

Mutsuki-An New...

Ikyu Roll \$11.5

A new invention... a sushi roll with prawns, iceberg lettuce, and Japanese mayonnaise rolled with the seaweed on the outside. The mayo is a very important ingredient for this roll

Mutsuki-An Poke (poh kei) Salad \$15

A bit of Hawaii, tuna chunks marinated in our special soy sauce blend topped on some leafy greens. Raw tuna, onion, sesame, a dash of chili peppers are among the ingredients

Ginger Pork (Dine-in Only) \$16

Sliced pork marinated in ginger soy sauce, a bit of salad and bowl of rice

Chicken Namban Salad (Dine-in Only) \$15

Sliced carrots, celery, ginger and sautéed chicken dressed with sweet vinegar. (soy sauce is an ingredient)

Scallop and Shrimp Donburi (Dine-in Only) \$18.5

For those Hokkaido Scallop lovers...Sautéed Scallops and Shrimp on steamed rice. contains mayonnaise and gluten

Mutsuki-An Recommends...

Spicy Scallop and Shiso Roll \$14.5

Japanese Shiso leaves added to our already popular spicy Scallop roll. (scallops are raw. contains Japanese mayonnaise)

Deluxe Spicy Tuna Roll \$17.5

our very popular spicy tuna roll wrapped in Shiso (perilla) leaf and thin slices of tuna (tuna is raw. contains Japanese mayonnaise)

~Shiso leaf (Perilla leaf) is a Japanese herb of the mint family Lamiaceae. It has been traditionally eaten for its health benefits. High in polyphenols and Beta Carotenes. Shiso when combined with certain foods has many health benefits such as: helping to prevent blood vessel hardening, helping with blood circulation, helping to recover from anxiety and short temper, preventing anemia and cancer, and helping with skin rejuvenation. It has detoxifying properties to improve immunity and it prevents seafood poisoning~

*We are pleased to serve fresh food and seasonal produce.
Please understand that some items may become unavailable*

Beverages

Green Tea	-refills will be charged-	Cup	\$ 1
		Teapot	\$ 3

we use a special combination of tea leaves, a matcha-genmai blend, which can only be used only once

Soft Drinks	\$2.5
Coca Cola, Diet Coke, Ginger Ale, Sprite	

Perrier Water (330mL)	\$3.5
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Japanese Sake List

Junmai Ginjo Sake (Premium Sake) – 2 ounces Served Chilled

~made purely from specialized rice with 40% of the outer grain milled away, water and koji. Premium sakes are a delicate, balanced, fragrant and complex sake. Warming or over-chilling will mask its refined flavours~

ZUIYO Junmai Ginjo		\$ 7
Kumamoto, Japan	a smooth dry sake	
BIZEN Junmai Ginjo		\$ 7.5
Okayama, Japan	a smooth medium dry sake	

Futsu Shu (Normal Sake) – 2 ounces Served Chilled or Warm

~made with typical table rice, there are no milling requirements and pure distilled alcohol is added to increase yields. There is a wide range in quality, the individual uniqueness, appeal and presence make it enjoyable~

YUKI HOTARU (high quality sake)		\$ 7
Niigata, Japan	a rich, yet smooth and light sake	
HAKUTSURU		\$ 5
Kobe, Japan	a smooth dry sake	
GEKKEIKAN		\$ 5
USA	a dry sake	

Japanese Beer List

SAPPORO PREMIUM BEER (341 ml bottle)	\$ 5.5
ASAHI SUPER DRY BEER (330 mL bottle)	\$ 5.5
KIRIN ICHIBAN 100% MALT (355 mL bottle)	\$ 5.5

Wine List

(served by 375mL bottles only)

Red

Domaine Bousquet (Organic Wine)	Malbec, Argentina	\$ 18
Masi Campofiorin	Masi, Italy	\$ 22
J. Lohr (Seven Oaks)	Cabernet Sauvignon, USA	\$ 23

White

J. Lohr (Riverstone)	Chardonnay, USA	\$ 23
Kim Crawford	Sauvignon Blanc, New Zealand	\$ 23

All alcoholic beverages are subject to 15%tax (5%GST & 10%PST)

Mutsuki-An

Mutsuki-An is proud to serve food that is great tasting, healthy and freshly made for you. We strive to use high quality, local and imported ingredients that are fresh and natural.

