

Hibachi One

3230 Coors Blvd NW 87120-1228 · +15058390808 · Updated: Jan 14, 2026

[View online menu](#)



SOUP AND SALADS 8

Clear Soup	\$1.59
Chicken & beef broth, mushroom, fried onion and scallions	
Miso Soup	\$1.99
Soybean broth, tofu, seaweed & scallions	
Egg Drop Soup	\$1.99
Traditional Japanese egg drop soup	
Avocado Salad	\$6.49
Sliced avocado, spring mix, and ponzu sauce topped with spicy mayo	
Hibachi Wakame Salad	\$6.99
Seaweed salad, crab stick served in a sesame dressing	
Kani Salad	\$6.99
Cucumber and crab meat mixed with tobiko and hot spicy mayo	
Seafood Soup	\$5.49
Clear broth with shrimp, scallop and assorted vegetables	
Squid Salad	\$6.99

APPETIZERS FORM THE KITCHEN 12

Edamame	\$4.99
Japanese young soybeans	
Harumaki	\$4.99
Japanese spring rolls	
Gyoza	\$5.99
Pan fried Japanese pork dumpling	
Hibachi 1 Fried Calamari	\$7.99
Lightly batter fried calamari served with sweet chili sauce	
Jalapeno Bomb	\$6.99
Jalapeno with cream cheese and crab meat tempura fried	
Shrimp Tempura	\$7.49
Lightly batter fried shrimp and assorted vegetables	

West Texas Starfish	\$6.99
Tempura fried jalapeno stuffed w. spicy crab, fresh avocado and tempura flake	
Beef Egg Rolls	AVAILABLE OPTIONS
	One: \$1.59
	Two: \$2.99
	Four: \$5.49
Soft Shell Crab Tempura	\$8.99
Battered deep fried soft shell crab served with tempura sauce	
Japanese Chicken Nuggets	\$6.99
Marinated chicken nuggets served with a spicy teriyaki sauce	
Shrimp Shumai	\$5.99
Steamed shrimp dumpling	
Vegetable Tempura	\$6.99

APPETIZERS FROM THE SUSHI BAR 8

Sushi Appetizer	AVAILABLE OPTIONS
4 pieces of assorted sushi	\$7.99
	All Tuna or Salmon (Extra):
	\$2.00
Sashimi Appetizer	AVAILABLE OPTIONS
6 pieces of assorted sashimi	\$9.99
	All Tuna or Salmon (Extra):
	\$3.00
Hibachi One Tuna Tower	\$12.99
A tower of fresh tuna, spicy crab, ripe avocado and steamed rice, Topped with tobiko, eel sauce and spicy mayo	
Tuna Tataki	\$8.99
Seared tuna, Japanese pepper flake, scallions, served w. radish & ponzu sauce	
Pepper Salmon	\$8.99
Seared salmon, Japanese pepper flake, served with radish and ponzu sauce	
Yellowtail Jalapeno	\$12.99
Sashimi style yellowtail, spicy jalapeno, served with radish and ponzu sauce	
Tuna Poke	\$10.99
Chopped tuna, seaweed, Japanese pepper flake, served with spring mix, ponzu sauce and hot chili sauce	
Green River Roll	\$7.99
(Served without rice) Thin slices of avocado rolled with spicy tuna and tobiko served with ponzu sauce	

SUSHI & SASHIMI A LA CARTE 18

Tuna	\$5.99
Smoked Salmon	\$5.99
Spicy Tuna	\$4.99
Squid	\$3.99
Octopus	\$4.99
Red Snapper	\$4.99
Egg Omelet	\$2.99
White Tuna	\$4.99
Salmon	\$5.99
Surf Clam	\$3.99
Salmon Roe	\$5.99
Shrimp	\$4.99
Eel	\$5.99
Yellowtail	\$5.99
Tobiko (Flying Fish Roe)	\$4.99
Crab Stick	\$3.99
Tofu Skin	\$3.99
Masago	\$3.99

