



SOUP & SALAD

Miso Soup (tofu, green onion) **\$3.25**
Rice **\$3.50**
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 **\$12**
(different types of seaweed, seame oil, ponzu sauce)
Spinach Gomaae **\$5.50**
(boiled spinach with sesame sauce)

APPETIZERS

Edamame **\$5.50**
Vegetable Gyoza 5 pcs **\$7.50**
Pork Gyoza 5 pcs **\$7.50**
Shrimp Gyoza 5 pcs **\$9.25**
Garlic Gyoza 5 pcs **\$10.50**
Vegetable Spring Rolls 2pcs **\$5.25** 4pcs **\$9.50**
Agedashi Tofu **\$7.75** (deep-fried tofu with soy sauce broth)
Spicy Agadeshi Tofu **\$8.30**
Chicken Karaage **\$8.50** (deep-fried chicken)
Spicy Chicken Karaage **\$10**

TEMPURA

Appetizer Tempura **\$10.25**
(3 prawn/3 vegetable)
Vegetable Tempura 5pcs **\$8.25**
Prawn Tempura 4pcs **\$10** 8pcs **\$19**
Yam Tempura 4pcs **\$8** 8pcs **\$15**

PANKO

Panko Breaded Prawns 4pcs **\$15** 8pcs **\$28.50**

UDON NOODLES

Plain **\$14.50** Spicy Plain **\$16.25**
Chicken **\$16.50** Spicy Chicken **\$18.75**
Beef **\$17.50** Spicy Beef **\$19.75**

TERIYAKI BOWL (beef or chicken and vegetables on rice)

Tofu Teriyaki **\$16**
Chicken Teriyaki Don S-**\$13.50** L-**\$16.50**
Beef Teriyaki Don S-**\$14** L-**\$17**
Spicy Chicken Karaage Don **\$17.50**
add Extra Beef or Chicken **+\$3.75**

MAMA'S BENTO BOXES

with 8pcs roll, miso soup, salad

Teriyaki Chicken or Teriyaki Beef Bento **\$14**
(Chicken or Beef Teriyaki, California Roll, salad, small appetizer)

Agedashi Bento **\$14**
(Agedashi Tofu, Avocado Cucumber Roll, salad, small appetizer)

Vegetable Tempura Bento **\$14**
(3pcs Vegetable Tempura, Vegetable Roll soy sheet, salad, small appetizer)

Karaage Bento **\$15.75**
(3pcs Chicken Karaage, California Roll, salad, edamame, vegetable spring roll)

Sashimi Bento **\$16.75**
(2pcs Tuna, 2pcs Wild Sockeye Salmon, California roll, salad, small apperizer) all Wild Sockeye Salmon **+\$5**

Panko Wild Sockeye Salmon Bento **\$16.50**
(3pcs Panko Salmon, Shrimp Avocado Roll, edamame, small appetizer)

Wild Sockeye Salmon Teriyaki Bento **\$16**
(California Roll, rice, small appetizer)

Tempura Bento **\$14.50**
(1pc Prawn Tempura, 2pcs Vegetable Tempura, California Roll, salad, small appetizer)

Panko Prawn Bento **\$16.50**
(3pcs Panko Prawns, Mango Shrimp Avocado Roll, edamame, small appetizer)

SASHIMI

Tuna (Albacore) 3pcs **\$8** 5pcs **\$13.50** 10pcs **\$24**
Wild Sockeye Salmon 3pcs **\$9** 5pcs **\$15** 10pcs **\$28**



SHRIMP GYOZA



YAM TEMPURA



PANKO PRAWNS



SPICY CHICKEN KARAAGE DON



MAMA'S BENTO BOX



TUNA & SALMON SASHIMI

SUSHI ROLLS (all rolls have rice on the outside)

Inari (1pc) **\$3.50**
(fried bean curd with sushi rice)
Cucumber Roll **\$4.20**
Avocado Roll **\$4.50**
Avocado Cucumber Roll **\$4.80**
Green Roll **\$5.80**
(avocado inside, avocado on top)
Yam Roll **\$5.70**
Tuna Roll **\$5**
Wild Sockeye Salmon Roll **\$5.20**
Tuna Salmon Roll **\$7.30**
California Roll **\$5.10** (with mayonnaise)
Wild Sockeye Salmon Avocado Roll **\$6.50**
Tuna Avocado Roll **\$6.25**
Crispy Chicken Roll **\$5.95**
Dynamite Roll **\$6.30**
Spicy Tuna Roll **\$6**
Spicy Wild Sockeye Salmon Roll **\$5.35**
Spicy BBQ Salmon Avocado Roll **\$6**
Spicy California Roll **\$5.35**
Spicy Dynamite Roll **\$6.50**
Spicy Shrimp Avocado Roll **\$6.75**
Spicy Scallop Roll **\$8**



GREEN ROLL



CTT ROLL

Spicy mayonnaise may be added to any roll **+.20**

SEASONAL ROLLS (and any roll with Mango)

Mango Avocado Roll **\$5.60**
Mango California Roll **\$5.80**
Mango Chicken Roll **\$6.75**
Mango Shrimp Roll **\$7.35**



HARBOUR, SPIRIT, CENTRE ROLLS

MAMA'S SPECIALTY SUSHI ROLLS

Mama's Dynamite Roll **\$9.25**
(2 Prawn Tempura, cucumber, avocado on top)
Mama's Vegetable Roll **\$8.50**
(cucumber, avocado, carrots, Japanese radish, tempura yam, tempura string bean, with soy sheet)
CTT Roll **\$11.50**
(California Roll with spicy tuna tobiko on top)
Harbour Roll **\$8.50**
(Wild Sockeye Salmon, cream cheese, mango, avocado on top)
Spirit Roll **\$7.75**
(imitation crab tempura, tempura bits, cucumber, avocado on top with spicy sweet sauce)
Centre Roll **\$12.80**
(tuna, salmon, prawn tempura, avocado, soy bean sheet with spicy Japanese mayonnaise)
Madeira Roll **\$11.25**
(beet tempura, avocado, cucumber, carrot, mango, salmon with soysheet on top)

SMALL ITEMS

Wasabi, ginger, teriyaki sauce, spicy mayonnaise, hot sauce **+\$.50**
Any roll, add spicy mayonnaise **+.20**
Additional ponzu sauce, gomaae sauce **+\$1**
Substitute soy bean sheet on any roll **+\$1.50**
Any roll, additional mango **+\$.70**
Soy sauce (1 pack) **\$.20**

WINE 5oz glass

Copper Moon Merlot **\$7.80**
Santa Margherita **\$8.50**

BEER

Asahi Beer 330ml **\$6.25** 650ml **\$11.50**
Sapporo Beer 500ml **\$10.50**

SAKE

Hot Sake
6oz **\$6.50**
11oz **\$11.50**
Hakutsuru Cold Sake
300ml **\$26**
Yuzu Sake 1oz **\$8.50**
2oz **\$10**

OTHER DRINKS

Bottled Water,
Pop or Juice **\$2.50**
Yuzu Soda **\$8**
Green Tea **\$.75**

TAKEOUT BAGS **\$.30**

NO MSG • NO PEANUTS

- Some of our dishes may have ingredients that could cause allergic reactions. If you have any food allergies or sensitivities, please inform us before placing your order.
- We've got limited seating, so we kindly ask that your whole party is here before we seat you. Thanks for understanding!
- For groups of 8 or more, a 12% gratuity will be added to the bill. Some of our food is served hot, so please take care—especially with little ones around.
- All our food is made to order, so please allow a bit of extra time—especially during this busy period with higher takeout volume. Thanks for your patience!