

# 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

<b>Edamame (soy bean pods)</b>	<b>\$ 8.5</b>
<b>Edamame Wild Rice Salad</b> edamame, wild rice, quinoa, bell peppers *contains sesame and soy sauce	<b>\$ 8.25</b>
<b>Pork Gyoza</b> pork, cabbage and onion *contains sesame, soybean and wheat	<b>\$ 11</b>
<b>Vegetable Gyoza</b> *contains wheat and soy Shitake mushroom, onion, edamame, cabbage harusame noodles	<b>\$ 11</b>
<b>Steamed Rice (White or Genmai Brown)</b>	<b>\$ 4.5</b>
<b>Miso Soup</b> Soybean paste soup, tofu, wakame, green onion, abura age (tofu curd)	<b>\$ 5.5</b>

## Salads

<b>Sunomono Salad</b> Potato starch noodles, shrimp, cucumbers, tomatoes in vinegar dressing	<b>medium \$ 7.5</b>	<b>large \$ 8.5</b>
<b>Our House Side Salad</b> leaf greens tossed in our housemade sweet vinegar dressing		<b>\$ 9.5</b>
<b>Mutsuki-An Salad</b> Mixed greens, harusame (potato starch noodles), cucumbers, tomatoes, sesame seeds, with sweet vinegar dressing		<b>\$ 15.5</b>

## Warm Dishes

<b>Karaage Chicken</b> 8 pieces of chicken with creamy sesame dip, breaded and baked...not deep fried *wheat	<b>\$16</b>
<b>Spicy Karaage Chicken</b> Our karaage chicken made spicy. Coated with our own special blend of red pepper paste, garlic and maple syrup *Soy and wheat	<b>\$ 19</b>
<b>Hokkaido Scallop (Dine-in Only)</b> Sautéed Hokkaido scallops *wheat, soy, butter	<b>\$18.5</b>
<b>Kushiyaki Chicken (5pc chicken only)</b> *soy, wheat, sugar	<b>\$16.5</b>

## Warm Rice Donburi's (steamed rice)

<b>Kushiyaki Chicken Meal</b>	<b>\$ 24</b>
Marinated chicken thighs served with steamed rice and our house salad. *soy, wheat, sugar	
<b>Beef Don Mutsuki-An Style</b>	<b>\$ 23.5</b>
Tender Beef slices cooked in our original blend of soy sauces and served on steamed white rice. *soy, wheat, maple syrup	
<b>Unagi Don</b>	<b>\$ 32</b>
BBQ Eel (fresh water eel) served on steamed white rice and drizzled with unagi sauce. *soy, wheat, sugar	
<b>Scallop and Shrimp Don</b>	<b>\$ 26</b>
For those Hokkaido Scallop lovers... Sautéed Scallops and Shrimp on steamed rice. *wheat, soy, butter	

## 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**                      **\$ 19.5**

Includes:

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

PLUS you choose 2 from:

Miso Soup  
Sunomono Salad  
3pc. Karaage chicken

*Some items contain mayowasa sauce, wheat, sesame, soy*

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

## sushi rolls: Vegetable

<b>Cucumber Roll (12 pc)</b>	<b>\$ 8.35</b>
<b>Avocado Roll</b>	<b>\$ 9.75</b>
Avocado and mayowasa sauce	
<b>Vegetable Roll</b>	<b>\$ 9.75</b>
Avocado, lettuce, cucumber, and mayowasa sauce	
<b>Crunchy Vegetable Roll</b>	<b>\$ 10.75</b>
Avocado, lettuce, cucumber, mayowasa sauce and arare (crunchy rice cracker bits) on the outside	
<b>Spicy Vegetable Roll</b>	<b>\$ 10.75</b>
Avocado, lettuce, cucumber, red pepper paste and mayonnaise *wheat	
<b>Inari (3pc)</b>	<b>\$ 8.35</b>
Sushi rice, carrots and sesame seeds stuffed in sweet deep fried tofu pockets *soy sauce	

## sushi rolls: Cooked

<b>California Roll</b>	<b>\$ 9.75</b>
Avocado, imitation crab and mayowasa sauce *wheat	
<b>Spicy California Roll</b>	<b>\$ 10.75</b>
Avocado, imitation crab, red pepper paste and mayonnaise *wheat	
<b>Amy Roll</b>	<b>\$ 17</b>
Smoked salmon, cream cheese, avocado, lettuce and cucumber	
<b>B.C. Roll</b>	<b>\$ 15</b>
BBQ. Sockeye salmon, imitation crab, lettuce, green onion and mayowasa sauce	
<b>B.C. Mutsuki-An Style Roll</b>	<b>\$ 15.5</b>
BBQ. Sockeye salmon, lettuce, cucumber, avocado, green onion and mayowasa sauce	
<b>Grilled Scallop Roll</b>	<b>\$ 15.5</b>
Grilled Hokkaido scallops, cucumbers, lettuce and mayowasa sauce	
<b>Grilled Prawn Roll</b>	<b>\$ 16.5</b>
Tiger prawns, cucumber, lettuce and mayowasa sauce	
<b>Grilled Chicken Roll</b>	<b>\$ 14.75</b>
Marinated chicken, green onion, cucumber, lettuce and mayowasa sauce *soy sauce	
<b>Shrimp &amp; Avocado Roll</b>	<b>\$ 16.5</b>
Avocado, shrimp, lettuce and mayowasa sauce	
<b>Spicy Shrimp &amp; Avocado Roll</b>	<b>\$ 17</b>
Avocado, lettuce, shrimp, red pepper paste and mayonnaise *wheat	
<b>Smoked Salmon &amp; Avocado Roll</b>	<b>\$ 17.5</b>
Smoked salmon, avocado, lettuce and mayowasa sauce	
<b>Unagi Roll</b>	<b>\$ 8.35 (6 pc)/\$16.70 (12 pc)</b>
Fresh-water BBQ. Eel *soy sauce	
<b>Chicken Karaage Roll</b>	<b>\$ 15.95</b>
Our karaage chicken rolled into sushi, with lettuce and mayowasa sauce *wheat	