LOW CALORIE ROLLS 3

Beautiful Roll	\$12.99
Spicy tuna, eel, avocado and asparagus wrapped with soybean paper	
Sakura Roll	\$13.99
Tuna, salmon, yellowtail, crab stick, asparagus & tobiko wrapped in soybean paper	
New Mexico Roll	\$13.99
Spicy lobster, white tuna, avocado, tempura flake, fried chili and tobiko wrapped in soybean paper	

TEMPURA STYLE ROLLS 5

Hot & Spicy Tuna Roll	\$8.49
Spicy tuna roll deep fried tempura style	
Lava Roll	\$10.49
Shrimp, eel, tobiko, asparagus, egg omelet and avocado, deep fried tempura style and topped w. two kinds of Chef's special sauce	

Golden Bridge	\$7.49
Tempura style California roll, topped with spicy mayo and tobiko	
Dynamite Roll	\$11.49
Salmon, cucumber, asparagus and spring mix deep fried tempura style and topped with two kinds of Chef's special sauce	
Fire Cracker Roll	\$11.49
Smoked salmon, eel, cream cheese and tobiko deep fried tempura style and topped with eel sauce	

OMAKASE HOUSE SPECIALS
10

California Dinner	\$13.99
3 California rolls	
Sushi Regular	\$16.99
8 pieces of assorted raw fish on seasoned rice and one tuna roll	
Chirashi	\$19.99
16 pieces of assorted raw fish on beds of seasoned rice	
Tuna or Salmon Sushi	\$19.99
8 pieces of raw tuna or salmon on seasoned rice and one tuna roll	
Sashimi Regular	\$24.99
18 pieces of assorted raw fish and a bowl of seasoning sushi rice	
Sushi Deluxe	\$20.99
10 pieces of assorted raw fish on seasoned rice and one spicy tuna roll	
Tuna or Salmon Sashimi	\$22.99
14 pieces of raw tuna or salmon and a bowl of seasoning sushi rice	
Sushi for Two	\$45.99
18 pieces of assorted sushi, and 3 rolls: California roll, tuna roll and Alaska roll	
Sushi & Sashimi for Two	\$59.99
8 pieces of assorted sushi, 15 pieces of assorted sashimi and 3 rolls: tuna roll, dragon roll and California roll	
Sashimi for Two	\$69.99
32 pieces of assorted raw fish & 2 rolls: Philadelphia roll, christmas roll	

ROLLS OR HAND ROLLS
21

Cucumber Roll	\$4.49
Sweet Potato Roll	\$4.49
Avocado Roll	\$5.49
Tuna Roll	\$5.49
Salmon Roll	\$5.49

California Roll	\$5.49
Crab stick, avocado & cucumber wrapped inside-out with rice, sesame seed & tobiko	
Alaska Roll	\$5.99
Fresh salmon, avocado and cucumber wrapped inside-out with rice, sesame seed and tobiko	
Philadelphia Roll	\$5.99
Smoked salmon, avocado & cream cheese wrapped inside-out with rice and tobiko	
Christmas Roll	\$5.49
Tuna and avocado wrapped inside-out with rice, sesame seed and tobiko	
Salmon Skin Roll	\$5.49
Baked salmon skin, cucumber wrapped inside-out with rice and sesame seed	
Eel Roll	\$6.49
Baked eel, cream cheese, cucumber, tobiko and sesame seed wrapped in seaweed	
Hamachi Roll	\$6.49
Yellowtail, scallion and rice wrapped inside-out with rice and sesame seed	
Spicy Tuna or Spicy Salmon Roll	\$5.99
Tuna or salmon mixed w. spicy mayonnaise wrapped inside-out w. rice & sesame seed	
San Francisco Roll	\$5.99
Chopped scallion, crab stick, cucumber and spicy mayonnaise wrapped inside-out with sesame seed	
Shrimp Tempura Roll	\$7.49
Deep fried shrimp wrapped inside-out with cream cheese, avocado and cucumber	
Oyako Roll	\$8.49
Fresh salmon, salmon caviar & avocado wrapped inside-out with masago	
Green Chili Tempura	\$6.49
Deep fried green chili, cucumber, avocado, cream cheese	
Matsu Roll	\$8.99
Spicy tuna, shrimp tempura, avocado and cream cheese wrapped inside-out w. tobiko	
Spider Roll	\$10.49
Deep fried crispy soft shell crab, cucumber, avocado & scallion wrapped inside-out with rice and tobiko	
Dragon Roll	\$11.99
Baked eel & cucumber wrapped inside-out with rice and thinly sliced avocado on top with masago	
Rainbow Roll	\$11.99
Crabmeat, avocado & cucumber wrapped inside-out with assorted fish on top	

