

We have a wheat free menu. Ask your server.

IRRASHAIMASE (Welcome)

Quick Appetizers

Organic Salad \$3.00 Miso Soup \$3.00
Spinach Ponzu \$3.50 Edamame \$4.00
All Natural Seaweed Salad \$4.95



Appetizers



Cucumber Salad
\$4.00



Mini Grilled
Scallops \$6.95




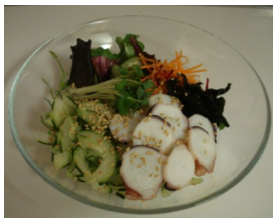
Mini Grilled
Salmon \$5.75



Mini Grilled
Shrimp \$5.85



Mini Grilled 
Cube Steak \$5.95




Cuke Salad with
Octopus, Bay Shrimp
or Crab Cake \$6.95




Tempura Spicy 
Fish Sticks
\$6.25



Panko fry 
Oyster or Shrimp
\$7.50



Tempura Tofu 
w/BBQ Sauce
\$4.95



Agedashi Tofu
in Broth
\$5.20



Hamachi Kama \$16.00

Grilled Yellowtail Collar

Kama is the collar section of the Yellowtail Fish
served grilled on the bone with
Cabbage Salad and Asian Yuzu Citrus Ponzu Sauce
20 ~ 25 min to prepare



Salmon Skin Salad
Grilled Salmon Skin
and Organic Green Mix
with Soy Ginger Dressing
\$7.85



Poki Tuna Salad 
Cubed Fresh Tuna
and Organic Green Mix,
Tobiko with
Spicy Yuzu Ginger Sause
\$14.00

Please mention to your server when ordering wheat free

TRANS FAT and CHOLESTEROL

- FREE TEMPURA



Shrimp \$9.50

Veggie \$8.00

Combo \$8.75

Do you know? They are using Rice Bran Oil.

I see, That's why.



We cook by hand in small batches. Many orders may slow the process.

TUNA (Ahi)

SALMON (Sake)

YELLOWTAIL (Hamachi)

YELLOWTAIL BELLY (plus \$2.00)

SEARED ALBACORE (Tataki Shiro Maguro)

FRESH ALBACORE (Shiro Maguro)

COMBINATION (Mori-Awase)

Naked Sashimi Fish

5pcs \$12.50

9pcs \$21.00

11pcs \$26.00



HOT SOUP NOODLE

Choose your broth: Vege Broth or Fish Broth



Choose your noodle: Organic Buckwheat Soba Noodle or Thick Wheat Udon Noodle \$8.75

with Tempura (shrimp, vegetables or combo) \$12.00

COLD NOODLE SALAD

Choose your noodle: Organic Buckwheat Soba Noodle or Thick Wheat Udon Noodle

Choose Vegetarian \$8.75 or with Seafood \$14.00

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ENERGY FOR PEACE ON EARTH

OCO nomiyaki



OCO is a healthy Japanese dish that is new in America, but traditional in Japan. It is a combination of sliced cabbage, bean sprouts, chopped scallions, an cage-free egg and noodles grilled together on a thin batter base, plus your choice of added ingredients. All topped with powdered seaweed and your choice of either a sweet or spicy sauce. (OCO requires approximately 15-20 minutes to prepare)

Our all-natural OCO sauce (vegan, but containing wheat) comes from a company in Hiroshima, Japan, where it has been made for three generations with Blessings for World Peace.

What kind of energy do you want to eat today?

EARTHY (Nature)	Shitake, Oyster & Crimini Mushrooms from Sonoma County	\$12.00
NATIVE (Courage)	Sliced, Natural Pork Shoulder	\$12.00
MENDO (Community Spirit)	Cage-Free Natural Rocky Jr. Chicken Thighs	\$12.00
MARINER (Ocean)	Bay Shrimp and Black Tiger Shrimp	\$13.00
STATES (Trust)	Sliced, 100% Veggie Diet Natural N.Y Steak Beef	\$15.00
MILLENIUM (Cosmic)	Containing all of the above	\$23.00

Extra Energy Adjustments

Noodles \$1.00, Pork \$2.50, Mushroom \$2.50,
Shrimp \$3.00, Beef \$4.00, Chicken \$2.50

We're sorry, wheat free and satvic option is not available for OCO

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GRATITUDE FOR MOTHER EARTH

Sun plate

VEGE SUN	Grilled Vegetables and Tofu with Asian Mushroom Salsa	\$14.00
CHICKEN SUN	Grilled Cage-Free Natural Rocky Jr. Chicken with Zipangu Soy Ginger Sauce and Grilled Vegetables	\$ 16.00
SHRIMP SUN	Grilled Black Tiger Shrimp with Curry Balsamic Sauce and Grilled Vegetables	\$ 18.00
SALMON SUN	Grilled Salmon with Sweet Citrus Miso Sauce and Grilled Vegetables	\$ 19.00
SCALLOP SUN	Grilled Domestic Wild Caught Scallop with Balsamic Yuzu Ponzu Sauce and Grilled Vegetables	\$ 21.00
BEEF SUN	Grilled 100% Grass Fed Natural Rib Eye Steak with Asian BBQ Sauce and Grilled Vegetables	\$ 23.00

Complimentary bowl of White Rice served upon request. Organic Brown Rice: add \$1.00

Set-price sides with Sun plates (above)

Miso Soup or Mini Organic Salad \$1.50 / \$3.00 for both

UMI (OCEAN)

Naked Sashimi Fish Set

Your choice of fish & how many pcs
Comes with Miso Soup, Mini Organic Salad, Rice & small dish. Organic Brown Rice Plus \$1.00

TUNA (ahi)

SALMON (sake)

YELLOWTAIL (hamachi)

SEARED ALBACORE (shiro maguro)

COMBINATION (mori-awase)

5pcs \$15.50 9pcs \$24.00 11pcs \$29.00



SIDE DISH

Grilled Vegetables \$7.40 Grilled Potatoes \$4.25

Grilled Cabbage \$3.75 White Rice \$1.50 Organic Brown Rice \$3.00

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DESSERT

Green Tea Cheese Cake (gluten free)	\$5.00
Lemon Raspberry Cheese Cake (gluten free)	\$5.00
Chocolate Cheese Cake (gluten free)	\$5.00
Mochi Ice Cream Balls	\$2.00
(steamed sweet mochi rice shell, ice cream inside)	
Mango, Strawberry, Chocolate, Red Bean	
Green Tea Ice Cream Scoop	\$3.50
Tapioca (wheat and dairy free)	\$6.00
Special Chocolate Cake (wheat and dairy free)	\$6.00

