

## Smoothies

12 oz - 16 oz

- Tropical Paradise** ..... 3.95 / 5.25  
mango, pineapple, blackberry, blueberry, yogurt
- Top Avocado** ..... 3.95 / 5.25  
avocado, Coconut milk and cocoa powder
- Mango Mojito** ..... 3.95 / 5.25  
mint, mango, pineapple, coconut milk and apple juice
- Mango lassy** ..... 3.95 / 5.25  
mango, yogurt and simple syrup
- Cocoa Banana**..... 3.95 / 5.25  
cocoa powder, banana, peanut butter, spinach, coconut milk
- Peachy Good**..... 3.95 / 5.25  
peach, mango, banana, pineapple, yogurt, honey
- Super Matcha**..... 4.95 / 6.5  
matcha green tea, blueberry, banana, spinach, chia-agave, coconut milk.
- Adds On**..... \$1 / item  
Whey protein/ Chia Seed/ Agave/ Flax Oil/  
Spirulina/ Hemp Seeds/ Bee Pollen

## Cold Pressed Juice

12 oz - 16 oz

- Green Sassy**..... 4.95 / 6.5  
apple, lemon, ginger, kale, cucumber, celery
- Fruity Tutti**..... 4.95 / 6.5  
strawberries, orange, apple, spinach, kale
- The Garden** ..... 4.95 / 6.5  
carrot, tomato, kale, cucumber, jalapeno, apple, ginger
- Pear Mojito**..... 4.95 / 6.5  
pear, cucumber, mint, lime
- Detox Blast**..... 4.95 / 6.5  
celery, lemon and apple

## Bubble Tea

### Smoothies / Milk Tea

16 oz - 20 oz ..... 3.5 / 4.5

Coffee daily selection came from: Kenya, Sumatra, Hawaiian Kona, and South America Milo chocolate and malt Matcha Japanese fine green tea

Flavor	Bento Black Tea
Thai tea	Green Tea
Chai Tea	Strawberry
Caramel latte	Espresso
Lyche	Mango
Taro	Passion Fruits
Honeydew	Coconut
Jasmine	



**Adds On** ..... 0.50

- Nata Jelly                      Mango Jelly  
Coffee Jelly

**Ice Cream** ..... \$1 / scoop

Vanilla, Green Tea

**Beverages** ..... 1.75

House coffee, hot green tea, iced tea

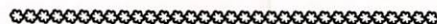
**Fountain Soda (free refill)** ..... 1.75

**Orangery**..... 3

Fresh squeeze orange juice with twist of lime

**Ramune** ..... 3

a carbonated soft drink originally sold in Japan (please ask for the flavor)



## Salads

Choice of sesame dressing or wafu olive dressing

- Blue Chicken Salad** ..... 8  
mixed greens, apple, grilled white meat chicken, granny smith apple and gorgonzola crumble.
- Sashimi Salad \*** ..... 9  
2 piece each of tuna, salmon, sea bass, mixed greens, pineapple, pecan
- Grilled Salmon** ..... 9  
grilled salmon, sprinkled Arajio sea salt with mixed greens, walnuts, peach & Asian pear
- Sesame Seared Ahi Tuna Salad \*** ..... 10  
pan-seared sesame crusted ahi tuna (pink in inside) with mixed greens, cucumber, carrots, avocado, mango & crispy onion
- Grilled Blackened Shrimp**..... 11  
grilled Asian blackened shrimp with mixed greens, lime, cilantro, green & red peppers, onions, cucumbers, tomato, avocado, black beans, smoked gouda cheese

## Cold Served cold

- Seaweed Salad**..... 3.5
- House Salad w/apple ginger dressing**..... 3
- Kimchee**..... 3
- Cucumber soy seaweed vinaigrette** ..... 3.5
- Squid Salad**..... 4

