

SHIZEN

JAPANESE TEPPANYAKI + SUSHI BAR

APPETIZER: SOUPS & GREENS

- ① **Miso Shiru 3**
Miso Soup • Tofu • Scallions
Seaweed
- ①② **Edamame 5**
Soybeans • Sea Salt
- ①② **Sunomono 5**
Cucumber • Ogo Nori • Carrot
- ①② **Seaweed Salad 5**
Marinated Seaweed
- ①② **Shizen Salad 6**
Fresh Spring Mix • Carrot
Teardrop Tomato
- ① **Burokkori 5**
Asian Broccoli • Plum Sauce
- ① **Salmon Skin Salad 8**
Crispy Salmon Skin • Fresh Spring Mix
- ① **Shishoto Age 6**
Blistered Shishoto Peppers

TEMPURA

- Ebi 8**
Gulf White Shrimp
- Agedashi Dofu 5**
Fried Tofu • Dried Bonito Shavings
Dashi
- ① **Vegetable Tempura 5**
Seasonal Tempura Vegetables

ENTREES

- Yaki Soba 14**
Stir Fried Noodles • Chicken
Shrimp • Tonkatsu Sauce
- ① **Tofu Yaki Soba 12**
Fried Tofu • Sautéed Vegetables
- Macadamia Chicken Katsu 26**
Stir Fry Vegetables • Fried Brown Rice
Soyu Cream Sauce
- ① **Teriyaki Chicken 25**
Grilled Chicken • Stir-fried Vegetables
- Miso-Glazed Salmon 32**
Sautéed Spinach • Miso Marinade
- *① **Ahi Steak 32**
Gailan • Sweet & Sour Sauce
- *① **Teriyaki Beef Tenderloin 38**
Buttered Asparagus • Fried Rice
- *① **Tobanyaki Skillet 39**
Riebye Steak 6oz • Enoki Mushroom
Shirataki Noodles • Gailan • Carrots
Onion • Beef Broth

CURRY

- ① **Vegetarian Curry 18**
Steam Rice • Red & Green Bell Peppers
Carrots • Eggplant • Baby Corn
Tofu • Bok Choy
- ① **Chicken Curry 19**
Steam Rice • Red & Green Bell Peppers
Carrots • Eggplant • Baby Corn
- ① **Seafood Curry 21**
Steam Rice • Red & Green Bell Peppers
Carrots • Eggplant • Baby Corn
Shrimp • Scallops • Clams • Calamari
Green Mussels
- ① **Beef Curry 19**
Steam Rice • Red & Green Bell Peppers
Carrots • Eggplant • Baby Corn
NY Steak

NOODLE BOWLS

① Shirataki Noodle option available. Shirataki noodles are gluten-free and carbohydrate-free.

- Chasu Ramen 12**
Ramen Noodles • Tonkatsu Broth
Chasu Pork • Shiitake Mushrooms
Soft Boiled Egg • Negi • Menma
Shredded Leeks
- ① **Vegetable Ramen 10**
Udon Noodles • Miso Broth • Fried Tofu
Shiitake Mushrooms • Enoki Mushrooms
Wakame • Shredded Leeks • Nori
- Chicken Ramen 11**
Ramen Noodles • Tonkatsu Broth
Grilled Chicken • Shiitake Mushrooms
Soft Boiled Egg • Negi • Menma
Shredded Leeks
- Seafood Ramen 14**
Ramen Noodles • Shoyu Broth • Scallops
Shrimp • Mussels • Menma • Bonito Flakes
Enoki Mushrooms • Shredded Leeks

Extra Toppings

- Chasu Pork 2**
- Tamago (Soft Boiled Egg) 1**
- Bonito Flakes 1**
- Negi 1**
- Enoki Mushrooms 1**
- Menma (Bamboo Shoots) 1**
- Shiitake Mushrooms 1**
- Tofu 1**

