

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	\$ 9.25
edamame, wild rice, quinoa, bell peppers *contains sesame and soy sauce	
Shrimp Dumplings	\$ 9.75
contains fish, shrimp and wheat	
Pork Gyoza	\$ 11.5
pork, cabbage and onion *contains sesame, soybean and wheat	
Vegetable Gyoza	\$ 11.5
*contains wheat and soy Shitake mushroom, onion, edamame, cabbage harusame noodles	
Umami Gyoza	\$ 12.5
Pork, leek, harusame noodles, onion *contains sesame, soybeans and wheat	
Steamed Rice (White or Genmai Brown)	\$ 4.75
Miso Soup	\$ 6
Soybean paste soup, tofu, wakame, green onion, abura age (tofu curd)	
Yuzu Scallop Carpaccio	\$ 13
Hokkaido scallops and our secret Yuzu mix	
Yuzu Shrimp & Avocado	\$ 13
Yuzu and mayonnaise dressed shrimp and avocado	

Salads

Sunomono Salad	\$ 7.95
Potato starch noodles, shrimp, cucumbers, tomatoes in vinegar dressing	
Our House Side Salad	\$ 9.95
leaf greens tossed in our housemade sweet vinegar dressing	
Chicken Salad	\$ 15
leaf greens and roasted chicken tossed in our sesame dressing	

Warm Dishes

Karaage Chicken		\$18
8 pieces of chicken with creamy sesame dip, breaded and baked...not deep fried		
*wheat		
Spicy Karaage Chicken		\$ 20.5
Our karaage chicken made spicy. Coated with our own special blend of		
red pepper paste, garlic and maple syrup		
*Soy and wheat		
Hokkaido Scallop (Dine-in Only)		\$18.5
Sautéed Hokkaido scallops		
*wheat, soy, butter		
Kushiyaki Chicken (5pc chicken only)	*soy, wheat, sugar	\$17

Warm Rice Donburi's (steamed rice)

Kushiyaki Chicken Meal	\$ 25
Marinated chicken thighs served with steamed rice and our house salad. *soy, wheat, sugar	
Unagi Don	\$ 33
BBQ Eel (fresh water eel) served on steamed white rice and drizzled with unagi sauce. *soy, wheat, sugar	
Scallop and Shrimp Don	\$ 27
For those Hokkaido Scallop lovers... Sautéed Scallops and Shrimp on steamed rice. *wheat, soy, butter	
Mutsuki-an Don	\$ 25.5
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	\$ 21
<u>Includes:</u> 4 pc California Roll 3 pc Cucumber Roll 1 Vegetable Rice paper Wrap 1pc Inari	<u>PLUS you choose 2 from:</u> Miso Soup Sunomono Salad 3pc. Karaage chicken 3pc. Shrimp dumplings	

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)	\$ 8.95
Avocado Roll	\$ 9.95
Avocado and mayowasa sauce	
Vegetable Roll	\$ 9.95
Avocado, lettuce, cucumber, and mayowasa sauce	
Crunchy Vegetable Roll	\$ 11
Avocado, lettuce, cucumber, mayowasa sauce and arare (crunchy rice cracker bits) on the outside	
Spicy Vegetable Roll	\$ 11
Avocado, lettuce, cucumber, red pepper paste and mayonnaise *wheat	
Inari (3pc)	\$ 8.75
Sushi rice, carrots and sesame seeds stuffed in sweet deep fried tofu pockets *soy sauce	

