

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 AAA grade wild tuna and Sockeye salmon.
Our scallops come from Hokkaido, Japan

Appetizers

Edamame (soy bean pods)	\$ 6.5
Edamame Wild Rice Salad edamame, wild rice, quinoa, bell peppers *contains sesame and soy sauce	\$ 6.5
Kinpira Gobo and Carrots A traditional Japanese side dish made of Burdock root, carrots, flavoured with soy sauce	\$ 6
Ebi Avo Mayo Salad Baby shrimp, avocado, mayowasa sauce *contains sesame and soy sauce	\$8.95
Pork Gyoza pork, cabbage and onion (contains sesame, soybean and wheat)	\$ 9.5
Vegetable Gyoza (contains wheat and soy) Shitake mushroom, onion, edamame, cabbage harusame noodles	\$ 9.5
Spicy Sashimi (Dine-in Only) 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...	\$18.5
Steamed Rice (White or Genmai Brown)	\$ 3.45
Miso Soup soybean paste soup, tofu, wakame, green onion, abura age (tofu curd)	\$ 4.25

Salads

Sunomono Salad potato starch noodles, shrimp, cucumbers, tomatoes in vinegar dressing	sm \$ 5.5	med \$ 6.5	lg \$ 7.5
Mutsuki-An Salad mixed greens, harusame (potato starch noodles), cucumbers, tomatoes, sesame seeds, with sweet vinegar dressing			\$12.75
Sesame Dressing Salad (Dine-in Only) Leafy greens, red cabbage, and Avocado tossed in Mutsuki-An's original Sesame with a hint of ginger dressing. Contains gluten, soy and sesame seeds			\$12.5

Warm Dishes

Karaage Chicken 8 pieces of chicken with a wedge of lemon, breaded and baked ...not deep fried	\$14.5
Hokkaido Scallop (Dine-in Only) sautéed scallops (contains gluten and butter)	\$15.5
Kushiyaki Chicken (5pc chicken only)	\$15.5
Kushiyaki Chicken Meal marinated chicken thighs served with steamed rice and a small side dish of our house salad.	\$21
Ginger Pork (Dine-in Only) Sliced pork marinated in ginger soy sauce, a bit of salad and bowl of rice	\$19

Warm Rice Donburi's

(steamed rice)

These items are Dine-in Only

- Mutsuki-An Style Beef Don (Dine-in Only) \$ 19.5
Tender Beef slices cooked in our original blend of soy sauces and served on steamed white rice. Also comes with our house salad.
- Unagi Don (Dine-in Only) \$ 28
BBQ Eel (fresh water eel) served on steamed white rice and drizzled with unagi sauce. Small side salad included
- Scallop and Shrimp Don (Dine-in Only) \$ 22
For those Hokkaido Scallop lovers... Sautéed Scallops and Shrimp on steamed rice. contains gluten

Sushi

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

- Mutsuki-An Lunch Served only until 2pm \$16.75
- Includes:
4 pc California Roll
3 pc Cucumber Roll
1 Vegetable Soysheet Wrap
- PLUS you choose 2 from:
Miso Soup
Sunomono Salad
2pc. Karaage chicken

Some items contain mayowasa sauce

- Sushi Tart (Dine-in Only) \$ 23
Seafood Version
baby shrimp, smoked salmon, scallop, avocado, cucumber, tomato, scrambled egg, and sushi rice

Individual Nigiri Pieces

- | | | | |
|--------|--------|-----------------|--------|
| Tuna | \$2.95 | Tobiko | \$3.35 |
| Salmon | \$2.95 | Spicy Scallop | \$3.75 |
| Unagi | \$3.85 | Toro | \$3.95 |
| Prawn | \$2.35 | Yellow Fin Tuna | \$3.95 |
- Nigiri Pack \$22
tuna (2), salmon, prawn, tobiko, cucumber/Shiso nigiri and 6pc Tuna Roll

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

sushi rolls : Vegetable

Cucumber Roll (12 pc)	\$ 7.5
Avocado Roll	\$ 7.95
Avocado and mayowasa sauce	
Vegetable Roll	\$ 7.95
avocado, lettuce, cucumber, and mayowasa sauce	
Crunchy Vegetable Roll	\$ 8.95
avocado, lettuce, cucumber, mayowasa sauce and tenkasu (crunchy wheat balls) on the outside	
Spicy Vegetable Roll	\$ 8.95
avocado, lettuce, cucumber, red pepper paste and mayonnaise	
Inari (3pc)	\$ 6.95
sushi rice, carrots and sesame seeds stuffed in sweet deep fried tofu pockets	

sushi rolls: Cooked

California Roll	\$ 7.95
avocado, imitation crab and mayowasa sauce	
Spicy California Roll	\$ 8.95
avocado, imitation crab, red pepper paste and mayonnaise	
Snow Crab Roll	\$13.75
Snowcrab legs, cucumber, avocado, lettuce and mayowasa sauce	
Amy Roll	\$13.95
smoked salmon, cream cheese, avocado, lettuce and cucumber	
B.C. Roll	\$11
bbq. Sockeye salmon, imitation crab, lettuce, green onion and mayowasa sauce	
B.C. Mutsuki-An Style Roll	\$11.5
bbq. Sockeye salmon, lettuce, cucumber, avocado, green onion and mayowasa sauce	
Grilled Scallop Roll	\$13
grilled scallops, cucumbers, lettuce and mayowasa sauce	
Grilled Prawn Roll	\$13.5
tiger prawns, cucumber, lettuce and mayowasa sauce	
Grilled Chicken Roll	\$12
chicken, green onion, cucumber, lettuce and mayowasa sauce	
Shrimp & Avocado Roll	\$13
avocado, shrimp, lettuce and mayowasa sauce	
Spicy Shrimp & Avocado Roll	\$13.5
avocado, lettuce, shrimp, red pepper paste and mayonnaise	
Smoked Salmon & Avocado Roll	\$13
smoked salmon, avocado, green onion, lettuce and mayowasa sauce	
Unagi Roll	\$ 7 (6 pc) / \$14 (12 pc)
fresh-water b.b.q. eel	
Chicken Karaage Roll	\$14
Our karaage chicken rolled into sushi, with lettuce and mayowasa sauce	

