

Soho Delivery 212. 807. 7421

Price is subject to change

HOT DRINKS

TEA

Kuki-cha Tea 2.00 (first refill free)

tea plant stems, twig tree, rich in calcium and vitamin C, with touch of caffeine

Mu 16 Tea 2.00 (first refill 1.00)

licorice, ginseng, peony root and dozen other flower and plant essences. No caffeine

Warm Apple Lemon Kuki-cha Tea 3.00 (first refill 1.50)

Chamomile / Peppermint / Green Tea 2.50

GRAIN “COFFEE” caffeine free

Grain Coffee 3.00

coffee substitution of roasted barley, rye and chicory

CHILLED DRINKS

TEA

Kuki-cha Tea 2.50 (first refill 1.50)

tea plant stems, twig tree, rich in calcium and vitamin C, with touch of caffeine

Apple Lemon Kuki-cha Tea 3.50

JUICES & SODAS

Fresh-pressed Organic Vegetable Juice 4.50 / 6.00

CARROT / GINGER / LEMON / BEET / CELERY / CUCUMBER / APPLE

Organic Apple Juice (unfiltered) 4.00

Reed's China Cola 3.50 12oz.

made with chinese herbs

Fresh Ginger Ale 4.00 12oz.

made with only fresh ginger

GT's Kombucha 5.00 16oz.

Mountain Valley Spring Water 3.00

Mountain Valley Sparkling Water 3.00

A gratuity of 18% will be added to parties of six or more

APPETIZERS

- ❖ **Specials of the Day** please see the black board
- ❖ **Organic Edamame** 5.75
- ❖ **Home-made Pickles** 5.75 pickled with salt, onion, carrot, celery and leek.
- ❖ **Marinated Burdock** 6.50 cooked with kombu-shiitake tamari broth.
- ❖ **Sauteed String Beans** 6.50 in garlic lemon soy sauce.
- ❖ **Summer Roll** 7.00 carrot, cucumber, burdock, mint and basil in rice paper.
Steamed Dumpling 7.50 six wheat dumplings filled with seitan, nappa, ginger and scallion.
- ❖ **Yuba** 6.75 steamed tofu "skin" marinated in kombu-shiitake broth.
- ❖ **Scrambled Tofu** 6.50 / with white fish 8.50 scallion, carrot, carrot sauce.
Age Tofu 7.00 deep-fried tofu, ginger daikon broth.
Fish Tatsuta-Age 8.00 deep-fried marinated white fish in sweet ginger soy sauce.

SALADS

- ❖ **Crunchy Cabbage Salad** 5.50 served with popular carrot dressing.
- ❖ **Cucumber Salad** 5.75 cucumber, akatosaka seaweed & sesame vinaigrette.
- ❖ **Seaweed Salad** 6.50 hijiki, wakame, ogo & akatosaka seaweed & daikon.
- ❖ **Watercress Salad** 8.50 with cooked hijiki seaweed & crunchy soy beans.
- ❖ **Green Salad** 8.00 / Small Salad 6.00 lettuce, watercress, radicchio, endive, daikon, beet, carrot with sesame vinaigrette.
- ❖ **Avocado Salad** 10.00 / with Shrimp 13.50 green salad with lightly steamed cold cauliflower and broccoli.
- ❖ **Chef Salad** 15.00 green salad, broccoli, cauliflower, carrot, burdock, daikon, avocado, cucumber, alfalfa, wakame & red akatosaka seaweed.

Home-made Dressings:

- ❖ Carrot / ❖ Sesame Vinaigrette / Tahini Dill

One dressing per salad, extra \$1.00

Extra Toppings:

Sprouts or Daikon \$2.00, Burdock or Avocado \$3.50

- ❖ **Gluten Free can be requested** / Substitution made when possible

SOUPS

- ❖ **Pureed Vegetable Soup of the Day** 6.00 (hot or cold) please see the black board
- ❖ **Bean Soup of the Day** 3.50 simple and superb. Please see the black board
Miso Soup 3.50 made with mellow barley miso.
- ❖ **Wakame Soup** 5.75 wakame, sprouts, daikon, sesame seeds and sesame oil in tamari kombu broth.
- ❖ **Yuba in Soup** 6.25 tofu “skins”, chinese cabbage, carrot, scallion in tamari kombu broth.
Hayato Soup 9.00 tofu, cabbage, sprouts, broccoli, squash, shiitake, onions, carrot, bean sprouts and greens in mellow barley miso broth.
- ❖ **Rice in Soup** 9.50 / with fish of the day 13.50 / with organic salmon 15.50 / with black cod 17.50 carrot, scallion, shiitake, chinese cabbage, greens and umeboshi simmered in an iron kettle.

