

Serving Size (g)	Calories from Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Allergens		
<b>ENTRÉES</b>													
Grilled Steak Bowl - Regular	373	870	100	11	5	0	60	1270	97	0	17	25	Soy, Wheat
Grilled Steak Bowl - Large	544	850	150	17	7	0	85	2180	144	0	32	38	Soy, Wheat
Beef Bowl® - Regular	425	730	240	27	12	0	70	1310	91	3	5	30	Soy, Yeast, Wheat
Beef Bowl® - Large	610	1040	340	38	17	0	100	1870	131	5	8	43	Soy, Yeast, Wheat
Beef Bowl® w/ Vegetable - Regular	496	650	180	20	9	0	50	1220	95	5	4	24	Soy, Yeast, Wheat
Beef Bowl® w/ Vegetable - Large	808	960	260	29	12	0	70	2040	141	9	8	35	Soy, Yeast, Wheat
Teriyaki Chicken Bowl - Regular	572	790	160	18	5	0	165	1490	110	5	16	48	Soy, Wheat
Teriyaki Chicken Bowl - Regular (No Skin)	572	740	130	15	4	0	90	1400	110	5	16	44	Soy, Wheat
Teriyaki Chicken Bowl - Large	903	1140	230	25	7	0	220	2480	165	9	25	66	Soy, Wheat
Teriyaki Chicken Bowl - Large (No Skin)	903	1090	190	21	6	0	115	2350	166	9	25	61	Soy, Wheat
Grilled Steak & Teriyaki Chicken Combo - Large	787	1010	200	22	8	0	225	2550	144	2	29	62	Soy, Wheat
Grilled Steak & Beef Combo - Large	728	870	190	21	9	0	85	1900	137	2	22	41	Soy, Yeast, Wheat
Beef & Teriyaki Chicken Combo - Large	800	1190	330	36	14	0	215	2340	151	7	19	67	Soy, Wheat
Beef & Teriyaki Chicken Combo (No Skin) - Large	799	1150	300	33	12	0	135	2250	151	7	19	64	Soy, Wheat
Vegetable Bowl - Regular	510	440	25	3	1	0	0	740	97	7	2	8	Soy, Yeast, Wheat
Asian BBQ Wings Plate (4 pc)	540	710	230	26	7	0	145	1740	88	4	19	36	Soy, Yeast, Wheat, Egg
Asian BBQ Wings Plate (6 pc)	738	920	340	39	10	0	217	2580	98	4	25	51	Soy, Yeast, Wheat, Egg
Grilled Tilapia w/Rice & Coleslaw	512	570	110	13	2.5	0	45	150	91	4	6	26	Egg, Soy, Fish
Grilled Tilapia w/Rice & Vegetables	491	540	100	12	2.5	0	45	620	88	2	3	25	Soy, Fish, Wheat, Yeast
Grilled Tilapia w/Rice & Coleslaw- Lemon Butter Sauce	556	640	160	19	6.5	0	50	360	94	4	6	26	Egg, Soy, Fish, Dairy, Wheat
Grilled Tilapia w/Rice & Vegetables- Lemon Butter Sauce	535	610	150	18	6.5	0	50	830	91	2	3	25	Soy, Fish, Wheat, Yeast, Milk
Grilled Tilapia w/Rice & Coleslaw- Teriyaki Sauce	554	619	110	13	3	0	45	698	103	4	15	27	Egg, Soy, Fish, Wheat
Grilled Tilapia w/Rice & Vegetables- Teriyaki Sauce	533	589	100	12	3	0	45	1168	100	2	12	26	Soy, Fish, Wheat, Yeast
<b>KID'S MEALS</b>													
Kid's Meal Beef	269	350	100	11	5	0	30	700	48	3	2	13	Soy, Yeast, Wheat
Kid's Meal Teriyaki Chicken	284	360	70	7	3	0	75	680	53	3	6	21	Soy, Wheat
Kid's Meal Teriyaki Chicken (No Skin)	284	340	50	6	2	0	40	640	53	3	6	20	Soy, Wheat
