

SOUPS

★ Pureed Vegetable Soup of the Day 6.00 (hot or cold) please see the black board.

★ Bean Soup of the Day 4.00 simple and superb. Please see the black board.

Miso Soup 4.00 mellow barley miso.

★ Wakame Soup 6.00 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 vegetables, tofu, shiitake, miso broth.

Jappa Soup 10.00 white fish vegetables, shiitake, tofu, miso broth.

★ Rice in Soup 9.50 / with fish of the day 13.50 / with organic salmon 15.50 / with wild black cod

17.50 carrot, scallion, shiitake, chinese cabbage, greens and umeboshi simmered in an iron kettle with rice.

BREADS *One miso tahini spread per serving. (not GF) Extra \$1.00 GF apple butter spread available by request*

★ Home-made Corn Bread 4.75 hearty gluten free corn bread.

★ Loaf of Corn Bread 20.00 comes with 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 please see the black board.

★ Bean of the Day 3.50
please see the black board.

★ Steamed Tofu 4.00

★ Hijiki Seaweed 4.00 cooked in a light tamari soy sauce.

★ Plain Broiled Fish 9.00 / wild cod 11.00
with Teriyaki or Ginger Scallion Sauce or
Okabe (thick sesame paste) Sauce extra \$1

★ Tempeh (Fried or Broiled) 7.00
served with ginger kuzu sauce.

Home-made Seitan (Fried or Broiled) 7.00
served with ginger kuzu sauce.

★ Maze Rice 6.00

with Salmon 8.50 / with Eel 9.50
rice mixed with seasoned carrot, string bean, shiitake
and burdock.

★ Steamed Vegetables 4.50 / 6.50

★ Steamed Greens 4.50 / 6.50

★ Steamed Vegetable & Green Combo 7.00

★ Ume Paste \$1.00 (1oz.)

ONE DRESSING for per vegetables, extra 1.00

★ Carrot / ★ Sesame Vinaigrette / Tahini Dill

APPETIZERS

★ **Specials of the Day** please see black board.

★ **Organic Edamame 5.75**

★ **Home-made Pickles 6.00**

★ **Tataki Gobo 6.50** marinated burdock in mellow barley miso paste.

★ **Goma Ae 6.50** steamed special greens with thick sesame sauce.

★ **Yuba 7.00** steamed tofu “skin” marinated in kombu-shiitake broth.

★ **Scrambled Tofu 7.00 / with salmon 9.00** sauteed with scallion and carrot in carrot sauce.

Age Tofu 7.00 deep-fried tofu in ginger daikon broth.

Fish Tatsuta-Age 8.00 deep-fried white fish marinated in sweet ginger tamari sauce.

Seitan “Meat” Ball 8.75 seitan, shiitake, onion, scallion, carrot, ginger and garlic with beet marinara sauce.

SALADS

★ **Crunchy Cabbage Salad 5.50** popular carrot dressing.

★ **Cold Yam Salad 6.00** mashed carrot, cucumber, onion, steamed yam, mustard sauce.

★ **Cucumber Salad 6.00** cucumber, akatosaka seaweed, sesame vinaigrette.

★ **Seaweed Salad 6.50** hijiki, wakame, akatosaka & ogo seaweed, daikon, sesame vinaigrette.

★ **Watercress Salad 8.50** with cooked hijiki seaweed, crunchy soy beans.

★ **Green Salad 8.00 / Small 6.00** lettuce, watercress, endive, radicchio, daikon, beet, carrot, sesame vinaigrette.

★ **Avocado Salad 10.00 / with shrimp 13.50** green salad with lightly steamed cold cauliflower, broccoli.

★ **Chef Salad 15.00** green salad, broccoli, cauliflower, carrot, burdock, daikon, avocado, cucumber, alfalfa, red akatosaka & wakame seaweed.

