

Welcome to Tokachi



TODAY'S SPECIAL

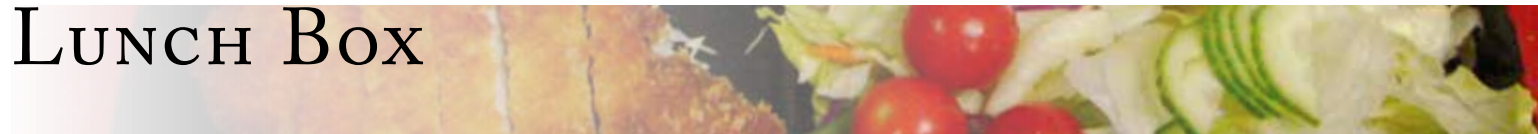
A daily assortment of sushi, sashimi & another item with prawn & vegetable tempura, miso soup & rice \$12.95

CALIFORNIA COMBO

A California roll, prawn & vegetable tempura, beef OR chicken teriyaki, a small green salad with ginger-soy dressing & miso soup \$11.95



LUNCH BOX



Served with a green salad in our ginger-soy dressing, miso soup & rice \$10.95

Choose TWO from the following:

- Chicken Teriyaki** _____ Pan-fried chicken
- Sliced Beef Teriyaki** _____ Sliced beef pan-fried with onion
- Fried Fish** _____ Breaded, deep-fried snapper
- Karaage Chicken** _____ Fried chicken marinated in our soy, ginger & sweet wine sauce
- Korokke** _____ A mashed potato pattie breaded & deep fried, served with tonkatsu sauce
- Shogayaki** _____ Sliced pork pan-fried with onion in ginger & soy sauce
- Tempura** _____ Two prawns & three vegetables lightly battered & deep-fried
- Tonkatsu** _____ A breaded deep-fried pork-cutlet served with our own sauce

COMPLETE LUNCH



Served with miso soup & rice

- Chicken Teriyaki**
Pan-fried chicken with noodle & vegetable \$9.95
- Salmon Teriyaki**
Grilled wild Sockeye salmon with noodle & vegetable \$13.95
- Sliced Beef Teriyaki**
Pan-fried sliced beef & onion with noodle & vegetable \$9.95
- Assorted Tempura**
Prawn, fish & vegetable lightly battered & deep-fried \$9.95
- Tonkatsu**
A breaded pork-cutlet deep-fried & served with fresh thinly sliced cabbage & our own sauce \$9.95
- Chicken Katsu**
A breaded chicken breast deep-fried & served with fresh thinly sliced cabbage & our own sauce \$12.95



- Saba Lunch**
Barbequed mackerel & other small seasonal dishes \$12.95
- Shogayaki**
Sliced pork pan-fried with onion in ginger & soy sauce \$9.95

NOODLES



Nabeyaki Udon
Egg, chicken, fish cake, prawn, scallop, shiitake mushroom & spinach simmered in a bonito broth soup \$8.95

Udon (thick white wheat noodle) & Soba (thin buckwheat noodle)
Served in a bonito broth soup
With: Beef \$7.95
Chicken \$7.95
Seafood \$8.95
Tempura (prawn & vegetable on the side) \$7.95

Tempura Zaru Soba
Cold thin buckwheat noodle served on ice with soba sauce for dipping & prawn & vegetable tempura on the side \$8.95

Yakisoba
Noodles fried in a Japanese Worcestershire sauce
With: Beef \$7.95 Seafood \$8.95
Chicken \$8.95 Vegetable \$7.95

DONBURI



Meals on rice served with miso soup



- Beef Donburi**
Pan-fried sliced beef, onion & egg simmered in a sweet soy broth \$7.95
- Beef Teriyaki Donburi**
Pan-fried sliced beef & onion covered in teriyaki sauce \$8.95
- Oyako Donburi**
Chicken, onion & egg simmered in a sweet soy broth \$7.95
- Chicken Teriyaki Donburi**
Pan-fried chicken covered in teriyaki sauce \$8.95
- Katsu Donburi**
A deep-fried breaded pork cutlet, fried onion & egg simmered in a sweet soy broth \$7.95
- Tempura Donburi**
Lightly battered & deep-fried prawn & vegetable \$7.95

