

lunch



ZENSAI | APPETIZER

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

Organic Greens Tofu Salad (VEG) 17
organic baby greens, crispy tempeh,
crumbled miso tofu, pickled daikon and carrot,
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 16
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, seafood assortment, chef's daily
sashimi feature

Kaisen Soba Peperoncino 25
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 32
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

Sous-Vide Beef Chuck 30
shio koji marinated chuck, grilled seasonal
vegetables, confit sunchokes, sautéed wild rice,
yuzu kosho, crème fraîche, red wine jus

Kyoto Saikyo Miso Sablefish (GF) 35
smoked sweet pepper orzo, kabosu mustard
vinaigrette, pickled wasabi mignonette

Executive Chef, Kazuhiro Hayashi

Sous Chef, Martin Simicek

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.

May 9, 2022

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	
Strawberry Mousse	14
cocoa crumble, balsamic and strawberry marmalade, strawberry basil sorbet	
Apple Custard Tuile	14
apple compote, tuile, custard creme, cinnamon caramel sauce, green apple sorbet	

HOUSE MADE ICE CREAM & SORBET (GF)

Ice Cream	single	double
Matcha or Coffee	4.5	8
Sorbet		
Strawberry Basil, Green Apple, 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