Extra Toppings;

Sprouts or Daikon 2.00 / Burdock or Avocado 3.50

Home-made Dressings: ★Carrot / ★Sesame Vinaigrette / Tahini Dill

One dressing for per salad, extra 1.00

VEGETABLE ENTREES served with brown rice

★ **Macro Plate 9.00** an ideal balance of steamed greens, vegetables, brown rice, beans and hijiki seaweed, comes with a dressing on the side. Extra \$1.00.

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

..... **Home-made Dressings**

★ Carrot / ★ Sesame Vinaigrette / Tahini Dill

★ **Broccoli Tofu 11.50** sauteed with carrot, onion and crushed tofu in carrot sauce.

★ **Yasai Itame 11.50** sauteed mixed vegetables, lotus root, mung bean sprout, ginger tamari sauce.

★ **Inspired Vegetable Curry 12.50** mixed vegetables, mild curry turmeric, ginger root sauce.

★ **Broiled Tofu Okabe 12.50** with a thick sesame paste served with a steamed vegetables.

★ **Tofu Teriyaki 12.50** sauteed tofu in ginger mushroom scallion teriyaki sauce with side of vegetables.

★ **Squash Tofu 13.00** sauteed tofu, squash, onion, carrot, nappa green, broccoli, snow pea, miso tahini sauce.

★ **Kuzu Stew 12.50 with ume paste 13.50** broccoli, cauliflower, nappa, green, carrot, snow pea, shiitake, onion, ginger tamari clear kuzu sauce.

★ **Garlic Greens 12.50** sauteed greens, carrot, onion, string bean, squash, olive oil, garlic, salt.

★ **Tempeh or Seitan Mushroom Gravy 14.75** scallion, mushroom, carrot, onion gravy sauce, served with yam salad and steamed vegetables.

Tempeh or Seitan Parmegiana with tofu cream cheese 14.75 deep-fried cutlet with whole wheat-crust cooked in non-tomato marinara sauce, served with yam salad and steamed vegetables.

★ **Tempeh Croquette 13.50** served with tofu dill sauce, steamed vegetables and yam salad.

Home-made Seitan Millet Cutlet 13.75 deep-fried in puffed millet with small steamed vegetables.

★ **Mushroom Risotto 14.50** small steamed vegetables on the bed of risotto.

Substitutions for Brown Rice:

Grain of the day \$1 / Noodles or Maze Rice \$2 with salmon \$3 extra

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

Extra Toppings;

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

SALMON / FISH OF THE DAY See the black board /

WILD BLACK COD \$2.00 additional

- ★ Plain Broiled with Lemon 21.50 - 2 pieces - 3 sides
- ★ Broiled with Teriyaki Sauce 22.50 - 2 pieces - 3 sides - tamari, mirin, fish stock.
- ★ Broiled with Shoga-yaki Sauce 22.50 - 2 pieces - 3 sides - ginger scallion soy sauce.
- ★ Broiled with Okabe Sauce 22.50 - 2 pieces - 3 sides - thick sesame sauce.
- ★ Sauteed in Lemon Basil Pesto Sauce 23.50 - 2 pieces - 2 sides - olive oil, white wine, basil, garlic, pesto.
- ★ Steamed with Ginger Tamari Kombu Broth 23.50 - 2 pieces - 2 sides - string bean, watercress, carrot, tofu, shiitake.
- ★ Broiled Black Cod with Lime Soy-Vinaigrette 25.50 - 2 pieces - 2 sides - broiled glazed with ginger sauce on the bed of yam salad and lime soy-vinaigrette.
- ★ Black Cod Saikyo-zuke 25.50 - 2 pieces - 2 sides - broiled marinated cod in sweet white miso.

● ● ● SIDE DISHES ● ●

★ Gluten Free can be requested / Substitution made when possible

Miso Soup

★ Bean Soup of the Day

★ Bean of the Day

★ Cooked Hijiki Seaweed

★ Crunchy Cabbage Salad

★ Steamed Greens

★ Steamed Vegetables

★ Brown Rice

★ Grain of the Day 1.00 extra

★ Maze Rice 2.00 extra rice mixed with seasoned carrot, string beans, shiitake, burdock.

