BENTO
ASIAN KITCHEN + SUSHI

Menu Guide

Wok Entrée Flavors + Proteins	Chicken - Fried Dark	Chicken - Fried White	Chicken - Katsu	Chicken - Teriyaki	Chicken - White Meat Grilled	Chicken - Wok	Shrimp - Tempura	Shrimp - Wok	Steak - Wok	Tofu - Katsu	Tofu - Fried	Veggies - Wok
Garlic Broccoli						■		■	■			■
General Tso	■		■				■			■	■	
Gochujang Garlic	■		■				■			■	■	
Katsu			■							■		
Korean						■		■	■			■
Mongolian						■		■	■			■
Orange	■		■				■			■	■	
Pao Pao		■	■				■			■	■	
Pineapple Sweet + Sour		■	■				■			■	■	
Red Coconut Curry			■			■		■	■		■	■
Sesame Stir Fry						■		■	■			■
Sichuan						■		■	■			■
Teriyaki				■								
Veggie Stir Fry						■		■	■		■	■
Yellow Coconut Curry			■			■		■	■		■	■
Pad Thai Noodle Bowl						■		■	■			■
Pineapple Thai Fried Rice						■		■	■			■
Udon Noodle Soup			■				■			■		
Wok Fried Rice						■		■	■		■	■

BENTO ASIAN KITCHEN + SUSHI

Wok Entrées

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Veggie Friendly	Milk	Egg	Fish	Shellfish	Tree Nuts	Wheat	Peanuts	Soybeans
Base (Includes all items except proteins + flavors)																				
Bento Box w/ Brown Rice	570	32	17	0	0	1,060	72	6	16	1	10			■		■		■		■
Bento Box w/ White Rice	590	31	16	0	0	1,060	77	5	16	1	10			■		■		■		■
Noodle Bowl w/ Lo Mein Noodles	400	25	11	0	0	140	61	5	2	0	10					■		■		
Noodle Bowl w/ Rice Noodles	410	1	0	0	0	0	93	2	0	0	8	■								
Noodle Bowl w/ Udon Noodles	340	2	0	0	0	870	73	2	4	3	10	■						■		■
Rice Bowl w/ Brown Rice	330	3	0	0	0	0	70	5	1	0	7	■								
Rice Bowl w/ Fried Rice	780	35	25	0	210	830	100	5	8	0	18			■		■		■		■
Rice Bowl w/ White Rice	390	1	0	0	0	0	85	1	0	0	7	■								
Wok Entrée Proteins (full portion)																				
Chicken - Fried Dark	510	25	16	0	190	410	33	0	0	0	35			■						
Chicken - Fried White	470	12	7	0	165	360	36	1	0	0	51			■				■		
Chicken - Katsu	440	9	2	0	240	180	24	1	2	1	63			■				■		■
Chicken - Teriyaki	350	11	3	0	240	300	10	0	10	10	50					■		■		■
Chicken - White Meat Grilled	350	7	2	0	185	170	10	0	10	10	57									
Chicken - Wok	300	12	7	0	145	90	0	0	0	0	45									
Shrimp - Tempura	290	15	3	0	165	420	14	0	0	0	26					■		■		■
Shrimp - Wok	140	7	6	0	125	510	0	0	0	0	19					■				
Steak - Wok	360	21	14	0	110	90	0	0	0	0	42									
Tofu - Katsu	250	8	2	0	50	85	27	4	2	1	16			■				■		■
Tofu - Fried	360	35	24	0	0	15	3	3	0	0	12	■								■
Veggies - Wok	70	1	0	0	0	55	14	5	7	0	5	■								
Wok Entrée Flavors + Veggies																				
Garlic Broccoli	80	1	0	0	0	200	16	5	5	0	5					■		■		■
General Tso	170	1	0	0	0	220	40	2	36	32	1					■		■		■
Gochujang Garlic	540	8	1	0	0	3,310	114	5	95	0	6	■						■		■
Katsu	20	1	0	0	0	50	3	1	1	0	1	■								
Korean	180	7	1	0	0	190	30	6	11	0	5	■						■		■
Mongolian	210	5	1	0	0	960	37	3	22	0	5				■	■		■		■
Orange	360	1	0	0	0	450	88	2	82	0	1	■						■		■
Pao Pao	600	53	8	0	25	890	30	2	27	0	2			■	■	■				■
Pineapple Sweet + Sour	340	1	0	0	0	320	83	3	78	6	1	■								
Red Coconut Curry	390	27	19	0	0	810	24	7	11	0	10	■						■		■
Sesame Stir Fry	180	3	0	0	0	1,530	33	5	20	0	7	■						■		■
Sichuan	180	1	0	0	0	1,800	40	5	28	21	6							■		■
Teriyaki	130	1	0	0	0	610	30	1	25	0	2							■		■
Veggie Stir Fry	70	1	0	0	0	180	15	5	7	0	5	■						■		■
Yellow Coconut Curry	450	30	20	0	0	1,100	37	7	24	0	8	■								■