<b>APPETIZERS</b>													
Asian BBQ Wings - (4pc)	198	410	220	25	6	0	145	1680	21	0	12	30	Soy, Yeast, Wheat
Asian BBQ Wings - (6pc)	298	620	330	37	10	0	215	2520	32	1	18	45	Soy, Yeast, Wheat
Spring Rolls - (2pc)	118	300	180	20	2.5	0	0	520	26	2	6	4	Soy, Wheat
Spring Rolls - (4pc)	236	600	360	40	5	0	0	1040	52	4	12	8	Soy, Wheat
<b>SIDES</b>													
Clam Chowder Soup	227	210	60	7	2.5	0	10	750	34	0	0	3	Dairy, Seafood
Cheese Cake	99	330	170	19	11	0	65	260	35	1	23	7	Dairy, Wheat, Yeast, Egg, Soy,
Chocolate Cheese Cake	99	370	190	22	12	0	40	250	37	2	26	6	Shared Equipment with Peanuts and Tree Nuts
Caramel Flan	128	270	80	9	5	0	110	105	38	0	27	7	Egg, Milk
Cookie - Chocolate Chip	37	170	60	7	3	0	1	162	26	1	15	2	Wheat, Egg, Milk, Soy, Processed in plant.
Cookie - Oatmeal	37	150	40	5	2	0	0	141	26	1	15	2	Contains: Peanuts, Tree Nuts, Sulfites & Tatarizine
<b>A LA CARTE</b>													
Grilled Steak only	141	200	90	12	4.5	0	60	1200	21	0	16	19	Soy, Wheat
Teriyaki Chicken and Vegetables	345	410	140	16	5	0	165	1470	27	3	16	42	Soy, Wheat
Teriyaki Chicken (No Skin) and Vegetables	345	370	110	12	4	0	90	1370	27	3	16	39	Soy, Wheat
Beef only	198	360	230	25	11	0	70	1290	8	1	5	25	Soy, Yeast, Wheat
Vegetables only	284	70	5	0.5	0	0	0	720	14	4	2	2	Soy, Yeast, Wheat
White Rice	227	370	20	2	0.5	0	0	25	83	2	0	6	
Brown Rice	226	170	15	1.5	0	0	0	8	34	2	0	4	
Teriyaki Sauce only	113	130	0	0	0	0	0	1460	31	0	23	2	Soy, Wheat
Beef Soup only	113	40	0	0	0	0	0	590	6	0	6	4	Soy, Yeast, Wheat
Lemon Butter Sauce only	44	70	50	6	4	0	5	210	3	0	0	0	Soy, Dairy, Wheat
<b>DRINKS</b>													
Pepsi® - Regular	24 floz	300	0	0	0	0	0	76	82	0	82	0	Caffeine
Diet Pepsi® - Regular	24 floz	0	0	0	0	0	0	76	0	0	0	0	Caffeine
Wild Cherry Pepsi® - Regular	24 floz	300	0	0	0	0	0	76	84	0	82	0	Caffeine
Mountain Dew® - Regular	24 floz	330	0	0	0	0	0	106	94	0	94	0	Caffeine
Mug Rootbeer® - Regular	24 floz	300	0	0	0	0	0	90	78	0	78	0	N/A
No Calorie Brisk® Green Tea with Peach - Regular	24 floz	0	0	0	0	0	0	210	0	0	0	0	Caffeine
Sierra Mist® - Regular	24 floz	300	0	0	0	0	0	76	82	0	82	0	N/A
Tropicana® Pink Lemonade - Regular	24 floz	300	0	0	0	0	0	270	84	0	82	0	N/A
Brisk® - Raspberry Sweetened Iced Tea - Regular	24 floz	240	0	0	0	0	0	76	64	0	64	0	Caffeine
Tropicana® Fruit Punch - Regular	24 floz	330	0	0	0	0	0	150	90	0	84	0	N/A
Aquafina® Bottled Water	20 floz	0	0	0	0	0	0	0	0	0	0	0	N/A
Tropicana® Orange Juice	10 floz	140	0	0	0	0	0	20	33	0	28	2	N/A
Tropicana® Apple Juice	10 floz	140	0	0	0	0	0	25	34	0	31	1	N/A



