

APPETIZERS

Organic Edamame	6
Home-made Corn Bread <i>gluten free served with apple or tahini butter.</i>	5
Home-made Pickles	6
Tataki Gobo <i>marinated burdock in organic soybean miso paste.</i>	6.5
Goma Ae steamed watercress topped with thick black sesame sauce.	6.5
Yuba <i>steamed tofu "skin" marinated in kombu-shiitake broth.</i>	7

SOUPS

Bean Soup of the Day	4
Miso Soup <i>organic soybean miso paste.</i>	4
Hayato Soup <i>vegetables, tofu, shiitake in soybean miso broth.</i>	10
Jappa Soup <i>white fish, ginger, vegetables, shiitake, tofu in soybean miso broth.</i>	12

NOODLES

choice of soba or udon noodle
\$3 extra for GF rice noodles

Stir-Fried Noodles <i>mixed vegetables, shiitake in a ginger sesame sauce.</i>	12
"Pad Thai" Noodles <i>mixed vegetables, shiitake, baked tofu in our home-made peanut sauce garnished w/ bean sprouts & lime.</i>	13
Black Cod & Noodles in Spicy Clear Soup <i>onion, nappa, snow pea, scallion, carrot & lime.</i>	17
Clear Kombu Broth <i>mixed vegetables, shiitake, wakame, watercress.</i>	12
Sesame Miso Broth <i>mixed vegetables, shiitake, wakame, watercress.</i>	13

Add-on to any salad, vegetable entree or noodles

Tofu 2.5 / Tempeh or Seitan 3.5 / Shrimp or Scallop 4.5 / Salmon or Fish of the Day 6 / Wild Cod or Seafood (salmon, shrimp, scallop) 6.50

All menu items are gluten free with the exception of: Seitan, Soba, Udon, Baked tofu and Anything Fried

some substitutions may be allowed at an extra charge.

SALADS

garnished w/ daikon, carrot & beets

Crunchy Cabbage Salad <i>shredded white & red cabbage</i>	6
Cucumber Salad <i>mixed with akatosaka seaweed & sesame vinaigrette</i>	6
Seaweed Salad <i>hijiki, wakame, akatosaka & ogo seaweed, daikon with sesame vinaigrette.</i>	7
Watercress Salad <i>watercress with cooked hijiki, wakame seaweed and crunchy soy beans.</i>	8.5
Green Salad <i>lettuce, watercress, endive, radicchio, daikon, beet, carrot and sesame vinaigrette.</i>	8.5
Avocado Salad <i>green salad with lightly steamed cold cauliflower, broccoli & avocado.</i>	10
Chef Salad <i>green salad, broccoli, cauliflower, burdock, daikon, avocado, cucumber, alfalfa and three kinds of seaweeds</i>	14

Home-made Dressings

Carrot / Sesame Vinaigrette / Tahini Dill

Extra Toppings

Soy Beans, Sprouts, Daikon 2
Burdock, Avocado or Seaweed 3.5

VEGETABLE ENTREES

served with brown rice or \$2 extra for grain of the day or maze rice

Macro Plate <i>steamed greens, vegetables, brown rice, hijiki seaweed, beans and home made dressing.</i> <i>any substitution from choices above \$1.00</i> <i>Tofu instead of beans \$2.00</i>	10
Broccoli Tofu <i>sautéed broccoli with carrot, onion and crushed tofu in carrot sauce.</i>	12
Yasai Itame <i>sautéed mixed vegetables, snap pea sprout & lotus root in ginger tamari sauce.</i>	12
Vegetable Curry <i>mixed vegetables in a mild curry turmeric, ginger root sauce.</i>	13
Broiled Tofu Okabe <i>tofu with a thick sesame paste served with a side of steamed vegetables.</i>	13
Tofu Teriyaki <i>sautéed tofu in ginger shiitake-mushroom, scallions & teriyaki sauce with a side of steamed vegetables.</i>	13
Squash Tofu <i>sautéed tofu, squash, onion, carrot, nappa green, broccoli, snow pea, miso tahini sauce.</i>	13
Kuzu Stew with ume paste <i>broccoli, cauliflower, nappa, kale, carrots, snow pea, shiitake, onion, ginger tamari clear kuzu sauce.</i>	14
Garlic Greens <i>sautéed kale, carrot, onion, string bean, squash, olive oil, garlic, salt & black pepper.</i>	13
Tempeh or Seitan Mushroom Gravy <i>scallion, mushroom, carrot, onion gravy sauce, served with yam salad and a side of steamed vegetables.</i>	15

LUNCH SPECIALS

GARDEN ROLL SET \$9.5

Inside-out roll with carrot, cucumber, and snow pea sprout with sesame seeds

FISH SET \$ 12.5

Choose a Fish: Fish Of Day / Salmon
Organic Salmon / Black Cod \$2 Extra

Choose Style: Plain Broiled / Teriyaki
Ginger Scallion / Okabe

Choice of Two items;

Miso Soup	For \$2 additional;
Bean Soup of the Day	Grain of the Day
Bean of the Day	Maze Rice; <i>rice mixed with seasoned carrot, string beans, shiitake, burdock.</i>
Brown Rice	Home-made Corn Bread
Cooked Hijiki Seaweed	Steam Soba or Udon
Home Made Pickles	
Steamed Vegetables	
Steamed Greens	Dressings
Cabbage Salad	Carrot
Green Salad	Tahini Dill
Steamed Tofu	Sesame Vinaigrette

SANDWICHES w/ miso or bean soup

bread with lettuce, onion, carrot, cucumber & alfalfa with tofu dill sauce and side of pickles.

Baked Tofu Sandwich	10
Deep-fried Tempeh Teriyaki Sandwich	12
Fried Ginger Fish Sandwich	<i>fish of day 13.5</i> <i>wild black cod 15.5</i>
Parmegiana Sandwich	<i>seitan 13.5</i> <i>organic salmon 15.5</i>
Stuffed Tofu Pita	10.5
<i>whole wheat pita bread stuffed with baked tofu, avocado, cucumber, carrot, sprout, onion and tofu dill mustard sauce.</i>	
Seitan Vegetable Gyro	12.5
<i>whole wheat pita bread stuffed with sauteed seitan, broccoli, kale, carrot, onion in olive oil and garlic topped with tofu dill teriyaki.</i>	

SUSHI ROLLS

HOSO MAKI

Thin roll with brown rice & cut into six pieces. Maximum 2 items in a roll

[VEGETABLE ROLL] - One Veg	5	/ Two Veg	6	
[FISH ROLL]	- One Fish	6	/ Double Fish	8
[COMBO ROLL]	- One Fish & One Veg		7	

FUTO MAKI 14

Gigantic roll cut into eight pieces. Maximum 4 items. (\$1 extra for seafood items)

Comes with MISO or BEAN SOUP

some substitutions may be allowed at an extra charge.

VEGETABLE

Carrot
Cucumber
Watercress
Avocado
Burdock
Snow Pea Sprout
Ume Shiso plum / leaf
Shiitake Mushroom
Asparagus
Pickles

VEG PROTEIN

Tofu Skin(inari strip)
Tofu
Fried Tempeh
Natto Scallion
Seitan
SEAFOOD
Steamed Shrimp
Cooked Salmon
Eel
Raw Salmon

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