★ Home-made Corn Bread 1.00 extra

Bread (2 slices)

Soba or Udon 1.00 extra

..... Home-made Dressings

★ Carrot / ★ Sesame Vinaigrette / Tahini Dill

One dressing for per salad, vegetable or green. Extra 1.00

★ BENTO BOX SPECIALS

BOX A - Broiled Tofu Okabe (thick sesame sauce) 16.50

BOX B - Broiled Organic Salmon with Ginger Scallion Soy Sauce 22.50

Each Box Served with

- Miso Soup or Bean Soup of the Day please see the black board.
- Brown Rice / grain of the day \$1.00 extra
- Home-made Pickles
- Tataki Gobo marinated burdock in mellow barley miso paste.
- Hijiki seaweed
- Steamed Vegetables and Greens

Home-made Dressings: ★ Carrot / ★ Sesame Vinaigrette / Tahini Dill

One dressing for per vegetables, Extra 1.00

TEMPURA *deep-fried in light egg-free batter*

Four-Piece Shrimp Tempura 7.00

Four-Piece Fish Tempura 8.00

Six-Piece Vegetable Tempura 7.00

Seven-Piece Tempura 8.50 five pieces of vegetables, one piece of shrimp and white fish.

NOODLES SOBA or UDON

Special Pasta of the Day See the black board

Stir-Fried Noodles 11.50 mixed vegetables, shiitake, ginger sesame sauce.

Pad Thai Noodles 12.00 mixed vegetables, shiitake, baked tofu, house-made peanut sauce, lime.

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

Noodles in Clear Soup 12.00 / Sesame Miso Broth 13.00 mixed vegetables, shiitake, wakame, watercress.

Extra Toppings;

Tofu 2.00 / Tempeh or Seitan 3.00 / Shrimp or Scallop 4.00

Salmon or Fish of the Day 5.50 / Wild Cod or Seafood (salmon, shrimp, scallop) 6.50

SUSHI

★**HOSO MAKI** thin roll cut into six pieces. Maximum 2 items in a roll.

CHOICE OF LIST BELOW

[VEGETABLE ROLL] - One Item 4.50 / Two Items 5.00

[FISH ROLL] - One Item 5.50 / Fish and Vegetable 6.00

★**FUTO MAKI 13.50** gigantic roll cut into eight pieces. Maximum 4 items.

MISO or BEAN SOUP

Each fish filling \$1 extra

VEGETABLE

★ Carrot にんじん

★ Cucumber きゅうり

★ Watercress くれそん

★ Avocado あぼかど

★ Burdock ごぼう

★ Snow Pea Sprout かいわれ

だいこん

★ Ume Shiso plum / leaf

うめ/しそ

★ Shiitake Mushroom

★ Asparagus アスパラガス

★ Pickles おつけもの

★ Tofu Skin(inari strip) いなり

★ Tofu とうふ

★ Fried Tempeh てんぺ

★ Natto Scallion ねぎなっとう

Seitan せいたん

FISH

Shrimp tempura, ★ Steamed shrimp,

★ Salmon, ★ Cooked salmon

/\$2 extra each: ★ Tuna, ★ Spicy tuna, Eel

CHEF'S SPECIALS

★ Inari Sushi per piece 3.50 / with eel 5.50 fried bean curd skin marinated in sweet soy sauce, stuffed with sushi rice and watercress.

Crunchy Sweet Potato Tempura Roll 6.00

★ Garden Roll 7.50 avocado, carrot, cucumber, daikon, sprout, tofu dill sauce and sesame seeds.

★ Vegetable Cucumber Roll 10.00 carrot, watercress, inari, asparagus, daikon, snow pea sprouts, avocado rolled in cucumber.

★ Sashimi A La Carte M/P your choice of tuna, salmon, shrimp, yellowtail, mackerel, sea scallop and eel.

[Comes with MISO or BEAN Soup]

★ Green Dragon Roll 10.75 carrot, watercress, inari and gobo rolled in avocado with peanut sauce.

★ Dragon Roll 14.75 eel, watercress and carrot rolled in avocado with teriyaki sauce.

