Germain Elderflower Liqueur with lychee purée and pineapple juice.

MAITAI (270 Calories) 12.5

Myers's Platinum Rum with orgeat syrup, Angostura bitters, tropical fruit juices and Myers's Dark Rum float.

Enjoy in a signature mug 16.

EXOTIC MOJITO (200 Calories) 12.5

Malibu Mango Rum with passion fruit purée, pineapple juice, fresh limes and mint.

HAIKU COLADA (370 Calories) 12.5

Malibu Rum with pineapple and coconut and a strawberry purée swirl (frozen).

KAPPA COLLINS (200 Calories) 12.

Hendrick's, Ty Ku Cucumber Sake, St. Germain, crushed cucumber, lemon.

RED PLUM SAKE SANGRIA

(190 Calories) 12.5

Red wine, Benihana Sake and plum wine with pomegranate and orange juice.

RISING SUN LEMON DROP (260 Calories)

Ketel One Citroen Vodka and Cointreau with fresh lemon juice and PAMA Pomegranate Liqueur with a sugar rim.

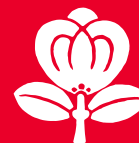
SOPHISTICATED GINGER (250 Calories)

Our twist on an American favorite. Hangar 1 Vodka, Barrow's Ginger Liqueur, cranberry juice and fresh lime.

ENJOY IN A SIGNATURE BENIHANA MUG - ADD 7.

Mugs sold separately. Selection may vary by location.

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SIGNATURE PUNCH BOWLS

BLUE OCEAN (1,220 Calories) 40.

For two or more.

A tropical blue concoction with Malibu Rum, New Amsterdam Pineapple Vodka, sake, blue curaçao and tropical fruit juices.

Add LA MARCA PROSECCO (120 Cal.) 4.

BABY BLUE OCEAN (270 Calories) 12.5

Single serving.

RED FLOWER (1,120 Calories) 40.

For two or more.

A sweet concoction of Absolut Mango, Stoli Raz, raspberry purée and cranberry juice.

Add LA MARCA PROSECCO (120 Cal.) 4.

BABY RED FLOWER (250 Calories) 12.

Single serving.

MT. FUJI MARGARITA (980 Calories) 42.

For two or more.

This margarita cocktail combines Patrón Silver Tequila, with Combier Liqueur, fresh sour and Grand Marnier.

Add KIRIN LIGHT (100 Calories) 3.

BABY MT. FUJI (220 Calories) 13.

Single serving.

ALCOHOL-FREE

FROZEN SPECIALTIES

MANGO COLADA (360 Calories) 7.
Pineapple, coconut and mango purée.

STRAWBERRY PASSION DELIGHT
(370 Calories) 7.
Passion fruit with a strawberry swirl.

BANANA BERRY SMOOTHIE (330 Calories) 7.
Strawberry, banana and blueberry.

BENIHANA LEMONADE (130-140 Calories) 5.
Complimentary refills
Raspberry | Mango | Strawberry | Passion Fruit

FRESHLY BREWED ICED TEAS 3.5
Complimentary refills
Benihana "Red Flower" Hibiscus Blend *Caffeine free* (20 Calories)
Passion Fruit Green Tea (30 Cal.) | Black *Organic* (0 Cal.)

RAMUNE 4.3
Classic Japanese bottled soda with a "pop!"
Lemon-Lime (80 Calories) | Grape (100 Calories) |
Strawberry (100 Calories)

WATER (0 Calories) 4.5
Fiji, Natural Artesian, Still
San Pellegrino, Sparkling Mineral Water

SODA 3.5
Complimentary refills
Pepsi | Sierra Mist | Dr. Pepper | Lemonade | Ginger Ale
(100 Calories)
Diet Pepsi (0 Calories)

RED BULL (8.4 oz 110 Calories) 4.
SUGAR FREE RED BULL (8.4 oz 0 Calories) 4.

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APPETIZERS

SEAWEED SALAD (110 Calories) 5.
Soy, sesame and lemon.

EDAMAME (120 Calories) 6.
Served warm and sprinkled with sea salt.

TUNA* POKE (REGULAR OR SPICY) (145-305 Calories) 9.
Onions, seaweed salad, sweet soy sauce, cucumber and lemon.

VEGETABLE TEMPURA (590 Calories) 10.5
Bell pepper, onion, asparagus, carrot and shiitake mushroom.

