

SHEFFIELD'S

MONDAY - FRIDAY 11 A.M. - 2 P.M.

WE ARE PASSIONATE ABOUT THE FOOD WE SERVE, USING THE HIGHEST QUALITY INGREDIENTS, SOURCED FROM THE PACIFIC NORTHWEST TO BEST FUEL YOUR DAY.



as Monterey Bay Aquarium Seafood Watch Partners, our seafood is sourced sustainably



we source seasonal fruits and vegetables grown at local farms across the Northwest



we only use cage-free eggs

GET FUELED. EAT WELL.

LOOK FOR THE  ICON FOR DIETITIAN-APPROVED EAT WELL DISHES.
always \leq 600 calories, \leq 6 grams saturated fat, and \leq 800 mg sodium


STREET FOOD

-  FRESH SALAD ROLLS 5.00 *choice of crispy tofu or pork*
noodles, carrot, cucumber, basil, mint, with hoisin peanut dipping sauce
tofu rolls: calories 580, fat 30g, sat fat 4.5g, sodium 540mg, carbs 62g, sugar 20g, protein 22g, fiber 5g contains: wheat, soy, peanuts 
pork rolls: calories 660, fat 40g, sat fat 11g, sodium 660mg, carbs 64g, sugar 21g, protein 17g, fiber 5g contains: wheat, soy, peanuts
- HOUSE MADE STEAMED DUMPLINGS 5.00 *choice of vegetable or pork + shrimp*
chayote, red bell pepper, grape tomatoes, carrots, cucumbers
vegetable: calories 250, fat 2g, sat fat 0g, sodium 810mg, carbs 56g, sugar 15g, protein 7g, fiber 5g contains: wheat, soy 
pork + shrimp: calories 330, fat 13g, sat fat 4g, sodium 1000mg, carbs 38g, sugar 12g, protein 18g, fiber 2g contains: wheat, soy, shellfish
- SHEFFIELD'S LONG BEANS 4.00 
calories 130, fat 5g, sat fat 0g, sodium 400mg, carbs 19g, sugar 6g, protein 4g, fiber 5g contains: soy
-  GARLIC EDAMAME 4.00 
calories 180, fat 6g, sat fat 0.5g, sodium 250mg, carbs 19g, sugar 3g, protein 15g, fiber 6g contains: soy
- GRILLED SHISHITO PEPPERS 4.00 
yuzu ponzu, sea salt
calories 45, fat 0g, sat fat 0g, sodium 770mg, carbs 10g, sugar 4g, protein 1g, fiber 3g contains: wheat, soy
- HOUSE-MADE SUNOMONO PICKLES 4.00 
calories 90, fat 3g, sat fat 0g, sodium 750mg, carbs 14g, sugar 7g, protein 2g, fiber 1g
- WAKAME SALAD 4.00 
calories 100, fat 4g, sat fat 0g, sodium 520mg, carbs 14g, sugar 9g, protein 1g, fiber 4g
-  MARY'S FREE RANGE CHICKEN KARAGE 8.00
potato starch, togarashi mayo, lemon, furikake, green onions
calories 460, fat 31g, sat fat 4.5g, sodium 660mg, carbs 23g, sugar 2g, protein 21g, fiber 5g contains: wheat, egg, soy
- VEGETABLE TEMPURA 7.00 
seasonally-selected tempura vegetables with yuzu ponzu
calories 290, fat 13g, sat fat 1g, sodium 150mg, carbs 40g, sugar 3g, protein 6g, fiber 3g contains: wheat, egg, soy





CONSUMER ADVISORY:

In the interest of public health, please be aware that consuming raw or under-cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.




ADD-ON PROTEINS FOR GREENS + WOK FIRED DISHES

- GOCHUJANG SHRIMP 7.50
calories 140, fat 1g, sat fat 0g, sodium 460mg, carbs 8g, sugar 4g, protein 29g, fiber 1g contains: wheat, fish, shellfish
- MIRIN CHICKEN 5.50
calories 160, fat 7g, sat fat 2g, sodium 440mg, carbs 4g, sugar 2g, protein 20g, fiber 0g contains: wheat, soy
- HOISIN CILANTRO TOFU 4.50 
calories 360, fat 9g, sat fat 1g, sodium 1610mg, carbs 51g, sugar 8g, protein 17g, fiber 2g contains: wheat, soy

GREENS

-  SHEFFIELD'S HOUSE SALAD 7.00 
Lacinato kale, romaine, crisp apple, almond, cashew, pomegranate basil vinaigrette, grilled Grand Central bread
calories 530, fat 36g, sat fat 4.5g, sodium 320mg, carbs 46g, sugar 13g, protein 11g, fiber 5g contains: wheat, tree nuts
-  CITRUS GINGER 7.00 
mixed greens, pickled carrots, tomato, ginger sesame vinaigrette
calories 220, fat 12g, sat fat 1.5g, sodium 780mg, carbs 25g, sugar 7g, protein 3g, fiber 3g contains: wheat, soy

