

# lunch from the kitchen of seiji "waka" wakabayashi

## appetizers

- agedashi tofu** deep-fried w/ tempura sauce 7  
**shrimp & scallop dumplings** spinach, citrus-soy 14

## soup

- miso soup** tofu, green onion, shiitake, wakame 4.5  
**tempura udon noodle** tempura shrimp & vegetables in a soy dashi broth 14  
**seafood soba noodle** clams, salmon, shrimp & crab in a soy dashi broth 15

## salads

- seaweed salad** cucumber, avocado, rice vinegar 8  
**spinach salad** black sesame dressing 7  
**seasonal mixed greens** mizuna, tatsoi, wild arugula, tahini-miso dressing 7.5

## obento box lunches

 includes miso soup

- vegetarian** grilled tofu | mixed greens | nasu nibitashi | sautéed broccolini & cauliflower 14  
**miso glazed black cod** mixed greens | seasonal nimono-hijiki carrot | oshitashi 23  
**grilled flat iron steak w/ meyer lemon relish** mixed greens | seasonal nimono-hijiki carrot | oshitashi 28  
**salmon teriyaki** atlantic salmon | mixed greens | oshitashi | seasonal nimono-hijiki carrot | shrimp & avocado roll (sub sashimi +\$2.5) 20  
**chicken teriyaki** mary's organic chicken | mixed greens | oshitashi | seasonal nimono-hijiki carrot | shrimp & avocado roll (sub sashimi +\$2.5) 17

## sides

- steamed vegetables** 7  
**crispy ajinori potatoes** 7  
**sautéed broccolini** 7

## beverages

- coca-cola bottle** 4  
**bundaberg ginger beer** 4  
**marin kombucha** apple juniper | original 8  
**juice** cranberry, pineapple 4  
**fresh squeezed orange juice** 7  
**lemonade** 4  
**iced tea** 4

## pot of tea

 6

- green – milk oolong  
green – jasmine jazz  
black – keemun  
herbal – mint fields  
herbal – okinawan 38 herbs  
herbal – elderflower



not every ingredient is listed  
please let us know of any allergies

# lunch from the sushi bar

sushi lunch specials includes miso soup

**sushi lunch** nigiri of maguro, sake, hamachi, bincho maguro plus two chefs' choice and chefs' choice maki 23

**sashimi lunch** two slices each of maguro, sake, hamachi and two chefs' choices 25

nine types of seafood over kanpyo, shiitake & sushi rice 23

**chirashi**

## sushi & sashimi

one piece per order

<b>toro</b>	amakusa blue fin fatty tuna mp
<b>maguro</b>	aaa grade big eye tuna 5
<b>bincho maguro</b>	local fresh white tuna 5
<b>hamachi</b>	japanese yellowtail 5
<b>sake</b>	king salmon 5
<b>ebi</b>	steamed fresh shrimp 5
<b>hotate</b>	hokkaido scallop 4.25
<b>ikura</b>	salmon roe cured with salt 6
<b>tamago</b>	organic egg omelet w/ soy sauce cured egg yolk 4
<b>tako</b>	steamed octopus 5
<b>kani</b>	steamed red crab 4
<b>tobiko</b>	natural umami flying fish roe 4
<b>unagi</b>	fresh water grilled eel 6.5
<b>uni</b>	sea urchin mp

## sunomono

**sunomono salad** choice of either ebi, kani or tako (no combos) on seaweed, cucumber & our sunomono dressing 12

## maki

**crunch** eel, avocado, tempura flakes, spicy crab, aonori powder 19

**soft shell crab roll** daikon, kaiware, avocado, asparagus, umami tobiko and lime 16

**spicy tuna** miso aioli, gari, cucumber, shiso & seven types of japanese spice 11

**creamy scallop** miso aioli, tobiko & avocado 13.5

**negihama** hamachi, grilled green onion & scallions 12

**futo-maki** shrimp, eel, kanpyo, shiitake, tobiko, cucumber, egg omelet 12

**negitoro** sustainable fatty blue fin tuna, wasabi, scallions 15

**shrimp tempura** daikon sprouts, tobiko, carrot, lime, dry shrimp 12

**kaisen futo-maki** tuna, salmon, hamachi, ikura, hotate & two more chef's choices, shiso, cucumber, konbu wrap 19

**salmon & avocado** 10

**veggie roll choices** cucumber, squash, plum/cucumber or pickled carrot 5