

HARD ROCK STADIUM 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
YAKISOBA BOWLS												
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
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
Yum Yum	1.0	175.0	13.7	18.7	3.0	0.0	81.7	153.3	2.0	0.003	0.5	0.0
SHAREABLES												
Edamame	8.0	265.0	97.9	11.7	1.5	0.0	0.0	581.8	22.9	11.7	4.9	24.5
Pork Gyoza	5	250	110	12	3.5	0	20	990	25	0	7	10
MAKI SUSHI ROLLS												
California Roll	6.8	410	180	20.0	3.5	0.0	20	820	50.0	5.0	12.0	8.0
Spicy Salmon Roll	6.3	300	80	9.0	1.5	0.0	25	690	41.0	3.0	11.0	14.0
Spicy Tuna Roll	6.2	310	80	9.0	1.5	0.0	35	760	44.0	3.0	13.0	14.0
Avocado	7.5	370	180	20.0	3.0	0.0	0	420	42.0	8.0	11.0	5.0
POKE BOWLS												
Spicy Tuna Poke	21.7	897	215	24	3.8	0.0	56.0	2225.0	117.0	8.5	29.1	49.8
Spicy Salmon Poke	21.7	925	290	31	5.5	0.0	62.8	2235.0	117.0	8.5	29.1	39.3
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)
BEVERAGES												
Souvenir Refillable 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
Fountain Soda	16.0	0.0	0.0	0.0	0.0	0.0	0.0	27.5	0.0	0.0	0.0	0.0
Bottled Pure Leaf Tea	16.0	0.0	0.0	0.0	0.0	0.0	0.0	27.5	0.0	0.0	0.0	0.0
Bottled Water (Sweet Or Unsweet)	16.0	0.0	0.0	0.0	0.0	0.0	0.0	27.5	0.0	0.0	0.0	0.0
ALCOHOLIC BEVERAGES												
Premium Draft Beer	16.0	195.0	0.0	0.0	0.0	0.0	0.0	0.0	16.1	0.0	0.0	1.2
Domestic Draft Beer	16.0	130.0	0.0	0.0	0.0	0.0	0.0	16.0	3.2	0.0	0.0	1.6
Kirin Ichiban	16.0	130.0	0.0	0.0	0.0	0.0	0.0	16.0	3.2	0.0	0.0	1.6
Benihana Private Label 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

HARD ROCK STADIUM - EVENTS ONLY

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