WOK FIRED

- YAKI UDON 7.00 
shimeji mushrooms, Napa cabbage, onions, scallions, garlic, kewpie mayo, nori, egg
calories 740, fat 33g, sat fat 6g, sodium 1930mg, carbs 85g, sugar 23g, protein 21g, fiber 5g contains: wheat, egg, soy
- CHAP CHAE 7.00 
spinach, carrots, onions, scallions, shiitake mushrooms, soy, sesame
calories 1000, fat 21g, sat fat 3g, sodium 2080mg, carbs 200g, sugar 36g, protein 10g, fiber 7g contains: soy
- KIMCHI FRIED RICE 7.00  add Chinese sausage +2.00
onions, garlic, bell peppers, kimchi, scallions, eggs, cucumbers
calories 1010, fat 66g, sat fat 11g, sodium 1130mg, carbs 74g, sugar 9g, protein 16g, fiber 4g contains: wheat, egg, soy
Chinese sausage: calories 190, fat 14g, sat fat 3g, sodium 680mg, carbs 6g, sugar 6g, protein 21g, fiber 0g contains: wheat, soy



indicates vegetarian item



indicates vegan item

BROTH

PORK BROTH 12.00

Carlton Farms pork, menma, scallions, nori, soft boiled egg, temomi noodles
calories 970, fat 44g, sat fat 16g, sodium 580mg, carbs 103g, sugar 4g, protein 36g, fiber 3g contains: wheat, egg, soy

LEMONGRASS MISO 10.00

bok choy, corn, menma, scallions, nori, soft boiled egg, temomi noodles
calories 740, fat 7g, sat fat 2g, sodium 2020mg, carbs 132g, sugar 15g, protein 37g, fiber 6g contains: wheat, egg, soy

MAINS

served with choice of white or brown rice
white rice: 150 cal brown rice: 190 cal

GRILLED OREGON KING SALMON 14.00

yuzu kosho aioli, radish, nori, local sprouts
calories 390, fat 30g, sat fat 3g, sodium 100mg, carbs 4g, sugar 1g, protein 25g, fiber 0g contains: egg, fish

SESAME CRUSTED BIG EYE TUNA 14.00

seaweed, wakame, crispy shallots, sweet dashi soy
calories 510, fat 30g, sat fat 6g, sodium 780mg, carbs 22g, sugar 4g, protein 38g, fiber 4g contains: wheat, soy, fish

JAPANESE CHICKEN CURRY 10.00

carrots, peas, potatoes, onions, garlic, sunomono salad
calories 850, fat 36g, sat fat 11g, sodium 1280mg, carbs 81g, sugar 33g, protein 49g, fiber 13g

PORK KATSU 12.00

cabbage salad, cilantro, carrots, togarashi crispy chickpeas, wonton strips, ponzu vinaigrette
calories 880, fat 62g, sat fat 12g, sodium 1300mg, carbs 30g, sugar 9g, protein 48g, fiber 1g contains: wheat, egg, soy, shellfish

BEEF YAKINIKU 13.00

marinated flat iron, shiitake mushrooms, caramelized onions, scallions, pickled daikon (takuan), sweet sauce
calories 540, fat 24g, sat fat 9g, sodium 1400mg, carbs 32g, sugar 20g, protein 47g, fiber 3g contains: wheat, soy

DESSERTS

MOCHI 3.00 each, mix + match

ISLAND COFFEE: calories 110, fat 3g, sat fat 2g, sodium 20mg, carbs 18g, sugar 11g, protein 1g, fiber 0g contains: dairy, egg

MATCHA GREEN TEA: calories 110, fat 3g, sat fat 1.5g, sodium 25mg, carbs 18g, sugar 11g, protein 1g, fiber 0g contains: dairy, egg

MANGO: calories 110, fat 3g, sat fat 1.5g, sodium 15mg, carbs 18g, sugar 11g, protein 1g, fiber 0g contains: dairy, egg

HOUSE-MADE SEASONAL MALASADAS 6.00

contains: wheat, dairy

2,000 calories a day is used for general nutrition advice,
but calorie needs vary.

Additional nutrition information available upon request.

RESERVE YOUR TABLE: SHEFFIELDS@NIKE.COM



indicates vegetarian item



indicates vegan item

BEVERAGES

PERRIER 1.75

EARTH20 BOTTLED WATER 1.75

UNSWEETENED ICED TEA 1.80

LA CROIX 1.20

CANNED SODA 1.35

FOUNTAIN DRINKS 1.95

Coke 230 cal Sprite 260 cal Diet Coke 0 cal

ROCKY MOUNTAIN SODA CO. 1.95

Black Cherry 135 cal Ginger Beer 135 cal

Peaches & Cream 135 cal

BEER

190-240 cal per 12 oz serving
ask your server for seasonal beer information

IPA 4.75

JAPANESE BEER 4.75

PILSNER 4.75

WHEAT 4.75

WINE

120 cal per 5 oz serving
ask your server for seasonal wine information

PROSECCO 5.50 / 27.00 bottle

CHARDONNAY 5.50 / 27.00 bottle

PINOT GRIS 5.50 / 27.00 bottle

RIESLING 5.50 / 27.00 bottle

ROSE 5.50 / 27.00 bottle

CABERNET SAUVIGNON 7.50 / 37.00 bottle

PINOT NOIR 7.50 / 37.00 bottle

RED BLEND 7.50 / 37.00 bottle

SAKE

160 cal per 4oz serving

HOT SAKE 5.00 / 8.00 carafe

LOCAL + COLD SAKE 7.00 / 35.00 bottle

MOMOKAWA ORGANIC JUNMAI GINJO

MOMOKAWA PEARL NIGORI

MOMOKAWA SILVER JUNMAI GINJO

G50 JUNMAI GINJO GENSU

COLD SAKE

EIKO FUJI HONKARA EXTRA DRY 7.00 / 35.00 bottle

FUKUCHO FORGOTTEN FORTUNE JUNMAI 9.00 / 45.00 bottle

YUKI NO BOSHA JUNMAI GINJO 12.00 / 60.00 bottle

Fukucho "Forgotten Fortune" is brewed by a Nike employee's family who have devoted over ten years of their lives on learning how to grow the rice and brew with it. They mill the rice for this sake less than most Junmais because they believe it results in the best expression of rice flavor, balance, and complexity.

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