



 **BENIHANA**



APERITIVE/SMALL DISHES
GUSTARI CALDE/HOT PLATES

SHIRO MISO SOUP (V) 200ml

23 RON

Supa dashi, sos miso, alge de mare, ceapa verde si branza tofu.
Dashi soup, miso sauce, seaweed, green onion, tofu

BENIHANA ONION SOUP 200ml

25 RON

Zeama din supa de pui, zeama din supa de vita, telina, ciuperci, usturoi
Chicken stock, beef stock, celery, mushrooms, garlic

BENIHANA SALAD 180g

29 RON

Mix de salata cu roşii cherry, ridichi, morcovi si dressing de ghimbir
Mixed salad with cherry tomatoes, radishes, carrots and ginger dressing

EDAMAME (V) 100g

25 RON

Edamame servite cu sare de mare
Edamame served with crushed sea salt

PRAWNS TEMPURA 200g

55 RON

Creveti in stil tempura
Prawns tempura

PIRIKARA PRAWN 200g

60 RON

Creveti tempura serviti cu sos de maioneza picant
Prawns tempura served with spicy mayonnaise sauce

CHICKEN GYOZA 5buc

45 RON

Galuste de pui servite cu sos gyoza
Japanese chicken dumplings served with gyoza sauce

SPRING ROLLS (V) 5buc

30 RON

Pachetele de primavara servite cu sos dulce de chilli
Spring rolls served with sweet chilli sauce

ALL NIGIRI, SUSHI, AND SASHIMI ARE SERVED WITH SOY SAUCE,
PICKLED GINGER, WASABI
TOATE NIGIRI, SUSHI ȘI SASHIMI SUNT ÎNSOȚITE DE SOS DE SOIA,
GHIMBIR 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 ROLL (MAKIMONO)

RULOU 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

RULOU 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

RULOU CU TON/ TUNA ROLL* 95g (6PCS)

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

30 RON

Sushi rice, tuna, nori, wasabi, pickled ginger

RULOU CU SOMON / SALMON ROLL* 95g (6PCS)

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

30 RON

Sushi rice, salmon, nori, wasabi, pickled ginger

RULOU 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

RULOU 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,
GHIMBIR MURAT, WASABI



NIGIRI SUSHI (2PCS)

SOMON / SALMON* 80g

File de somon, orez sushi, wasabi, ghimbir murat
Salmon fillet, sushi rice, wasabi, pickled ginger

32 RON

TON/TUNA* 80g

File de ton, orez sushi, wasabi, ghimbir murat
Tuna fillet, sushi rice, wasabi, pickled ginger

38 RON

CREVETI/ PRAWNS* 70g

Creveti, orez sushi, wasabi, ghimbir murat
Prawns, sushi rice, wasabi, pickled ginger

36 RON

LUP DE MARE / SEA BASS* 80g

Lup de mare, orez sushi, wasabi, ghimbir murat
Sea bass fillet, sushi rice, wasabi, pickled ginger

38 RON

TOBIKO 70g

Icre tobiko, orez sushi, wasabi, ghimbir murat
Tobiko, sushi rice, wasabi, pickled ginger

32 RON

OMLETA JAPONEZA / TAMAGOYAKI 80g

Omleta, orez sushi, wasabi, ghimbir murat
Tamagoyaki, sushi rice, wasabi, pickled ginger

16 RON

SASHIMI(3PCS)

TON/TUNA* 75g

File de ton, wasabi, ghimbir murat
Tuna fillet, wasabi, pickled ginger

40 RON

SOMON/SALMON* 75g

File de somon, wasabi, ghimbir murat
Salmon fillet, wasabi, pickled ginger

35 RON

LUP DE MARE/SEA BASS* 75g

File de lup de mare, wasabi, ghimbir murat
Sea bass fillet, wasabi, pickled ginger

45 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 Appetizer



BENIHANA
THE JAPANESE STEAK HOUSE

HIBACHI SIRLOIN STEAK* 220g

150 RON

Vrabioara de vita cu ciuperci

Sirloin steak with mushrooms

 FILET MIGNON* 220g

180 RON

Muschiulet de vita cu ciuperci

Tenderloin with mushrooms

TERIYAKI SIRLOIN STEAK* 220g

150 RON

Vrabioara de vita cu ciuperci si sos teriyaki

Sirloin Steak with teriyaki sauce and mushrooms

HIBACHI CHICKEN* 220g

110 RON

Pui cu sos teriyaki

Chicken grilled with teriyaki sauce

HIBACHI SALMON* 200g

145 RON

File de somon

Tender salmon

TUNA FILLET STEAK* 220g

159 RON

File de ton

Tender tuna steak

 HIBACHI MISO BLACK COD* 220g

175 RON

File de cod negru cu sos miso

Miso black cod

HIBACHI PRAWN* 210g

175 RON

Creveti la gratar cu unt si lamaie

Juicy prawns grilled in lemon and Butter

HIBACHI SCALLOPS*200g

170 RON

Scoici la gratar cu unt si lamaie

Juicy scallops grilled in lemon and butter

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BENIHANA TRADITIONAL DINNERS

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Supa de ceapa | Benihana Onion Soup

Legume hibachi | Hibachi Vegetables

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Aperitiv cu Creveti | Prawn Appetizer

BENIHANA DELIGHT* 325g **165 RON**
Pui hibachi si creveti
Hibachi chicken and juicy prawns

 **ROCKY'S CHOICE* 310g** **230 RON**
Vrabioara de vita si pui hibachi
Hibachi steak and hibachi chicken

SHOGUN'S FEAST* 325g **280 RON**
Vrabioara de vita si creveti
Hibachi steak and Juicy prawns

LAND & SEA* 340g **290 RON**
Filet mignon si file de cod negru miso
Filet mignon and miso black cod

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.



Bulevardul Carol I 24, Sinaia 106100, Romania
+40 740 177 709 +40 244 312 752 +40 244 312 753
reservations@alexandrionexperience.ro