★ Alaskan Roll 15.75 asparagus, carrot and cucumber rolled in salmon

★ Rainbow Roll 16.75 tuna, salmon, yellowtail, mackerel, asparagus, avocado and cucumber.

★ Hako-zushi (Box Sushi) 12.75 pressed, box-shaped sushi with marinated mackerel.

★ Souen Chirashi Sushi 22.75 tuna, salmon, eel, shrimp, watercress, cucumber, carrot, shiitake, gobo, daikon and avocado on a bed of sushi rice.

DELIVERY FOR SOUEN USQ

TEL. 212.627.7150 Price is subject to change

HOT TEAS

Kuki-cha Tea 2.00 (first refill 1.00) 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 TEAS

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 / KALE / APPLE /

Organic Apple Juice (unfiltered) 4.00

Reed's Sodas 3.50 12oz.

→ China Cola made with chinese herbs.

Fresh Ginger Ale 4.00 12oz.

→ Original made with only fresh ginger.

→ Pomegranate with Hibiscus.

→ Green Tea made with Jasmine flowers.

Kombucha GT's 5.00 16oz.

→ Original

→ Mystic Mango

→ Guava Goddess tropical and refreshing.

→ Trilogy tangy raspberries, tart lemons, spicy ginger.

Mountain Valley Spring Water 3.00

Mountain Valley Sparkling Water 3.00

GLUTEN FREE DESSERTS AVAILABLE

DESSERTS

Sugar, Dairy, Egg and Wheat Free

Special Desserts of the Day

Please ask your server.

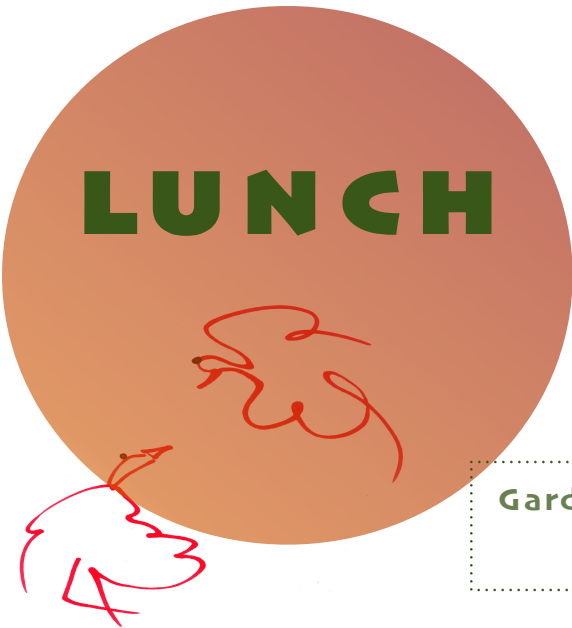
New York Tofu "Cheese Cake" Pie 6.75
fruit kanten on the top of "cheese cake"

Kanten Crunch 6.50
home-made crunch on the top of kanten.

Cocoa Creamy Parfait 5.50
cocoa mousse with vanilla soy cream and granola.

Fruit Kanten 4.25
made with fruits, apple juice and agar agar. No
sweetener used.

Scone or Muffin 2.50 / Cookie 2.00
spelt and brown rice flour, maple and rice syrup used.
We can make your favorite flavors and gluten free
baked goods with advance notice.



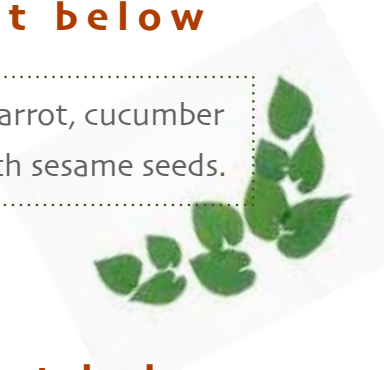
SPECIALS

UNTIL 4PM

GARDEN ROLL SET \$9.75

Choose two sides list below

Garden Sushi Roll : inside out roll with carrot, cucumber and snow pea sprout with sesame seeds.



