

# lunch



## ZENSAI | APPETIZER

**Miso Soup** (GF) 4  
daily garnish

**Nutrigreens Farm Tofu Salad** (VEG) 18  
organic baby greens, crispy tempeh, avocado, crumbled miso tofu, pickled daikon and carrot, cucumber, cherry tomato, umami soy vinaigrette

**Steamed Edamame** (GF) (VEG) 7  
kosher salt

**Spicy Sesame Edamame** (VEG) 8  
chili garlic tamari soy, crispy shallots

**Seasonal Goma-ae** (GF) (VEG) 8  
umami sweet sesame soy

**Chicken Nanban** 16  
lightly fried and tossed in sweet and sour soy, achara, house made tartar sauce

**Ebi Fritters** (GF) 18  
white tiger prawns in herb-beer batter, asian slaw, sweet chili lime vinaigrette, chili salt, harissa aioli, soy balsamic reduction

**Kombu Cured Humboldt Squid** (GF) 18  
crispy panko breaded humboldt squid, yuzu aioli, house made tsukemono, togarashi lemon pepper salt, pickled mustard seeds

**Brussels Sprout Chips** (VEG) 8  
togarashi-lemon pepper salt  
(add naturally smoked hickory bacon +\$3)

## SUSHI LUNCH

*served with miso soup*

**Premium** 31  
traditional and Aburi nigiri, rolls, and oshi, 12 pieces

**Sashimi Lunch** (GF) 29  
chef's selection of sashimi, poke, served with steamed rice

**Aburi Chirashi Tart** 28  
layers of sushi rice, spicy tuna, avocado, sockeye salmon, Miku sauce, flame seared and topped with prawn, scallop, maguro, tobiko and ikura

## ENTRÉES

**Minami Premium Zen** 45  
a selection of three seasonal items chosen by our chefs, served with miso soup, eight pieces of our signature Aburi sushi, and feature dessert

**Kaisen Soba Peperoncino** 26  
tiger prawns, squid, scallops, sweet pepper, shiitake mushrooms, gem tomatoes, baby bok choy, jalapeño, wild baby arugula, chili garlic soy

**Aburi Chicken** 26  
roasted market vegetables, pink peppercorn garlic soy, yuzu kosho, served with steamed rice and miso soup

**Aburi AAA Butler Steak** 27  
smoked paprika dry rub, roasted market vegetables, garlic sesame ponzu sauce, wasabi chimichurri, served with steamed rice and miso soup

## ABURI OSHI SUSHI

<b>Salmon Oshi Sushi</b> (GF)	18
pressed wild sockeye salmon, jalapeño, Miku sauce	
<b>Ebi Oshi Sushi</b>	18
pressed prawn, lime zest, ume sauce	
<b>Saba Oshi Sushi</b> (GF)	18
pressed house cured mackerel, miso sauce	
<b>Oshi Sampler</b>	18
two pieces each of salmon, ebi, and saba oshi	

## SPECIALTY ROLLS

<b>Champagne Roll</b> (GF)	21
hokkaido scallop, sockeye salmon, cucumber, rolled in golden tobiko, Miku sauce	
<b>Red Wave Roll</b> (GF)	18
chilean crab, avocado, wrapped in red tuna, masatake sauce	

## NIGIRI / SASHIMI

	nigiri each	sashimi 6 pc
<b>Bincho / Albacore</b> (VEG)	4.5	20.5
<b>Sake / Sockeye Salmon</b>	4.5	20.5
<b>Maguro / Red Tuna</b>	5	23
<b>Hamachi / Yellowtail</b>	5	23
<b>Kanpachi / Amberjack</b>	5.25	23.5
<b>Hotate / Hokkaido Scallop</b>	5.25	23.5
<b>King Salmon</b> (VEG)	5.5	24
<b>Ikura / Salmon Roe</b>	6	
<b>Ebi / Prawn</b>	4	
<b>Aka Ebi / Red Prawn</b>	4.5	
<b>Unagi / BBQ Eel</b>	5	

## DESSERT

<b>Green Tea Opera</b>	14.5
green tea génoise, matcha buttercream, dark chocolate ganache, azuki bean cream, hazelnut wafer, matcha ice cream	
<b>Coconut Mango Crème Brûlée</b>	14
coconut jasmine cream, pineapple shiso compote, mango pineapple coulis, mango gelée, Aburi coconut, toasted coconut tuile	
<b>Sweet Corn Mousse</b>	14
corn almond sponge, blueberry cream, sweet and salty popcorn, corn tapioca tuile, togarashi graham crumb, sweet corn ice cream	
<b>Yuzu Raspberry Semifreddo</b>	13
pistachio crumble, strawberry espuma, white chocolate yuzu crumble, yuzu gelée, white peach tea coulis	
<i>Please allow 15 minutes for preparation</i>	

## HOUSE MADE ICE CREAM & SORBET (GF)

Ice Cream	single	double
Aburi Strawberry Balsamic, Hazelnut Chocolate Chip, or Miso Caramel	4.5	8
<b>Sorbet</b>		
Piña Colada, Lemon Guava, or Lychee Elderflower	4.5	8

*Add mochi or brownie to your ice cream or sorbet, +\$1*

Make it a  Mealshare

*Mealshare is a local non-profit organization that works with restaurants to provide meals to underprivileged youth, both locally in Vancouver and internationally.*

**Make it a Mealshare \$1**

(GF) gluten-free option available

(VEG) vegetarian option available



Ocean Wise™ recommended by the Vancouver Aquarium as an ocean-friendly choice

\*We always carry Ocean Wise™ products when available

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