BENTO ASIAN KITCHEN + SUSHI

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Veggie Friendly	Milk	Egg	Fish	Shellfish	Tree Nuts	Wheat	Peanuts	Soybeans
Wok Signature Entrées (Includes all items except protein choice)																				
Pad Thai Noodle Bowl	840	24	5	0	315	1,120	130	6	28	0	27			■				■	■	■
Pineapple Thai Fried Rice	880	36	25	0	210	850	120	5	27	7	19			■	■			■		■
Udon Noodle Soup	500	7	0	0	0	3,540	93	5	19	9	17				■			■		■
Wok Fried Rice	780	35	25	0	210	830	100	5	8	0	18			■		■		■		■
Kids' Menu																				
Kids' Menu Base																				
Box w/ Brown Rice	230	8	1	0	0	310	35	3	3	1	4			■				■		
Box w/ White Rice	250	7	1	0	0	310	40	1	3	1	4			■				■		
Box w/ Lo Mein Noodles	230	15	5	0	0	360	28	3	3	1	5			■		■		■		■
Bowl w/ Brown Rice	165	1	0	0	0	0	35	3	1	0	4	■								
Bowl w/ White Rice	195	0	0	0	0	0	43	1	0	0	4	■								
Bowl w/ Lo Mein Noodles	200	13	6	0	0	70	31	3	1	0	5					■		■		
Kids' Box Proteins																				
Katsu Chicken	220	5	1	0	120	90	12	1	1	1	32							■		■
Katsu Tofu	125	4	1	0	25	43	14	2	1	1	8			■				■		■
Pao Pao Chicken	535	33	8	0	95	625	33	2	14	0	27			■	■	■		■		■
Pao Pao Shrimp	445	34	5	0	95	655	22	1	14	0	14			■	■	■		■		■
Pao Pao Tofu	480	44	16	0	13	453	17	3	14	0	7			■	■	■		■		■
Pineapple Sweet + Sour Chicken	405	7	4	0	83	340	60	2	39	3	26			■				■		
Pineapple Sweet + Sour Shrimp	315	8	1	0	83	370	49	2	39	3	14			■		■		■		
Pineapple Sweet + Sour Tofu	350	18	12	0	0	168	43	3	39	3	7			■				■		
Teriyaki Chicken	175	6	2	0	120	150	5	0	5	5	25							■		■
Classic Rolls (8 pieces)																				
Cali	190	2	0	0	5	800	37	2	8	1	6			■	■	■		■		
Caliente	510	23	4	0	55	1,660	47	2	15	3	19			■	■	■		■		■
Chicken Tempura	440	147	5	2	40	940	41	1	6	0	1		■							
Florida	280	9	4	0	35	650	34	2	6	0	13		■		■					
Fried Avo	420	18	3	0	5	1,320	60	5	17	10	6			■				■		■
Mex	310	7	1	0	55	1,280	50	2	15	10	12		■	■		■		■		■
Mt Fuji	430	13	2	0	75	1,830	56	1	19	13	19			■	■	■		■		■
Rainbow	280	6	2	0	25	820	38	3	8	1	16			■	■	■		■		
Special Mex	570	30	7	0	160	1,680	51	2	17	10	24		■	■	■	■		■		■
Spicy Tuna	320	10	2	0	20	1,260	38	1	11	0	13				■	■		■		■
Veggie	220	7	3	0	15	640	37	3	8	0	5	■	■							
Signature Rolls																				
Bamboo	460	15	2	0	65	1,590	61	5	23	15	21			■	■	■		■		■
Crunch	990	49	10	0	170	2,630	105	5	29	19	29		■	■	■	■		■		■