① Gluten Free ① Vegetarian

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

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SUSHI

Choice of White or Brown Rice

Nigiri/Sashimi

Nigiri: two pieces per order

Sashimi: five pieces per order

- *GF Albacore (Bincho Maguro) 7 / 14
- *GF Baby Yellowtail (Kanpachi) 7 / 14
- GF Crab (Kani) 7 / 14
- Fresh Water Eel (Unagi) 6 / 12
- *GF Garlic Albacore 7 / 14
- *GF Garlic Salmon 7 / 14
- *GF Garlic Tuna 8 / 16
- *GF Mackerel (Saba) 5 / 10
- GF Octopus (Tako) 6 / 12
- *GF Salmon (Sake) 6 / 12
- GF Salmon Belly (Sake Toro) 7 / 14
- *GF Salmon Egg (Ikura) 6 / 12
- *GF Scallops (Hotate) 6 / 12
- *GF Sea Urchin (Uni)* Market
- GF Shrimp (Ebi) 5 / 10
- *GF Smelt Egg (Masago) 5 / 10
- *GF Smoked Salmon 6 / 12
- GF Squid (Ika) 6 / 12
- GF Surf Clam (Hokkigai) 6 / 12
- *GF Sweet Shrimp (AmaEbi)* 7 / 14
- GF Tamago 4 / 8
- *GF Tuna (Maguro) 7 / 14
- *GF White Fish (Hirame) 5 / 10
- *GF Yellowtail (Hamachi) 6 / 12

Makimono

Sushi Rolls

- GF California Roll 8
- GF Cucumber Roll 4
- *GF Tuna Roll 7
- *GF Salmon Roll 7
- *GF Yellowtail Roll 7
- *GF Philadelphia Roll 8
- Eel Roll 8
- GF Salmon Skin Roll 7
- *GF Spicy Tuna Roll 7
- *GF Spicy Salmon Roll 7
- GF Spicy Crab Roll 7
- GF V Vegetable Roll 6
- Shrimp Tempura Roll 9
- California Crunch Roll 7

Shizen Signature Rolls

Chefs Makimono

- *GF Rainbow Roll 14
- In: Crabmix • Avocado • Cucumber
- Out: Tuna • Salmon • Yellowtail • Shrimp
- * Tiger Roll 15
- In: Shrimp Tempura • Cucumber
- Out: Spicy Tuna • Avocado • Eel Sauce
- Spider Roll 14
- In: Soft Shell Crab • Avocado • Cucumber
- Dragon Roll 14
- In: Crabmix • Cucumber
- Out: Eel
- Caterpillar Roll 14
- In: Eel • Cucumber
- Out: Avocado
- * Las Vegas Roll (Fried Roll) 16
- In: Tuna • Salmon • Yellowtail • Avocado
- Out: Eel Sauce • Spicy Motoyaki Sauce
- Rock & Roll 12
- In: Tempura Shrimp • Avocado
- Asparagus • Cucumber
- Out: Soypaper
- Alaskan Roll 9
- In: Baked Salmon Belly
- Out: Tempura Crunch • Eel Sauce
- Crab Crunch Roll 9
- In: Crabmix
- Out: Tempura Crunch • Eel Sauce
- Banzai Roll 10
- In: Spicy Crab Mix • Avocado
- Shrimp Tempura
- Out: Cucumber Wrap
- * Cajun Roll 15
- In: Soft Shell Crab • Cucumber
- Out: Cajun Spiced Albacore
- * Mexican Roll 15
- In: Whitefish • Crab Mix • Avocado
- Cream Cheese
- Out: Spicy Motoyaki Mayo
- Japanese Burrito 15
- Furikake Mix • Shrimp Tempura
- Avocado • Soy Paper
- Spicy Motoyaki Sauce
- Monkey Brain Roll 15
- In: Shrimp Tempura • Avocado
- Cucumber
- Out: Torched Salmon
- * Rampart Roll 14
- In: Jalapeño • Cream Cheese • Crab
- Out: Spicy Tuna • Screaming O Sauce
- Tempura Crunch • Unagi Sauce
- Screaming Salsa Roll 18
- In: Crab • Avocado
- Out: Pico de Gallo • Mango Coulis
- Raspberry Coulis

Hot/Cold Plates

Cold

- *GF Ahi Poki 14
- Maguro • Ogo Nori • Tobiko
- Sesame Oil Marinade • Seaweed
- Macadamia Nut
- *GF Albacore Tataki 12
- Seared Albacore • Mango
- Garlic Pon Sauce
- *GF New Style Jalapeño
- Yellowtail Sashimi 14
- Hamachi • Jalapeño • Ponzu • Red Radish
- * Hamachi Crisp 14
- Yellowtail • Wonton Crisp
- Madarine Orange Vinaigrette
- * White Fish Ceviches 15
- Fresh Catch White Fish • Scallop
- Tiger Shrimp • Red Onion
- Tomato • Strawberry • Mango
- Kiwi • Kinilaw Sauce