A LA CARTE



- Agedashi Tofu**
Six tofu squares lightly battered & deep-fried served in tempura sauce, garnished with ginger, spring onion & white radish \$3.95
- Chicken Karaage**
Fried chicken marinated in our soy, ginger & sweet wine sauce \$8.95
- Green Salad**
A tossed salad with a side of our ginger-soy dressing with a hint of garlic & onion \$5.95
Add a serving of shrimp for \$3.00
- Gyoza**
Six pan-fried pork dumplings \$3.95

- Kushi-yaki**
Two grilled prawn & scallop skewers in our lemon-butter sauce \$9.95
- Prawn Tempura**
Six tiger prawns lightly battered & deep-fried \$7.95
- Vegetable Tempura**
Carrot, eggplant, green bean, onion, sweet potato & zucchini lightly battered & deep-fried \$5.95
- Sunomono**
Cold green bean vermicelli topped with thinly sliced cucumber & shrimp in a sweet vinaigrette \$3.95
- Yakitori**
Two grilled chicken skewers with teriyaki sauce \$4.95

Minimum charge of \$5.95 per person
Taxes not included & prices subject to change without notice
Dishes may not be served as shown depending on availability of ingredients

To see our menus online visit: www.tokachi.ca

SASHIMI LUNCH

Served with miso soup & rice

Salmon & Tuna Sashimi Lunch

Five slices each \$14.95

Assorted Sashimi Lunch A

Five kinds of fish \$14.95

Assorted Sashimi Lunch B

Seven kinds of fish \$21.95

TOKACHI COMBO

Seven kinds of nigiri, California roll with tobiko & assorted sashimi served with two miso soups \$39.95

Amaebi Sashimi	sweet shrimp	\$12.95
Hamachi Sashimi	yellow tail tuna	\$12.95
Hokkigai Sashimi	surf clam	\$6.95
Hotate Sashimi	scallop	\$6.95
Ika Sashimi	squid	\$6.95
Lobster Sashimi		\$34.95
Mebachi Sashimi	red tuna	\$12.95
Mirugai Sashimi	geoduck	\$current
Saba Sashimi	marinated mackerel	\$6.95

Beef Sashimi

Thin slices of seared beef with ponzu sauce \$9.95

Tuna Tataki

Seared tuna with ponzu sauce \$8.95

SUSHI LUNCH

Served with miso soup

Assorted Sushi

Seven kinds of nigiri & salmon/tuna roll \$15.95

Deluxe Assorted Sushi

Ikura, tobiko, uni, salmon/tuna roll & seven kinds of nigiri \$26.95

Sushi Combo A

Two prawn nigiri, two salmon nigiri, two tuna nigiri & a California roll \$12.95

Sushi Combo B

A four-piece California roll, a spicy tuna roll & a BC roll \$11.95

Sushi Combo C

A spicy tuna roll & a chopped scallop roll \$10.95

Sushi Combo D

A four-piece California roll, a four-piece spicy tuna roll & a dynamite roll \$9.95

Chirashi Sushi

Seven kinds of sashimi & tamago served on sushi rice \$21.95

Mini Chirashi

Five kinds of sashimi & tamago served on sushi rice \$13.95



Salmon Sashimi	wild Sockeye salmon	\$7.95
Tai Sashimi	snapper	\$9.95
Tako Sashimi	octopus	\$7.95
Toro Sashimi	fatty tuna	\$8.95
Tuna Sashimi	tuna	\$6.95
Tuna & Salmon Sashimi	three pieces each	\$8.50
Spicy Tuna Sashimi		\$7.95
Uni Sashimi	sea urchin	\$15.95

