



V=Vegan

Sanbiki Vegetarian Menu



V=Vegan

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

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 are vegan.

Sides and Starters

 Spinach Goma-ae Japanese style spinach and sesame salad	\$6.50
 Edamame Boiled soybeans in the pod	\$7.00
Veggie Tempura Assorted individual veggies in tempura	\$9.00
 Green Salad Homemade sesame miso vinaigrette	\$5.00
Veggie Sunomono Chilled noodles, cucumber, tamago & vinegar dressing	\$7.00
Miso Soup	\$2.75
 Rice	\$2.50
 Sushi Rice	\$2.75

Rice and Noodles

 Teriyaki Veggie Bowl Veggies and organic mushroom with teriyaki sauce & rice	\$13.00
 Spicy Teriyaki Veggie Bowl Spicy veggies and organic mushroom with teriyaki sauce & rice	\$14.00
 Teriyaki Veggie Noodle Stir-fried udon noodles with organic mushroom, veggies and teriyaki sauce	\$13.00
 Spicy Veggie Noodle Spicy Stir-fried udon noodles with organic mushroom, veggies and teriyaki sauce	\$14.00
Veggie Tempura Udon A bowl of Udon (thick, white noodles) served in soup and topped with crispy veggie mixed tempura (kakiage style)	\$14.00

Add Tofu - \$1 charge

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

V=Vegan

More Veggie Options

V=Vegan

Maki Sushi (8 pieces/roll)

 Garden Roll	cucumber, avocado, lettuce and carrot	\$4.50
 Kappamaki	cucumber and a sprinkle of sesame	\$4.50
 Avocado Roll	avocado and rice inside-out style	\$4.50
	Yam Tempura Roll with freshly made yam tempura (contains egg)	\$4.50
 Inari Roll	Sweetened tofu with cucumber and sesame	\$4.50
 Spicy Spinach and Sesame Roll	Chilled spinach, cucumber, avocado, sesame and spicy sauce	\$6.00

Nigiri Sushi (per piece)

 Inari	Sweetened tofu pocket	\$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.