## Soups Served hot

- Miso Soup** ..... 1.5  
silky tofu, seaweed, scallions
- Spicy Beef Tofu Soup** ..... 8.5  
sliced beef, Korean hot pepper, silky tofu, scallions, egg
- Nabeyaki Udon**..... 9  
slow cooked thick wheat flour noodle with soy-dashi, chicken, deep-fried shrimp tempura, vegetables, egg, fish cake in iron pot
- Beef Miso Ramen**..... 9  
egg noodle, miso-sesame create unique umami broth, splashed chili oil, bamboo shoots, boiled egg, braised beef, scallions

## À la Carte Small plate

- Vegy Spring Rolls (2)**..... 3.5
- Edamame w/ Arajio sea salt** ..... 3.5
- Crab Rangoon (3)** ..... 4
- Shrimp Tempura (3)** ..... 4
- Chicken Satay (2) w/ peanut sauce** ..... 4
- Agedashi Tofu (5) w/ scallion, tuna flakes** ..... 4
- Shrimp Pot Sticker (4)** ..... 4
- Calamari Ring (6)** ..... 4
- Chicken Katsu** deep fried breaded chicken..... 4.5





# BEN HUT

PAN ASIAN - SUSHI - JUICE BAR 

We Serve Natural, Healthy & Tasty

Earth-Friendly Sustainable Fish & Seafood

**Dine In \* Carry Out \* Catering**

## Delivery

within 3 miles city limits for minimum order \$12 +\$2  
delivery charge, additional mileage \$1.50/mile will be charged.  
Order must received between the hours of:

### Open Hour:

Mon - Fri 10.30 a.m - 10:00 p.m

Sat 12:00 p.m - 10:00 p.m

Sun 12:00 p.m - 9:30 p.m

**T. 404-614-6199**

**F. 404-614-6190**

**Online Order:**

**[thebentohut.com](http://thebentohut.com)**

**349 Decatur St Se,  
Atlanta GA 30312**

Local  
Postal Customer



No Check  
Please



**10%off**

(dine in only)  
present this coupon at time  
when order w. coupon,  
not valid w. other offers

**Free  
Bubble Tea or  
Spring Roll**

with purchase \$10 or more  
not valid w. other offers

PRRT STD  
ECRWSS  
U.S. POSTAGE  
**PAID**  
EDDM RETAIL

## Nigiri or Sashimi

\$2.25/pc .....	Tuna* マグロ	Yellowtail* ハマチ
	Scallop* ホタテ	Salmon Roe* イクラ

\$2.00/pc .....	Fresh Salmon* サーモン	White Tuna*(Escolar) 白マグロ
	Mackerel* サバ	Striped Bass* シマスズキ
	Wasabi Flying Fish Roe*	Surf Clam* ホツキ貝

\$1.85/pc .....	Squid* イカ	Smelt Roe* マサゴ
	Flying Fish Roe* トビコ	Quail Egg* ウズラ卵 \$ .50

### Cooked Sushi 1pc/order .....

Crab Mayo** 2
Shrimp エビ 1.8
Crab Stick** カニ 1.8
Octopus タコ 1.95
Fresh Water Eel** ウナギ 2.5
Smoked Salmon クン製サケ 2.25
Egg Omelet タマゴ 1.5



## Tempura Roll 5-8 pcs

Asparagus Tempura Roll .....	5
deep fried battered asparagus	
Vegetable Fried Tempura Roll .....	6.5
asparagus, avocado, cream cheese, shiitake mushroom	
Shrimp tempura Roll .....	6.25
with cucumber	
Ren * .....	7
deep fried spicy tuna, cream cheese, ponzu sauce	
Spider Roll.....	8.25
soft shell crab, radish sprout, scallion, cucumber	
White Boogie .....	10
shrimp tempura, egg tamago, crab flake mayo	

