

## Kitchen

**Green Gardens Salad** - kale | spinach | miso shiitake mushrooms | micro sprouts | sesame garlic vinaigrette | **12 L**

**Hiyashi Wakame** - seaweed salad | **7 V**

**Miso Soup** - miso | dashi | tofu | wakame seaweed | spring onion | **4**

**Veggie Gyoza** - pan seared veggie dumplings | spicy sesame dipping sauce | **9 V**

**Edamame** - steamed soybeans | **7 V**

**Agedashi Tofu** - crispy tofu | ginger | spring onion | tentsuyu sauce | bonito flakes | **9**

**Tempura Veggies** - golden tempura vegetables | tentsuyu sauce | **10**

**Tempura Veg/Shrimp** - assorted tempura veggies & shrimp | tentsuyu sauce | **12**

**Tempura Cod** - light crispy battered NL cod | ponzu sauce | **10 L**

**Calamari** - golden tempura squid | tentsuyu sauce | **12 L**

**Tuna Tataki** - Seared Bluefin tuna | kale | spinach | micro sprouts | sesame garlic vinaigrette | **22 L**

**Tuna Tartare** - bluefin tuna | avocado | micro sprouts | wasabi ponzu | wonton crisps | **20 L**

**Torched Mackerel** - aburi seasoned mackerel | lemon miso aioli | togarashi spice | spring onion | **11 L**

**Cod Bao Bun** - soft steamed bun | tempura NL cod | house made slaw | LGD sauce | **6 L**

**Pork Bao Bun** - soft steamed bun | braised pork belly | house pickles | hoisin sauce | **6**

**Stir-Fry** - stirfry medley of carrots, red pepper, broccoli, mushrooms & shredded cabbage served over a bowl of steamed sushi-rice or udon noodles. Topped with house made teriyaki sauce or spicy thai sauce.

**Veggie** | 15   **Beef** | 20   **Chicken** | 19   **Salmon** | 19

## Ramen

**Miso Ramen** - miso dashi broth | shiitake & wood ear mushrooms | braised pork belly | boiled egg | noodles | carrot | corn | spring onion | black garlic oil | sesame seeds | **16**

**Tonkotsu Ramen** - pork dashi broth | shiitake & wood ear mushrooms | braised pork belly | boiled egg | noodles | carrot | spring onion | black garlic oil | sesame seeds | **16**

**Veggie Ramen** - shiitake | kombu | veggie broth | shoyu tare | shiitake mushroom | boiled egg | noodles | wakame | spring onion | spinach | carrot | corn | tofu | sesame oil | sesame seeds | **12.75**

