

We deliver with 15% of gratuity included for over \$15 orders.

SOUPS

Pureed Vegetable Soup of the Day 5.75 (Hot or Cold)

Bean Soup of the Day 3.00 simple and superb.

Miso Soup 3.00

Wakame Soup 4.75 wakame, sprouts, daikon, sesame seeds and sesame oil in tamari kombu broth.

Yuba in Soup 5.75 tofu "skins", chinese cabbage, carrot, scallion in tamari kombu broth.

Hayato Soup 8.50 tofu, cabbage, sprouts, broccoli, squash, shiitake, onions, carrot, bean sprouts and green in miso broth.

Rice in Soup 9.00 / with Fish of the Day 13.50 carrot, scallions, shiitake, chinese cabbage, greens and umeboshi simmered in an iron kettle with rice.

BREADS with one miso tahini spread per serving. Extra 1.00

Home-made Corn Bread 3.50 hearty gluten free corn bread.

Spelt Bread 3.00 non-yeasted wheat free bread.

Loaf of Cornbread 16.00 8 oz miso tahini spread per loaf. another 8 oz spread \$4.00 extra.

SIDE DISHES

Brown Rice 2.50 / 4.00

Grain of the Day 3.50 / 4.50

please see the black board.

Bean of the Day 3.50

please see the black board.

Steamed Tofu 4.00

Hijiki Seaweed 3.50

cooked in light tamari soy sauce.

Tempeh (Fried or Broiled) 6.00

served with ginger kuzu sauce.

Home-made Seitan 6.00 (Fried or Broiled)

served with ginger kuzu sauce.

Steamed Greens 3.50

Steamed Vegetables 4.00 / 5.50

carrot, broccoli and kabocha squash.

One-Piece Fish 9.00

with Teriyaki or Shoga-yaki Sauce 10.00

Maze Rice 5.50 / with Salmon 8.00

brown rice mixed with seasoned carrot, string beans, shiitake and burdock.

SALADS

Crunchy Cabbage Salad 4.50 served with popular carrot dressing.

Cucumber Salad 4.50 sliced cucumber and red akatosaka seaweed.

Seaweed Salad 5.75 hijiki, wakame, red akatosaka and ogo seaweed.

Watercress Salad 7.00 mixed with cooked hijiki seaweed and crunchy soy beans.

Green Salad 7.00 lettuce, watercress, radicchio, endive, daikon and beet.

Avocado Salad 9.00 / with Shrimp 11.00 green salad with cold steamed broccoli and cauliflower.

HOME-MADE DRESSINGS

Carrot / Creamy Tahini Dill / Sesame Vinaigrette

One dressing for salad, extra 1.00

EXTRA TOPPINGS

Snow Pea Sprouts or Daikon 2.00 / Burdock 3.00 / Avocado 3.00

APPETIZERS

Please see Specials of the Day - - - - -

Home-made Assorted Pickles 5.00 pickled with salt, onions, carrot celery and leek.

Marinated Burdock 5.50 cooked with kombu-shiitake tamari broth.

Yuba 6.50 steamed tofu "skin" marinated in kombu-shiitake broth.

Organic Edamame 5.50

Age Tofu 6.00 deep-fried tofu with shiitake, scallion and teriyaki sauce.

Sauteed String Beans 6.50 with lemon garlic and olive oil.

Summer Rolls 6.50 carrot, cucumber, burdock, mint and basil in rice paper.

Steamed Dumplings 7.50 six wheat dumplings filled with seitan, nappa, ginger and scallions.

Scrambled Tofu 6.00 / with Fish of the Day 8.00

tofu, onion, carrot, scallion, shiitake in carrot sauce.

Fish Tatsuta-Age 8.00 deep-fried white fish marinated in tamari, mirin and ginger sauce.

Scallops in Creamy Tahini Wine Sauce 8.50 sauteed in dill, tahini, white wine and sea salt.

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SUSHI ROLLS

Hoso-maki roll made with brown rice in a sheet of nori seaweed with the below **CHOICE** of fillings:

VEGETABLE-ROLL

1 item 4.00

2 items 4.50

FISH-ROLL

1 item 4.50

2 items 5.50

COMBO-ROLL

2 items 5.00

Futo-maki with Miso or Bean Soup 12.00

giantic roll cut into eight pieces with **CHOICE** of four vegetable fillings:
1.00 for each fish or seafood filling

VEGETABLES

Pickles

Avocado

Marinated Burdock

Carrot

Cucumber

Watercress

Snow Pea Sprout

Baked Tofu

Fried Tempeh

Seitan

FISH & SEAFOOD

Raw Salmon

Spicy Raw Samon

Cooked Salmon

Steamed Shrimp

Tempura Shrimp

NOODLES SOBA (buckwheat) or UDON (wheat)

Tahini Noodles 7.50 cold noodles with carrot, watercress and daikon in tahini sauce.

Stir-Fried Noodles 11.00 onion, carrot, mung bean, scallion, cabbage, shiitake, snow pea, green and broccoli in teriyaki and ginger-tamari sauce.

Pad Thai 11.00 sauteed noodles with onion, carrot, mung bean, scallion, shiitake, broccoli and baked tofu in all natural house-made peanut sauce with lime.

