

# 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 Pork Tenderloin** 29  
shio koji marinated tenderloin, grilled seasonal  
vegetables, sautéed wild rice, sansho pepper 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.

July 28, 2022

## ABURI OSHI SUSHI

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

## SPECIALTY ROLLS

<b>Miku Roll</b>	21
salmon, crab, cucumber, rolled in tobiko, Miku sauce	
<b>Red Wave Roll</b> (GF)	18
prawn, avocado, wrapped in red tuna, masatake sauce	
<b>Garden Roll</b> (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
<b>Bincho / Albacore</b> (GF)	4.5	20.5
<b>Sake / Sockeye Salmon</b>	4.5	20.5
<b>Maguro / Red Tuna</b>	5	23
<b>Hamachi / Yellowtail</b>	5	23
<b>Hotate / Hokkaido Scallop</b>	5.25	23.5
<b>King Salmon</b>	5.50	24
<b>Ikura / Salmon Roe</b>	6	
<b>Ebi / Prawn</b>	4	
<b>Unagi / BBQ Eel</b>	5	

For Aburi nigiri, add \$0.25

## DESSERT

<b>Green Tea Opera</b>	14.5
green tea génoise, matcha butter cream, dark chocolate ganache, azuki bean cream, hazelnut wafer, matcha ice cream	
<b>Strawberry Mousse</b>	14
cocoa crumble, balsamic and strawberry marmalade, strawberry basil sorbet	
<b>Apple Custard Tuile</b>	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
<b>Sorbet</b>		
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 | We always carry Ocean Wise™ products when available

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