sushi rolls: Raw Fish

Kenny Roll	\$11.95
tuna, avocado, cucumber and mayowasa sauce	
*for an additional \$2.00, add shiso (perilla) leaf to the kenny roll	
Tuna & Avocado Roll	\$10.95
tuna, avocado, green onion, lettuce and mayowasa sauce	
Salmon & Avocado Roll	\$10.95
Sockeye salmon, avocado, green onion and lettuce	
Tuna Roll	\$ 5.75 (6 pc)/ \$11.5 (12 pc)
Salmon Roll	\$ 5.75 (6 pc)/ \$11.5 (12 pc)
Tuna & Salmon Roll (6 pc ea.)	\$ 11.5
Tuna & Cucumber Roll (6 pc ea.)	\$ 8.95
Salmon & Cucumber Roll (6 pc ea.)	\$ 8.95
Negitoro Roll	\$ 6.25(6 pc)/\$12.5 (12 pc)
tuna and green onion	
Spicy Scallop Roll	\$12.75
chopped scallops, lettuce, cucumber, green onion and red pepper paste and mayonnaise	
Spicy Scallop and Shiso Roll	\$15.75
Japanese Shiso leaves added to our already popular spicy Scallop roll. (scallops are raw. contains Japanese mayonnaise)	
Spicy Salmon Roll	\$12.95
sockeye salmon, green onion, red pepper paste and mayonnaise	
Spicy Tuna Roll	\$12.95
tuna, green onion, sesame seeds, red pepper paste and mayonnaise	
Deluxe Spicy Tuna Roll	\$18.95
our popular spicy tuna roll wrapped in Shiso (perilla) leaf and thin slices of tuna (contains mayonnaise)	

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

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Sushi Rice Donburi's (made only with white sushi rice)

Tuna Avocado Donburi	\$18.5
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	\$19.75
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	\$19.75
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	\$19
Tuna slices marinated in wasabi and soy sauce, green onions and cucumber served on a bed of sushi rice	
Vegetable Chirashi	\$15
avocado, tomatoes, cucumbers, mixed greens served on a bed of sushi rice and topped with Japanese Mayonnaise	
Sashimi Chirashi	\$ 23.5
tuna, yellow fin tuna, salmon, prawn, tobiko, avocado, cucumber served on a bed of sushi rice	

Combinations

Flower Plate (Dine-in Only)	\$19
BBQ. Salmon, green onion, sesame, crunchy wheat balls on steamed brown rice 1 California <u>or</u> Vegetable Soysheet Wrap 4 pc California <u>or</u> Vegetable Roll Miso Soup Sunomono Salad <i>Some items contain mayowasa Sauce</i>	
Yume Plate (Dine-in Only)	\$27
1 Yume Nigiri (bbq salmon, tomato, mayowasa sauce) 4 pc Grilled Prawn Roll 3 pc Tuna Roll 3 pc Cucumber Roll 1 pc California <u>or</u> Vegetable Soysheet Wrap Miso Soup Sunomono Salad <i>Some items contain wasabi and mayowasa sauce</i>	

Vegetarian Mix \$18
 1 Vegetable Soysheet Wrap
 4 pc Vegetable Roll
 6 pc Cucumber Roll
 Miso Soup
 Mini house Salad
 Edamame wild rice salad
Some items contain mayowasa sauce

Sushi Mix \$19.75
 1 Smoked Salmon Soysheet Wrap
 4 pc California Roll
 4 pc Vegetable Roll
 Edamame wild rice salad
 Miso Soup
 Sunomono Salad
Some items contain mayowasa sauce

Spicy Mix \$ 20.75
 1 California Soysheet Wrap
 4 pc Spicy Tuna Roll
 4 pc Spicy Vegetable Roll
 Edamame wild rice salad
 Miso Soup
 Sunomono Salad
Some items contain mayowasa sauce

Dinner Special

Sushi Dinner \$ 27
 1 Shrimp Soysheet Wrap
 1 Tuna Nigiri
 1 Prawn Nigiri
 1 Salmon Nigiri
 Miso Soup
 Sunomono Salad
 4 pc California Roll
 3 pc Cucumber Roll
 3 pc Tuna Roll
 Edamame wild rice salad
 2pc Karaage chicken
Some items contain wasabi and mayowasa Sauce

The White Plate **(Dine-in Only)** \$ 36
 Miso Soup
 Edamame wild rice salad
 2pc Karaage chicken
 Ebi, Avo, Mayo salad
 Kabu (white turnip) & apple mayo-yogurt
 2 Yellow fin Tuna Nigiri
 3 pc Salmon Roll
 3 pc Tuna Roll
 4 pc Grilled Prawn Roll
 Mini Tuna and Smoked Salmon Tart
Some items contain wasabi and mayowasa sauce

Dessert

A Scoop of Ice Cream \$ 5.5
 Matcha (Green Tea), Mango, or Black Sesame

Mini Cream Puffs (5 pcs) \$ 4.5