

# AWESOME PLATE

COMES WITH SALAD & SEASONAL FRUITS

**CHICKEN PLATE**

**10.95**



GRILLED FRESH CHICKEN  
BASTED WITH OUR SAVORY  
TERIYAKI SAUCE

**WHITE MEAT PLATE**

**11.95**

**STEAK PLATE**

**14.95**

**CHICKEN & STEAK PLATE**

**15.45**

DELICIOUS COMBINATION OF  
JUICY CHICKEN AND RIBEYE ROLL



**SHRIMP PLATE**

**15.45**

**SALMON PLATE**

**15.85**



PERFECTLY CHARBROILED  
SALMON WITH OUR HFT  
TERIYAKI SAUCE

**BROWN RICE**

**1.00**



# FRESH SALAD

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**HFT SALAD**

**7.25**



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

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**CHICKEN SALAD**

**11.25**

**WHITE MEAT SALAD**

**12.75**

CHARBROILED CHICKEN BREAST  
TOPPED WITH OUR SIGNATURE  
TERIYAKI SAUCE



**STEAK SALAD**

**15.25**

**SHRIMP SALAD**

**15.25**

**HEALTHY, FRESH, TASTY**



**SALMON SALAD**

**15.95**

**AVOCADO**



**2.75**



# SIGNATURE BOWL

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**CHICKEN BOWL**

**8.95**

OUR ORIGINAL  
SIGNATURE BOWL



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**WHITE MEAT BOWL**

**10.75**

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**STEAK BOWL**

**13.45**



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

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**CHICKEN & STEAK BOWL**

**13.95**

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**SHRIMP BOWL**

**13.95**

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**SALMON BOWL**

**14.45**

EAT SMARTER,  
BE HEALTHIER





# BOWL WITH VEGGIES

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**CHICKEN VEGGIE BOWL 9.95**



**YOUR PARTNER FOR  
HEALTHIER EATING**

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**WHITE MEAT VEGGIE BOWL 11.75**

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**STEAK VEGGIE BOWL 14.45**

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**CHICKEN & STEAK VEGGIE BOWL 14.95**

**FOR YOUR SATISFACTION**



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**SHRIMP VEGGIE BOWL 14.95**



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**SALMON VEGGIE BOWL 15.45**

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**VEGGIE BOWL 6.75**



# MIXED RICE BOWL (AKA BI BIM BAP)

**HFT MIXED RICE BOWL**

**9.95**



**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 \$9.25

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

Spicy Chicken \$9.95

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

Rib Eye Roll (AKA  
BULGOGI) \$14.45

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

Spicy Pork \$10.95

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

Tofu Veggie \$10.95

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