BENTO ASIAN KITCHEN + SUSHI

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Veggie Friendly	Milk	Egg	Fish	Shellfish	Tree Nuts	Wheat	Peanuts	Soybeans
Hot Lava	1,050	80	15	0	140	2,560	51	3	12	3	26		■	■	■	■		■		■
Miami	580	30	7	0	185	1,770	46	2	9	2	27		■	■	■	■		■		■
Red Dragon	670	42	9	0	105	1,480	43	3	9	1	26		■	■	■	■		■		■
TNT	560	32	5	0	50	1,430	40	2	12	0	24			■	■	■		■		■
Volcano	900	71	14	0	80	1,930	42	3	10	2	21		■	■	■	■		■		■
Sushi Combo Box																				
Base Box w/ Cali Roll	270	4	0	0	0	1,620	50	4	15	1	7			■	■	■		■		■
Cali (4 pcs)	95	1	0	0	3	400	19	1	4	1	3			■	■	■		■		
Caliente (4 pcs)	255	12	2	0	28	830	24	1	8	2	10			■	■	■		■		■
Chicken Tempura (4 pcs)	220	74	3	1	20	470	21	1	3	0	1		■							
Florida (4 pcs)	140	5	2	0	18	325	17	1	3	0	7		■		■					
Fried Avo (4 pcs)	210	9	1	0	3	660	30	3	9	5	3			■				■		■
Mex (4 pcs)	155	4	1	0	28	640	25	1	8	5	6		■	■		■		■		■
Mt Fuji (4 pcs)	215	7	1	0	38	915	28	1	10	7	10									
Rainbow (4 pcs)	140	3	1	0	13	410	19	2	4	1	8			■	■	■		■		
Special Mex (4 pcs)	285	15	4	0	80	840	26	1	9	5	12		■	■	■	■		■		■
Spicy Tuna (4 pcs)	160	5	1	0	10	630	19	1	6	0	7				■	■		■		■
Veggie (4 pcs)	110	4	2	0	8	320	19	2	4	0	3	■	■							
Signature Poké Bowls																				
Hawaiian	930	27	4	0	45	3,620	126	7	38	0	43				■			■		■
Spicy Donburi	950	44	7	0	65	2,720	98	4	19	0	36			■	■	■		■		■
Surf 'N' Turf	930	24	5	0	145	2,800	117	5	27	8	59			■	■			■		■
Tom Yum Salad	860	36	9	0	65	1,270	97	14	29	11	41			■	■			■	■	■
Build-A-Poké Bowls																				
Build-A-Poké Bases (per selection)																				
Mixed Greens (regular)	10	0	0	0	0	8	2	1	1	0	1	■								
Mixed Greens (kids)	15	0	0	0	0	11	3	2	1	0	1	■								
White Sushi Rice (regular)	200	0	0	0	0	840	45	1	8	0	3	■								
White Sushi Rice (kids)	300	0	0	0	0	1,260	68	1	11	0	5	■								
Build-A-Poké Proteins (per selection)																				
Crispy Chicken Katsu	220	5	1	0	120	90	12	1	1	1	32			■				■		■
Crispy Chicken Tempura	120	3	2	0	40	90	9	0	0	0	13			■				■		
Fried Tofu	190	18	12	0	0	10	2	2	0	0	7	■								■
Fried Tofu - Spicy	250	18	12	0	0	890	11	2	9	0	7				■	■		■		■
Grilled Chicken Teriyaki	230	7	2	0	160	190	5	0	5	5	33					■		■		■
Krab Delite	120	8	1	0	20	440	6	0	2	2	5			■	■	■		■		■
Krab Sticks	40	0	0	0	5	320	5	1	2	2	5			■	■	■		■		
Salmon - Fried	270	8	2	0	30	105	33	1	3	1	16				■			■		■