sushi rolls: Cooked

California Roll	\$ 9.95
Avocado, imitation crab and mayowasa sauce *wheat	
Spicy California Roll	\$ 11
Avocado, imitation crab, red pepper paste and mayonnaise *wheat	
Snow Crab Roll	\$ 19.75
Real snow crab legs, cucumber, avocado, lettuce and mayowasa sauce	
Amy Roll	\$ 18
Smoked salmon, cream cheese, avocado, lettuce and cucumber	
B.C. Mutsuki-An Style Roll	\$ 16.5
Roasted Sockeye salmon, lettuce, cucumber, avocado, green onion and mayowasa sauce	
Grilled Scallop Roll	\$ 16
Grilled Hokkaido scallops, cucumbers, lettuce and mayowasa sauce	
Grilled Prawn Roll	\$ 17
Tiger prawns, cucumber, lettuce and mayowasa sauce	
Grilled Chicken Roll	\$ 15.5
Marinated chicken, green onion, cucumber, lettuce and mayowasa sauce *soy sauce	
Shrimp & Avocado Roll	\$ 16.75
Avocado, shrimp, lettuce and mayowasa sauce	
Spicy Shrimp & Avocado Roll	\$ 17.75
Avocado, lettuce, shrimp, red pepper paste and mayonnaise *wheat	
Smoked Salmon & Avocado Roll	\$ 18
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	\$ 16.5
Our karaage chicken rolled into sushi, with lettuce and mayowasa sauce *wheat	

sushi rolls: Raw Fish

Kenny Roll	\$ 15.75
Tuna, avocado, cucumber and mayowasa sauce	
Tuna & Avocado Roll	\$ 14.95
Tuna, avocado, lettuce and mayowasa sauce	
Salmon & Avocado Roll	\$ 14.95
Sockeye salmon, avocado, and lettuce	
Tuna Roll	\$ 8.5 (6 pc)/ \$17 (12 pc)
Salmon Roll	\$ 8.5 (6 pc)/ \$17 (12 pc)
Tuna & Salmon Roll (6 pc ea.)	\$ 17
Tuna & Cucumber Roll (6 pc ea.)	\$ 12
Salmon & Cucumber Roll (6 pc ea.)	\$ 12
Negitoro Roll	\$ 8.75 (6 pc)/\$17.5 (12 pc)
Tuna and green onion	
Spicy Scallop Roll	\$ 16
Hokkaido scallops, lettuce, cucumber, green onion and red pepper paste and Mayonnaise *wheat	
Spicy Salmon Roll	\$ 17
Sockeye salmon, red pepper paste and mayonnaise *wheat	
Spicy Tuna Roll	\$ 17
Tuna, green onion, sesame seeds, red pepper paste and mayonnaise *wheat	

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Individual Nigiri Pieces

Tuna	\$ 4.25	Tobiko	\$ 4.75
Salmon	\$ 4.25	Spicy Scallop	\$ 4.75
Unagi	\$ 4.75	Toro	\$ 5.25
Prawn	\$ 3.75	Yellow Fin Tuna	\$ 5.25
Buri (Amberjack)	\$ 5.25		
Nigiri Pack			\$ 31
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
Vegetable	\$ 4.45
Shrimp	\$ 5.00
Salmon	\$ 5.75
Smoked Salmon	\$ 5.75
Tuna	\$ 5.75

Grilled Prawn	\$ 5.75
Spicy Vegetable	\$ 4.75
Spicy Tuna	\$ 6.25
Spicy Salmon	\$ 6.25
Spicy Scallop	\$ 6.50

Sushi Rice Donburi's

(made only with white sushi rice)

Tuna Avocado Donburi **\$ 24.5**

Tuna, Avocado, green onions and sesame seeds combined with Japanese Mayonnaise and wasabi sauce, served on a bowl of sushi rice

Spicy Tuna Avocado Donburi **\$ 26**

Tuna, Avocado, green onions and sesame seeds combined with our red pepper paste and Japanese mayonnaise, served on a bowl of sushi rice *wheat

Spicy Scallop Donburi **\$ 24.5**

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 **\$ 24.5**

Tuna slices marinated in wasabi and soy sauce, green onions and cucumber served on a bed of sushi rice *soy sauce

Vegetable Chirashi **\$ 18.75**

Avocado, tomatoes, cucumbers, mixed greens served on a bed of sushi rice and topped with Japanese Mayonnaise

Sashimi Chirashi **\$ 30.5**

Tuna, yellow fin tuna, salmon, prawn, tobiko, avocado, cucumber served on a bed of sushi rice

