



**BENIHANA**

**APERITIVE/SMALL DISHES**  
**GUSTARI CALDE/HOT PLATES**

<b>SHIRO MISO SOUP (V) 200ml</b> Supa dashi, sos miso, alge de mare, ceapa verde si branza tofu. Dashi soup, miso sauce, seaweed, green onion, tofu	<b>23 RON</b>
<b>BENIHANA ONION SOUP 200ml</b> Zeama din supa de pui, zeama din supa de vita, telina, ciuperci, usturoi Chicken stock, beef stock, celery, mushrooms, garlic	<b>25 RON</b>
<b>BENIHANA SALAD 180g</b> Mix de salata cu roşii cherry, ridichi, morcovi si dressing de ghimbir Mixed salad with cherry tomatoes, radishes, carrots and ginger dressing	<b>29 RON</b>
<b>EDAMAME (V) 100g</b> Edamame servite cu sare de mare Edamame served with crushed sea salt	<b>25 RON</b>
<b>PRAWNS TEMPURA 200g</b> Creveti in stil tempura Prawns tempura	<b>55 RON</b>
<b>PIRIKARA PRAWN 200g</b> Creveti tempura serviti cu sos de maioneza picant Prawns tempura served with spicy mayonnaise sauce	<b>60 RON</b>
<b>CHICKEN GYOZA 5buc</b> Galuste de pui servit cu sos gyoza Japanese chicken dumpling served with gyoza sauce	<b>45 RON</b>
<b>SPRING ROLLS (V) 5buc</b> Pachetele de primavara servite cu sos dulce de chilli Spring rolls served with sweet chilli sauce	<b>30 RON</b>

ALL NIGIRI, SUSHI, AND SASHIMI ARE SERVED WITH SOY SAUCE,  
PICKLED GINGER, WASABI  
TOATE NIGIRI, SUSHI ȘI SASHIMI SUNT ÎNSOȚITE DE SOS DE SOIA,  
GINGER MURAT, WASABI



