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**NEW YEARS DIETING JUST GOT EASIER AS SAMURAI SAM'S
FEATURES FIVE NUTRITIOUS MENU ITEMS UNDER \$5**

Plus 12 Better-For-You Menu Items recognized by Healthy Dining Finder

SCOTTSDALE, ARIZ. – (Jan. 6, 2010) – With the New Year ahead and dieting resolutions top-of-mind, all Samurai Sam's Teriyaki Grill (www.samuraisams.net) locations nationwide are offering a deal that's both calorie and budget conscious. Starting Jan. 4 through Feb. 28, five nutritious dishes will be offered at all [locations](#) for just \$5.


Known for offering fresh, Japanese inspired meals full of nutritious protein, wholesome vegetables and steamed rice, Samurai Sam's Teriyaki Grill is an excellent choice for dieters looking for good food on-the-go. The five dishes offered at \$5 are among the restaurant's most [popular items](#) including the Orange Peel Chicken Bowl, Teriyaki Veggie Bowl, Teriyaki Chicken Wrap, Oriental Chicken Salad and Veggie Yakisoba Bowl (detailed nutritional information below).

"There are so many healthy options at Samurai Sam's to choose from," said Nola Krieg, Research & Development Chef for [Kahala](#), parent company of Samurai Sam's. "And, thanks to the current \$5 deal people can honor their New Year's resolutions by eating better and spending less."

In addition to the five dishes offered at a value price, seven other Samurai Sam's menu items have been recognized for their better-for-you attributes. A total of 12 dishes have been certified nutritionally sound by Healthy Dining Finder's registered dietitians and nutrition professionals. Featured items include rice bowls, yakisoba bowls, salads and wraps all made to order with a variety of quality proteins including wok-seared shrimp, salmon and char-grilled chicken and steak. Menu specifics along with corresponding nutritional information can be found on Healthy Dining Finder's Web site, www.healthydiningfinder.com. The addition of Samurai Sam's to this online guide for healthy dining further solidifies the restaurant's position as a quick, healthy and flavorful dining option.

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5 Under \$5 Nutritional Details

 HealthyDiningfinder.com	Cal	Fat	Sat F	Chol	Sod	Carb	Fib	Sug	Pro	Veg
		(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(cup)
Orange Peel Chicken Bowl (Regular, Brown Rice)	490	5	1.5	80	410	72	6	16	36	0.5
Teriyaki Chicken Wrap (Chicken Breast, Brown Rice)	620	12	2.5	70	1260	90	9	13	39	0.5
Teriyaki Veggie Bowl (Regular, Brown Rice)	320	2	0	0	400	69	7	13	8	1.25
Oriental Chicken Salad (Dressing on the side)	390	15	3.5	80	900	32	6	12	34	2.5
Veggie Yakisoba Bowl	500	6	0	0	920	113	7	23	20	1.25

About Samurai Sam's:

Samurai Sam's Teriyaki Grill was founded in 1994 in Scottsdale, Ariz. The concept prides itself on being a great tasting, healthier alternative in the world of traditional fast food, using only the freshest ingredients and providing quick and friendly service, all at an affordable price. The delicious Japanese-style menu helped put Samurai Sam's in the leading category of quick-service Asian segments. Samurai Sam's currently has nearly 60 locations worldwide. For more information on Samurai Sam's Teriyaki Grill, visit www.samuraisams.net.

About Healthy Dining Finder:

Launched in collaboration with the National Restaurant Association and developed with partial funding from the Centers for Disease Control and Prevention (CDC), HealthyDiningFinder.com serves to provide consumers with the nutrition information needed to identify healthier meal options for restaurants nationwide. Consumers can access the Web site and search by restaurant name, location, price range, take-out availability and much more. Healthy Dining's expert staff evaluates each of the menu items based not on calories alone, but also on grams of fat, saturated fat, cholesterol, sodium, carbohydrates and sugars. Furthermore, entrees must include protein, 100 percent whole grains and fruit and/or vegetables.

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