PAN FRIED BEEF GYOZA DUMPLINGS (200 Calories) 7.2
Spicy sesame soy dipping sauce.

SUSHI* SAMPLER (220 Calories) 17.
Tuna*, salmon*, snapper*, yellowtail* and shrimp nigiri.

SASHIMI* SAMPLER (140 Calories) 17.
Tuna*, salmon* and snapper*.

SHRIMP TEMPURA (500 Calories) 15.
Crunchy tempura shrimp, carrot, asparagus and onion.

SHRIMP SAUTÉ (60 Calories) 10.
Hint of butter and lemon served with our homemade ginger sauce.

SOFT SHELL CRAB (290 Calories) 13.
Tempura soft shell crabs, momiji, scallion and ponzu sauce.

TUNA* TATAKI (130 Calories) 12.5
Seared sashimi grade tuna served with ponzu sauce.

CRISPY SPICY TUNA* (290 Calories) 10.
Crunchy sesame rice balls, jalapeño, cilantro, drizzled with soy chili sauce.

CHILI PONZU YELLOWTAIL (190 Calories) 13.
Yellowtail*, jalapeño, cilantro and chili ponzu sauce.

SIDE ORDERS



HIBACHI CHICKEN RICE (440 Calories) 6.
The original Benihana classic. Grilled chicken, rice,
egg and chopped vegetables with garlic flavored butter.

BENIHANA ONION SOUP (25 Calories) 4.5
This homemade Benihana specialty has been a favorite since 1964.

BROWN RICE (250 Calories) 4.5

SPICY CHICKEN RICE (470 Calories) 6.5

MISO SOUP (35 Calories) 4.5
A delicious blend of miso, green
onion and tofu.

BENIHANA SALAD (90 Calories) 4.
Crisp greens, red cabbage, carrots
and grape tomatoes in a homemade
tangy ginger dressing.

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*Kani kama crab & kani kama crab mix contain imitation crab.

SUSHI COMBINATIONS

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

SUSHI* (570 Calories) 21.

California[†] Roll with an assortment of fresh nigiri.

SUSHI* DELUXE (610 Calories) 22.

One Tuna* Roll with an assortment of fresh nigiri.

SASHIMI* WITH RICE (630 Calories) 23.

An assortment of fresh sashimi served with steamed rice.

SUSHI/SASHIMI* WITH RICE (850 Calories) 25.

An assortment of sushi and sashimi served with steamed rice.

SASHIMI/NIGIRI

EGG* (25-50 Calories) 3.1

SHRIMP (10-30 Calories) 3.1

SMELT ROE* (15 Calories) 3.

ALBACORE TUNA* (30-55 Calories) 3.1

SNAPPER* (10-30 Calories) 3.5

OCTOPUS (10-30 Calories) 3.1

SALMON* (35-55 Calories) 3.5

EEL (60-80 Calories) 3.5

TUNA* (20-40 Calories) 3.5

YELLOWTAIL* (40-65 Calories) 3.5

SALMON ROE* (30-50 Calories) 3.5

ROLLS

CUCUMBER ROLL (240 Calories) 6.

SALMON* ROLL (250 Calories) 7.

YELLOWTAIL* ROLL (230 Calories) 7.5

TUNA* ROLL (210 Calories) 8.

CALIFORNIA[†] ROLL (330 Calories) 10.

EEL ROLL (420 Calories) 12.

SHRIMP TEMPURA ROLL (400 Calories) 12.

SPECIALTY SUSHI

SHRIMP LOVERS ROLL (440 Calories) 15.
Crab[†], avocado, shrimp tempura, shrimp, cucumber.

ALASKAN ROLL (450 Calories) 13.
Crab[†], avocado, salmon*, cucumber.

CHILI SHRIMP ROLL (620 Calories) 13.
Crab[†], cream cheese and seaweed tempura in a spicy chili sauce, topped with spicy crab[†] and shrimp.

VEGETABLE ROLL (300 Calories) 8.
Green leaf, avocado, cucumber, tomato, red cabbage, yamagobo.

SPICY TUNA ROLL (320 Calories) 10.
Tuna*, cucumber, spicy sauce.

PHILADELPHIA ROLL (380 Calories) 10.
Salmon*, cream cheese, cucumber, avocado.

LAS VEGAS ROLL *Deep fried* (560 Calories) 11.5
Salmon, avocado, cream cheese, jalapeño, spicy sauce on top.