## SUSHI & SASHIMI COMBO

### SUSHI COMBINATION\*

2-ton, 2-somon, 1-creveti, 1-lup de mare

85 RON

2-tuna, 2-salmon, 1-prawn, 1-sea Bass

### SASHIMI COMBINATION\*

2-ton, 3-somon, 2-lup de mare

70 RON

2-tuna, 3-salmon, 2-sea bass

### SUSHI & SASHIMI COMBINATION\*

2-ton, 2-somon, 2-creveti sushi; 3-ton, 3-somon, 2-lup de mare sashimi

160 RON

2-tuna, 2-salmon, 2-prawn sushi ; 3-tuna, 3-salmon, 2-sea bass sashimi

## SUSHI ROLLS (MAKIMONO)

### RULOURI CU AVOCADO/AVOCADO ROLL 95g (V) (6PCS)

Orez sushi, avocado, foaie de alge, wasabi, ghimbir murat

28 RON

Sushi rice, avocado, nori, wasabi, pickled ginger

### RULOURI CU CASTRAVETE/ CUCUMBER ROLL 95g (V) (6PCS)

Orez sushi, castraveti, foaie de alge, wasabi, ghimbir murat

26 RON

Sushi rice, cucumber, nori, wasabi, pickled ginger

### RULOURI CU TON/ TUNA ROLL\* 95g (6PCS)

Orez sushi, ton, foaie de alge, wasabi, ghimbir murat

30 RON

Sushi rice, tuna, nori, wasabi, pickled ginger

### RULOURI CU SOMON / SALMON ROLL\* 95g (6PCS)

Orez sushi, somon, foaie de alge, wasabi, ghimbir murat

30 RON

Sushi rice, salmon, nori, wasabi, pickled ginger

### RULOURI CALIFORNIA/CALIFORNIA ROLL\* 170g (8PCS)

Orez sushi, crab, icre tobiko, maioneza, foaie de alge, wasabi, ghimbir murat

40 RON

Sushi rice, avocado, nori, wasabi, pickled ginger

### RULOURI CU CREVETI TEMPURA/PRAWN TEMPURA ROLL\* 170g(8PCS)

Orez sushi, creveti tempura, maioneza, foaie de alge, wasabi, ghimbir murat

45 RON

Sushi rice, Prawns tempura, mayonnaise, nori, wasabi, pickled ginger

ALL NIGIRI, SUSHI, AND SASHIMI ARE SERVED WITH SOY SAUCE,  
PICKLED GINGER, WASABI  
TOATE NIGIRI, SUSHI ȘI SASHIMI SUNT ÎNSOȚITE DE SOS DE SOIA,  
GINGER MURAT, WASABI



### NIGIRI SUSHI (2PCS)

**SOMON / SALMON\* 80g** 32 RON  
File de somon, orez sushi, wasabi, ghimbir murat  
Salmon fillet, sushi rice, wasabi, pickled ginger

**TON/TUNA\* 80g** 38 RON  
File de ton, orez sushi, wasabi, ghimbir murat  
Tuna fillet, sushi rice, wasabi, pickled ginger

**CREVETI/ PRAWNS\* 70g** 36 RON  
Creveti, orez sushi, wasabi, ghimbir murat  
Prawns, sushi rice, wasabi, pickled ginger

**LUP DE MARE / SEA BASS\* 80g** 38 RON  
Lup de mare, orez sushi, wasabi, ghimbir murat  
Sea bass fillet, sushi rice, wasabi, pickled ginger

**TOBIKO 70g** 32 RON  
Icre tobiko, orez sushi, wasabi, ghimbir murat  
Tobiko, sushi rice, wasabi, pickled ginger

**OMLETA JAPONEZA / TAMAGOYAKI 80g** 16 RON  
Omleta, orez sushi, wasabi, ghimbir murat  
Tamagoyaki, sushi rice, wasabi, pickled ginger

### SASHIMI(3PCS)

**TON/TUNA\* 75g** 40 RON  
File de ton, wasabi, ghimbir murat  
Tuna fillet, wasabi, pickled ginger

**SOMON/SALMON\* 75g** 35 RON  
File de somon, wasabi, ghimbir murat  
Salmon fillet, wasabi, pickled ginger

**LUP DE MARE/SEA BASS\* 75g** 45 RON  
File de lup de mare, wasabi, ghimbir murat  
Sea bass fillet, wasabi, pickled ginger

**CINE TRADITIONALE BENIHANA**  
**BENIHANA TRADITIONAL DINNERS**

-Since 1964-

MENIURILE TRADITIONALE INCLUD/TRADITIONAL DINNERS  
INCLUDE

Supa de ceapa | Benihana Onion Soup

Legume hibachi | Hibachi Vegetables

Salata Benihana | Benihana Salad

Orez inabusit | Steamed Rice

Aperitiv cu Creveti | Prawn Apetizer



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**HIBACHI SIRLOIN STEAK\* 220g**

Vrăbioara de vită cu ciuperci

Sirloin steak with mushrooms

**150 RON**

 **FILET MIGNON\* 220g**

Muschiulet de vită cu ciuperci

Tenderloin with mushrooms

**180 RON**

**TERIYAKI SIRLOIN STEAK\* 220g**

Vrăbioara de vită cu ciuperci și sos teriyaki

Sirloin Steak with teriyaki sauce and mushrooms

**150 RON**

**HIBACHI CHICKEN\* 220g**

Pui cu sos teriyaki

Chicken grilled with teriyaki sauce

**110 RON**

**HIBACHI SALMON\* 200g**

File de somon

Tender salmon

**145 RON**

**TUNA FILLET STEAK\* 220g**

File de ton

Tender tuna steak

**159 RON**

 **HIBACHI MISO BLACK COD\* 220g**

File de cod negru cu sos miso

Miso black cod

**175 RON**

**HIBACHI PRAWN\* 210g**

Creveti la gratar cu unt și lamaie

Juicy prawns grilled in lemon and Butter

**175 RON**

**HIBACHI SCALLOPS\*200g**

Scoici la gratar cu unt și lamaie

Juicy scallops grilled in lemon and butter

**170 RON**

**CINE TRADITIONALE BENIHANA**  
**BENIHANA TRADITIONAL DINNERS**

-Since 1964-

MENIURILE TRADITIONALE INCLUD/TRADITIONAL DINNERS  
INCLUDE

Supa de ceapa | Benihana Onion Soup  
Legume hibachi | Hibachi Vegetables  
Salata Benihana | Benihana Salad  
Orez inabusit | Steamed Rice  
Aperitiv cu Creveti | Prawn Apetizer

