

SouEn

(SF) = Soy Free

(GF) = Gluten Free

(NF) = Nut Free



Appetizers (NF)

Organic Edamame (GF)
with sea salt

Edamame Guacamole (GF)
with homemade corn tortilla chips

Homemade Corn Bread (SF, GF)
served with apple butter or tahini spread

Vegetable Dumplings
five pieces made with seasonal vegetables

Kimpira (GF)
sautéed burdock and carrot served cold

Sweet Potato Fries (GF)
served with chipotle tahini sauce

Sautéed Kale (GF, SF)
sautéed kale, garlic, olive oil, salt, black pepper

Yuba (GF)
steamed tofu "skin" marinated in kombu broth, mirin, sake, tamari

Three Mushrooms (GF)
three mushrooms sautéed in ginger tamari sauce

Summer Roll (GF)
lettuce, cucumber, carrot, kimpira served with peanut sauce

Soups (GF, NF)

Miso Soup
miso broth with tofu, carrot, napa, onion, scallions, wakame

Bean / Pureed Soup of the Day (SF)
check specials board

Hayato Soup
miso broth, broccoli, cabbage, napa, carrot, kale, onion, leek, squash, tofu, wakame

Jappa Soup
wild white fish, kombu and bonito broth with onion, leek, shiitake, broccoli, cabbage, napa, carrot

Sushi (GF, NF)

Avocado Cucumber Roll

Cooked Salmon Roll

Futomaki
watercress, kimpira, carrot

Vegetable Plates (GF)

11 served with brown rice or exchange for grain of the day 1 / maze rice 2 / maze salmon 3

12 Macro Plate (SF, NF) 14
brown rice, steamed kale, broccoli, squash, carrot, wakame and bean of the day with choice of dressing

5.5 Broccoli Tofu (NF) 16
sautéed broccoli, carrot, onion, crushed tofu with carrot sauce

Yasai Itame (NF) 16
9 sautéed cabbage, onion, carrot, broccoli, kale, snow peas and shiitake in ginger tamari sauce

11 Garlic Greens (SF, NF) 16
sautéed kale, carrot, onion, squash, broccoli, garlic, snow peas, string beans, black pepper in olive oil

12 Veggie Pesto (SF) 18
sautéed onion, carrot, cabbage, broccoli, sugar snap peas, string beans, and kale in basil pesto sauce

11 Squash Tofu (NF) 17
sautéed tofu, squash, onion, carrot, cabbage, broccoli, kale in squash sauce

13 Veggie Curry (SF, NF) 17
sautéed squash, onion, carrot, cabbage, broccoli, kale in homemade curry sauce

13 Kuzu Stew (NF) 17
broccoli, napa, kale, onion, shiitake in thick ginger, tamari and kuzu broth

8 Salads (GF, NF) 8
with choice of dressings

Small House Salad (SF) 8
lettuce, cucumber, beets and carrot

13 Seaweed Salad 12
wakame, ao-tosaka, cooked kombu with cucumber, beets and carrot

18 Chef Salad 18
lettuce, avocado, broccoli, carrot, cucumber, kimpira, beets

Noodle Salad 17
lettuce, carrot, kimpira, cucumber, wakame, kombu, leek with choice of noodles (on back)

7 Kale Avocado Salad 17
kale, avocado, tofu, beets and carrot in a homemade dressing

16 Cabbage Salad (SF) 9
red cabbage, green cabbage, carrot and daikon sprouts

Homemade Dressings (GF, NF)

Tofu Dill | Carrot Ginger (SF) | Sesame Vinaigrette | Miso Tahini | additional dressings \$1 extra

Additional Toppings

extra vegetable or kale 3 | wakame, shiitake, tofu, or tempeh 4 | shrimp, salmon, or wild white fish 7 | spicy paste 1 | extra sauce 2

Fish A La Carte (GF)

Organic Salmon or Wild White Fish

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Plain with Lemon <small>(SF, NF)</small>	one piece	13.5	two pieces	27
Ginger Sauce <small>(NF)</small>	one piece	15	two pieces	30
Teriyaki Sauce <small>(NF)</small>	one piece	15	two pieces	30
Basil Pesto Sauce <small>(SF)</small>	one piece	17.5	two pieces	35
Saikyo-Miso Black Cod <small>(NF)</small>	one piece	18	two pieces	36

Sides (GF, NF)

Brown Rice <small>(SF)</small>	4.5	Hijiki	9
Grain of the Day <small>(SF)</small>	5	Steamed Kale <small>(SF)</small>	6
Steamed Vegetables <small>(SF)</small> +\$1 for only broccoli, squash, or carrot	7	Bean of the Day <small>(SF)</small>	6
Large Steamed Vegetables <small>(SF)</small> +\$1 for only broccoli, squash, or carrot	13	Half Avocado <small>(SF)</small>	4.5
		Maze Rice	9
		w/salmon marinated burdock, carrot and shiitake in brown rice	11

Choose your noodles for the following dishes (SF, NF)

Organic Ramen (wheat) Udon (wheat, salt) Soba (buckwheat, wheat)
Organic Brown Rice Noodles (GF) 2.5 Organic Zucchini noodles (GF) 1.5

Ramen (GF)

Tahini Shoyu or Tahini Miso <small>(NF)</small>	17
tahini sauce with either traditional savory broth made from tamari and kombu OR rich broth made from miso. Contains broccoli, cabbage, napa, carrot, kale, onion, leek, shiitake and fried squash	

Curry Shoyu or Curry Miso <small>(NF)</small>	17
homemade curry spice with either traditional savory broth made from tamari and kombu OR rich broth made from miso. Contains broccoli, cabbage, napa, carrot, kale, onion, leek, and fried squash	

Garbanzo Broth Soup <small>(SF, NF)</small>	18
pureed chickpea broth with kelp, cilantro, onion, broccoli, fried asparagus and fried squash	

Wild White Fish Soup <small>(NF)</small>	23
wild white fish, kombu, and tamari broth with onion, leek, shiitake, fluke, broccoli, cabbage, napa, carrot and hint of lime and chili	

Maitake Ramen <small>(NF)</small>	19
maitake mushroom, broccoli, onion, and asparagus in a vegetable shoyu broth	

Noodle Dishes <small>(GF)</small>	
Pesto <small>(SF)</small>	18
sautéed onion, carrot, cabbage, broccoli, and kale in basil pesto sauce	
Pad Thai	17.5
sautéed onion, carrot, cabbage, broccoli, shiitake, and kale in homemade peanut sauce	

Stir-Fry <small>(NF)</small>	16
sautéed onion, carrot, cabbage, broccoli, kale, snow peas and shiitake in ginger tamari sauce	

Cashew Alfredo	19
sautéed onion, carrot, broccoli, kale, zucchini, asparagus, and shimeji mushrooms in alfredo sauce	

Homemade Dressings (GF, NF)

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Additional Toppings

extra vegetable or kale 3 | wakame, shiitake, tofu, or tempeh 4 | shrimp, salmon, or wild white fish 7 | spicy paste 1 | extra sauce 2