BENTO ASIAN KITCHEN + SUSHI

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Veggie Friendly	Milk	Egg	Fish	Shellfish	Tree Nuts	Wheat	Peanuts	Soybeans
Salmon - Poké Soy Marinated	140	8	2	0	30	370	4	0	3	0	12				■			■		■
Salmon - Spicy Marinated	150	8	2	0	30	470	5	0	5	0	12				■	■		■		■
Salmon (regular)	120	8	2	0	30	35	0	0	0	0	12				■			■		■
Shrimp Steamed	40	0	0	0	75	170	0	0	0	0	9					■				
Shrimp Tempura	140	8	1	0	85	210	7	0	0	0	13					■		■		■
Spicy Scallop	160	8	6	0	20	780	8	0	7	0	10				■	■		■		■
Tempura String Beans	190	13	6	0	0	340	17	4	3	0	1	■						■		
Tuna - Poké Soy Marinated	90	1	0	0	20	360	4	0	3	0	14				■			■		■
Tuna - Spicy Marinated	90	0	0	0	20	470	5	0	5	0	14				■	■		■		■
Tuna (regular)	60	0	0	0	20	25	0	0	0	0	14				■					
Yellowtail	80	3	1	0	30	20	0	0	0	0	13				■					■
Build-A-Poké Additions (per selection)																				
Asparagus	5	0	0	0	0	0	1	1	0	0	1	■								
Avocado	60	5	1	0	0	0	3	2	0	0	1	■								
Carrot	10	0	0	0	0	15	2	1	1	0	0	■								
Cream Cheese	50	5	3	0	15	40	2	0	1	0	1		■							
Cucumber	5	0	0	0	0	0	2	0	1	0	0	■								
Edamame Peas	45	2	0	0	0	0	3	2	0	0	4	■								■
Jalapeño	5	0	0	0	0	0	1	1	1	0	0	■								
Kimchi	10	0	0	0	0	160	2	1	0	0	1				■					
Mango	20	0	0	0	0	0	5	1	4	0	0	■								
Pineapple	25	0	0	0	0	0	6	0	6	3	0	■								
Red Onion	5	0	0	0	0	0	2	0	1	0	0	■								
Grape Tomato	5	0	0	0	0	0	1	0	0	0	0	■								
Shiitake Mushroom	35	0	0	0	0	230	7	1	6	6	0	■						■		■
Spicy Cucumber	50	1	0	0	0	460	9	1	6	0	1	■						■		
Wakame	25	1	0	0	0	370	3	1	2	0	1	■						■		■
Wonton Chips	35	3	3	0	5	25	2	0	0	0	0	■		■				■		
Build-A-Poké Toppings (per selection)																				
Crushed Peanuts	60	5	1	0	0	0	2	1	0	0	3	■							■	
Fried Garlic	60	0	0	0	5	0	6	0	0	0	0	■								■
Fried Onion	60	4	2	0	0	50	4	0	0	0	0	■						■		
Furikake	50	3	0	0	10	350	2	2	2	2	2			■	■			■		■
Pickled Ginger	10	0	0	0	0	230	2	0	0	0	0	■								
Scallion	0	0	0	0	0	0	0	0	0	0	0	■								
Sesame Seeds	15	2	0	0	0	0	1	0	0	0	0	■								
Tempura Flakes	60	4	0	0	0	60	5	1	5	0	1	■						■		
Togarashi	10	0	0	0	0	0	1	0	0	1	0	■								
Wasabi	10	0	0	0	0	0	2	0	0	0	1	■								

