



Starters

Miso Soup - \$3

Soy bean paste, tofu, wakame seaweed, green onion

House Salad - \$8 V

Romaine lettuce, tomato, cucumber carrot with miso ginger house dressing

Hiyashi Wakame - \$6 V

Japanese seaweed salad

Summer Salad - \$12

Spinach, avocado, cucumber, cherry tomatoes, northern shrimp & red pepper with a tangy sesame dressing

Sunomono Salad - \$9

Northern cold water shrimp, sweet vinegar cucumber, goma wakame seaweed over vermicelli noodles

Tempura Cod - \$8

Light crispy battered Newfoundland cod with a ponzu dipping sauce

Edamame - \$5.5 V

Steamed soybean pods sprinkled with sea salt

Gyoza - \$6.5 V

Grilled Japanese veggie dumpling

Agedashi Tofu - \$7

Lightly dusted tofu cubes flashed fried in a tentsuyu broth with green onion and shaved ginger

Vegetable Tempura - \$7 V

Assorted veggies in light crispy batter with tentsuyu dipping sauce

Calamari - \$9

Golden tempura squid rings with tentsuyu dipping sauce

feelgoodfood

Many of our menu items contain raw seafood. Please inform your server of any food allergies you may have. Any requests to change menu items and there will be an additional service charge to each item.

V Vegetarian
G Gluten-free

Teriyaki Stir-fry

Tepanyaki grilled vegetable medley of carrots, red pepper, broccoli florets, chopped mushrooms & shredded cabbage served over a bowl of steaming sushi rice or udon noodles. Topped with Newfound Sushi special house-made teriyaki sauce.

Try our Thai sauce as a Gluten Free option.

Choose from the following styles of stir-fry

Chicken or Beef - \$16/ half order - \$12

Shrimp or Salmon - \$17/ half order - \$12.5

Grilled Veggies - \$12/ half order - \$10 V

Bento Box

(Japanese lunch box)

All bento box specials are served with 4 piece California Roll, small salad, miso soup, sushi rice and your choice from one of the following options:

Chicken Teriyaki - \$13.5 Tempura Shrimp - \$13.5

Salmon Teriyaki - \$14.5 Veggie Gyoza - \$11.5 V

Sushi Nigiri - \$14.5

Sushi Nigiri & Sashimi

Nigiri Sushi (sliced fresh fish on a ball of rice) 2pcs

Sashimi (cuts of raw fish) 3pcs

	Nigiri	Sashimi
Snow Crab	\$7.5	\$9
Yellowfin Tuna	\$7.5	\$9
Albacore	\$6.5	\$8
Salmon	\$6.5	\$8
Unagi - Bbq Eel	\$7.5	\$9
Saba - Mackerel	\$6	\$8
Smoked Arctic Char	\$6.5	\$8

Sushi Nigiri & Sashimi Combos

Assorted Nigiri - \$28

2 albacore tuna, 2 salmon, 2 snow crab, 2 yellowfin tuna

Assorted Sashimi - \$36

3 albacore tuna, 3 salmon, 3 snow crab, 3 yellowfin tuna

Deluxe Nigiri - \$35

2 albacore tuna, 2 salmon, 2 yellowfin tuna, 2 snow crab, 2 unagi

Deluxe Sashimi - \$46

3 albacore tuna, 3 salmon, 3 snow crab, 3 yellowfin tuna

Sushi Rolls

Inari - \$3 V

Sweet bean curd pocket

Cucumber Maki - \$4.5 V

Cucumber and rice inside, seaweed outside

Avocado Maki - \$5 V

Avocado and rice inside, seaweed outside

Salmon Maki - \$5.5 G

Fresh atlantic salmon, seaweed outside

Crunchy Shrimp Roll - \$6 V

Tempura shrimp

Tuna Maki - \$6 G

Yellowfin tuna, seaweed outside

California Roll - \$6.5

Imitation crab, avocado, cucumber, wasabi aioli

Uamacado Roll - \$6.5 V

Tempura yam and avocado

Spicy Chicken - \$7

Crisp chicken tenders, avocado, cucumber topped with sweet chilli sauce

Sweet Veggie Philly - \$7.5 V

Philly cream cheese, spinach, cucumber, red pepper and sweet bean curd pocket

Rolls continued >>



Spicy Broccoli Roll - \$7.5 V G

Broccoli florets and spicy sauce

Spicy Tuna Roll - \$7.5

Albacore tuna and tempura bits, avocado, spicy sauce

Spicy Salmon Roll - \$7.5

Fresh Atlantic salmon, tempura bits, avocado and spicy sauce

Grilled Salmon Roll - \$8

Grilled salmon and avocado

BC Roll - \$8

Wild smoked Arctic char, avocado, cucumber and red pepper

Philadelphia Roll - \$8/ spicy - \$8.25 G

Philly cream cheese, smoked char, cucumber, red pepper

Humber River Roll - \$9 G / with massago - \$9.5

Fresh Atlantic salmon, avocado, cucumber and red pepper

Bay of Islands Roll - \$12

Fresh Atlantic salmon, faux crab stick, panko crumbs, green onion, massago and spicy sauce

Tsunami Roll - \$13

Tempura shrimp, avocado, sriracha sauce, topped with shredded faux crab

Blow Me Down Roll - \$13.5

Salmon, faux crab, avocado, cucumber, tobikko, tempura bits, and spicy sauce

Atlantic Roll - \$14

Spicy tuna roll with shrimp, cucumber, green onion, tempura bits and spicy sauce

Snow West Roll - \$17

Two tempura shrimp, avocado, spicy sauce topped with fresh local snow crab and massago

Loco Lobster Roll - \$17

Two tempura shrimp, avocado, lemon garlic dill aioli topped with fresh lobster and massago

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Samplers

Nigiri - \$17.5

1 salmon, 1 Albacore tuna, 1 Yellowfin tuna, 1 snow crab, 1 eel

Sashimi - \$19

1 salmon, 1 Albacore tuna, 1 Yellowfin tuna, 1 snow crab, 1 eel

Sushi Party Platters

Please give us a minimum of 24hr notice for party platters.

Silver Platter - \$33

8pc California Roll, 8pc Sweet Veggie Philly Roll, 8pc spicy chicken, 8pc grilled salmon

Gold Maki Sushi Platter - \$65

16pc California Roll, 16pc Sweet Veggie Philly Roll, 16pc spicy chicken, 16pc grilled salmon

West Coast Platter - \$75

Nigiri: 2 salmon, 2 Albacore tuna, 2 Yellowfin tuna, 2 snow crab, 2 eel, 2 Inari

Sashimi: 2pc salmon, 2pc Albacore tuna, 2pc Yellowfin tuna

Maki: 8pc California Roll, 4pc Humber Roll, 4pc Bay of Islands Roll

Platinum Sushi Platter - \$75

8pc spicy salmon, 8pc spicy tuna, 8pc Blow Me Down Roll, 8pc BC Roll, 8pc tuna maki, 8pc salmon maki, 16pc California Roll

newfound sushi izakaya

www.newfound sushi.com f tv in

Contact

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Hours

Tuesday to Thursday | 11am to 2:30pm, 4pm to 9pm
Friday and Saturday | 11am to 2:30pm, 4pm to 11pm

Call early in the day for take out services, we focus on our customers dining in during the evening. To make a reservation for our dinner service please call (709) 634-6666. Of course walk-ins are always welcome depending on availability.

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Takeout Menu

