

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)	\$ 9
Edamame Wild Rice Salad edamame, wild rice, quinoa, bell peppers *contains sesame and soy sauce	\$ 9.25
Shrimp Dumplings contains fish, shrimp and wheat	\$ 9.75
Pork Gyoza pork, cabbage and onion *contains sesame, soybean and wheat	\$ 11.5
Vegetable Gyoza *contains wheat and soy Shitake mushroom, onion, edamame, cabbage harusame noodles	\$ 11.5
Umami Gyoza Pork, leek, harusame noodles, onion *contains sesame, soybeans and wheat	\$ 12.5
Steamed Rice (White or Genmai Brown)	\$ 4.75
Miso Soup Soybean paste soup, tofu, wakame, green onion, abura age (tofu curd)	\$ 6
Yuzu Scallop Carpaccio (Dine-in Only) Hokkaido scallops and our secret Yuzu mix	\$ 13.5
Yuzu Shrimp & Avocado (Dine-in Only) Yuzu and mayonnaise dressed shrimp and avocado	\$ 13.5

Salads

Sunomono Salad Potato starch noodles, shrimp, cucumbers, tomatoes in vinegar dressing	\$ 8.25
Our House Side Salad leaf greens tossed in our housemade sweet vinegar dressing	\$ 11

Warm Dishes

Karaage Chicken 8 pieces of chicken with creamy sesame dip, breaded and baked...not deep fried *wheat	\$19
Hokkaido Scallop (Dine-in Only) Sautéed Hokkaido scallops *wheat, soy, butter	\$19.5
Kushiyaki Chicken (5pc chicken only) *soy, wheat, sugar	\$19

Warm Rice Donburi's (steamed rice)

Kushiyaki Chicken Meal	\$ 27.5
Marinated chicken thighs served with steamed rice and our house salad. *soy, wheat, sugar	
Unagi Don	\$ 34.5
BBQ Eel (fresh water eel) served on steamed white rice and drizzled with unagi sauce. *soy, wheat, sugar	
Scallop and Shrimp Don	\$ 29.5
For those Hokkaido Scallop lovers... Sautéed Scallops and Shrimp on steamed rice. *wheat, soy, butter	
Mutsuki-an Don	\$ 27.5
Roasted Sockeye Salmon, avocado, fried egg and seasonal veggies on a bowl of steamed rice	

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	\$ 22.5
<u>Includes:</u>	<u>PLUS you choose 2 sides from:</u>	
4 pc California Roll	Miso Soup	
3 pc Cucumber Roll	Sunomono Salad	
1 Vegetable Rice paper Wrap	3pc. Shrimp dumplings	
1pc Inari	Edamame wildrice salad	

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

Cucumber Roll (12 pc)	\$ 9.5
Avocado Roll	\$ 10.5
Avocado and mayowasa sauce	
Vegetable Roll	\$ 10.5
Avocado, lettuce, cucumber, and mayowasa sauce	
Crunchy Vegetable Roll	\$ 11.5
Avocado, lettuce, cucumber, mayowasa sauce and arare (crunchy rice cracker bits) on the outside	
Spicy Vegetable Roll	\$ 11.5
Avocado, lettuce, cucumber, red pepper paste and mayonnaise *wheat	
Inari (3pc)	\$ 9.25
Sushi rice, carrots and sesame seeds stuffed in sweet deep fried tofu pockets *soy sauce	

sushi rolls: Cooked

California Roll	\$ 10.5
Avocado, imitation crab and mayowasa sauce	
Spicy California Roll	\$ 11.5
Avocado, imitation crab, red pepper paste and mayonnaise *wheat	
Amy Roll	\$ 18.5
Smoked salmon, cream cheese, avocado, lettuce and cucumber	
B.C. Mutsuki-An Style Roll	\$ 17
Roasted Sockeye salmon, lettuce, cucumber, avocado, green onion and mayowasa sauce	
Grilled Scallop Roll	\$ 18
Grilled Hokkaido scallops, cucumbers, lettuce and mayowasa sauce	
Grilled Prawn Roll	\$ 17.5
Tiger prawns, cucumber, lettuce and mayowasa sauce	
Grilled Chicken Roll	\$ 16
Marinated chicken, green onion, cucumber, lettuce and mayowasa sauce *soy sauce	
Shrimp & Avocado Roll	\$ 17
Avocado, shrimp, lettuce and mayowasa sauce	
Spicy Shrimp & Avocado Roll	\$ 18.5
Avocado, lettuce, shrimp, red pepper paste and mayonnaise *wheat	
Smoked Salmon & Avocado Roll	\$ 18.5
Smoked salmon, avocado, lettuce and mayowasa sauce	
Unagi Roll	\$ 8.5 (6 pc)/\$17 (12 pc)
Fresh-water BBQ. Eel *soy sauce	
Chicken Karaage Roll	\$ 17.5
Our karaage chicken rolled into sushi, with lettuce and mayowasa sauce *wheat	

sushi rolls: Raw Fish

Kenny Roll	\$ 16.5
Tuna, avocado, cucumber and mayowasa sauce	
Tuna & Avocado Roll	\$ 15.75
Tuna, avocado, lettuce and mayowasa sauce	
Salmon & Avocado Roll	\$ 15.75
Sockeye salmon, avocado, and lettuce	
Tuna Roll	\$ 9 (6 pc)/ \$18 (12 pc)
Salmon Roll	\$ 9 (6 pc)/ \$18 (12 pc)
Tuna & Salmon Roll (6 pc ea.)	\$ 18
Tuna & Cucumber Roll (6 pc ea.)	\$ 13
Salmon & Cucumber Roll (6 pc ea.)	\$ 13
Negitoro Roll	\$ 9.25 (6 pc)/\$18.5 (12 pc)
Tuna and green onion	
Spicy Scallop Roll	\$ 18
Hokkaido scallops, lettuce, cucumber, green onion and red pepper paste and Mayonnaise *wheat	
Spicy Salmon Roll	\$ 18.5
Sockeye salmon, red pepper paste and mayonnaise *wheat	
Spicy Tuna Roll	\$ 18.5
Tuna, green onion, sesame seeds, red pepper paste and mayonnaise *wheat	