BREADS

One miso tahini spread(not GF) per serving. Extra \$1. GF Apple Butter available by request.

- ❖ **Home-made Corn Bread** 4.50 hearty gluten free corn bread
- ❖ **Loaf of Corn Bread** 19.50 comes with 8 oz. miso tahini spread
Spelt Bread 3.75 non-yeasted
House Bread 3.75

SIDE DISHES

- ❖ **Brown Rice** 2.50 / 4.00
- ❖ **Grain of the Day** 3.50 / 4.50
see the black board.
- ❖ **Bean of the Day** 3.50
see the black board
- ❖ **Steamed Tofu** 4.00
- ❖ **Hijiki Seaweed** 4.00
cooked in a light tamari soy sauce
- ❖ **Tempeh (Fried or Broiled)** 7.00
served with ginger kuzu sauce
Home-made Seitan 7.00 (Fried or Broiled)
served with ginger kuzu sauce
- ❖ **Steamed Vegetables** 4.50 / 6.50
carrot, kabocha squash and broccoli
- ❖ **Steamed Greens** 4.50 / 6.50
- ❖ **Steamed Vegetable & Green Combo** 7.00
- ❖ **Maze Rice** 6.00 / with Salmon 8.50 / with Eel 9.50
rice mixed with seasoned carrot, string beans, shiitake and burdock
- ❖ **Plain Broiled Fish** (one piece) 9.00(black cod \$2extra)
or with **Teriyaki or Ginger Scallion or Okabe** (thick sesame paste) Sauce \$1extra.
- ❖ **Ume Paste** 1.00 (1oz.)

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TEMPURA deep-fried in light egg-free batter

Four-Piece Shrimp Tempura 7.00

Four-Piece White Fish Tempura 8.00

Six-Piece Vegetable Tempura 7.00

Seven-Piece Tempura 8.50

(five pieces of vegetables, one piece of shrimp, one piece white fish)

VEGETABLE ENTREES with brown rice

❖ **Macro Plate** 8.75 an ideal balance of steamed greens, vegetables, brown rice, beans and hijiki seaweed with a dressing on the side. (Extra dressing \$1)

Choice of Home-made dressing; ❖ Carrot / ❖ Sesame Vinaigrette / Tahini Dill

➔ Each Substitution will be an additional \$1.00, Tofu instead of beans \$1.00 extra.

❖ **Broccoli Tofu** 11.50 sauteed carrot, onion, crushed tofu in carrot sauce.

❖ **Yasai Itame** 11.50 sauteed cabbage, broccoli, carrot, snow pea, onion, mung bean sprout, green, ginger sesame sauce.

❖ **Broiled Tofu Okabe** 12.50 thick sesame paste on the top of broiled tofu, served with a small steamed vegetables

❖ **Inspired Vegetable Curry** 12.50 broccoli, cauliflower, green, carrot, squash, mushroom, onion, mild curry turmeric and ginger root.

Squash Tofu 12.50 sauteed tofu, squash, onion, carrot, nappa green, broccoli, snow pea, in miso tahini sauce.

❖ **Kuzu Stew** 12.50 broccoli, cauliflower, nappa, green, carrot, snow pea, shiitake, onion in ginger tamari clear kuzu sauce.

❖ **Garlic Greens & Vegetables** 12.50 sauteed vegetables in garlic lemon tamari sauce.

❖ **Vegetables and Tofu in Pesto Sauce or Peanut Lime Sauce** 12.50 tempeh instead of tofu \$1 extra

❖ **Tofu Teriyaki** 12.50 sauteed tofu with shiitake scallion ginger teriyaki sauce, served with vegetables.

Seitan Cutlet with Beet Sauce 13.50 lightly deep-fried with bread-crumbs, served with steamed vegetables

Substitutions for Brown Rice:

Grain of the day \$1, Noodles or Maze rice \$2, Maze Salmon \$3

Maze Rice: rice mixed with seasoned teriyaki carrot, string bean, shiitake and burdock.

