

# AWESOME PLATE

COMES WITH SALAD & SEASONAL FRUITS

## CHICKEN PLATE

7.95



GRILLED FRESH CHICKEN  
BASTED WITH OUR SAVORY  
TERIYAKI SAUCE

## WHITE MEAT PLATE

8.45

## STEAK PLATE

8.95

## CHICKEN & STEAK PLATE

8.95

DELICIOUS COMBINATION OF  
JUICY CHICKEN AND RIBEYE ROLL



## SHRIMP PLATE

9.55

## SALMON PLATE

9.95



PERFECTLY CHARBROILED  
SALMON WITH OUR HFT  
TERIYAKI SAUCE

BROWN RICE

1.00

# FRESH SALAD

**HFT SALAD**

**5.95**



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

**CHICKEN SALAD**

**8.45**

**WHITE MEAT SALAD**

**8.90**

CHARBROILED CHICKEN BREAST  
TOPPED WITH OUR SIGNATURE  
TERIYAKI SAUCE



**STEAK SALAD**

**9.45**

**SHRIMP SALAD**

**9.45**

**HEALTHY, FRESH, TASTY**



**SALMON SALAD**

**9.90**

**AVOCADO**



**2.00**

# SIGNATURE BOWL

**CHICKEN BOWL**

**5.95**

**OUR ORIGINAL  
SIGNATURE BOWL**



**WHITE MEAT BOWL**

**6.95**

**STEAK BOWL**

**7.55**



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

**CHICKEN & STEAK BOWL**

**7.55**

**SHRIMP BOWL**

**7.65**

**SALMON BOWL**

**7.95**

**EAT SMARTER,  
BE HEALTHIER**



# BOWL WITH VEGGIES

**CHICKEN VEGGIE BOWL**

**6.95**



**YOUR PARTNER FOR  
HEALTHIER EATING**

**WHITE MEAT VEGGIE BOWL**

**7.95**

**STEAK VEGGIE BOWL**

**8.55**

**CHICKEN & STEAK VEGGIE BOWL**

**8.55**

**FOR YOUR SATISFACTION**



**SHRIMP VEGGIE BOWL**

**8.65**



**SALMON VEGGIE BOWL**

**8.95**

**VEGGIE BOWL**

**4.95**