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Combinations

Flower Plate \$ 25.5

Roasted Salmon, green onion, sesame, crunchy rice cracker bits on steamed brown rice
1 California or Vegetable Rice Paper Wrap
4 pc California or Vegetable Roll
Miso Soup
Sunomono Salad
Edamame wildrice salad & Seaweed salad

Some items contain mayowasa Sauce, sesame, soy, wheat

Yume Plate \$ 32

1 Yume Nigiri (roasted salmon, tomato, mayowasa sauce)
4 pc Grilled Prawn Roll
3 pc Tuna Roll
3 pc Cucumber Roll
1 pc California or Vegetable Rice Paper Wrap
Miso Soup
Sunomono Salad
Edamame wildrice salad & Seaweed salad

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

Vegetarian Mix \$ 22.5

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

Some items contain mayowasa sauce, sesame, soy

Sushi Mix \$ 24

1 Smoked Salmon Rice Paper Wrap
4 pc California Roll
4 pc Vegetable Roll
Edamame wild rice salad
Miso Soup
Sunomono Salad & Seaweed salad

Some items contain mayowasa sauce, sesame, soy,

Spicy Mix \$ 25.75

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

Some items contain mayowasa sauce, sesame, soy, wheat

Sushi Dinner \$ 34.5

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

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

Beverages

Green Tea	-refills will be charged-	Cup	\$ 1.95
		Teapot	\$ 4.5
Soft Drinks			\$ 2.5
Coca Cola, Diet Coke, Ginger Ale, Sprite			
Perrier Water (330mL)			\$ 3.5
Non-Alcoholic Asahi Super Dry Beer 0.0% (330mL)			\$ 5
Non-Alcoholic Olé Margarita Cocktail (355mL)			\$ 5.5

Japanese Sake List

Junmai Ginjo Sake (Premium Sake) – 2 ounces Served Chilled

~made purely from specialized rice with 40% of the outer grain milled away, water and koji. Premium sakes are a delicate, balanced, fragrant and complex sake. Warming or over-chilling will mask its refined flavours~

ZUIYO Junmai Ginjo	Kumamoto, Japan -smooth dry sake	\$ 7
Hakutsuru Dai Ginjo	Kobe, Japan -fruity aroma and velvety smooth	\$ 7.5

Popular Choice Sake– 2 ounces Served Chilled or Warm

~made with typical table rice, there are no milling requirements and pure distilled alcohol is added to increase yields. There is a wide range in quality, the individual uniqueness, appeal and presence make it enjoyable~

YUKI HOTARU	Niigata, Japan (high quality sake) -rich, yet smooth and light sake	\$ 7
HAKUTSURU	Kobe, Japan -smooth dry sake	\$ 5

All alcoholic beverages are subject to 15%tax (5%GST & 10%PST)

Japanese Beer List

SAPPORO PREMIUM BEER	(341 mL bottle)	\$ 5.5
ASAHI SUPER DRY BEER	(330 mL bottle)	\$ 5.5
ASAHI SUPER DRY BEER (big)	(620 mL bottle)	\$ 9.95

Wine List

Red

(served by 375mL bottles only)

Domaine Bousquet (Organic Wine)	Malbec, Argentina	\$ 18
Masi Campofiorin	Masi, Italy	\$ 22

White

(served by 375mL bottles only)

Cono Sur Bicicleta	Sauvignon Blanc, Chile	\$ 14
Masi Masianco	Pinot Grigio & Verduzzo, Italy	\$ 23
Kim Crawford	Sauvignon Blanc, New Zealand	\$ 23
Santa Margherita Valdadige	Pinot Grigio, Italy	\$ 26

All alcoholic beverages are subject to 15%tax (5%GST & 10%PST)

Sweets

Yuzu Cheesecake Yuzu Japanese citrus	\$ 5.5
Mochi Ice Cream Flavour choices: Mango, Strawberry or Green tea	\$ 3.25