SPECIAL ROLLS 15

Santa Fe Roll	\$9.99
Shrimp, crab stick, tempura flake wrapped inside-out with spicy salmon on top	

Spicy Tuna California Roll	\$9.99
Crabstick, avocado, cucumber wrapped inside-out with rice and spicy tuna on top	
Tuna Rainbow Roll	\$10.99
Yellowtail, scallion wrapped inside-out with raw and sliced tuna on top	
Ichiban Roll	\$10.99
Yellowtail and tuna wrapped inside-out with avocado	
Crazy Roll	\$11.49
Spicy tuna wrapped inside-out, topped with tuna and avocado	
Ninja Roll	\$11.99
Shrimp tempura, cream cheese wrapped inside-out with baked eel and topped with avocado	
New Your Roll	\$11.49
Tuna, avocado and tobiko wrapped inside-out with salmon & avocado on top	
California Fortune Roll	\$10.49
Shrimp with cream cheese and avocado wrapped inside-out with crabmeat on top	
Sunrise Roll	\$11.99
Crabmeat, avocado, cucumber wrapped inside-out salmon, lemon on top	
Samurai Roll	\$11.99
Shrimp tempura, cream cheese, asparagus wrapped inside-out with fresh salmon and spicy mayonnaise on top	
ABQ Roll	\$10.99
Tempura chili avocado, cucumber top crabstick, chef's sauce	
Golden Phoenix	\$13.49
2 pieces of shrimp tempura, avocado wrapped inside-out with fresh mango on top and sprinkled with tobiko and glazed with our Chef's special mango sauce	
Lobster Tempura Roll	\$14.99
Deep fried crispy lobster, avocado, cucumber, cream cheese, scallion wrapped inside-out with tobiko	
King Maki	\$14.99
Lobster tempura wrapped inside-out with spicy crabmeat outside with Chef's special sauce	
Queen Maki	\$13.99
Red crab and tobiko wrapped inside-out with eel, avocado and salmon outside with special sauce	

HIBACHI ONE SIGNATURE ROLLS 11

Midtown Roll	\$12.99
Fresh salmon, mango, & jalapeno, topped with sliced avocado and mango sauce	
Angel Wings Roll	\$13.99
Golden shrimp tempura, cucumber & avocado, topped with crab, spicy mayo and eel sauce & tempura flake	

BMW Roll	\$14.99
Fresh tuna, salmon, wrapped avocado inside, topped with pepper tuna, salmon and three signature sauces	
Crazy Cajun Roll	\$13.99
Golden fried oysters, & jalapeno rolled inside & topped with avocado slices & spicy mayo	
Red & Black	\$13.99
Fresh salmon, cream cheese, avocado bell pepper wrapped inside-out with tuna, eel sauce and black tobiko	
So Spicy Roll	\$12.99
Spicy crab, crisp bell pepper, tempura fried jalapeno rolled inside, topped with sliced avocado and peppered yellowtail	
Hibachi 1 Roll	\$14.99
Peppered tuna, bell pepper, jalapeno & fresh avocado rolled in soy paper, topped w. seasoned shrimp, salmon & crabstick	
Mango Lobster Roll	\$15.99
Tempura lobster, lobster salad, & mango rolled in soy paper & topped w. tobiko & mango sauce	
Asian Dragon Roll	\$15.99
Whole half eel top of spicy tuna cucumber	
Sugar and Spice Roll	\$14.99
Spicy crab, tempura fried jalapeno, green chili, mango rolled in soy paper, topped with sliced avocado and peppered white tuna	
Fantastic	\$14.99
Fried shrimp tempura, jalapeno, wrapped avocado & cream cheese rolled in soy paper, topped with crabstick, spicy mayo & eel sauce	

