

lunch



ZENSAI | APPETIZER

Miso Soup (GF) 5
green onion, enoki mushroom, wakame

Nutrigreens Farm Tofu Salad (VEG) 17
organic baby greens, crispy tempeh,
crumbled miso tofu, pickled daikon and carrot,
cucumber, cherry tomato, crispy wonton,
umami soy vinaigrette

Steamed Edamame (GF) (VEG) 7
sea salt

Spicy Sesame Edamame (VEG) 8
chili garlic tamari soy, crispy shallots

Seasonal Goma-ae (GF) (VEG) 10
sweet sesame soy

Chicken Nanban 15
lightly fried and marinated in sweet and sour soy,
asian slaw, house made tartar sauce

Ebi Fritters (GF) 18
white tiger prawns in herb-beer batter,
sweet chili aioli, chili powder, balsamic reduction

Brussels Sprout Chips (VEG) 10
togarashi-lemon pepper salt

KAISEN

Oysters on the Half Shell (GF) (GF) 18
assorted selection of half dozen fresh oysters

Coal Harbour Platter (GF) (GF) 18
oysters, scallop crudo, squid ceviche,
chef's daily sashimi feature

Kaisen Soba Peperoncino 24
prawns, squid, shiitake mushroom, sweet pepper,
heirloom tomato, chili garlic soy, wild arugula

SUSHI LUNCH

served with miso soup

Feature Donburi MP
ask your server for more details

Traditional (GF) 26
a selection of nigiri and hosomaki, 13 pieces

Premium 31
traditional and Aburi nigiri, rolls, and oshi,
12 pieces

Sashimi Lunch (GF) 29
chef's selection of sashimi and poke
served with steamed rice, tsukemono,
and seasonal goma-ae

Garden Select (GF) (VEG) 21
Garden Roll, seasonal vegetable nigiri
and Aburi sushi, seasonal goma-ae, tofu salad

Aburi Chirashi Tart 28
layers of sushi rice, spicy tuna, avocado,
sockeye salmon, Miku sauce, flame seared and
topped with prawn, scallop, maguro, tobiko and ikura

Lunch Shokai 41
featuring traditional and Aburi oshi, rolls, and nigiri,
10 pieces served with two appetizers and miso soup
with petit Green Tea Opera +\$7

ENTRÉE

Aburi Chicken 26
seared chicken, marinated cabbage, garlic soy,
served with steamed rice and miso soup

8 Hour Sous-Vide Short Rib 30
shio koji marinated short rib, grilled seasonal
vegetables, confit sunchokes, sautéed wild rice,
wasabi crème fraîche, red wine jus

Kyoto Saikyo Miso Baked Sablefish (GF) 35
baby bok choy, pickled wasabi, yuzu-miso reduction,
seasonal goma-ae, kinpira gobo brown rice

Executive Chef, Kazuhiro Hayashi

Head Sushi Chef, Shingo Fujiwara

We strive to accommodate most allergies, please notify your server prior to ordering. Please note, it may not be possible to guarantee dishes allergen free due to our open kitchen. VCH advises that consuming raw oysters poses an increased health risk.

October 12 2021

ABURI OSHI SUSHI

| | |
|---|----|
| Salmon Oshi Sushi (GF) | 18 |
| pressed wild sockeye salmon, jalapeño, Miku sauce | |
| Ebi Oshi Sushi | 18 |
| pressed prawn, lime zest, ume sauce | |
| Saba Oshi Sushi (GF) | 18 |
| pressed house cured mackerel, miso sauce | |
| Oshi Sampler | 18 |
| two pieces each of salmon, ebi, and saba oshi | |

SPECIALTY ROLLS

| | |
|---|----|
| Miku Roll | 21 |
| salmon, crab, cucumber, rolled in tobiko, Miku sauce | |
| Red Wave Roll (GF) | 18 |
| prawn, avocado, wrapped in red tuna, masatake sauce | |
| Garden Roll (GF) (VEG) | 14 |
| avocado, red bell pepper, cucumber, shiso, wrapped with pickled zucchini, moromi miso yellow pepper cucumber salsa, chervil | |

NIGIRI / SASHIMI

| | nigiri each | sashimi 6 pc |
|----------------------------------|----------------|-----------------|
| Bincho / Albacore (GF) | 4.5 | 20.5 |
| Sake / Sockeye Salmon | 4.5 | 20.5 |
| Maguro / Red Tuna | 5 | 23 |
| Hamachi / Yellowtail | 5 | 23 |
| Hotate / Hokkaido Scallop | 5.25 | 23.5 |
| King Salmon | 5.50 | 24 |
| Ikura / Salmon Roe | 6 | |
| Ebi / Prawn | 4 | |
| Unagi / BBQ Eel | 5 | |

For Aburi nigiri, add \$0.25

DESSERT

| | |
|--|------|
| Green Tea Opera | 14.5 |
| green tea génoise, matcha butter cream, dark chocolate ganache, azuki bean cream, hazelnut wafer, matcha ice cream | |
| Seasonal Petit Fours | 14 |
| sweet potato mont-blanc, kinako éclair, dark plum mousse, plum sorbet, brown sugar crumble | |
| Caramel Meringues Chantilly | 14 |
| caramelized hazelnuts, chantilly cream, caramel ice cream | |

HOUSE MADE ICE CREAM & SORBET (GF)

| Ice Cream | single | double |
|---|--------|--------|
| Matcha or Caramel | 4.5 | 8 |
| Sorbet | | |
| Raspberry Shiso, Lime, or Pineapple-Mango | 4.5 | 8 |


Make it a Mealshare

Mealshare is a local non-profit organization that works with restaurants to provide meals to underprivileged youth, both locally in Vancouver and internationally.

Make it a Mealshare \$1

(GF) gluten-free option available

(VEG) vegetarian option available

 Ocean Wise™ recommended by the Vancouver Aquarium as an ocean-friendly choice *We always carry Ocean Wise™ products when available