Hot

- GF Baked Green Mussel 8
- New Zealand Mussel • Motoyaki Sauce
- Gyoza 8
- Chicken Potstickers • Ten Tsuyu Sauce
- GF Chicken Yakitori 10
- Fresh Chicken Skewer • Teriyaki Sauce
- Rock Shrimp Crunch 12
- Prawns • Chilli Aoili Sauce
- GF Hamachi Kama 14
- Broiled Yellowtail Collar • Yuzupon
- Soft Shell Crab 14
- Jumbo Soft Shell Crab • Ponzu Sauce
- Fried Baby Tako 10
- Baby Octopus
- V Fried Beets 6
- Deep Fried Beets • Togarashi Spice
- Chili Aoili
- Salmon Sliders 12
- Wasabi Mayo • Frisee • Furikake
- Hawaiian Sweet Rolls
- Pork Belly Buns 10
- Kimchee Puree • Sliced Green Apple
- Leeks • Hosin Sauce
- Crispy Wings 8
- Sweet & Sour Ginger Soy Sauce

DESSERT

- GF V Trio of Mochi 6
- Red Bean • Mango • Green Tea

Seasonal Chef's Selection 5

GF Gluten Free V Vegetarian

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TEPPANYAKI MENU

APPETIZER: SOUPS & GREENS

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Miso Soup • Tofu • Scallions
Seaweed
- Ⓥ **Edamame 5**
Soybeans • Sea Salt
- Ⓥ **Sunomono 5**
Cucumber • Ogo Nori • Carrot
- Ⓥ **Seaweed Salad 5**
Marinated Seaweed
- Ⓥ **Shizen Salad 6**
Fresh Spring Mix • Carrot
Teardrop Tomato
- Ⓥ **Burokkori 5**
Asian Broccoli • Plum Sauce
- Ⓥ **Salmon Skin Salad 8**
Crispy Salmon Skin • Fresh Spring Mix
- Ⓥ **Shishoto Age 6**
Blistered Shishoto Peppers

TEMPURA

- Ebi 8**
Gulf White Shrimp
- Agedashi Dofu 5**
Fried Tofu • Dried Bonito Shavings
Dashi
- Ⓥ **Vegetable Tempura 5**
Seasonal Tempura Vegetables

TEPPANYAKI ENTREES

All Teppanyaki entrees are served with Miso Soup, House Salad, Fried Rice and Teppanyaki Vegetables

Traditional

- Ⓥ **Teppanyaki Vegetarian 21**
Shiitake Mushrooms • Eggplant • Onion
Carrots • Snowpeas • Zucchini
- Ⓥ **Teppanyaki Chicken 26**
Fresh Chicken Breast • Teriyaki Sauce
- *Ⓥ **Teppanyaki Steak 29**
Prime New York Strip
- Ⓥ **Teppanyaki Shrimp 31**
White Prawns
- Ⓥ **Teppanyaki Scallops 31**
Jumbo Scallops
- *Ⓥ **Teppanyaki Filet Mignon 39**
Beef Tenderloin
- Ⓥ **Teppanyaki Salmon 33**
Fresh Salmon
- Ⓥ **Teppanyaki Lobster 40**
Lobster Tail
- *Ⓥ **Teppanyaki Ribeye Steak 39**
Prime Ribeye
- *Ⓥ **Teppanyaki Tuna Steak MKT**
Fresh Big Eye Tuna

Combination

- Ⓥ **Chicken and Shrimp 36**
- *Ⓥ **Chicken and Steak 38**
- *Ⓥ **Shrimp and Scallops 41**
- *Ⓥ **Steak and Salmon 43**
- *Ⓥ **Steak and Shrimp 40**
- *Ⓥ **Filet Mignon and Chicken 41**
- *Ⓥ **Filet Mignon and Salmon 43**
- *Ⓥ **Filet Mignon and Lobster 49**
- *Ⓥ **Ribeye Steak and Chicken 41**
- *Ⓥ **Ribeye Steak and Lobster 51**
- *Ⓥ **Ribeye Steak and Shrimp 43**
- *Ⓥ **Ribeye Steak and Scallops 45**
- *Ⓥ **Tuna Steak and Shrimp 39**
- *Ⓥ **Tuna Steak and Scallops 41**
- *Ⓥ **Tuna Steak and Lobster 50**

Kodomo Kids Menu

- Ⓥ **Chicken 12**
- *Ⓥ **Filet Mignon 19**
- Ⓥ **Shrimp 15**
- *Ⓥ **Steak 17**

DESSERT

- Ⓥ **Trio of Mochi 6**
Red Bean • Mango • Green Tea
- Seasonal Chef's Selection 5**