## sushi rolls: Raw Fish

<b>Kenny Roll</b>	<b>\$ 15.25</b>
Tuna, avocado, cucumber and mayowasa sauce	
*for an additional \$2.00, add shiso (perilla) leaf to the Kenny roll	
<b>Tuna &amp; Avocado Roll</b>	<b>\$ 14.5</b>
Tuna, avocado, lettuce and mayowasa sauce	
<b>Salmon &amp; Avocado Roll</b>	<b>\$ 14.5</b>
Sockeye salmon, avocado, and lettuce	
<b>Tuna Roll</b>	<b>\$ 8 (6 pc)/ \$16 (12 pc)</b>
<b>Salmon Roll</b>	<b>\$ 8 (6 pc)/ \$16 (12 pc)</b>
<b>Tuna &amp; Salmon Roll (6 pc ea.)</b>	<b>\$ 15</b>
<b>Tuna &amp; Cucumber Roll (6 pc ea.)</b>	<b>\$ 11.5</b>
<b>Salmon &amp; Cucumber Roll (6 pc ea.)</b>	<b>\$ 11.5</b>
<b>Negitoro Roll</b>	<b>\$ 8.25 (6 pc)/\$16.5 (12 pc)</b>
Tuna and green onion	
<b>Spicy Scallop Roll</b>	<b>\$ 15.5</b>
Hokkaido scallops, lettuce, cucumber, green onion and red pepper paste and Mayonnaise *wheat	
<b>Spicy Scallop and Shiso Roll</b>	<b>\$ 19.5</b>
Japanese Shiso leaves added to our already popular spicy Scallop roll. (scallops are raw. contains Japanese mayonnaise, wheat)	
<b>Spicy Salmon Roll</b>	<b>\$ 16.5</b>
Sockeye salmon, red pepper paste and mayonnaise *wheat	
<b>Spicy Tuna Roll</b>	<b>\$ 16.5</b>
Tuna, green onion, sesame seeds, red pepper paste and mayonnaise *wheat	
<b>Deluxe Spicy Tuna Roll</b>	<b>\$ 24.5</b>
Our popular spicy tuna roll wrapped in Shiso (perilla) leaf and thin slices of tuna (contains mayonnaise and wheat)	

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## Individual Nigiri Pieces

Tuna	\$ 3.95	Tobiko	\$ 4.50
Salmon	\$ 3.95	Spicy Scallop	\$ 4.50
Unagi	\$ 4.50	Toro	\$ 4.95
Prawn	\$ 3.25	Yellow Fin Tuna	\$ 4.75

<b>Nigiri Pack</b>	<b>\$ 28</b>
tuna (2), salmon, prawn, tobiko, cucumber/Shiso nigiri and 6pc Tuna Roll	

## **Cones or Soybean Sheet Wraps**

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

California	\$ 4.45	Grilled Prawn	\$ 5.50
Vegetable	\$ 4.45	Spicy Vegetable	\$ 4.75
Shrimp	\$ 5.00	Spicy Tuna	\$ 5.95
Salmon	\$ 5.50	Spicy Salmon	\$ 5.95
Smoked Salmon	\$ 5.50	Spicy Scallop	\$ 6.50
Tuna	\$ 5.50		

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

<b>Tuna Avocado Donburi</b>	<b>\$ 24</b>
Tuna, Avocado, green onions and sesame seeds combined with Japanese Mayonnaise and wasabi sauce, served on a bowl of sushi rice	
<b>Spicy Tuna Avocado Donburi</b>	<b>\$ 25.5</b>
Tuna, Avocado, green onions and sesame seeds combined with our red pepper paste and Japanese mayonnaise, served on a bowl of sushi rice *wheat	
<b>Spicy Scallop Donburi</b>	<b>\$ 24</b>
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 *wheat	
<b>Tekkoné Sushi</b>	<b>\$ 24</b>
Tuna slices marinated in wasabi and soy sauce, green onions and cucumber served on a bed of sushi rice *soy	
<b>Vegetable Chirashi</b>	<b>\$ 18.5</b>
Avocado, tomatoes, cucumbers, mixed greens served on a bed of sushi rice and topped with Japanese Mayonnaise	
<b>Sashimi Chirashi</b>	<b>\$ 29.5</b>
Tuna, yellow fin tuna, salmon, prawn, tobiko, avocado, cucumber served on a bed of sushi rice	

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# Combinations

## Flower Plate \$ 24.25

BBQ. Salmon, green onion, sesame, crunchy rice cracker bits on steamed brown rice  
1 California or Vegetable Soysheet Wrap  
4 pc California or Vegetable Roll

Miso Soup

Sunomono Salad

Edamame wildrice salad

*Some items contain mayowasa Sauce, sesame, soy, wheat*

## Yume Plate \$ 31

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

Edamame wildrice salad

*Some items contain wasabi and mayowasa sauce, sesame, soy, wheat*

## Vegetarian Mix \$ 21.5

1 Vegetable Soysheet Wrap

4 pc Vegetable Roll

6 pc Cucumber Roll

Miso Soup

House Salad

Edamame wild rice salad

*Some items contain mayowasa sauce, sesame, soy*

## Sushi Mix \$ 23

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, sesame, soy, wheat*

## Spicy Mix \$ 24.75

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, sesame, soy*

## Sushi Dinner \$ 33.5

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

4pc Karaage chicken

*Some items contain wasabi and mayowasa Sauce, sesame, wheat, soy*