

## TAKE A BENTO!



**Teriyaki Chicken or Beef Bento \$10.35**

**Tempura Bento \$11.45**

**Vegetable Bento \$10.35**

**Sashimi Bento** (3pcs tuna, 2pcs salmon) **\$13**  
all Salmon +\$3

**Panko Prawn Bento \$13**

(3pcs Panko Prawns, Mango Shrimp Avocado Roll, small appetizer)

**Salmon Teriyaki Bento \$12.85**

(w/ California Roll, rice, small appetizer)

**Gyoza Bento \$10.50**

(w/ California Roll, edamame, vegetable spring roll)

**Vegetable Tempura Bento \$11.50**

(3pcs Vegetable Tempura w/ Vegetable Roll, edamame, rice)

All bento boxes come with 8 PCS ROLL, MISO SOUP & SALAD

### RESTAURANT HOURS

**JANUARY TO APRIL, 2021**

**Mondays to Saturdays**

Lunch 12:00pm – 2:15pm (last order)

Dinner 4:00pm – 7:15pm (last order)

**Sundays Closed**

**WE HAVE LIMITED SEATING FOR DINE-IN.  
SAFETY PROTOCOLS ARE IN PLACE.**

**DUE TO THE INCREASED VOLUME OF TAKEOUT  
ORDERS, PLEASE ALLOW FOR EXTRA WAITING TIME  
FOR YOUR FOOD TO BE READY FOR PICKUP.**

The health and well-being of our customers and staff has always been our top priority. We are following strict guidelines and taking necessary precautions to maintain top quality and safety of the food we prepare. To help reduce the spread of COVID-19 in our community, we have limited dine-in services following safety protocols.

Many thanks for your understanding  
and continued patronage.

We wish good health to everyone.



**PLEASE KEEP TAKE-OUT FOOD  
COOL AND EAT WITHIN  
ONE HOUR**

**NO MSG · NO PEANUTS**

Please inform us at the time of ordering  
if you have any food allergies.



**JAPANESE  
KITCHEN**

**TAKEOUT  
MENU**

**604.883.9190**

Please phone in your takeout orders ahead  
of your desired pickup time. We only  
prepare food as we receive orders so we  
need ample time to prepare your food.

**AUTHENTIC  
JAPANESE FOOD**

Harbour Spirit Centre  
12808 Madeira Park Road, Madeira Park  
[www.mamaskitchen.ca](http://www.mamaskitchen.ca)

## SOUP & SALAD

Miso Soup (tofu, green onion) **\$2.10**

Rice **\$2.10**

Sushi Rice **\$2.60**

Vegetable Sunomono **\$3.50**

(sunomono noodles, cucumber, carrot, lemon slice in vinegar sauce)

Shrimp Sunomono **\$4.20**

(with baby shrimps)

Mixed Vegetable Salad **\$7.20**

Seaweed Salad **\$7.65**

(different types of seaweed, seame oil, ponzu sauce)

Spinach Gomaee **\$4.30**

(boiled spinach with sesame sauce)

Kale Gomaee **\$4.30**

(boiled kale marinated in sweet soy sauce with sesame seeds)

## APPETIZERS

Edamame **\$4.35**

Gyoza (5 pcs pork) **\$5.60**

New Spicy Chili Gyoza (5 pcs pork) **\$7.15**

Shrimp Gyoza (5 pcs) **\$7.50**

Vegetable Gyoza (5 pcs) **\$5.75**

Vegetable Spring Rolls 2pcs **\$4.20** 4pcs **\$7.35**

Agedashi Tofu **\$6.60** (deep-fried tofu with soy sauce broth)

Spicy Agedashi Tofu **\$6.85**

Chicken Karaage **\$7.95** (deep-fried chicken)

Spicy Chicken Karaage **\$8.65**

## TEMPURA

Appetizer Tempura **\$7.15** (2 prawn/3 vegetable)

Vegetable Tempura 5pcs **\$6.45**

Prawn Tempura 4pcs **\$8.20** 8pcs **\$15.20**

Yam Tempura 4pcs **\$6.25** 8pcs **\$11.25**

## PANKO

Panko Breaded Prawns

4pcs **\$9.75** 8pcs **\$18.95**

**KATSU** (panko deep-fried)

Chicken Katsu **\$11.25**

**TERIYAKI** (with rice & vegetables)

Beef Teriyaki S-**\$8.50** L-**\$11.50**

Chicken Teriyaki S-**\$8.50** L-**\$11.50**

Tofu Teriyaki **\$11.25**

**UDON NOODLES** (noodles in Japanese broth)

Plain Udon **\$7.35**

Vegetable Udon **\$8.85**

Beef Udon **\$10.25**

Chicken Udon **\$10.25**

add Vegetable **+\$2.50**

## SUSHI ROLLS (all rolls have rice on the outside)

Inari (1pc) **\$1.50**

(fried bean curd with sushi rice)