Ⓥ Gluten Free Ⓥ Vegetarian

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08/2016

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ALL-YOU-CAN-EAT MENU

\$29 PER PERSON

Appetizer

- Miso Soup
- GF V Edamame
- GF V Cucumber Salad
- GF V Seaweed Salad
- Squid Salad
- V Shizen Salad
- GF Baked Green Mussel
- Spring Roll
- Agedashi Tofu
- Gyoza
- Vegetable Tempura
- *GF Albacore Tataki

Nigiri

- *GF Salmon (Sake)
- *GF Tuna (Maguro)
- *GF Yellowtail (Hamachi)
- *GF Albacore (Bincho Maguro)
- *GF Garlic Salmon
- *GF Garlic Tuna
- *GF Garlic Albacore
- *GF White Fish (Hirame)
- GF Shrimp (Ebi)
- *GF Mackerel (Saba)
- GF Tamago
- GF Crab (Kani)
- GF Octopus (Tako)
- *GF Squid (Ika)
- *GF Surf Clam (Hokkigai)
- *GF Scallops (Hotate)
- **GF Sea Urchin (Uni)
- **GF Sweet Shrimp (AmaEbi)
- *GF Salmon Egg (Ikura)
- *GF Smelt Egg (Masago)
- GF Fresh Water Eel (Unagi)
- GF Smoked Salmon
- *GF Baby Yellowtail (Kanpachi)

Rolls

- GF California Roll
- GF V Cucumber Roll
- *GF Tuna Roll
- *GF Salmon Roll
- *GF Yellowtail Roll
- GF Philadelphia Roll
- GF Eel Roll
- GF Salmon Skin Roll
- *GF Spicy Tuna Roll
- *GF Spicy Salmon Roll
- GF Spicy Crab Roll
- GF V Vegetable Roll
- GF Crab Crunch Roll

No sharing and no left overs.

Rice is part of Nigiri and Rolls please try to finish, we will charge for left over.

Brown rice available upon request.

GF Gluten Free V Vegetarian

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‡ Limit two (2) pieces per person.

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SAKE

traditional

Served cold by the bottle

Good Fortune Horin 48

Junmai Daiginjo-300 ml

Brewers Pride Joto 58

Junmai Daiginjo-300 ml

Nama Gekkeikan 25

Junmai-300 ml

Silk Deluxe Ichishima 75

Junmai Daiginjo-300 ml

Hot Sake 10

Served in a carafe

non-traditional

Served cold by the bottle

Mio Shochikubai 22

Sparkling-300 ml

Yuki Shochikubai 25

White Peach

Hana 38 (glass 10)

Raspberry, Fuju Apple or White Peach

Infusions Ty Ku 35

Coconut Nigori Cloud

Little Lily Sayuri 30

Nigori Cloud

WINE

glass/bottle

white

Columbia Crest Grand Estate Chardonnay 8/30

Sonoma Cutrer Chardonnay 16/62

Nuschese Pinot Grigio 8/30

Kris Pinot Grigio 12/42

Hill Family Sauvignon Blanc 12/42

Villa Maria Sauvignon Blanc 15/58

Chateau Ste Michelle Riesling 8/30

Snoqualmie Riesling 9/34

Twisted Moscato 8/30

J Vineyards Vin Gris (Rose) 15/52

Beringer White Zinfandel 8/30

red

Louis Martini Cabernet Sauvignon 8/30

Estancia Cabernet Sauvignon 10/38

William Hill Merlot 8/30

Whitehall Lane Merlot 20/70

Red Diamond Pinot Noir 8/30

Meiomi Pinot Noir 15/58

Hill Family Red Blend 15/58

Opolo Zinfandel 15/58

Champagne • sparkling

La Marca Prosecco 10/38

Nicolas Feuillatte 17 glass

Perrier Jouet Grand Brut 100 bottle

BEER

domestic

Budweiser 5

Bud Light 5

Miller Lite 5

Coors Light 5

Michelob Ultra 5

Angry Orchard Apple Cider 5

import

Corona 6

Corona Light 6

Heineken 6

Heineken Light 6

Stella Artois 6

Amstel Light 6

craft

Sam Adams Boston Lager 7

Sam Adams Seasonal 7

Blue Moon 7

Sierra Nevada 7

Coachella Desert Swarm 7

Ballast Point Grapefruit

Sculpín IPA 7

Deschutes Black

Butte Porter 7

Deschutes Fresh

Squeezed IPA 7

large bottle

Kirin 10

Sapporo 10

draft

Sapporo 6 glass/18 pitcher