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Individual Nigiri Pieces

Tuna	\$ 4.5	Tobiko	\$ 4.75
Salmon	\$ 4.5	Spicy Scallop	\$ 5.5
Unagi	\$ 4.75	Toro	\$ 5.5
Prawn	\$ 3.75	Yellow Fin Tuna	\$ 5.25
Buri (Amberjack)	\$ 5.25		

Nigiri Pack	\$ 33
Tuna, Yellowfin Tuna, Salmon, Prawn, Buri, Tobiko, and 6pc Tuna Roll	

Seaweed Cones or Rice Paper Wraps

Cones are made with seaweed

Wraps are made of Rice paper

California	\$ 4.45	Grilled Prawn	\$ 5.75
Vegetable	\$ 4.45	Spicy Vegetable	\$ 4.75
Shrimp	\$ 5.00	Spicy Tuna	\$ 6.5
Salmon	\$ 5.95	Spicy Salmon	\$ 6.5
Smoked Salmon	\$ 5.95	Spicy Scallop	\$ 7.5
Tuna	\$ 5.95		

Sushi Rice Donburi's

(made only with white sushi rice)

Tuna Avocado Donburi	\$ 25.5
Choose either Yellow fin or Albacore Tuna, mixed with Avocado, green onions and sesame seeds with our Japanese Mayonnaise and wasabi sauce served on a bowl of sushi rice *soy sauce	
Spicy Tuna Avocado Donburi	\$ 27
Choose either Yellow fin or Albacore Tuna, mixed with Avocado, green onions sesame seeds and our red pepper paste and Japanese mayonnaise sauce served on a bowl of sushi rice *wheat	
Spicy Scallop Donburi	\$ 27
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	
Tekkoné Sushi	\$ 26
Cubed Albacore Tuna marinated in wasabi and soy sauce, green onions and cucumber served on a bowl of sushi rice *soy sauce	
Vegetable Chirashi	\$ 18.75
Avocado, tomatoes, cucumbers, mixed greens served on a bowl of sushi rice and topped with Japanese Mayonnaise	
Sashimi Chirashi	\$ 32
Tuna, yellow fin tuna, salmon, buri, prawn, tobiko, avocado, cucumber served on sushi rice	

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Combinations

Flower Plate	\$ 27
Roasted Salmon, green onion, sesame, crunchy rice cracker bits on steamed brown rice	
1 California <u>or</u> Vegetable Rice Paper Wrap	
4 pc California <u>or</u> Vegetable Roll	
Miso Soup	
Sunomono Salad	
Edamame wildrice salad & Seaweed salad	
<i>Some items contain mayowasa Sauce, sesame, soy, wheat</i>	
Yume Plate	\$ 33.5
1 Yume Nigiri (roasted salmon, tomato, mayowasa sauce)	
4 pc Grilled Prawn Roll	
3 pc Tuna Roll	
3 pc Cucumber Roll	
1 pc California <u>or</u> Vegetable Rice Paper Wrap	
Miso Soup	
Sunomono Salad	
Edamame wildrice salad & Seaweed salad	
<i>Some items contain wasabi and mayowasa sauce, sesame, soy, wheat</i>	
Vegetarian Mix	\$ 23.5
1 Vegetable Rice Paper Wrap	
4 pc Vegetable Roll	
6 pc Cucumber Roll	
Miso Soup	
Sunomono Salad without the shrimp	
Edamame wild rice salad & Seaweed salad	
<i>Some items contain mayowasa sauce, sesame, soy</i>	
Sushi Mix	\$ 26
1 Smoked Salmon Rice Paper Wrap	
4 pc California Roll	
4 pc Vegetable Roll	
Edamame wild rice salad	
Miso Soup	
Sunomono Salad & Seaweed salad	
<i>Some items contain mayowasa sauce, sesame, soy,</i>	
Spicy Mix	\$ 27
1 California Rice Paper Wrap	
4 pc Spicy Tuna Roll	
4 pc Spicy Vegetable Roll	
Edamame wild rice salad	
Miso Soup	
Sunomono Salad & Seaweed salad	
<i>Some items contain mayowasa sauce, sesame, soy, wheat</i>	
Sushi Dinner	\$ 36
1 Shrimp Rice Paper Wrap	
1 Tuna Nigiri	4 pc California Roll
1 Prawn Nigiri	3 pc Cucumber Roll
1 Salmon Nigiri	3 pc Tuna Roll
Miso Soup	Edamame wild rice salad
Sunomono Salad & seaweed salad	4pc Karaage chicken
<i>Some items contain wasabi and mayowasa Sauce, sesame, wheat, soy</i>	