TERIYAKI DINNER 5

Teriyaki Steak	\$15.99
"Angus" New York Strip	
Teriyaki Chicken	\$12.99
White meat chicken	
Teriyaki Shrimp	\$15.99
Teriyaki Salmon	\$15.99
Salmon filet	
Tofu	\$10.99
Deep fried tofu	

TEMPURA DINNER 5

Tempura Vegetable	\$10.99
Assorted vegetables	
Tempura Shrimp	\$16.99
5pcs. Shrimp and assorted vegetables	

Seafood Tempura	\$20.99
Shrimp, scallop, crabstick, calamari and vegetables	
Tempura Chicken	\$12.99
Chicken and assorted vegetables	
Chicken Katsu	\$13.99
Breaded deep fried chicken breasts, served with katsu sauce	

FRIED RICE 5

Vegetable	\$6.99
Chicken	\$8.99
Shrimp	\$9.99
Beef	\$9.99
Combo	\$11.99
chicken, beef, shrimp	

YAKI UNDO / SOBA (THIN NOODLE) 4

Chicken	\$12.59
Beef	\$13.59
Shrimp	\$13.59
Unagi	\$15.59
Broiled eel on a bed of rice	

NABEYAKI UDON 3

Chicken	\$13.59
Beef	\$14.59
Shrimp	\$14.59

HIBACHI ONE DELUXE COMBINATION BOX 3

Bento Box A	\$18.59
6 pieces of sushi or 6 pieces of sashimi, salmon teriyaki, shrimp and vegetable tempura and shrimp shumai	
Bento Box B	\$16.59
Beef Teriyaki, California roll, shrimp and vegetable tempura and shrimp shumai	
Bento Box C	\$15.59
Chicken teriyaki, California roll, shrimp and vegetable tempura and shrimp shumai	

HIBACHI DINNERS 9

Hibachi Vegetables	\$10.99
Sauteed fresh garden vegetables Not 2pc shrimp	
Hibachi Beef Teriyaki	\$18.99
Teriyaki style hibachi "Angus" steak mixed with sauteed onion, served with sauteed fresh garden vegetables	
Hibachi Chicken	\$15.99
Hibachi grilled chicken breast served with our hibachi vegetables	
Hibachi Shrimp	\$19.99
perfectly seasoned hibachi grilled shrimp served with our hibachi vegetables	
Hibachi Salmon	\$20.99
Fresh from raised grilled Atlantic salmon paired with hibachi fresh vegetables	
Hibachi Scallop	\$21.99
Fresh hibachi grilled sea scallops served w. fresh hibachi vegetables	
Hibachi Filet Mignon	\$27.99
Hand cut filet grilled to your specification and served with fresh hibachi vegetables	
Hibachi Twin Lobster	\$34.99
Two fresh cold water lobster tail grilled to perfection and served with our hibachi vegetables	
Hibachi Steak	\$19.99
Hand cut "Angus"New York strip lightly seasoned and grilled to perfection,served with sauteed fresh garden vegetables	

DINNER COMBINATION PLATES 7

Hibachi Steak	
Hibachi Scallops	
Add \$3	
Hibachi Chicken	
Hibachi Salmon	
Hibachi Shrimp	
Hibachi Filet Mignon	
Add \$4	
lobster	
Add \$8	

CHILDREN'S ENTREES 6

Hibachi Chicken	\$8.49
Hibachi Steak	\$10.49

Hibachi Shrimp	\$9.49
Hibachi Scallops	\$11.49
Japanese Chicken Nuggets	\$7.49
Lightly battered chicken nuggets served with a side of teriyaki sauce (not cooked on grill)	
Hibachi Salmon	\$10.49