Black Cod & Noodles in Spicy Soup 14.00 carrot, nappa, snow pea, scallion and lime in kombu soy sauce broth. (broth contains sake)

Vegetables & Noodles in Clear Soup 10.00 / in Sesame Miso Broth 12.00

carrot, onion, mung bean, scallion, nappa, shiitake, snow pea and broccoli in kombu broth. (broth contains sake)

EXTRA TOPPINGS

Tofu 2.00 / Tempeh, Seitan or Shrimp 3.00 /
Shcallop 4.00

Fish of the Day, Salmon or Black Cod 5.50
Mixed Seafood 6.50 (shrimp, salmon and scallop)

Chili Paste \$1.00

A gratuity of 18% will be added to parties of six or more

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TEMPURA

Six-piece Vegetable Tempura 6.00 six pieces of vegetables deep-fried in light wheat non-egg batter.

Four-piece Shrimp Tempura 7.00

Seven-piece Tempura 8.00 one piece of shrimp and white fish, and five pieces of vegetables.

Souen Tempura 21.50 (9 pieces)

assortment of two pieces of white fish, shrimp and scallop, and three pieces of vegetables. Served with a cup of soup and brown rice.

VEGETABLE ENTREES

Come with Brown Rice

Macro Plate 8.50 an ideal balance of steamed greens, vegetables, brown rice, beans and hijiki seaweed. Each Substitution will be an Additional 1.00 for Macro Plate.

Broccoli Tofu 10.00 sauteed with carrot, onion and crushed tofu in carrot sauce.

Broiled Tofu Okabe 11.00 with thick sesame paste, served with steamed vegetables.

Kuzu Stew 12.00 broccoli, cauliflower, nappa, green, carrot, snow pea, shiitake and onion in ginger tamari broth and clear kuzu sauce.

Inspired Vegetable Curry 12.00 chunky broccoli, cauliflower, squash, white mushroom, snow pea, green and onion in home-made mild curry, turmeric and ginger sauce.

Garlic Greens & Vegetables 12.00 sauteed greens and vegetables in olive oil and garlic.

Vegetables and Tofu in Pesto Sauce 12.00 sauteed vegetables and tofu in garlic and pesto sauce.

Squash Tofu 12.00 sauteed tofu, squash, onion, carrot, nappa, green, broccoli and snow pea in miso-tahini sauce.

Tofu Steak with Teriyaki Sauce 12.00 sauteed tofu with shiitake scallion ginger-tamari saue. Served with steamed vegetables.

Mabo Tofu 13.00 minced seitan, tofu and vegetables in spicy tamari ginger kuzu sauce.

Home-made Seitan Cutlet Curry 13.00 vegetable curry and lightly deep-fried seitan with bread-crumbs

SUBSTITUTIONS FOR RICE

Mixed Grain of the Day 1.00

Soba or Udon 2.00

** Maze Rice 2.00 / Maze Salmon 4.00

EXTRA TOPPINGS

Tofu 2.00 / Tempeh, Seitan or Shrimp 3.00

Shcallop 4.00

Fish of the Day, Salmon or Black Cod 5.50

Mixed Seafood 6.50 (shrimp, salmon and scallop)

Chili Paste \$1.00

**brown rice mixed with seasoned carrot, string beans, shiitake and burdock.

Substitutions made when possible

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● ● Organic Macrobiotic Restaurant

SEAFOOD ENTREES

CHOICE OF

Fish of the Day / Salmon / Black Cod

Plain Broiled with Lemon - 1 piece - 2 sides **13.50** / 2 pieces - 3 sides **21.50**

Broiled with Teriyaki Sauce - 1 piece - 2 sides **14.50** / 2 pieces - 3 sides **22.50**
slightly yin sauce of tamari, mirin and fish stock.

Broiled with Shoga-yaki Sauce - 1 piece - 2 sides **14.50** / 2 pieces - 3 sides **22.50**
slightly yang sauce of tamari, sake, ginger and scallion.

Broiled with Okabe Paste - 1 piece - 2 sides **14.50** / 2 pieces - 3 sides **22.50**
with thick sesame paste.

Broiled with Almond Basil Sauce - 2 pieces - 2 sides **22.50**
garlic pesto sauce.

Steamed with Ginger Soy Broth - 2 pieces - 2 sides **22.50**
steamed fish, tofu, shiitake, carrot and string bean in ginger tamari broth.

Steamed with Mushrooms in Rice Paper - 1 piece - 2 sides **15.50**
served with Japanese citrus and onion sauce and small salad.

SIDE DISH CHOICES

Brown Rice

Grain of the Day 1.00 extra

Maze Rice 2.00 extra

brown rice mixed with seasoned carrot,
string beans, shiitake and burdock.

Home-made Corn Bread 1.00 extra

Spelt Bread 1.00 extra

Udon or Soba 2.00 extra

Miso Soup

Bean Soup of the Day

Bean of the Day

Cooked Hijiki Seaweed

Crunchy Cabbage Salad

Green Salad

Steamed Greens

Steamed Vegetables carrot, broccoli
and kabocha squash.

Dressings:

Carrot / Creamy Tahini Dill / Sesame Vinaigrette

One dressing for per portion vegetables, extra 1.00

Chili Paste \$1.00

Substitutions made when possible

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