BENTO
ASIAN KITCHEN + SUSHI

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Veggie Friendly	Milk	Egg	Fish	Shellfish	Tree Nuts	Wheat	Peanuts	Soybeans
Side Sauces (1.5 fl oz)																				
Dumpling Sauce	70	3	0	0	0	1,990	12	0	8	0	2					■		■		■
Ginger Dressing	70	1	0	0	0	680	13	0	11	0	1	■						■		■
Honey Miso	190	16	3	0	5	330	14	0	12	12	1			■						■
Japanese BBQ	70	0	0	0	0	710	17	0	16	16	0	■						■		■
Poké Soy	80	3	0	0	0	1,010	13	0	10	0	2	■						■		■
Spicy Mayo	260	28	5	0	15	470	1	0	1	0	0				■	■				■
Sweet Chili	90	1	0	0	0	620	20	1	17	3	0	■						■		■
Teriyaki	110	0	0	0	0	570	27	0	24	0	1	■						■		■
Tom Yumi	90	6	2	0	0	270	7	1	6	4	2	■								■
White	230	24	4	0	15	240	3	0	3	0	0			■						
Yuzu Ponzu	40	0	0	0	0	580	9	0	8	0	1	■						■		
Bento Bites /w Side Sauces Included																				
Edamame - Garlic	530	25	4	0	0	700	34	18	6	1	37	■								■
Edamame - Large	460	18	3	0	0	380	33	18	5	1	37	■								■
Edamame - Small	240	10	1	0	0	190	17	10	3	0	19	■								■
Edamame - Spicy	700	31	4	0	0	2,460	51	18	24	1	35	■			■	■		■		■
Egg Fried Rice	780	35	25	0	210	830	100	5	8	0	18			■		■		■		■
House Ginger Salad	90	1	0	0	0	700	17	2	12	0	2	■						■		■
Kimchi	60	0	0	0	0	960	12	6	0	0	6				■					
Krab Wontons	350	15	8	0	35	1,110	45	2	23	4	7		■	■	■	■		■		■
Lo Mein Noodles Side	200	13	6	0	0	70	31	2	1	0	5					■		■		■
Miso Soup	60	2	0	0	0	1,560	7	1	4	1	4				■			■		■
Pork Dumplings - Fried (6 pcs)	680	43	27	0	30	2,650	62	2	10	0	16			■				■		■
Pork Dumplings - Steamed (6 pcs)	430	15	4	0	30	2,650	62	2	1	0	16			■				■		■
Pork Egg Rolls	450	19	5	0	20	1,600	60	5	23	5	14			■				■		■
Rice - Brown Side	190	2	0	0	0	0	40	30	1	0	4	■								
Rice - White Side	220	0	0	0	0	0	49	1	0	0	4	■								
String Beans - Garlic	310	28	4	0	0	660	12	4	6	1	3	■								■
String Beans - Regular	310	28	4	0	0	660	11	4	6	1	3	■								
String Beans - Tempura Fried	550	42	10	0	15	920	37	7	9	0	3			■				■		■
Tom Yum Soup - Chicken	200	12	5	0	35	1,480	9	1	7	5	14				■					■
Tom Yum Soup - Shrimp	150	11	5	0	35	1,540	9	1	7	5	6				■	■				■
Veggie Spring Rolls (4 pc)	250	3	0	0	0	1,220	48	1	25	3	4	■						■		■
Wakame Salad	140	5	0	0	0	2,040	16	5	11	0	5	■						■		■
Boba Teas																				
Base (16 oz) **Includes Honey Boba*																				

BENTO ASIAN KITCHEN + SUSHI

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Veggie Friendly	Milk	Egg	Fish	Shellfish	Tree Nuts	Wheat	Peanuts	Soybeans
Green Tea	210	0	0	0	0	15	52	0	35	8	0	■								
Jasmine Milk Tea	260	5	3	0	5	15	56	0	36	8	0		■							
Milk Tea	300	9	5	0	15	15	58	0	36	8	0		■							
Milk Tea Smoothie	320	6	4	0	10	10	69	0	47	8	0		■							
Slush	135	0	0	0	0	15	34	0	19	8	0	■								
Thai Tea	290	9	7	0	40	20	51	0	33	8	0		■							
Milk Tea Flavors																				
Coconut	200	10	7	0	5	25	28	2	22	20	0		■							
Mango	160	3	1	0	0	20	33	0	26	26	0		■							
Strawberry	460	3	1	0	0	20	34	0	27	26	0		■							
Vanilla	190	8	4	0	15	90	30	0	25	24	1		■							
Milk Tea Smoothie Flavors																				
Coconut	260	13	9	0	5	30	37	2	29	27	1		■							
Mango	210	4	1	0	0	30	43	0	35	34	1		■							
Strawberry	210	4	1	0	0	30	45	0	36	34	1		■							
Vanilla	250	11	5	0	20	115	40	0	33	31	2		■							
Green Tea Flavors																				
Lychee	60	0	0	0	0	0	15	0	14	9	0	■								
Mango	60	0	0	0	0	20	14	0	13	9	0	■								
Passionfruit	60	0	0	0	0	15	14	0	13	9	0	■								
Strawberry	50	0	0	0	0	10	12	0	12	12	0	■								
Slush Flavors																				
Lychee	300	0	0	0	0	25	73	0	68	47	0	■								
Mango	280	0	0	0	0	90	70	0	65	43	0	■								
Passionfruit	280	0	0	0	0	75	70	0	65	43	0	■								
Strawberry	250	0	0	0	0	50	62	0	58	58	0	■								
Addons																				
Honey Boba	90	0	0	0	0	0	23	0	8	8	0	■								
Jelly - Lychee	30	0	0	0	0	0	7	0	7	7	0	■								
Jelly - Mango	30	0	0	0	0	0	7	0	7	7	0	■								
Jelly - Passionfruit	30	0	0	0	0	0	7	0	7	7	0	■								
Popping Boba - Lychee	25	0	0	0	0	0	6	0	5	4	0	■								
Popping Boba - Strawberry	25	0	0	0	0	0	6	0	5	4	0	■								