To ensure a healthy diet we do not deep fry in our kitchen,
Sorry no *tempura*.

To flavour our high-grade super premium rice, we make a Mutsuki-An special blend rice vinegar with Japanese sea salt containing essential minerals (calcium, iron, magnesium, potassium, and more).

Our seafood selection is small, but carefully selected. We serve high quality wild tuna and Sockeye salmon.
Our scallops come from Hokkaido, Japan.

Appetizers

Soybean Dumplings (6 pc)	\$ 5.75
Edamame (soy bean pods)	\$ 5.5
Gomaaé	\$ 6.5
spinach mixed with Mutsuki-an's original sesame seed-miso paste. (sesame seed are carefully roasted and hand grinded)	
Hiyashi wakame (sea vegetable)	\$ 5.5
Kinpira Gobo and Carrots	\$ 5.5
A traditional Japanese side dish made of Burdock root, carrots flavoured with soy sauce	
Scallop and Salmon Carpaccio (Dine-in Only)	\$13
Hokkaido scallops and wild sockeye salmon marinated with lemon juice and shiso leaves (scallops and salmon are raw)	
Spicy Sashimi (Dine-in Only)	\$16.5
6 thin slices of Tuna, or Salmon or Scallop sashimi served with our spicy red pepper and garlic dipping sauce. The spicy dip is very addicting...	
Steamed Rice (White or Genmai Brown)	\$ 3
Miso Soup	\$ 3.5
soybean paste soup	

Salads

Sunomono Salad	sm \$ 5 med \$ 6 lg \$ 7
potato starch noodles, shrimp, cucumbers, tomatoes in vinegar dressing	
Mutsuki-An Salad	\$ 9.5
mixed greens, harusame (potato starch noodles), cucumbers, tomatoes, sesame seeds, with sweet vinegar dressing	
Sea Vegetable Salad	\$13.5
assorted wakame seaweed in sesame oil, mixed greens, cucumbers, tomatoes, shrimp, sesame seeds, with sweet vinegar dressing	

Warm Dishes

Hokkaido Scallop (Dine-in Only)	\$14.5
sautéed scallops	
Kushiyaki Chicken (5pc chicken only)	\$13
Kushiyaki Chicken Meal	\$17
marinated chicken thighs served with steamed rice and a small side dish of our house salad.	

Warm Rice Donburi's

(steamed rice)

These items are Dine-in Only

Mutsuki-An Style Beef Don (Dine-in Only)	\$16.5
Tender Beef slices cooked in our original blend of soy sauces and served on steamed white rice. Also comes with a small side dish of our house salad.	
Unagi Don (Dine-in Only)	\$18
BBQ Eel (fresh water eel) served on steamed white rice and drizzled with unagi sauce.	
Scallop and Shrimp Don (Dine-in Only)	\$18.5
For those Hokkaido Scallop lovers... Sautéed Scallops and Shrimp on steamed rice. contains gluten	

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Sushi

We make our sushi the traditional Japanese way using high quality White Rice.....sorry no Brown rice sushi served here

Sushi Rice Donburi's

(made only with white sushi rice)

Tuna Avocado Donburi	\$15
Tuna, Avocado, green onions and sesame seeds combined with our Mayonnaise and wasabi sauce, served on a bowl of sushi rice	
Spicy Tuna Avocado Donburi	\$17
Tuna, Avocado, green onions and sesame seeds combined with our red pepper paste and Japanese mayonnaise, served on a bowl of sushi rice	
Spicy Scallop Donburi	\$17
Sashimi grade raw Hokkaido scallops, cucumbers, tobiko (flying fish roe), green onions, avocados and sesame seeds mixed in our spicy donburi sauce and topped with Japanese Mayonnaise	
Tekkoné Sushi	\$16
tuna slices marinated in wasabi and soy sauce, green onions and cucumber served on a bed of sushi rice	
Vegetable Chirashi	\$11
avocado, tomatoes, cucumbers, mixed greens served on a bed of sushi rice and topped with Japanese Mayonnaise	
Sashimi Chirashi	\$17.5
tuna, salmon, prawn, tobiko, avocado, cucumber served on a bed of sushi rice	

