



Sanbiki Vegetarian Menu



V=Vegan

D=Dashi
(Fish Stock)

Our customers have been asking for more vegetarian menu choices and so we bring you our first ever vegetarian menu!

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D=Dashi
(Fish Stock)

Japanese vegetarian cuisine has a long history as eating meat and killing animals was banned for hundreds of years. However, seafood has still usually been used to flavour soups and sauces. To help you choose a meal specific to your needs we have tagged menu items that contain dashi (fish stock) **D** and also dishes that are vegan. **V**

Sides and Starters

| | | |
|----------|---|--------|
| V | Spinach Goma-ae Japanese style spinach and sesame salad | \$6.00 |
| V | Edamame Boiled soybeans in the pod | \$5.00 |
| D | Veggie Tempura Assorted individual veggies in tempura | \$8.00 |
| D | Mix Veggie Tempura Kakiage (birds nest style) | \$6.00 |
| V | Green Salad Your choice of yuzu or sesame miso vinaigrette | \$4.00 |
| D | Veggie Sunomono Chilled noodles, cucumber, tamago & vinegar dressing | \$6.00 |
| D | Miso Soup | \$2.50 |
| V | Rice | \$2.50 |
| V | Sushi Rice | \$2.50 |

Rice and Noodles

| | | |
|----------|--|---------|
| V | Teriyaki Tofu Bowl Veggies and tofu stir-fried with teriyaki sauce & rice | \$11.00 |
| V | Spicy Veggie & Tofu Bowl Spicy stir-fried tofu, veggies, garlic and sesame. Served over rice | \$12.00 |
| D | Veggie Tendon Bowl Mixed veggie tempura (birds nest style) over rice with homemade sauce | \$11.00 |
| V | Teriyaki Tofu Noodle Stir-fried udon noodles with tofu, veggies and teriyaki sauce | \$11.00 |
| V | Spicy Sesame Noodle Hot and spicy stir-fried Udon noodles with tofu, veggies, garlic and sesame | \$12.00 |
| D | Veggie Tempura Udon A bowl of Udon (thick, white noodles) served in soup and topped with crispy veggie mixed tempura (kakiage style) | \$11.00 |

We will do our best to accommodate special requests! Substitutions subject to Chef's approval and a minimum \$1 charge

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More Veggie Options

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Maki Sushi (8 pieces/roll)

| | | | |
|---|-------------------------------|--|--------|
| V | Garden Roll | cucumber, avocado, lettuce and carrot | \$4.25 |
| V | Kappamaki | cucumber and a sprinkle of sesame | \$4.25 |
| V | Avocado Roll | avocado and rice inside-out style | \$4.25 |
| V | Yam Tempura Roll | with freshly made yam tempura | \$6.00 |
| V | Inari Roll | Sweetened tofu with cucumber and sesame | \$4.25 |
| D | Tamago Roll | Homemade sweet omelet with cucumber and sesame | \$7.00 |
| V | Spicy Spinach and Sesame Roll | Chilled spinach, cucumber, avocado, sesame and spicy sauce | \$6.00 |

Nigiri Sushi (per piece)

| | | | | | | | |
|---|-------|-----------------------|--------|---|--------|-------------------------|--------|
| V | Inari | Sweetened tofu pocket | \$2.50 | D | Tamago | Homemade sweet omelette | \$2.50 |
|---|-------|-----------------------|--------|---|--------|-------------------------|--------|

VEGGIES!

Good for you, good for the planet!

Meat production can be tough on our environment. Large quantities of grain, water and fossil fuels are required to produce a relatively small amount of meat. Not so much bang for your resource buck so to speak! Also, meat production can contribute to soil erosion and water pollution and produces *a lot* of methane (one of those nasty green house gases...)

More info @ davidsuzuki.org, fao.org, goveg.com, etc.