



### SOUP & SALAD

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

Rice **\$3**

Sushi Rice **\$4**

**Vegetable** Sunomono **\$4.50**

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

Shrimp Sunomono **\$5**

(with baby shrimps)

**Mixed Vegetable** Salad **\$8**

**Seaweed** Salad **\$10**

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

**Spinach** Gomaee **\$5.50**

(boiled spinach with sesame sauce)

### APPETIZERS

**Edamame** **\$5**

**Vegetable** Gyoza 5 pcs **\$7**

Pork Gyoza 5 pcs **\$7.25**

Shrimp Gyoza 5 pcs **\$9**

Garlic Gyoza 5 pcs **\$10**

**Vegetable** Spring Rolls 2pcs **\$5** 4pcs **\$9.50**

Agedashi Tofu **\$7.50** (deep-fried tofu with soy sauce broth)

**Spicy** Agedashi Tofu **\$8**

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

**Spicy** Chicken Karaage **\$10**

### TEMPURA

Appetizer Tempura **\$9.80**

(3 prawn/3 vegetable)

**Vegetable** Tempura 5pcs **\$8**

Prawn Tempura 4pcs **\$9.50** 8pcs **\$18**

**Yam** Tempura 4pcs **\$7.50** 8pcs **\$14.50**

### PANKO

Panko Breaded Prawns 4pcs **\$13.50** 8pcs **\$26**



SHRIMP GYOZA



YAM TEMPURA



PANKO PRAWNS

### TERIYAKI BOWL (beef or chicken and vegetables on rice)

**Tofu Teriyaki** **\$15.50**

Beef or Chicken Teriyaki Don S-**\$12.50** L-**\$15.50**

**Spicy** Chicken Karaage Don **\$16.50**

add Extra Beef or Chicken **+\$3.75**

### MAMA'S BENTO BOXES

with 8pcs roll, miso soup, and salad

Teriyaki Chicken or Teriyaki Beef Bento **\$13**

**Agedashi Bento** **\$13**

**Vegetable Tempura Bento** **\$13**

Karaage Bento **\$14.75**

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

Sashimi Bento (3pcs tuna, 2pcs salmon) **\$15.25**

all Salmon **+\$4**

Panko Salmon Bento **\$14.50**

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

Salmon Teriyaki Bento **\$14.50**

(California Roll, rice, small appetizer)

Tempura Bento **\$13.50**

Panko Prawn Bento **\$15.25**

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

### SASHIMI

Tuna (Albacore) 5pcs **\$11** 10pcs **\$21**

Salmon (Wild Sockeye) 5pcs **\$13** 10pcs **\$24.50**

Tuna 3pcs & Salmon 3pcs **\$14.50**

Tuna 5pcs & Salmon 5pcs **\$22.50**



SPICY CHICKEN KARAAGE DON



MAMA'S BENTO BOX



TUNA & SALMON SASHIMI

**TAKEOUT BAGS \$0.30**

#### 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.

For groups of 8 or more, a 15% gratuity will be automatically included in your bill. We serve hot food, so please be careful especially around children.



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

- Inari (1pc) **\$3.25**  
(fried bean curd with sushi rice)
- Cucumber Roll \$4**
- Avocado Roll \$4.35**
- Avocado Cucumber Roll \$4.65**
- Green Roll \$5.50**  
(avocado inside, avocado on top)
- Yam Roll \$5.50**
- Tuna Roll \$4.75**
- Salmon Roll \$4.75**
- Tuna Salmon Roll \$7**
- Beef Roll \$4.60**
- Chicken Roll \$4.60**
- California Roll \$4.85** (with mayonnaise)
- Salmon Avocado Roll \$6**
- Tuna Avocado Roll \$6**
- Crispy Chicken Roll \$5.70**
- Dynamite Roll \$6**
- Spicy Tuna Roll \$5.75**
- Spicy Salmon Roll \$4.95**
- Spicy BBQ Salmon Avocado Roll \$5.75**
- Spicy California Roll \$5.15**
- Spicy Dynamite Roll \$6.25**
- Spicy Shrimp Avocado Roll \$6.50**
- Spicy Scallop Roll \$8**



GREEN ROLL

**SEASONAL ROLLS** (and any roll with Mango)

- Mango Avocado Roll \$5.35**
- Mango California Roll \$5.75**
- Mango Chicken Roll \$6.50**



CTT ROLL

**SMALL ITEMS**

- Wasabi, ginger, teriyaki sauce **+\$0.30**
- Any roll, add spicy mayonnaise **+\$0.30**
- Additional ponzu sauce, gomaee sauce **+\$1**
- Substitute soy sheet on any roll **+\$1.50**
- Any roll, additional mango **+\$0.70**
- Soy sauce (1pack) **\$1.10**

**MAMA'S SPECIALTY SUSHI ROLLS**

- Mama's Dynamite Roll **\$9**  
(2 prawn tempura, cucumber, avocado on top)
- Mama's Vegetable Roll \$8**  
(cucumber, avocado, carrots, Japanese radish, tempura yam, tempura string bean, w/ soy sheet)
- CTT Roll \$11**  
(California roll w/ spicy tuna tobiko on top)
- Harbour Roll \$8**  
(salmon, cream cheese, mango, avocado on top)
- Spirit Roll \$7.50**  
(imitation crab tempura, tempura bits, cucumber, avocado on top w/ spicy sweet sauce)
- Centre Roll \$12.50**  
(tuna, salmon, prawn tempura, avocado, soy bean sheet w/ spicy Japanese mayonnaise)
- Madeira Roll \$10.75**  
(beet tempura, avocado, cucumber, carrot, mango, salmon w/ soysheet on top)



HARBOUR, SPIRIT, CENTRE ROLLS

**ROLL COMBO**

- Pender Combo \$18.50**  
(california, dynamite, crispy chicken)
- Vegetable Combo \$15.85**  
(yam, cucumber, avocado)
- Heat Combo \$20.50**  
(spicy salmon avocado, spicy tuna, spicy shrimp avocado)
- Josh Combo \$20**  
(spicy tuna, spicy dynamite, spicy crispy chicken)

**WINE** 6oz glass

- Copper Moon Merlot **\$7.75**
- Santa Margherita **\$8.25**

**BEER**

- Asahi Beer 330ml **\$6** 650ml **\$11.50**
- Sapporo Beer 500ml **\$10.50**

**SAKE**

- Hot Sake  
6oz **\$6.50**  
11oz **\$11.50**
- Hakutsuru Cold Sake  
300ml **\$25**
- Yuzu Sake 1 shot **\$8.50**  
2 shots **\$10**

**OTHER DRINKS**

- Bottled Water,  
Pop or Juice **\$2.25**
- Yuzu Soda **\$7**
- Green Tea **\$0.75**



All our food is prepared & cooked to order. Please allow for preparation & cooking time, especially at this time when we are experiencing a heavier than usual volume of takeout orders.