

# AWESOME PLATE

COMES WITH SALAD & SEASONAL FRUITS

**CHICKEN PLATE**

**11.95**



GRILLED FRESH CHICKEN  
BASTED WITH OUR SAVORY  
TERIYAKI SAUCE

**WHITE MEAT PLATE**

**12.45**

**STEAK PLATE**

**15.45**

**CHICKEN & STEAK PLATE**

**15.75**

DELICIOUS COMBINATION OF  
JUICY CHICKEN AND RIBEYE ROLL



**SHRIMP PLATE**

**15.75**

**SALMON PLATE**

**16.25**



PERFECTLY CHARBROILED  
SALMON WITH OUR HFT  
TERIYAKI SAUCE

**BROWN RICE**

**1.00**

# FRESH SALAD

---

**HFT SALAD**

**7.95**



ROMAINE LETTUCE, CHERRY TOMATO,  
RED ONION, CUCUMBER, CARROTS,  
PURPLE CABBAGE, RAISINS,  
AND CHICKPEAS

---

**CHICKEN SALAD**

**11.95**

**WHITE MEAT SALAD**

**13.25**

CHARBROILED CHICKEN BREAST  
TOPPED WITH OUR SIGNATURE  
TERIYAKI SAUCE



**STEAK SALAD**

**15.95**

**SHRIMP SALAD**

**15.95**

**HEALTHY, FRESH, TASTY**



**SALMON SALAD**

**16.45**

**AVOCADO**



**2.75**

# SIGNATURE BOWL

---

**CHICKEN BOWL**

**9.75**

OUR ORIGINAL  
SIGNATURE BOWL



---

**WHITE MEAT BOWL**

**11.45**

---

**STEAK BOWL**

**13.95**



RIB EYE ROLL MARINATED IN OUR  
SIGNATURE HFT SAUCE THEN GRILLED  
TO PERFECTION

---

**CHICKEN & STEAK BOWL**

**14.75**

---

**SHRIMP BOWL**

**14.75**

---

**SALMON BOWL**

**15.45**

EAT SMARTER,  
BE HEALTHIER



# BOWL WITH VEGGIES

**CHICKEN VEGGIE BOWL 10.95**



**YOUR PARTNER FOR  
HEALTHIER EATING**

**WHITE MEAT VEGGIE BOWL 12.45**

**STEAK VEGGIE BOWL 14.95**

**CHICKEN & STEAK VEGGIE BOWL 15.75**

**FOR YOUR SATISFACTION**



**SHRIMP VEGGIE BOWL 15.75**



**SALMON VEGGIE BOWL 16.45**

**VEGGIE BOWL 7.45**

# MIXED RICE BOWL (AKA BI BIM BAP)

**HFT MIXED RICE BOWL**

**11.45**



**COMES WITH BEAN SPROUTS, BROCOLLI, CARROTS,  
SPINACH, ZUCHINNI, BOILED EGG, WHITE RICE**

## **TOPPINGS:**

**TOFU**

**3.25**

**CHICKEN**

**4.75**

**BEEF**

**5.75**

**VEGGIES MAY VARY SEASONALLY. ABSOLUTELY NO SUBSTITUTION FOR VEGGIES**

**MISO SOUP**

**2.50**

# WORLD OF

## HFT BURRITO

Chicken Teriyaki \$9.95

Rice, Pico de gallo, lettuce, Avocado (\$1.00)  
Teriyaki Sour Cream, Cheese

Spicy Chicken \$10.95

Rice, Pico de gallo, lettuce, Kimchi, Jalapeño  
gochujang Sour Cream, HFT Hot Sauce, cheese

Rib Eye Roll (AKA  
BULGOGI) \$14.95

Rice, Pico de gallo, lettuce, Kimchi, Avocado (\$1.00)  
Teriyaki Sour Cream, Signature marinated Sauce,  
cheese

Spicy Pork \$11.95

Rice, Pico de gallo, lettuce, Kimchi, Jalapeño  
gochujang Sour Cream, HFT Hot Sauce, Cheese

Tofu Veggie \$12.95

Rice, Carrots, Bean Sprouts, Spinach, cheese  
broccoli, Zucchini, gochujang, Sesame oil,  
gochujang Sour Cream  
Brown Rice (\$1.00)