Cucumber Roll **\$3.75**

Avocado Roll **\$3.95**

Avocado Cucumber Roll **\$4.35**

Green Roll **\$4.35** (avocado inside, avocado on top)

Yam Roll **\$4.40**

Tuna Roll **\$4.10**

Salmon Roll **\$4.10**

Tuna Salmon Roll **\$6.10**

Beef Roll **\$4**

Chicken Roll **\$4**

California Roll **\$4.10** (with mayonnaise)

Salmon Avocado Roll **\$4.50**

Tuna Avocado Roll **\$4.50**

Crispy Chicken Roll **\$4.55**

Dynamite Roll **\$4.85**

Spicy Tuna Roll **\$4.40**

Spicy Salmon Roll **\$4.30**

Spicy BBQ Salmon Avocado Roll **\$4.85**

Spicy California Roll **\$4.30**

Spicy Beef Roll **\$4.20**

Spicy Chicken Roll **\$4.20**

Spicy Dynamite Roll **\$5.10**

Spicy Shrimp Avocado Roll **\$5.35**

Any rolls, add spicy mayonnaise **+\$2.20**

Substitute soy sheet on any roll **+\$0.75**

Any roll, add mango **+\$0.40**

## MAMA'S COMBO ROLLS

ROLL COMBO **\$14.50**

(California, Dynamite, Crispy Chicken)

SPICY ROLL COMBO **\$14.50**

(Spicy California, Spicy Chicken, Spicy BBQ Salmon)

VEGETABLE ROLL COMBO **\$13**

(Yam, Cucumber, Avocado)

HEAT ROLL COMBO **\$15.50**

(Spicy Salmon Avocado, Spicy Tuna, Spicy Shrimp Avocado)

## SASHIMI

Tuna (Albacore) 5pcs **\$9.75** 10pcs **\$17**

Salmon (Wild Sockeye) 5pcs **\$10.75** 10pcs **\$18.75**

Tuna 3pcs & Salmon 3pcs **\$12**

Tuna 5pcs & Salmon 5pcs **\$18.50**

## MAMA'S SPECIALTY SUSHI ROLLS

MAMA'S DYNAMITE ROLL **\$7.75**

(2 prawn tempura, cucumber, avocado on top)

MAMA'S VEGETABLE ROLL **\$7.15** (cucumber, avocado, carrots, Japanese radish, tempura yam, tempura string bean, w/ soy sheet)

CTT ROLL **\$8** (California roll w/ spicy tuna tobiko on top)

HARBOUR ROLL **\$6.95** (salmon, cream cheese, mango, avocado on top)

SPIRIT ROLL **\$6.45** (imitation crab tempura, tempura bits, cucumber, avocado on top w/ spicy sweet sauce)

CENTRE ROLL **\$8.70** (tuna, salmon, prawn tempura, avocado, soy bean sheet w/ spicy Japanese mayonnaise)

**DONBURI** (rice bowl with vegetables)

Beef Teriyaki Don S-**\$9.25** L-**\$12**

Chicken Teriyaki Don S-**\$9.25** L-**\$12**

Spicy Chicken Karaage Don **\$12.25**

add Extra Beef or Chicken **+\$2.50**

## MAMA'S BENTO BOX

**with 8 PCS ROLL, MISO SOUP & SALAD**

Teriyaki Chicken or Beef Bento **\$10.35**

Tempura Bento **\$11.45**

Vegetable Bento **\$10.35**

Sashimi Bento (3pcs tuna, 2pcs salmon) **\$13**  
all Salmon **+\$3**

New Panko Prawn Bento **\$13**

(3pcs Panko Prawns, Mango Shrimp Avocado Roll, edamame, salad, small appetizer)

New Salmon Teriyaki Bento **\$12.85**

(California Roll, rice, small appetizer)

New Gyoza Bento **\$10.50**

(California Roll, edamame, vegetable spring roll)

New Vegetable Tempura **\$11.50**

(3pcs Vegetable Tempura, Vegetable Roll, edamame, rice)

## SMALL ITEMS

Spicy mayo, hot sauce, additional wasabi, ginger, teriyaki sauce **\$0.25**

Additional ponzu sauce, gomaee sauce **\$0.1**

Substitute soy sheet for any roll **\$0.75**

**ALL OUR FOOD IS PREPARED/COOKED TO ORDER.  
PLEASE ALLOW FOR PREPARATION/COOKING TIME.**