Snapper Usuzukuri

Thin slices of snapper with ponzu sauce \$13.95

Tuna Gomaae

Tuna in a sweet soy sesame sauce \$7.95

Ikura Donburi

Salmon roe served on sushi rice \$14.95

Tekkadon

Tuna sashimi served on sushi rice \$14.95

Unajyu

Barbequed eel on rice with our own slow-cooked sauce \$15.95

Uni Donburi

Sea urchin served on sushi rice \$15.95



NIGIRI SUSHI

Amaebi	sweet prawn	\$2.50
Anago	salt water eel	\$3.00
Chopped Scallop	scallop, tobiko & mayo	\$2.25
Ebi	steamed prawn	\$1.50
Hamachi	yellowtail tuna	\$2.75
Hirame	flounder	\$2.50
Hokkigai	surf clam	\$1.50
Hotate	scallop	\$2.00
Ika	squid	\$1.50
Ikura	salmon roe	\$2.25
Inari	deep-fried tofu pocket	\$1.50
Kaki	oyster	\$2.00
Kani	king crab	\$5.00

Maguro	tuna	\$1.65
Masago	smelt roe	\$2.00
Mebachi Tuna	red tuna	\$2.75
Mirugai	geoduck	\$4.00
Saba	marinated mackerel	\$1.75
Sake	salmon	\$1.65
Tai	snapper	\$2.00
Tamago	sweet egg omlette	\$1.00
Tako	octopus	\$1.75
Tobiko	flying fish roe	\$2.00
Toro	fatty tuna	\$2.00
Unagi	barbequed eel	\$2.95
Uni	sea urchin	\$3.50

MAKI SUSHI

Any of the following can be made into temaki (cones)

Alaska Roll

Imitation crab, avocado & smoked salmon \$5.95

Avocado Roll \$3.95

Beef Teriyaki Roll \$4.95

BC Roll

Barbequed salmon skin, tobiko, cucumber & lettuce \$4.95

California Roll

Imitation crab, avocado & radish sprout \$4.25

California Roll with Tobiko \$4.95

King Crab California Roll with Tobiko \$15.95

Chicken Teriyaki Roll \$5.50

Chopped Scallop Roll

or Spicy Chopped Scallop Roll

Scallop & tobiko with mayonnaise \$5.95

Deep-fried Roll

Salmon, snapper, scallop & avocado in tempura batter \$8.95

Dragon Roll

Barbequed eel, cucumber & avocado \$10.95

Dynamite Roll (Tempura Roll)

Prawn tempura, cucumber & tobiko \$4.95

Ebi Roll

Steamed prawn & cucumber \$4.95

Futomaki

Cucumber, dried fish, imitation crab, kanpyo, shiitake mushroom, tamago, & tobiko \$8.95

House Roll

Steamed prawn, smoked salmon, cucumber & radish sprout \$6.95

Kanpyo Maki

Dried gourd strip \$2.75

Kappa Maki

Cucumber \$2.75

Negitoro Maki

Fatty tuna & green onion \$3.95

Oshinko Maki

Pickled radish \$3.25

Salmon Maki \$3.00

Shisonatto Maki
Fermented soybean & Japanese basil \$3.50

Special Roll

Tuna, smoked salmon, egg & tobiko \$8.95

Spicy Tuna Roll \$4.95

Spider Roll

Deep-fried soft shell crab, lettuce & tobiko \$8.95

Tekka Maki (Tuna Roll) \$3.00

Umeshiso Maki
Pickled plum & Japanese basil \$3.95

Unakyu Roll

Barbequed eel & cucumber \$8.95

Vegetable Roll

Green salad mix \$3.95

Vegetable Tempura Roll

Carrot, green bean & sweet potato tempura, lettuce, cucumber & radish sprout \$4.50

Saba Battera

Six pieces of pressed marinated mackerel sushi \$8.95

Anago Battera

Six pieces of pressed barbequed fresh-water eel sushi \$12.95



We charge for extra ginger & wasabi