SUSHI AND SASHIMI LUNCH SPECIALS 2

Sashimi Lunch Special	\$10.99
4 pieces of assorted fresh sashimi and a California roll	
Sushi Lunch Special	\$9.99
4 pieces of fresh assorted sushi and a California roll	

CREATE YOUR OWN CALIFORNIA ROLL COMBINATION 20

Avocado Roll
Cucumber Roll
Salmon Jalapeno Roll
Tuna Roll
Christmas Roll
Philadelphia Roll
Alaska Roll
Spicy Crab Roll
Spicy Tuna Roll
Sweet Potato Roll
Tuna Jalapeno Roll
Spicy Salmon Roll
Eel and Avocado Roll
Eel & Cream Cheese Roll
Hamachi Roll
Shrimp Green Chiles Roll
Salmon Roll
Tempura Green Chili Roll

Crispy Roll

Fried White Fish Roll

TERIYAKI PLATES 4

Teriyaki Chicken \$8.99

Grilled teriyaki chicken breast served with fresh steamed vegetables

Teriyaki Shrimp \$10.99

Five Pieces shrimp served in Hayashi's teriyaki glaze and served with fresh steamed vegetables

Teriyaki Salmon \$10.99

Fresh grilled salmon topped with teriyaki glaze, served with steamed vegetables

Teriyaki Beef \$9.99

Teriyaki steak topped with our teriyaki glaze and served with fresh steamed vegetables

HIBACHI LUNCH ENTREES 8

Hibachi Vegetables \$7.49

Hibachi Chicken \$9.49

Hibachi Beef Teriyaki \$10.49

Hibachi Salmon \$11.49

Hibachi Shrimp \$11.49

Hibachi Scallop \$12.49

Hibachi Steak \$12.49

Hibachi Filet Mignon \$16.49

COMBINATION PLATES 6

Hibachi Steak

Hibachi Chicken

Hibachi Salmon

Hibachi Scallops

add \$3

Hibachi Shrimp

Hibachi Filet Mignon

add \$3

APPETIZER 4

Shumai (Japanese Shrimp Dumpling)

Harumaki (Spring Roll)

Gyoza (Japanese Pork Dumpling)

Edamame (Young Japanese Soybean)

ENTREES 4

Teriyaki Chicken

Teriyaki Beef

Teriyaki Salmon

Teriyaki Shrimp

SPECIALS 1

Every Tuesday and Thursday - Any Special & Signature Roll \$22.00

MONDAY -THURSDAY 1

Draft Beer \$2.50

Kirin Ichiban, Bud Light

TUESDAY 3

Hot / Cold Traditional Sake and Flavors Sake AVAILABLE OPTIONS

Small: \$4.00

Large: \$8.00

20% Off for Bottle Sake

Half Price Bottle Flavor Sake

WEDNESDAY 1

Half Price Wine Glasses & Bottle

THURSDAY 1

Imported Bottle & Shot of Traditional Sake \$3.50

SUNDAY 2

Margarita \$4.50

Bloody Mary \$4.50

RED WINE 7

HOB NOB Pinot Noir	AVAILABLE OPTIONS
	Glass: \$9.00
	Bottle: \$29.00
14 Hands Cabernet	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$26.00
337 Cabernet	AVAILABLE OPTIONS
	Glass: \$8.00
	Bottle: \$28.00
Hot to Trot Red	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$24.00
14 Hands Merlot	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$26.00
181 Merlot	AVAILABLE OPTIONS
	Glass: \$8.00
	Bottle: \$28.00
Menage A Trois Red	AVAILABLE OPTIONS
	Glass: \$8.00
	Bottle: \$28.00

WHITE WINE 6

14 Hands Chardonnay	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$27.00
Syc Lane White Zinfandel	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$26.00
Cht Ste Mich Riesling	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$25.00
Simply Naked Chardonnay	AVAILABLE OPTIONS
	Glass: \$6.00
	Bottle: \$24.00
Syc Lane Pinot Grigio	AVAILABLE OPTIONS
	Glass: \$7.00
	Bottle: \$26.00

Menage A Trois White

AVAILABLE OPTIONS

Glass: \$8.00

Bottle: \$28.00