

SIDES & SOUP

- **Green Salad** organic greens with house dressing 4
- **Wakame Salad** seasoned seaweeds 4
- **Gomaae** spinach with sesame dressing 4
- **Edamame** salted green soy beans 4
- **Sunomono** (Plain | Ebi | Tako | Kani+\$2) translucent noodles, cucumbers, seaweed in vinaigrette 4
- **Miso Soup** tofu & green onion 1.5
- **Wakame Miso** seaweed, tofu & green onion 2
- Udon** plain | seaweed | bean curd (small or large) 4+

SASHIMI SLICED FISH

- **Assorted** (11pc) tuna, salmon, hamachi, tako 20
- **Deluxe** (21pc) chef's assortment 42
- **Tuna** (4pc) west coast albacore tuna 9.5
- **Salmon** (4pc) wild sockeye salmon 10
- **Hamachi** (4pc) japanese yellowtail 12

NIGIRI SUSHI PER PIECE

- **Tuna** west coast albacore 2.5
- **Toro** albacore tuna belly 3.5
- **Salmon** wild sockeye 3
- **Smoked Salmon** smoked wild sockeye 3
- **Hamachi** japanese yellowtail 3
- **Ebi** house boiled prawn 2.5
- **Botan Ebi** spot prawn BC 4.5
- **Ika** squid 2.5
- **Tako** boiled octopus 2.5
- **Hokkigai** arctic surf clam 2.5
- **Kani** real crab meat 3
- **Hotate** japanese scallop 4
- **Chopped Scallop** bay scallops, masago, mayo 2.5
- **Ikura** wild salmon roe 4
- **Tobiko** flying fish roe 2
- **Masago** capelin roe 1.5
- **Uni** sea urchin BC 7
- Unagi** barbequed freshwater eel 3.5
- **Tamago** house made egg omelette 2
- **Inari** bean curd pouch stuffed with sushi rice 2

系
賀



SUSHI
ITOGA

Thank you for your patronage over the past 10 years

MAKI ROLLS 6 pcs unless otherwise noted

- **California** imitation crab, avocado, masago, mayo 4
- **California Real Crab** avocado, masago, mayo 9
- **BC** (4pc) baked sockeye salmon, cucumber, spicy mayo 4
- **Spicy Tuna** tuna, green onion, spicy sauce 5
- **Spicy Salmon** wild sockeye, spicy sauce 6
- **Salmon Avocado** wild sockeye, avocado 6
- **Chopped Scallop** bay scallops with masago & mayo, cucumber 5
- Unagi** barbequed freshwater eel, cucumber 6.5
- **Dynamite** (4pc) 2 boiled prawns, imitation crab, lettuce, cucumber, masago, mayo 6
- **Yam** baked yam, lettuce, cucumber, mayo 4.5
- **Vegetable** lettuce, cucumber, avocado, red pepper, spicy mayo 4.5
- **Alaska** (8pc) avocado, cucumber, masago inside topped with sockeye salmon and signature sesame sauce 9
- **Rainbow** (8pc) tuna, salmon, avocado on top, imitation crab, avocado, masago, mayo inside 8
- **Philadelphia** (8pc) smoked sockeye salmon, light cream cheese, cucumber 6
- **Tekka** albacore tuna 3
- **Negitoro** albacore belly, green onion 4
- Negihama** yellowtail, green onion 4.5
- **Salmon** wild sockeye salmon 3.5
- **Avocado** 3
- **Kappa** cucumber, sesame 3
- **Tamago** house made egg omelette 3
- **Oshinko** japanese pickled radish, sesame 3
- **Umeshiso** perilla leaves, sour plum sauce, seasame 3
- **Ikashiso** squid, perilla leaves, sesame 4.5
- **Natto** fermented soybeans, green onion 3
- **Kanpyo** (4pc) house simmered gourd 3
- Futomaki** (4pc) cucumber, shiitake mushroom, gourd, omelette, tofu powder 7

- vegetarian
- gluten free
- gluten free option for additional \$5

Though we take great care, all items are prepared in the same area as items containing seafood and gluten. We cannot ensure that cross-contamination does not occur.

Extra Ginger 1.00 Gluten Free Soy Sauce 0.75
Extra Sauces 1.00

Adhering to tradition, wasabi is applied to many of our sushi. Please advise us before ordering if you prefer us not to use wasabi.

If you have food allergies please let us know before ordering. We cannot ensure that cross-contamination does not occur.

Please note that while infrequent, there could be pieces of bone or shell in our fish and shellfish.

SUSHI ITOGA is a proud partner of Vancouver Aquarium's OceanWise™ program in providing ocean-friendly seafood choices.



SET MENU

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|------------------------|--|-----|---------------------------|--|----|
| • Maki Combo 1 | california, dynamite | 9.5 | • Assorted Sushi | tuna, ebi, salmon, clam, tobiko, tamago & tuna roll | 16 |
| • Maki Combo 2 | california, spicy tuna | 8.5 | Deluxe Sushi | chef's choice, 10pc nigiri | 25 |
| • Maki Combo 3 | california, tuna, salmon | 9.5 | Chirashi | assortment of sashimi on bowl of sushi rice | 18 |
| • Sushi Combo D | california, 2 tuna, 2 salmon, 2 ebi | 17 | • Tekka Salmon Don | tuna and salmon on bowl of sushi rice | 17 |
| Sushi Combo H | tuna, ebi, kani, salmon, unagi, tamago, california 3pc | 17 | Unagi Bowl | barbequed eel on sushi rice with omelette, ginger and nori seaweed | 15 |
| • Veg Combo | vegetable roll, avocado roll , 2pc inari | 10 | | | |

- sorry, no substitutions -



Maki Combo 1 \$9.5



Maki Combo 2 \$8.5



Maki Combo 3 \$9.5



Sushi Combo D \$17



Sushi Combo H \$17



Assorted Sushi \$16



Assorted Sashimi (11pcs) \$20



Deluxe Sashimi (21pcs) \$42



Chirashi Bowl \$18



Signature Dish

TRAYS

Party Tray A (2-3 Persons, 38pc)
2pc each of tuna, salmon, ebi, tamago, clam, tako, tobiko, 2 california rolls, 1 tuna roll and 1 salmon roll \$45

Party Tray B (3-4 Persons, 56pc)
2 california, 1 BC, 1 spicy tuna, 1 dynamite, 1 vegetable, 2 tuna rolls, 2 salmon rolls \$38

Party Tray C (4-5 Persons, 48pc)
4pc each of tuna, salmon, ebi, clam, tako, tamago, 2 california rolls, 1 tuna roll, 1 salmon roll \$70