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### APPETIZERS

<b>Appetizer Edamame</b>	<b>8.00 \$</b>
<b>Appetizer Tofu Tempura</b>	<b>10.00 \$</b>
<b>Appetizer Japanese Guacamole With Home Made Crackers</b>	<b>10.00 \$</b>
<b>Appetizer Chicken Karaage</b>	<b>13.00 \$</b>
<b>Appetizer Shrimp Shumai</b>	<b>17.00 \$</b>
<b>Appetizer Shrimp Shumai 0.5 Portion</b>	<b>9.00 \$</b>
<b>Appetizer Salmon Wasabi Tartare</b>	<b>18.00 \$</b>



### SOUP & RAMEN

<b>Miso Soup Small</b>	<b>4.00 \$</b>
<b>Miso Soup</b> Miso, shiitake, tofu, wakame seaweed, scallions	<b>8.00 \$</b>
<b>Vegan Miso Soup</b> Vegetarian miso, shiitake, tofu, wakame seaweed, scallions	<b>9.00 \$</b>
<b>Beef Noodle</b> Your choice of noodles, sliced beef, broth, onions, baby spinach, greens, fermented ginger	<b>24.00 \$</b>
<b>Nebayaki Udon</b> Udon noodles, dashi broth, butterfly shrimp, fish (bonito), poached egg, vegetables	<b>25.00 \$</b>
<b>Vegan Miso Soup Small</b>	<b>5.00 \$</b>
<b>Salmon Ramen</b> Salmon filet, ramen, dashi broth, asparagus, fermented vegetables, greens	<b>25.00 \$</b>
<b>Tuna Tataki Ramen</b> Tuna tataki, dashi broth, baby spinach, broccolis, fermented vegetables, greens	<b>25.00 \$</b>
<b>Duck Magret Ramen</b> Duck magret, dashi broth, mushroom, fermented vegetables, greens	<b>25.00 \$</b>



### LARGE SALADS

<b>Pickled cucumbers &amp; veggie salad</b>	<b>12.00 \$</b>
<b>Caesar Salad</b> Sucrine, parmesan, cucumber, caesar dressing add chicken	<b>14.00 \$</b>
<b>Kensho Salad</b> Freekeh, asparagus, kale, avocado, red cabbage, scallions, cucumber, pickled ginger, citrus dressing add bonito add chicken katsu 45	<b>15.00 \$</b>
<b>Gomae Salad</b>	<b>14.00 \$</b>

### ADD ON

<b>Add Rice Bowl</b>	<b>3.00 \$</b>
<b>ADD Tofu</b>	<b>3.00 \$</b>
<b>ADD Chicken Katsu</b>	<b>6.00 \$</b>
<b>Add Bonito</b>	<b>7.00 \$</b>
<b>ADD Salmon</b>	<b>10.00 \$</b>



### SANDWICHES

<b>Tamagosando Vegetarian Sandwich</b> Hard-boiled eggs, Kewpie mayo, whole grain mustard, scallions, microgreens	<b>11.00 \$</b>
<b>Wanpaku Sando Vegan Sandwich</b> Grilled vegetables (zucchini, cauliflower, red pepper, carrots, onions), fresh vegetables (avocado, red cabbage, pickled ginger), citrus sauce	<b>13.00 \$</b>
<b>Chicken Katsu Sandwich</b> Panko chicken, fermented vegetables, spicy mayo, cruditeess	<b>18.00 \$</b>
<b>Tonsando Sandwich</b> Pulled pork, caramelized onions, fermented vegetables, cruditeess, la-yu mustard sauce	<b>19.00 \$</b>
<b>Teriyaki Salmon Onigirazu Sandwich</b> Rice, nori, teriyaki salmon, asparagus	<b>18.00 \$</b>