## Uramaki 裏巻 inside-out roll

6-8 pcs

Avocado Cucumber Roll.....	4
California Roll** .....	4.50
Salmon Skin w/cucumber.....	5
Tuna Roll*(6).....	5.50
Yellow Tail Scallion*(6) .....	5.50
Spicy Crunchy** Salmon Roll* .....	6
Spicy Crunchy** Tuna Roll* .....	6
Spicy Crunchy** Yellowtail Roll* .....	6
Spicy Crunchy** Shrimp Roll .....	6
Bagel Roll .....	6.25



\*CONSUMER ADVISORY: CONSUMPTION OF UNDERCOOKED MEAT, POULTRY, EGGS, OR SEAFOOD MAY INCREASE THE RISK OF FOODBORNE ILLNESSES. ALERT YOUR SERVER IF YOU HAVE SPECIAL DIETARY REQUIREMENTS.

## House Specialties Roll 5-8 pcs

Decatur Roll* .....	8.5
spicy tuna with 3 kind of fish, avocado with wasabi roe	
Grady* .....	12
asparagus, shrimp, cucumber, topped with tuna and yellow tail	
Warriors* .....	11
spicy mayo, asparagus, cucumber, bonito flakes and escolar torched top with sesame sauce	
OMG** .....	12
shrimp tempura, avocado, topped with torched smoked salmon, shrimp, crunchy flakes, sesame teriyaki	
E Rivers* .....	10
crispy tempura flakes**, spicy mayo, tobiko, avocado maki with raw salmon and scallion on top	
LOL* .....	12
shrimp tempura**, spicy tuna, topped with eel, sweet soy, sesame sauce	
Rainbow* .....	9.5
california** with tuna, salmon, escolar, striped bass	
Atlanta* .....	12
escolar, cucumber, tobiko covered with yellowtail, wasabi miso sauce	
Nashville .....	10
smoked salmon, lemon, scallion, cream cheese, topped with spicy tuna	

## Sushi Bar Tapas

Available all day

Sushi Sampler.....	7.5
4 pieces of nigiri: tuna, salmon, yellowtail and shrimp	
Sashimi Sampler.....	8.5
2 slices each of tuna, salmon, and white tuna	
Mini Salmon Oyako .....	9
scattered thin cut salmon over sushi rice topped with egg omelet and salmon roe	
Mini Chirashi .....	11
2 slices each of tuna, salmon, and white tuna, shrimp, crab stick, egg tamago served on sushi rice	

## Sushi & Sashimi Entrees

Chef's Choice of nigiri or sashimi served w/miso soup & ginger salad.

Bronze. ....	14
seven pieces of nigiri or sashimi and tuna roll	
Silver .....	18
ten pieces of nigiri or sashimi and tuna roll	
Gold .....	23
12 pieces of nigiri or sashimi, tuna and salmon roll	

\*\*\*\*\*

## Sides

Extra sauce .....	0.75
yum yum, spicy mayo, eel sauce, teriyaki sauce, garlic chili, sweet chili, katsu sauce	
Extra Japanese white rice.....	1
Multi grain rice (brown rice, quinoa, flax seeds) .....	2
Plain fried rice w/ egg.....	3
Yogurt w/Seasonal Fruit.....	5

\*\* - Imitation Crab or contain gluten

## Bento Classics

Served with Japanese white rice, miso soup, choice of salad with apple ginger dressing or Asian slaw

<b>Hut One</b> .....	9
Chicken Teriyaki and Ebi Furai (grilled teriyaki chicken (thigh meat) and deep fried shrimp)	
<b>Hut Two</b> .....	10
Chicken Katsu (white meat) and Shrimp Pot Sticker (deep fried breaded chicken and pan-fried shrimp dumpling)	
<b>Hut Three</b> .....	11
Shrimp Teriyaki and Crab Rangoon (grilled teriyaki shrimp and deep fried cream cheese crab dumpling)	
<b>Hut Four</b> .....	12
Beef Yakiniku and Chicken Katsu (grilled marinated beef and deep fried breaded chicken)	