FISH SET \$ 11.75 Choose two sides list below

Plain Broiled 1 piece Salmon or Fish of the Day:
with Lemon, Teriyaki, Ginger scallion or Okabe(thick sesame) Sauce
(Organic Salmon \$2.00 extra / Wild Black Cod \$4.00 extra)



Separate Items From List Below :

- ▶ Miso Soup
- ▶ Bean Soup of the Day
See Blackboard
- ▶ Bean of the Day
See Blackboard
- ▶ Brown Rice
- ▶ Crunchy Cabbage Salad
- ▶ Green Salad

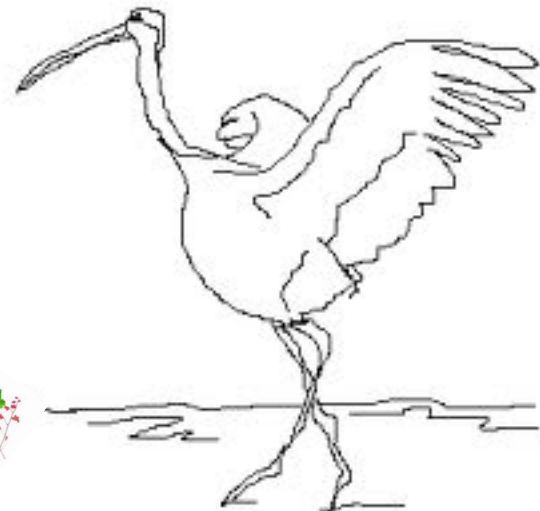


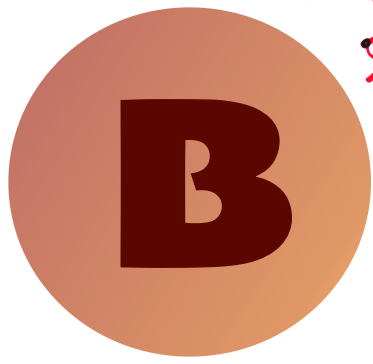
- ▶ Steamed Vegetables
- ▶ Steamed Greens
- ▶ Cooked Hijiki Seaweed
- ▶ Home-made Pickles
- ▶ House Bread served with one miso tahini spread.

- \$1.00 extra each
- Mixed Grain of the Day
See Blackboard
- Steamed Soba or Udon
- Tofu (Fried or Steamed)
- Home-made Corn Bread
with one miso tahini spread.

Home-made Dressings;

Carrot / Tahini Dill /
Sesame Vinaigrette /
Extra dressing \$1.00





BRUNCH SPECIALS

until 4pm



Whole Wheat Pancake Plain 9.75 glazed with sweet sauce.

with Fruit 11.75 served with soy cream.

Vegetable Pancake 11.75 glazed with sweet teriyaki sauce.

★ Gluten Free Pancake available by Request \$1.00 extra

★ Scrambled Tofu with Tempeh Bacon 12.50 with organic salmon 15.50 served with yam salad and small green salad. Choice of rice or house bread.



SANDWICHES everyday until 4pm

(House bread stuffed with onion, carrot, sprout and cucumber)

Baked Tofu Sandwich 9.75 home-made baked tofu with tofu dill sauce.

Deep-fried Tempeh Teriyaki Sandwich 10.00 tofu dill and teriyaki sauce.

Fried Ginger Fish Sandwich 13.50 / with wild black cod 15.50 tofu dill sauce.

Seitan Parmegiana Sandwich 13.50 / with organic salmon 15.50 deep-fried home-made seitan cutlet with whole wheat-crust cooked in beet marinara sauce.

Stuffed Tofu Pita 10.50 whole wheat pita bread stuffed with home-made baked tofu, avocado, cucumber, carrot, sprout, onion and tofu dill mustard sauce.

Seitan Vegetable Gyro 12.75 whole wheat pita bread stuffed with sauteed seitan, broccoli, green, carrot, onion in olive oil and garlic topped with tofu dill teriyaki sauce.