sushi rolls : Vegetable

Cucumber Roll (12 pc)	\$ 6.5
Avocado Roll	\$ 6.95
Avocado and mayowasa sauce	
Vegetable Roll	\$ 6.95
avocado, lettuce, cucumber, and mayowasa sauce	
Crunchy Vegetable Roll	\$ 7.95
avocado, lettuce, cucumber, mayowasa sauce and tenkasu (crunchy wheat balls) on the outside	
Spicy Vegetable Roll	\$ 7.95
avocado, lettuce, cucumber, red pepper paste and mayonnaise	
Inari (3pc)	\$ 6
sushi rice, carrots and sesame seeds stuffed in deep fried tofu pockets	

sushi rolls: Spicy

Spicy California Roll	\$ 7.95
avocado, imitation crab, red pepper paste and mayonnaise	
Spicy Vegetable Roll	\$ 7.95
avocado, lettuce, cucumber, red pepper paste and mayonnaise	
Spicy Shrimp & Avocado Roll	\$12
avocado, lettuce, shrimp, red pepper paste and mayonnaise	
Spicy Scallop Roll	\$12
chopped scallops, lettuce, cucumber, green onion and red pepper paste and mayonnaise	
Spicy Salmon Roll	\$11
sockeye salmon, green onion, red pepper paste and mayonnaise	
Spicy Tuna Roll	\$11
tuna, green onion, sesame seeds, red pepper paste and mayonnaise	
Deluxe Spicy Tuna Roll	\$17.5
our spicy tuna roll wrapped in Shiso (perilla) leaf and thin slices of tuna	

sushi rolls: Cooked

California Roll	\$ 6.95
avocado, imitation crab and mayowasa sauce	
Deluxe California Roll (tobiko is uncooked)	\$10.5
avocado, imitation crab, cucumber, lettuce, mayowasa sauce and tobiko (flying fish roe) on the outside	
Snow Crab Roll	\$13
Snowcrab legs, cucumber, avocado, lettuce and mayowasa sauce	
Amy Roll	\$11
smoked salmon, cream cheese, avocado, lettuce and cucumber	
B.C. Roll	\$ 9
bbq. Sockeye salmon, imitation crab, lettuce, green onion and mayowasa sauce	
B.C. Mutsuki-An Style Roll	\$ 9.75
bbq. Sockeye salmon, lettuce, cucumber, avocado, green onion and mayowasa sauce	
Grilled Scallop Roll	\$12
grilled scallops, cucumbers, lettuce and mayowasa sauce	
Grilled Prawn Roll	\$11.5
tiger prawns, cucumber, lettuce and mayowasa sauce	
Grilled Chicken Roll	\$ 9.5
chicken, green onion, cucumber, lettuce and mayowasa sauce	
Shrimp & Avocado Roll	\$ 9.75
avocado, shrimp, lettuce and mayowasa sauce	
Smoked Salmon & Avocado Roll	\$ 9.75
smoked salmon, avocado, green onion, lettuce and mayowasa sauce	
Unagi Roll	\$ 6.25 (6 pc) / \$12 (12 pc)
fresh-water b.b.q. eel	

sushi rolls: Raw Fish

Kenny Roll	\$ 9.75
tuna, avocado, cucumber and mayowasa sauce	
*for an additional \$2.00, add shiso (perilla) leaf to the kenny roll	
Tuna & Avocado Roll	\$ 9.75
tuna, avocado, green onion, lettuce and mayowasa sauce	
Salmon & Avocado Roll	\$ 9.75
Sockeye salmon, avocado, green onion and lettuce	
Spicy Salmon Roll	\$11
sockeye salmon, green onion, red pepper paste and mayonnaise	
Spicy Tuna Roll	\$11
tuna, green onion, sesame seeds, red pepper paste and mayonnaise	
Tuna Roll	\$ 4.75 (6 pc) / \$9.5 (12 pc)
Salmon Roll	\$ 4.75 (6 pc) / \$9.5 (12 pc)
Tuna & Salmon Roll (6 pc ea.)	\$ 9.5
Tuna & Cucumber Roll (6 pc ea.)	\$ 8
Salmon & Cucumber Roll (6 pc ea.)	\$ 8
Negitoro Roll	\$ 5.75 (6 pc) / \$11 (12 pc)
tuna and green onion	
Deluxe Spicy Tuna Roll	\$17.5
our popular spicy tuna roll wrapped in Shiso (perilla) leaf and thin slices of tuna (contains mayonnaise)	
Nigiri Pack	\$18.5
tuna (2), salmon, prawn, tobiko, cucumber/Shiso nigiri and 6pc Tuna Roll	