## Ramen Add-Ons

**Marinated Egg** | 2

**Rayu** - aromatic chili oil | 2

**Pork Belly** | 4

**Tofu** | 3

## Sushi Bar

### 8 Piece Rolls

**Cucumber Maki** - cucumber | rice | nori | **5 V GF**

**Avocado Maki** - avocado | rice | nori | **5.5 V GF**

**Salmon Maki** - salmon | rice | nori | **6 L GF**

**Tuna Maki** - tuna | rice | nori | **7 L GF**

**Negi Toro Maki** - chu toro | green onion | wasabi | rice | nori | **7.5 L GF**

**Chamorado** - tempura yam | avocado | **7 V**

**Spicy Broccoli** - broccoli | spicy sauce | **8 V GF**

**Sweet Veggie Philly** - inari | cucumber | spinach | red pepper | cream cheese | **8.5 V**

**Crunchy Shrimp** - tempura shrimp | rice | nori | **7**

**California** - avocado | cucumber | faux crab | wasabi aioli | **7.5 GF**

**Spicy Tuna** - avocado | tuna | sriracha | tempura bits | spicy sauce | **8.5 L**

**Spicy Salmon** - avocado | salmon | sriracha | tempura bits | spicy sauce | **8.5 L**

**Spicy Chicken** - avocado | cucumber | chicken tender | spicy thai sauce | **8.5**

**Grilled Salmon** - avocado | grilled salmon | **9.5 L GF**

**Crunchy Salmon Skin** - crispy salmon skin | avocado | cucumber | tempura bits | unagi sauce | **11 L**

**Philadelphia** - cream cheese | smoked char | cucumber | red pepper | **9** | **spicy 9.5 L GF**

**BC** - avocado | cucumber | smoked char | red pepper | **9 GF L**

**Humber River** - avocado | cucumber | salmon | red pepper | **9.5** | **massago** | **10 L**

**Spicy Northern Shrimp** - local shrimp | sriracha | green onion | massago | spicy sauce | **12 L**

**Spicy Scallop Roll** - local scallops | sriracha | green onion | massago | spicy sauce | **12 L**

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

## Signature Rolls

### 10 to 12 pieces

- Dragonfly** - spicy shrimp roll topped with | unagi | avocado | unagi sauce | wasabi aioli | massago | **24**
- Coast Rolls** - spicy tuna or spicy salmon with | BF tuna or salmon | avocado | tri sauce | massago | **22 L**
- Northern Lights** - northern shrimp roll topped with | snow crab | avocado | spicy sauce | green onion | **22 L**
- Snow West** - tempura shrimp | avocado | sriracha | spicy sauce | topped with | snow crab | massago | **20 L**
- Loco Lobster** - tempura shrimp | avocado | LGD | topped with | lobster | massago | **20 L**
- Wicked Tuna** - california roll topped with | spicy tuna mix | massago | green onion | tempura bits | unagi sauce | **18 L**
- House Rolls** - avocado | cucumber | faux crab | tempura bits | topped with either | salmon | tuna | scallop | spicy sauce | massago | green onion | **18 | aburi style 19 L**
- Atlantic** - tuna | shrimp | avocado | cucumber | green onion | sriracha | tempura bits | spicy sauce | **16 L**
- Tsunami** - tempura shrimp | avocado | sriracha | spicy sauce | topped with faux crab | **15.5**
- Spicy Shrimp** - tempura shrimp | faux crab | avocado | cucumber | sriracha | spicy sauce | massago | **16**
- Caterpillar** - unagi | cucumber | avocado on top | unagi sauce | **18**
- Blow Me Down** - salmon | avocado | faux crab | cucumber | tempura bits | topped with spicy sauce & massago | **15.5 L**
- Bay of Islands** - salmon | faux crab | tempura bits | topped with massago, green onion & spicy sauce | **14 L**
- Dragons** - tempura shrimp | cucumber | faux crab. Choose one of the following toppings:
- Green Dragon** - avocado | **16**
- Gold Dragon** - salmon | **17 L**
- Red Dragon** - BF akami | **18 L**
- Black Dragon** - unagi | **18**
- Chu Dragon** - BF chutoro | **22 L**
- Smokey Dragon** - wild smoked arctic char | **18 L**
- Silver Dragon** - seasoned mackerel | **16 L**

## Sushi Pizza

Crispy panko rice patty, topped with tri sauce, green onion & massago. Choose one of the following toppings:

**Salmon | 14   BF Tuna | 15   Lobster | 16   Snow Crab | 17**

## Nigiri Sushi & Sashimi

**Nigiri Sushi** - sliced fish on a ball of rice 2pc.   **Sashimi** - cuts of raw fish 5pc.

	<u>Nigiri</u>	<u>Sashimi</u>	<u>Omakase</u> - chef's choice.
Inari	3		<b>Sashimi set 10 pc   30</b>
Massago	5		<b>Sashimi set 20 pc   55</b>
Smoked Arctic Char	6.5	8	<b>Nigiri set 5 pc   18</b>
Salmon	6.5	8	<b>Nigiri set 10 pc   40</b>
Unagi - Bbq Eel	7	9	<b>Omakase Roll   24</b>
Saba - Mackerel	6	8	
Snow Crab	9	12	
Scallop	8	12	
Uni - Sea Urchin Roe	12	18	
BF Akami (Lean)	10	12	
BF Chutoro (Medium Fatty)	12	14	
BF Otoro (Fatty Tuna)	14	16	

## Dessert

- Black Sesame Ice Cream 1 scoop | 4**
- Mango Ice Cream 1 scoop | 3**
- Creme Brulee | 8**
- Feature Dessert** - ask server for details.

**L** - Local Seafood   **Tri Sauce** - Wasabi Aioli, Spicy & Unagi Sauce  
**GF** - Gluten Free   **BF** - Bluefin  
**V** - Vegetarian   **Aburi** - Fire Showered