



SOUP & SALAD

Miso Soup (tofu, green onion) **\$3**

Rice **\$3**

Sushi Rice **\$3.50**

Vegetable Sunomono **\$4.25**

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

Shrimp Sunomono **\$4.75**

(with baby shrimps)

Mixed Vegetable Salad **\$7.50**

Seaweed Salad **\$8.50**

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

Spinach Gomaee **\$5**

(boiled spinach with sesame sauce)

APPETIZERS

Edamame **\$5**

Gyoza 5 pcs pork **\$6**

Shrimp Gyoza 5 pcs **\$8**

Garlic Gyoza 5 pcs **\$7.70**

Vegetable Gyoza 5 pcs **\$6.50**

Vegetable Spring Rolls 2pcs **\$4.50** 4pcs **\$8**

Agedashi Tofu **\$7.25** (deep-fried tofu with soy sauce broth)

Spicy Agedashi Tofu **\$7.50**

Chicken Karaage **\$8.50** (deep-fried chicken)

Spicy Chicken Karaage **\$8.95**

TEMPURA

Appetizer Tempura **\$7.80**

Vegetable Tempura 5pcs **\$7.20**

Prawn Tempura 4pcs **\$9** 8pcs **\$17.50**

Yam Tempura 4pcs **\$7** 8pcs **\$13.50**

PANKO

Panko Breaded Prawns 4pcs **\$13** 8pcs **\$23.25**



SHRIMP GYOZA



YAM TEMPURA



PANKO PRAWNS

UDON NOODLES (noodles in Japanese broth)

Plain Udon **\$9**

Vegetable Udon **\$10**

Chicken Udon **\$12**

Beef Udon **\$12**

add Vegetable **+\$3**

TERIYAKI BOWL (beef or chicken and vegetables on rice)

Beef or Chicken S-**\$12.25** L-**\$15**

Spicy Chicken Karaage Don **\$13.50**

add Extra Beef or Chicken **+\$3**



SPICY CHICKEN KARAAGE DON

MAMA'S BENTO BOXES

with 8pcs roll, miso soup, and salad

Teriyaki Chicken or Teriyaki Beef Bento **\$12**

Agedashi Tofu Bento **\$12**

Vegetable Tempura Bento **\$12.25**

Karaage Bento **\$13.50**

(3pcs Chicken Karaage, California roll, salad edamame, vegetable spring roll)

Sashimi Bento (3pcs tuna, 2pcs salmon) **\$14.50**

all Salmon **+\$3.50**

Panko Salmon Bento **\$14**

(3pcs Panko Salmon, Shrimp Avocado Roll, edamame, small appetizer)

Salmon Teriyaki Bento **\$13.80**

(California Roll, rice, small appetizer)

Tempura Bento **\$12.50**

Panko Prawn Bento **\$14.25**

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



MAMA'S BENTO BOX



TUNA & SALMON SASHIMI

SASHIMI

Tuna (Albacore) 5pcs **\$10.50** 10pcs **\$20**

Salmon (Wild Sockeye) 5pcs **\$12.50** 10pcs **\$23**

Tuna 3pcs & Salmon 3pcs **\$14**

Tuna 5pcs & Salmon 5pcs **\$21.50**



SUSHI ROLLS (all rolls have rice on the outside)

- Inari (1pc) **\$2**
(fried bean curd with sushi rice)
- Cucumber Roll **\$3.80**
- Avocado Roll **\$4.20**
- Avocado Cucumber Roll **\$4.50**
- Green Roll **\$4.85** (avocado inside, avocado on top)
- Yam Roll **\$5**
- Tuna Roll **\$4.50**
- Salmon Roll **\$4.50**
- Tuna Salmon Roll **\$6.75**
- Beef Roll **\$4.40**
- Chicken Roll **\$4.40**
- California Roll **\$4.70** (with mayonnaise)
- Salmon Avocado Roll **\$5.25**
- Tuna Avocado Roll **\$5.25**
- Crispy Chicken Roll **\$5.20**
- Dynamite Roll **\$5.55**
- Spicy Tuna Roll **\$5.10**
- Spicy Salmon Roll **\$4.75**
- Spicy BBQ Salmon Avocado Roll **\$5.30**
- Spicy California Roll **\$4.90**
- Spicy Chicken Roll **\$4.65**
- Spicy Dynamite Roll **\$5.75**
- Spicy Shrimp Avocado Roll **\$6**
- Any rolls, add spicy mayonnaise **+\$0.25**
- Substitute soy sheet on any roll **+\$1**
- Any roll, add mango **+\$0.50**

SEASONAL ROLLS (and any roll with Mango)

- Mango Avocado Roll **\$4.85**
- Mango California Roll **\$5.25**
- Mango Chicken Roll **\$5.75**

ROLL COMBOS

- Mama's Roll Combo **\$17.75**
(California, Dynamite, Crispy Chicken)
- Vegetable Roll Combo **\$15.15**
(Yam, Cucumber, Avocado)
- Heat Roll Combo **\$18.75**
(Spicy Salmon, Spicy Tuna, Spicy Shrimp Avocado)



GREEN ROLL



HARBOUR, SPIRIT, CENTRE ROLLS



CTT ROLL

MAMA'S SPECIALTY SUSHI ROLLS

- Mama's Dynamite Roll **\$8.50**
(2 prawn tempura, cucumber, avocado on top)
- Mama's Vegetable Roll **\$7.40**
(cucumber, avocado, carrots, Japanese radish, tempura yam, tempura string bean, w/ soy sheet)
- CTT Roll **\$9.50**
(California roll w/ spicy tuna tobiko on top)
- Harbour Roll **\$7.50**
(salmon, cream cheese, mango, avocado on top)
- Spirit Roll **\$6.95**
(imitation crab tempura, tempura bits, cucumber, avocado on top w/ spicy sweet sauce)
- Centre Roll **\$12**
(tuna, salmon, prawn tempura, avocado, soy bean sheet w/ spicy Japanese mayonnaise)
- Madeira Roll **\$9.80**
(beet tempura, avocado, cucumber, carrot, mango, salmon w/ soysheet on top)

SMALL ITEMS

- Spicy mayo, hot sauce, wasabi, ginger, teriyaki sauce **\$.25**
- Additional ponzu sauce, gomaee sauce **\$.1**
- Substitute soy sheet for any roll **\$.75**
- Additional mango **\$.45**

WINE 5oz glass

- Copper Moon Merlot **\$6**
- Copper Moon Pinot Grigio **\$7.50**

SAKE

- Hot Sake 6oz **\$6** 11oz **\$11**
- Hakutsuru Cold Sake 300ml **\$24**

OTHER

- Asahi Beer 330ml **\$5.50** 650ml **\$11**
- Sapporo Beer 355ml **\$5.50** 500ml **\$11**
- Kirin Beer 341ml **\$5.75** 650ml **\$11.50**
- Bottled Water, Pop or Juice **\$2**

NO MSG · NO PEANUTS

Menu items may contain or come into contact with ingredients that cause allergic reactions in some individuals. Please let us know if you have allergy concerns prior to ordering. All our food is prepared & cooked to order. Please allow for preparation & cooking time, especially at this time when we are experiencing heavier than usual volume of takeout orders.