

DIGNITY HEALTH SPORTS PARK - MENU



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
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
Mustard	1	110.0	90.0	10.0	1.5	0.0	0.0	530.0	4.0	0.00	0.00	2.0
SHAREABLES												
Pork Gyoza	5	250	110	12	3.5	0	20	990	25	0	7	10
MAKI ROLLS												
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
Avocado Roll	7.5	370.0	180.0	20.0	3.0	0.0	0.0	420.0	42.0	8.0	11.0	5.0
Spicy Tuna Roll	6.2	310.0	80.0	9.0	1.5	0.0	35.0	760.0	44.0	3.0	13.0	14.0
POKE BOWLS												
Spicy Tuna with Rice	13.0	680.0	60.0	7.0	1.5	0.0	35.0	1017.5	120.0	3.8	9.0	22.0
Spicy Salmon with Rice	13.0	760.0	150.0	17.0	3.0	0.0	60.0	1247.5	122.0	3.8	9.0	35.0
MAKI ROLLS												
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
Avocado Roll	7.5	370.0	180.0	20.0	3.0	0.0	0.0	420.0	42.0	8.0	11.0	5.0
Spicy Tuna Roll	6.2	310.0	80.0	9.0	1.5	0.0	35.0	760.0	44.0	3.0	13.0	14.0
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)
ALCOHOLIC BEVERAGES												
Benihana Special Edition 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
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 - Bud Light	16.0	150.0	0.0	0.0	0.0	0.0	0.0	14.6	9.3	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
BEVERAGES												
Soft Drinks (Coke, Sprite, Fanta Orange)	16.0	80-90	0.0	0.0	0.0	0.0	0.0	20-38	20-23	0.0	20-22	0.0
Soft Drinks (Diet Coke)	16.0	0.0	0.0	0.0	0.0	0.0	0.0	27.5	0.0	0.0	0.0	0.0

DIGNITY HEALTH SPORTS PARK - EVENTS ONLY
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