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**BENIHANA DELIGHT\* 325g** **190 RON**  
Pui hibachi si creveti  
Hibachi chicken and juicy prawns



**ROCKY'S CHOICE\* 310g** **270 RON**  
Vrabiloara de vita si pui hibachi  
Hibachi steak and hibachi chicken

**SHOGUN'S FEAST\* 325g** **290 RON**  
Vrabiloara de vita si creveti  
Hibachi steak and Juicy prawns

**LAND & SEA\* 340g** **165 RON**  
Filet mignon si file de cod negru miso  
Filet mignon & miso black cod

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**DELICII VEGETALA /**  
**VEGETABLE DELIGHT (V) 310g** **110 RON**  
Supa miso, salata Benihana, pachetele de primavara,  
legume hibachi, branza tofu  
Miso Soup, benihana salad, vegetarian spring rolls,  
hibachi vegetables, tofu steak



**BENIHANA**  
**THE JAPANESE STEAK HOUSE**

**HIBACHI SIDE ORDERS**

**SPANAC/SPINACH 100g** **15 RON**  
Baby spanac sotat in unt  
Baby spinach sauteed with butter

**SPARANGHEL / ASPARAGUS 100g** **25 RON**  
Sparanghel sotat in unt  
Asparagus sauteed with butter

**OREZ CU PUI SI USTUROI/  
GARLIC CHICKEN RICE 200g\*** **39 RON**  
Orez, pui, ceapa, morcov, usturoi, unt si susan alb  
Rice, chicken, onion, carrot, garlic, butter and sesame

**OREZ HIBACHI/ HIBACHI RICE 200g\*** **24 RON**  
Orez, ceapa, morcov, unt si susan alb  
Rice, onion, carrot, garlic, butter and sesame

**OERZ INABUSIT/ STEAMED RICE 200g** **18 RON**  
Orez fiert cu otet  
Boiled rice with vinegar

**DESERT**

**INGHETATA/ ICE CREAM 200g\*** **29 RON**  
Inghetata asortata  
Assorted ice cream

**PISTACHIO LAVA CAKE 180g** **45 RON**  
Lava cake cu fistic servit cu inghetata de vanilie  
Pistachio lava gake served with vanilla ice cream

**BANANA TEMPURA 200g\*** **35 RON**  
Banane, inghetata de vanilie, zahar, faina, ou  
Banana, ice cream, sugar, flour, egg



### **Chef's Choice**

Daca aveti nevoie de mai multe informatii cu referire la ingrediente, alergeni, valori nutritionale si gramaj, va rugam sa scanati codul QR din meniul nostru.  
If you need more information about ingredients, allergens, nutritional values and grammage, please scan the QR code in our menu.



Produsele noastre pot conține alergeni precum: gluten, crustacee, ouă, pește, soia, arahide, lapte, nuci, țelină, muștar, semințe de susan, dioxid de sulf și sulfiți, moluște, lupin.

Our products may contain allergens such as: gluten, crustaceans, eggs, fish, soy, peanuts, milk, nuts, celery, mustard, sesame seeds, sulfur dioxide and sulfites, molluscs, lupine.

\*Produs din produs decongelat/ \*frozen product

Produsele din meniu conțin sare/The menu items contain salt

Valorile nutriționale sunt calculate pe 100g/ The nutritional values are calculated per 100g

Prețurile sunt în LEI și includ TVA. Taxa de servire nu este inclusă/ Prices are in LEI and include VAT. Service charge is not included.



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