

AWESOME PLATE

COMES WITH SALAD & SEASONAL FRUITS

CHICKEN PLATE

9.50



GRILLED FRESH CHICKEN
BASTED WITH OUR SAVORY
TERIYAKI SAUCE

WHITE MEAT PLATE

10.50

STEAK PLATE

11.75

CHICKEN & STEAK PLATE

11.95

DELICIOUS COMBINATION OF
JUICY CHICKEN AND RIBEYE ROLL



SHRIMP PLATE

12.85

SALMON PLATE

12.85



PERFECTLY CHARBROILED
SALMON WITH OUR HFT
TERIYAKI SAUCE

BROWN RICE

1.00

FRESH SALAD

HFT SALAD

6.45



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

CHICKEN SALAD

9.75

WHITE MEAT SALAD

10.75

CHARBROILED CHICKEN BREAST
TOPPED WITH OUR SIGNATURE
TERIYAKI SAUCE



STEAK SALAD

11.95

SHRIMP SALAD

12.95

HEALTHY, FRESH, TASTY



SALMON SALAD

12.95

AVOCADO



2.25

SIGNATURE BOWL

CHICKEN BOWL

7.95

OUR ORIGINAL
SIGNATURE BOWL



WHITE MEAT BOWL

8.75

STEAK BOWL

10.25



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

CHICKEN & STEAK BOWL

10.75

SHRIMP BOWL

11.45

SALMON BOWL

11.45

EAT SMARTER,
BE HEALTHIER



BOWL WITH VEGGIES

CHICKEN VEGGIE BOWL **8.95**



**YOUR PARTNER FOR
HEALTHIER EATING**

WHITE MEAT VEGGIE BOWL **9.75**

STEAK VEGGIE BOWL **11.25**

CHICKEN & STEAK VEGGIE BOWL **11.75**

FOR YOUR SATISFACTION



SHRIMP VEGGIE BOWL **12.45**



SALMON VEGGIE BOWL **12.45**

VEGGIE BOWL **5.95**

MIXED RICE BOWL (AKA BI BIM BAP)

HFT MIXED RICE BOWL

8.95



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

TOPPINGS:

TOFU

2.50

CHICKEN

3.95

BEEF

4.45

VEGGIES MAY VARY SEASONALLY. ABSOLUTELY NO SUBSTITUTION FOR VEGGIES

MISO SOUP

2.50

WORLD OF

HFT BURRITO

Chicken Teriyaki \$8.25

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

Spicy Chicken \$8.75

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

Rib Eye Roll (AKA
BULGOGI) \$10.45

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

Spicy Pork \$9.35

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

Tofu Veggie \$9.45

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