Individual Nigiri Pieces

Tuna	\$2.55	Tobiko	\$3.25
Salmon	\$2.55	Spicy Scallop	\$3.75
Unagi	\$3.5	Toro	\$3.75
Prawn	\$2.25		

Cones or Soybean Sheet Wraps

Cones are made with seaweed/Wraps are made of soybean sheets with sesame

California	\$3.75	Grilled Prawn	\$4.95
Vegetable	\$3.75	Spicy Vegetable	\$3.95
Shrimp	\$4.25	Spicy Tuna	\$4.95
Salmon	\$4.75	Spicy Salmon	\$4.95
Smoked Salmon	\$4.75	Spicy Scallop	\$5.75
Tuna	\$4.75	Snow Crab	\$4.75

Lunch Special

Served only until 2pm

Mutsuki-An Lunch \$14.5

Includes:

4 pc California Roll
3 pc Cucumber Roll
1 Vegetable Soysheet Wrap

PLUS you choose 2 from:

Miso Soup
Sunomono Salad
Soybean dumplings

Some items contain mayowasa sauce

Combinations

Flower Plate **(Dine-in Only)** \$16.5

BBQ. Salmon, green onion, sesame, crunchy wheat balls on steamed brown rice

1 California or Vegetable Soysheet Wrap
4 pc California or Vegetable Roll
Miso Soup
Sunomono Salad

Some items contain mayowasa Sauce

Yume Plate **(Dine-in Only)** \$21

1 Yume Nigiri (bbq salmon, tomato, mayowasa sauce)
4 pc Grilled Prawn Roll
3 pc Tuna Roll
3 pc Cucumber Roll
1 pc California or Vegetable Soysheet Wrap
Miso Soup
Sunomono Salad

Some items contain wasabi and mayowasa sauce

Taste of Kyoto **(Dine-in Only)** \$21

~A Healthy, Traditional, and Homestyle Japanese Meal~

3 pc tuna roll, 3 pc cucumber roll, Gomaae, kinpira carrots and burdock root, tuna sashimi, miso soup and brown or white rice

Combinations continued...

Vegetarian Mix	\$14.5
1 Vegetable Soysheet Wrap	
4 pc Vegetable Roll	
6 pc Cucumber Roll	
Miso Soup	
Mini Sea Vegetable Salad (no shrimp)	
<i>Some items contain mayowasa sauce</i>	
Sushi Mix	\$16.5
1 Smoked Salmon Soysheet Wrap	
4 pc California Roll	
4 pc Vegetable Roll	
Miso Soup	
Sunomono Salad	
<i>Some items contain mayowasa sauce</i>	
Spicy Mix	\$17.5
1 California Soysheet Wrap	
4 pc Spicy Tuna Roll	
4 pc Spicy Vegetable Roll	
Miso Soup	
Sunomono Salad	
<i>Some items contain mayowasa sauce</i>	

Dinner Special

Sushi Dinner	\$ 22
1 Shrimp Soysheet Wrap	1 Tuna Nigiri
4 pc California Roll	1 Prawn Nigiri
3 pc Cucumber Roll	1 Salmon Nigiri
3 pc Tuna Roll	Miso Soup
3pc Soybean Dumpling	Sunomono Salad
<i>Some items contain wasabi and mayowasa Sauce</i>	
Moon Plate (Dine-in Only)	\$28.5
1 Tuna Soysheet Wrap	4 pc Grilled Prawn Roll
3 pc Cucumber Roll	Miso Soup
3 pc Salmon Roll	Sunomono Salad
1 Tuna Nigiri	3 pc Soybean Dumpling
1 Prawn Nigiri	A Scoop of Ice Cream
1 Shiso and Cucumber Nigiri	
<i>Some items contain wasabi and mayowasa sauce</i>	

Dessert

A Scoop of Ice Cream	\$ 4.5
Match (Green Tea), Mango, or Black Sesame	
Mini Cream Puffs (5 pcs)	\$ 4

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