### DONBURI

<b>Vegetarian Bowl Donburi</b> Rice, grilled vegetables, tempeh, fresh coriander	<b>18.00 \$</b>
<b>Pork Donburi</b> Rice, pulled pork, caramelized onion, marinated ginger, black sesame, la-yu mustard sauce	<b>23.00 \$</b>
<b>Gyudon Beef Donburi</b> Rice, beef sauteesed in soy sauce, onions, arugula, sesame	<b>24.00 \$</b>
<b>Teriyaki Salmon Donburi</b> Rice, teriyaki salmon, spinach shoots, edamame, pickled ginger, teriyaki sauce	<b>27.00 \$</b>
<b>Tonkatsu Donburi</b>	<b>24.00 \$</b>



### BENTO

<b>Onigiri Veggie Bento</b> 3 vegetarian onigiri, ponzu sauce, sesame	<b>20.00 \$</b>
<b>Vegetarian Bento</b> Rice, grilled vegetables, tempeh, green salad	<b>22.00 \$</b>
<b>Pork Bento</b> Pulled pork, caramelized onions, la yu mustard, sesame	<b>28.00 \$</b>
<b>Gyudon Beef Bento</b> Rice, beef sauteesed in soy sauce, onions, arugula, sesame	<b>29.00 \$</b>
<b>Teriyaki Salmon Bento</b> Rice, teriyaki salmon, spinach shoots, edamame, pickled ginger, teriyaki sauce	<b>33.00 \$</b>
<b>Tonkatsu Bento</b>	<b>28.00 \$</b>



### DESSERTS

<b>Mochi Ice Cream 1pc</b> With your flavour choice	<b>4.00 \$</b>
<b>Mochi ice cream 2 pcs</b>	<b>7.00 \$</b>
<b>Chocolate Truffle 2 pcs</b>	<b>5.00 \$</b>
<b>Chocolate Truffle 4 pcs</b>	<b>8.00 \$</b>
<b>Chocolate cake</b> Gluten free, free sugar	<b>9.00 \$</b>



### CONDIMENTS & SAUCES

<b>Sauces</b> Teriyaki, ponzu, la-yu and mustard, spicy mayo, caesar, citrus	<b>1.00 \$</b>
<b>Fermented Vegetables</b> Cabbage, carrots, kohlrabi, ginger, etc.	<b>2.00 \$</b>

### SASHIMI & TATAKI

<b>Salmon Tartare Wasabi</b> Fresh salmon tartare finely diced and mixed with a touch of fresh wasabi and citrus peel	<b>18.00 \$</b>
<b>Salmon Sashimi 8pcs</b> Fresh grated wasabi, soja citrus sauce	<b>18.00 \$</b>
<b>Tuna Tataki 8 pcs</b> Sesame, fresh grated wasabi, miso citrus sauce	<b>18.00 \$</b>
<b>Tuna Tataki 4 pcs</b>	<b>10.00 \$</b>

### FRENCH SELECTIONS

<b>Endives Salad</b> Endives, arugula, walnuts, Roquefort AOC, with Roquefort balsamic dressing	<b>16.00 \$</b>
<b>Nicoise Salad</b> Lettuce, cherry tomatoes, cucumber, radish, bell pepper, mushrooms, edamame, black olives, fresh tuna slice & vinaigrette sauce	<b>17.00 \$</b>
<b>Warm Goat Cheese Salad On Sourdough</b> Ash-coated goat cheese slices, honey & walnuts, green salad mix	<b>15.00 \$</b>
<b>Croque Monsieur</b> Parisian white ham, Emmental cheese, truffle bechamel sauce, green salad	<b>16.00 \$</b>
<b>Beef Filet</b> Beef tenderloin heart, dauphinoise potatoes, confit onions, asparagus, with Entrecote or Mushroom sauce	<b>25.00 \$</b>
<b>Duck Breast</b> Duck breast, dauphinoise potatoes, confit onions, sauteed mushrooms, soy-sesame-orange sauce	<b>28.00 \$</b>