TERIYAKI MADNESS

THE MAIN EVENT

710-1300cal / 800-1730cal

1. START HERE

	BOWL	/ PLATE
Chicken Teriyaki 270/340cal	7.99	8.99
Chicken Breast Teriyaki 340/510cal	8.49	9.49
Spicy Chicken 260/350cal	8.49	9.49
Chicken Katsu 380/480cal	8.49	9.49
Orange Chicken 315/420cal	8.49	9.49
Beef Teriyaki 430/570cal	9.49	10.99
Tofu Teriyaki 500/670cal	7.99	8.99
Two Proteins 345-630cal		10.99

2. CUSTOMIZE

White Rice
+290/370cal

Brown Rice
+250/320cal

Fried Rice +1.00
+550/620cal

Noodles +1.00
+600cal

All Veggies
(Low Carb)
+400cal

3. ADD

Stir-Fry Veggies
200cal

(PLATE ONLY)

Macaroni Salad
460cal

Green Salad
140cal

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Rev. 3/17

FOR STARTERS

Chicken Eggroll 1.99
80cal

Chicken Potstickers (6) 3.99
249cal

Crab Rangoons (4) 4.49
200cal

Edamame 2.99
280cal

Shrimp Tempura 4.99
282cal

YAKISOBA– KING OF NOODLES

Chicken 9.49
1020cal

Beef 10.99
1170cal

Tofu 8.99
1190cal

All Veggies 8.99
940cal

LITTLE SAMURAI MEALS

W/FOUNTAIN DRINK 5.99 | 410-1000cal

FOR AGES 10 AND UNDER

Chicken Teriyaki
410-700cal

Beef Teriyaki +x.xx
620-910cal

Tofu Teriyaki
630-930cal

Spicy Chicken
500-800cal

Orange Chicken
590-880cal

Chicken Katsu
630-920cal

EXTRAS

Chicken 2.49
130-170cal

Tofu 2.49
250cal

Beef 2.49
215cal

Make It Spicy .50
40cal

DRINKS

Fountain Drink (24oz) 2.29
0-330cal

Bottled Drinks STARTING AT 1.99
0-290cal

Favorites

9163 Reisterstown Road | Owings Mills, MD
(410) 581-8623
/tmad041 | teriyakimadness.com