Daily Values Per U.S. Food & Drug Admin. In California and per U.S. Dept. of Agriculture: Recommended limits for a 2,000 calorie daily diet are 20 grams or less of saturated fat and less than 2,300 milligrams of sodium.

You can view USDA's Dietary Guidelines for Americans at: [health.gov/dietaryguidelines](http://health.gov/dietaryguidelines)

Calories	2,000
Total Fat	65g
Sat Fat	Less Than 20g
Cholesterol	Less Than 300mg
Sodium	Less Than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g

Yoshinoya takes pride in seeking to provide you quality foods. Diet and good nutrition, exercise, regular health examinations, and consulting your health professionals can all contribute to a healthy lifestyle. Our products can be part of an overall balanced diet. If you have questions about nutrition and diet, consult your physician, dietician and/or nutritionist. This nutritional and ingredient information is based on samples, times and conditions in which testing occurred for our standard menu items the way they are usually prepared and offered for sale. But variations from this data may occur in items you select. This is due to the possibility of different suppliers, ingredient substitutions by suppliers or us, recipe variations, product assembly at restaurant, seasonal variations, special ordering, changes in product formulations, processing variations, storage or temperature, interactions, different serving size from quantity tested, procedure variations at a restaurant, or other factors. Your choices could have the same, or more, or less, of any or all elements or characteristics. Please use these for guidance, but not as a claim that your selection or meal has exactly the stated amounts of any element or characteristic. Also, test products may not be included. Yoshinoya uses ingredients that contain all of the major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, soy and wheat). Yoshinoya prepares its food fresh with shared cooking equipment and therefore allergens could be present in any item. Yoshinoya does not have any vegetarian or gluten free items.

**Yoshinoya Companies, its employees, affiliates and franchisees assume no responsibility for any food item satisfying a particular dietary need, preference or restriction.**

Nutrition Information for drinks, desserts and dressings provided by manufacturers and/or packaging labels.

\* Due to variations in sodium contributions from water, the sodium level of our fountain beverages may vary.

\* Information reflects rounding as required by the Food & Drug Administration (21 CFR 101).

\* 2017 PepsiCo, Inc. All Rights Reserved. This display contains valuable trademarks owned and used by PepsiCo, Inc. and its subsidiaries and affiliates to distinguish products and services of outstanding quality.

Yoshinoya® and Beef Bowl® are registered trademarks of Yoshinoya Companies.

## OUR HISTORY

In 1899, on the outskirts of Edo Castle in the Nihonbashi Fish Market of Chuoku, Tokyo, Eikichi Matsuda opened the doors of the first Yoshinoya restaurant. Named for his birthplace of Yoshino-Cho, Osaka, Mr. Matsuda's restaurant featured delicious, affordable and fast meals. It was an entirely new concept in Japanese culture, and both the hard-working fisherman and market visitors embraced it. Yoshinoya was an instant hit.

# What can we **COOK** for you?

## Tastes Better Because It's Cooked Fresh™

For over 100 years, Yoshinoya customers have been coming to us for food that not only tastes great, but is also good for you. And to make sure our food is at its freshest best, Yoshinoya is a microwave-free zone. Unlike other restaurants that re-heat pre-cooked meals in a microwave, Yoshinoya has a real working Japanese style kitchen with real grills, stoves, ovens and cooks. Choose the entrées and sides you want, and we'll serve it up—fresh and fast to you.

## ORIGINAL BEEF BOWL®

With healthy helpings of our USDA Approved beef simmered with fresh onions on a bed of fluffy steamed rice, our Beef Bowl® is the foundation of our Japanese tradition.

## TERIYAKI CHICKEN

Tender, golden brown pieces of chicken in our exclusive teriyaki sauce are combined with a medley of nutritious vegetables and topped with green onions and sesame seeds – all served on a bed of fluffy steamed rice.

## GRILLED STEAK

Savory premium Grilled steak is grilled to perfection and drizzled with a sweet soy glazed and topped with sesame seeds and green onions. Served with fluffy steamed rice.

## GRILLED TILAPIA

Grilled white fish served with steamed rice, creamy coleslaw or nutritious mixed vegetables served with lemon and your choice of lemon garlic butter sauce or teriyaki sauce.

## COMBO BOWL

Combines your choice of two of the delicious flavors of our Original Beef, Teriyaki Chicken, Grilled Steak or Grilled Tilapia along with our signature sauces all served with crisp-cooked broccoli, cauliflower, cabbage, and carrots. The Combo Bowl has been a long time favorite at Yoshinoya.



FOLLOW US ON FACEBOOK  
[www.facebook.com/Yoshinoya](http://www.facebook.com/Yoshinoya)



Join our Bowler Club at  
[www.yoshinoyaamerica.com](http://www.yoshinoyaamerica.com)

Standard Nutritional Information January 2018



## Nutritional Guide