

T-MOBILE CENTER - ARENA 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												
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
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
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												
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
Canned Beer	24-25	190-300										
Craft Beer	12-25	130-410										
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
Bottled Water	20.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

SPRINT CENTER - EVENTS ONLY

1407 GRAND BLVD., SECTION 101 | KANSAS CITY, MO 64106