SHRIMP CRUNCHY ROLL (500 Calories) 12.
Shrimp tempura, avocado, cucumber, crab[†], tempura crumbs.

DRAGON ROLL (570 Calories) 16.
Eel, avocado, crab[†], cucumber.

RAINBOW ROLL (430 Calories) 16.
Tuna*, shrimp, yellowtail*, snapper*, salmon*, crab[†], avocado, cucumber.

SPIDER ROLL (450 Calories) 16.
Soft shell crab, crab[†], green leaf, cucumber, avocado, soybean paper, yamagobo.

SUMO ROLL *Baked* (1,000 Calories) 14.
Crab[†], avocado, cucumber, shrimp tempura, salmon, smelt roe, special mayo sauce.

LOBSTER ROLL (430 Calories) 20.
Lobster tempura, crab[†], cucumber, romaine lettuce.
Comes with one Lobster Roll and two Lobster Hand Rolls.

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

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HIBACHI ENTRÉES

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

STEAK, SEAFOOD AND CHICKEN

5 course meals served with

- BENIHANA ONION SOUP (25 CALORIES) • BENIHANA SALAD (90 CALORIES)
- HIBACHI SHRIMP APPETIZER (40 CALORIES) • HIBACHI VEGETABLES (40 CALORIES)
- HOMEMADE DIPPING SAUCES (10-170 CALORIES) • STEAMED RICE (300 CALORIES)
- JAPANESE HOT GREEN TEA (0 CALORIES)

FILET MIGNON (250 Calories) 32.

Tenderloin* and mushrooms lightly seasoned and grilled.

HIBACHI STEAK (230 Calories) 30.

New York strip steak* and mushrooms hibachi grilled to your specification.

HIBACHI SHRIMP (200 Calories) 28.

Hibachi shrimp grilled to perfection.

HIBACHI CHICKEN (280 Calories) 24.

Chicken breast and mushrooms grilled with butter and sesame seeds.

SPECIALTIES

6 course meals served with

- BENIHANA ONION SOUP (25 CALORIES) • BENIHANA SALAD (90 CALORIES)
- HIBACHI SHRIMP APPETIZER (40 CALORIES) • HIBACHI VEGETABLES (40 CALORIES)
- MUSHROOMS (15 CALORIES) • HOMEMADE DIPPING SAUCES (10-170 CALORIES)
- STEAMED RICE (300 CALORIES) • JAPANESE HOT GREEN TEA (0 CALORIES)
- ICE CREAM (90-100 CALORIES) OR SHERBET (100 CALORIES)

EMPEROR'S FEAST (380 Calories) 39.

Filet mignon* and chicken breast grilled to perfection.

ROCKY'S CHOICE (370 Calories) 34.

Hibachi steak* and chicken breast grilled to your specification.

BENIHANA DELIGHT (390 Calories) 37.

Chicken breast and colossal shrimp lightly seasoned and grilled.

SPLASH 'N MEADOW (350 Calories) 40.

Hibachi steak* and colossal shrimp lightly seasoned and grilled to your specification.

NO SUBSTITUTIONS PLEASE.

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DESSERT



EDY'S ICE CREAM

(100 Calories) 4.3

Chocolate or vanilla.

GREEN TEA ICE CREAM (90 Calories) 4.3

RAINBOW SHERBET (100 Calories) 4.3

BANANA TEMPURA (410 Calories) 7.

TAKE HOME

HIBACHI CHICKEN RICE

12 ounces (880 Calories) 11.7 | 24 ounces (1,760 Calories) 23.4

The original Benihana classic. Grilled chicken, rice, egg and chopped vegetables with garlic flavored butter.

SPICY CHICKEN RICE

12 ounces (935 Calories) 13. | 24 ounces (1,870 Calories) 26.

A combination of chili peppers, ginger and Sriracha sauce.

STEAMED RICE

12 ounces (600 Calories) 3.5

BROWN RICE

12 ounces (500 Calories) 4.5

HOT SAUCE

4 ounces (270 Calories) 3.5

MUSTARD SAUCE

1 pint (1,760 Calories) 4.5

SALAD DRESSING

1 pint (960 Calories) 4.5

TERIYAKI SAUCE

1 pint (1,240 Calories) 5.5

GINGER SAUCE

1 pint (160 Calories) 4.5

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