## Combo Your Meal With Sushi

Avocado cucumber roll (6 pc).....	3
Salmon roll .....	3
Tuna roll.....	3
California roll .....	4
Tuna, salmon, shrimp nigiri .....	4

## Asia Market

Served with Japanese white rice

<b>Chicken Bulgogi</b> .....	9
spicy marinated grilled chicken with onion	
<b>Tso Chicken</b> .....	9
garbanzo battered deep fried chicken with spicy tangy sauce	
<b>Marsaman Chicken Curry</b> .....	9
Aromatic chicken white meat tangy curry with potatoes, onion cashew nuts and avocado	
<b>Rendang Beef</b> .....	9.5
coconut red curry braised tender beef	
<b>Panang Beef</b> .....	9.5
beef topped with creamy coconut curry and fresh vegetables	

## Hut Noodles

Selected from Asian street foods

<b>Yakisoba</b> .....	8.5
brown sauce, stir-fry egg noodle, chicken, onion, cabbage, scallions, seaweed flakes	
<b>Chap Chae</b> .....	8.5
soy sesame sauce, stir-fry potato noodles, beef, onion, carrot, scallions	
<b>Pad Seew</b> .....	9
brown sauce, stir-fry flat rice noodles, chicken, egg, garlic, onion, bok choy	
<b>Pad Thai</b> .....	9
tamarind brown sauce, stir-fry thin rice noodle, chicken, egg, peanuts, bean sprouts, crusted peanut, lime wedge, onion	

## Donburi or Rice Bowl

Teriyaki or Hibachi Japanese or Panang Curry

<b>Chicken (thigh meat) or Tofu or Vegy</b> .....	8
<b>Beef or Shrimp</b> .....	9
<b>Salmon</b> .....	9.5

### Accompany with

butter-cilantro lime rice, black beans, sautéed onion-peppers, sweet corn, creme fraiche, smoked gouda cheese, Asian slaw

## Fried Rice

### Pineapple Curry Fried Rice

egg, curry powder, garlic, onion, carrot, pineapple, scallion and peas

### Kimchee Fried Rice

egg, onion, carrot, kimchee, scallion and peas

### Thai Fried Rice

egg, tomato, fish sauce, thai basil

### House Fried Rice

egg, onion, carrot, scallion and peas

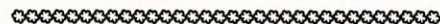
### Indonesian Fried Rice

fried egg, spicy shrimp paste, sweet soy, bean sprout, bok choy

**Chicken or Vegy or Tofu** ..... 8

**Beef or Shrimp**..... 9

**Shrimp-Beef-Chicken**..... 10.5



## Chicken Wings

Served with ranch or blue cheese

Wings flavor: coconut lemongrass, teriyaki garlic, gochujang, wasabi miso, honey garlic, buffalo, barbeque

**5 Pieces** ..... 4.5    **10 Pieces** ..... 8

**15 Pieces** ..... 12    **20 Pieces** ..... 14

## Subs Meat

**White meat chicken or Tofu**..... 2

**Beef or Shrimp** ..... 3.5

**Salmon**..... 3.5

## Dessert

**Mitarashi Dango (Sweet Rice Cake) 2pc** ..... 4

**Yomogi An Dango 2pc** ..... 4

(Rice Cake with Red Bean)

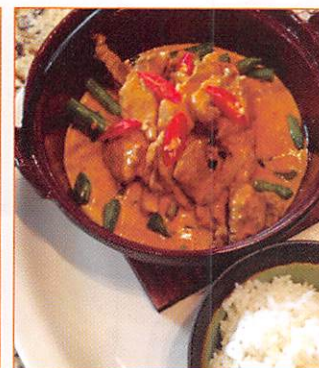
**Chocolate Gnache Cheesecake** ..... 4.5

**Mochi Icecream (3pc variety)** ..... 4.5

(Assorted: Vanilla, Green Tea, Mango, Strawberry, Red Bean)

**Exotic Bomba**..... 5.35

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