Extra Toppings for Entrees

Tofu 2.00 / Tempeh or Seitan 3.00 / Shrimp or Scallop 4.00 / Salmon or Fish of the Day 5.50

Wild Black Cod or Seafood (salmon, shrimp, scallop) 6.50

❖ **Gluten Free can be requested** / Substitution made when possible

SUSHI

❖ HOSO - MAKI

Thin roll cut into 6 pieces. Maximum **2 items** of your choice from list below.

< **VEGETABLE ROLL** > One Item 4.50 / Two Items 5.00

< **FISH ROLL** > One Item 6.00 / Fish & Vegetable 6.50 / Double Fish 8.00

❖ FUTO - MAKI 13.00

Gigantic roll cut into eight pieces. Maximum **4 items** from list below.

With Miso or Bean Soup.

< VEGETABLE >	❖ Avocado	< FISH >	❖ Raw Salmon
	❖ Burdock		❖ Cooked Salmon
	❖ Carrot		❖ Steamed Shrimp
	❖ Cucumber		Tempura Shrimp
	❖ Pickles		❖ Eel \$1 extra
	❖ Snow Pea Sprout		
	❖ Watercress		
	❖ Baked Tofu		
	❖ Tempeh		
	Seitan		
	❖ Ume Paste		

NOODLES SOBA(buckwheat) or UDON(wheat)

Special Pasta of the Day please see the special black board

Stir-Fried Noodles 11.50 onion, carrot, mung bean sprout, scallion, cabbage, shiitake, snow peas, greens, broccoli, ginger sesame sauce

❖ **Pad Thai** 12.00 onion, carrot, mung bean sprout, scallion, shiitake, broccoli, baked tofu, home-made lime peanut sauce. It can be made with rice instead of noodles.

Black Cod & Noodles in Spicy Clear Soup 16.75 onion, nappa, snow pea, scallion, lime

Vegetables & Noodles in Clear Soup 12.00 / in Sesame Miso Broth 13.00 onion, carrot, mung bean, scallion, nappa, shiitake, snow pea, broccoli

Extra Toppings for Noodles

Tofu 2.00 / Tempeh or Seitan 3.00 / Shrimp or Scallop 4.00 / Salmon or Fish of the Day 5.50

Wild Black Cod or Seafood (salmon, shrimp, scallop) 6.50

SEAFOOD ENTREES

CHOOSE ONE FISH & SIDE DISHES

ORGANIC SALMON / FISH OF THE DAY /

WILD BLACK COD 1piece-\$1extra / 2pieces-\$2extra

- ❖ **Plain Broiled with Lemon** 1 piece - 2 sides 13.50 / 2 pieces - 3 sides 21.50
- ❖ **Broiled with Teriyaki Sauce** 1 piece - 2 sides 14.50 / 2 pieces - 3 sides 22.50
tamari, mirin, fish stock
- ❖ **Broiled with Shoga-yaki** 1 piece - 2 sides 14.50 / 2 pieces - 3 sides 22.50
ginger, scallion, soy sauce
- ❖ **Sauteed or Broiled in Lemon Basil Sauce** 2 pieces - 2 sides 23.50
olive oil, white wine, basil, garlic, pesto
- ❖ **Steamed with Ginger Kombu Broth** 2 pieces - 2 sides 23.50
string beans, carrot, shiitake, tofu
- Black Cod Saikyo-Zuke** 2 pieces - 2 sides 25.50
broiled marinated cod in sweet white miso
- Fish Misoni** 2 sides 23.50
cooked with vegetables and fish in miso tahini broth in an iron kettle

SIDE DISH CHOICES:

- | | |
|---|---------------------------|
| ❖ Brown Rice | Miso Soup |
| ❖ Grain of the Day 1.00 extra | ❖ Bean Soup of the Day |
| ❖ Maze Rice 2.00 extra | ❖ Crunchy Cabbage Salad |
| rice mixed with seasoned carrot, string | ❖ Green Salad |
| beans, shiitake, burdock | ❖ Steamed Greens |
| Bread (2slices) 1.00 extra | ❖ Steamed Vegetables |
| ❖ Home-made Corn Bread 1.00 extra | carrot, broccoli, kabocha |
| Soba or Udon 2.00 extra | squash |
| ❖ Cooked Hijiki Seaweed | |
| ❖ Bean of the Day | |

Home-made Dressings:

- ❖ Carrot / ❖ Sesame Vinaigrette / Tahini Dill

One dressing per salad, vegetable or green. Extra 1.00