



APPETIZERS (NF)

EDAMAME GUACAMOLE GF <i>with homemade tortilla</i>	\$8.50
ORGANIC EDAMAME GF <i>with sea salt</i>	\$6.00
VEGETABLE DUMPLINGS <i>five pieces with seasonal vegetables</i>	\$7.00
KIMPIRA <i>sautéed burdock and carrot</i>	\$7.00
STEAMED VEGETABLES GF, SF <i>kabocha squash, carrot, broccoli</i>	\$6.00
STEAMED KALE GF, SF	\$6.00
SAUTÉED KALE GF <i>with garlic</i>	\$7.50

SALADS (NF)

SEAWEED SALAD GF, SF <i>wakame, aka-tosaka, ao-tosaka seaweed</i>	\$7.00
HOUSE SALAD GF, <i>lettuce, carrot, kimpira, beets</i>	\$7.50
CHEF SALAD GF, <i>lettuce, avocado, broccoli, carrot, cucumber, kimpira, beets</i>	\$13.00
NOODLE SALAD <i>choice of soy sauce or miso</i> <i>carrot, kimpira, lettuce, cucumber, seaweed, leek with choice of noodle</i>	\$13.00

TOPPINGS

extra vegetable or add spicy	- \$1.00
tofu, kale, or shiitake mushroom	- \$2.50
shrimp	- \$4.50
salmon	- \$5.00
flake	- \$5.00

DRESSINGS

carrot ginger
tofu dill
miso tahini
sesame vinaigrette
EXTRA dressing \$1.00

GF-gluten free, SF-soy free, NF-Nut free

VEGETABLE PLATES

MACRO-PLATE SF, NF, GF **\$11.00**
brown rice, steamed kale, broccoli, kabocha squash, carrot, wakame, and bean of the day with choice of dressing

VEGGIE TOFU PESTO **\$14.00**
sautéed tofu, onion, cabbage, broccoli, white mushroom and kale in basil pesto sauce

SQUASH TOFU NF **\$13.00**
sautéed tofu, squash, onion, carrot, cabbage, broccoli and kale in squash sauce

VEGGIE CURRY SF, NF, GF **\$14.00**
sautéed squash, onion, carrot, cabbage, broccoli and kale in mushroom curry sauce

Served with brown rice
\$1 extra for grain of the day
\$2 maze rice

PAD THAI **\$13.00**
your choice of noodle with sautéed onion, carrot, broccoli, shiitake, cabbage, kale and fried tofu in homemade peanut sauce

TOPPINGS

extra vegetable or add spicy - \$1.00
tofu, kale, or shiitake mushroom - \$2.50
shrimp - \$4.50
salmon - \$5.00
flake - \$5.00

DRESSINGS

carrot ginger
tofu dill
miso tahini
sesame vinaigrette
EXTRA dressing \$1.00

SIDES (GF, NF)

BROWN RICE SF *small* \$3.00 *large* \$4.00

GRAIN OF THE DAY SF *small* \$3.50 *large* \$6.00

BEAN OF THE DAY SF \$4.00

AVOCADO (half) SF \$3.50

MAZE RICE \$6.00

marinated burdock, carrot, shiitake, in brown rice

MAZE RICE WITH SALMON \$8.00

CORN BREAD \$4.50

with miso tahini or apple butter spread

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SOUPS (GF, NF)

MISO SOUP **\$5.00**
homemade miso broth with fresh vegetables

SOUP OF THE DAY SF **\$6.00**
please see the specials board

HAYATO SOUP
a rich broth made from miso with tahini sauce, broccoli, cabbage, napa, carrot, kale, onion, leek, squash and tofu. **\$10.00**

JAPPA SOUP
wild fluke, kombu, bonito flake and bonito broth with onion, leek, mushroom, fluke, broccoli, cabbage, napa, carrot and tofu **\$13.00**

SUSHI (GF, NF)

AVOCADO CUCUMBER ROLL **\$5.00**

COOKED SALMON ROLL **\$6.00**

FUTOMAKI **\$12.00**
watercress, kimpira, carrot

FISH

ORGANIC SALMON OR WILD FLUKE

Choose Sauces

PLAIN WITH LEMON GF, SF, NF	<i>one piece</i>	\$10.00	<i>two pieces</i>	\$15.00
GINGER SOY SAUCE GF, NF	<i>one piece</i>	\$11.00	<i>two pieces</i>	\$16.00
BASIL PESTO SAUCE GF, SF	<i>one piece</i>	\$14.00	<i>two pieces</i>	\$19.00

SAIKYO-MISO WILD BLACK COD GF, NF
one piece **\$15.50** *two pieces* **\$21.00**

ADD 2 sides for \$6.00

choose from:

brown rice - maze rice - steamed vegetable - steamed kale - house salad - seaweed salad - miso soup - bean of the day

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RAMEN

CHOOSE A NOODLE: *organic ramen (wheat)* SF, NF
 udon (wheat, salt) SF, NF
 organic brown rice noodles GF, SF, NF **add \$1.00**
 organic zucchini noodles GF, SF, NF **add \$1.00**
 homemade soba (buckwheat, einkorn) SF, NF
 add \$1.50

TAHINI SHOYU or MISO GF, NF **\$14.00**
traditional savory broth made from gluten-free shoyu and kombu, or rich broth made from miso, with tahini sauce, broccoli, cabbage, napa, carrot, kale, onion, leek, mushroom, and squash

CURRY SHOYU or MISO GF, NF **\$15.00**
traditional broth made from gluten-free shoyu and kombu, or rich broth made from miso, with homemade curry spice, broccoli, cabbage, napa, carrot, kale, onion, leek and squash

GARBANZO BROTH SOUP GF, SF, NF **\$14.00**
contains no soy - vegetable kelp and pureed chickpea broth with onion, cauliflower, broccoli, white mushroom, cilantro, asparagus, and squash

WILD FLUKE SOUP GF, NF **\$16.50**
wild fluke, kombu, and shoyu broth with onion, leek, mushroom, fluke, broccoli, cabbage, napa, carrot, and hint of lime and chili

TOPPINGS

extra vegetable or add spicy - \$1.00
tofu, kale, or shiitake mushroom - \$2.50
shrimp - \$4.50
salmon - \$5.00
fluke - \$5.00

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Please check specials on the board.