

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

Dine Out 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
available from January 14 - 31

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

Salmon Oshi Sushi (GF)	18
pressed wild sockeye salmon, jalapeño, Miku sauce	
Ebi Oshi Sushi	18
pressed prawn, lime zest, ume sauce	
Saba Oshi Sushi (GF)	18
pressed house cured mackerel, miso sauce	
Oshi Sampler	18
two pieces each of salmon, ebi, and saba oshi	
Butternut Squash Oshi (VEG)	14
roasted butternut squash, vegan black garlic-miso aioli, shallot crisps, shiso, soy balsamic reduction	

SPECIALTY ROLLS

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

NIGIRI / SASHIMI

	nigiri each	sashimi 6 pc
Bincho / Albacore (GF)	4.5	20.5
Sake / Sockeye Salmon	4.5	20.5
Maguro / Red Tuna	5	23
Hamachi / Yellowtail	5	23
Kanpachi / Amberjack	5.25	23.5
Hotate / Hokkaido Scallop	5.25	23.5
King Salmon (GF)	5.5	24
Ikura / Salmon Roe	6	

DESSERT

Green Tea Opera	14.5
green tea génoise, matcha buttercream, dark chocolate ganache, azuki bean cream, hazelnut wafer, matcha ice cream	
Aburi Cheese Tart	14
caramelized apples, riesling cream, honey tuile, zephyr caramel snow, vanilla fig jam ice cream <i>Please allow 15 minutes for preparation</i>	
Sweet Potato Apricot Mousse	14
sesame sponge, cinnamon cookie, fennel apricot compote, cassis coulis, sesame rice puffs, fennel orange ice cream	
Banana Chocolate Torte	14
oolong cream, salted almond crunch, oolong gelée, caramelized bananas, Aburi meringue, miso roasted banana ice cream	

HOUSE MADE ICE CREAM & SORBET (GF)

Ice Cream	single	double
Sweet Soy Dango, Condensed Milk Azuki Bean, Earl Grey	4.5	8
Sorbet		
Mandarin Orange, Mulled Wine, Cranberry Apple	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

January 2022