

# YANKEE STADIUM MENU

# BENIHANA® HARU® restaurant | sushi bar

## 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>												
UMAMI 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>YAKISOBA BOWLS</b>												
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
<b>HOMEMADE SAUCE</b>												
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
Mustard	1.0	265.0	98.0	12.0	1.5	0.0	0.0	580.0	23.0	12.0	5.0	25.0
<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 SUSHI 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
Spicy Salmon Roll	6.3	300.0	80.0	9.0	1.5	0.0	25.0	690.0	40.0	3.0	11.0	14.0
Spicy Tuna Roll	6.2	310.0	80.0	9.0	1.5	0.0	35.0	760.0	45.0	3.0	13.0	14.0
Avocado	7.5	370.0	180.0	20.0	3.0	0.0	0.0	420.0	40.0	8.0	11.0	5.0
Salmon Avocado	6.6	330.0	110.0	12.3	2.1	0.0	18.9	218.5	270.0	3.6	7.5	13.0
Vegetable Roll	6.5	300.0	60.0	6.0	1.5	0.0	0.0	690.0	55.0	6.1	10.2	5.0
<b>POKE BOWLS</b>												
Spicy Tuna Poke	21.7	896.6	215.0	23.8	3.8	0.0	56.0	2225.0	117.0	8.5	29.1	49.8
Spicy Salmon Poke	21.7	924.6	290.0	31.5	5.5	0.0	62.8	2235.0	117.0	8.5	29.1	39.3
<b>SUSHI ENTRÉES</b>												
Sakura Sushi Combo	11.0	670.0	244.4	27.2	4.2	0.0	80.6	1150.0	71.0	5.2	17.0	45.6
Harumi Combo	8.9	470.0	65.0	7.1	<1	0.0	74.0	610.0	58.0	<1	14.9	52.6
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>BEVERAGES</b>												
Souvenir 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
Poland Spring Water	16.0	0.0	0.0	0.0	0.0	0.0	0.0	27.5	0.0	0.0	0.0	0.0
<b>ALCOHOLIC BEVERAGES</b>												
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 - 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

## YANKEE STADIUM - EVENTS ONLY

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