

**PRESSED SUSHI**

Lumina	\$7.95
salmon, avocado, jalapeno mayo with Eel sauce	
Spicy Yam	\$7.95
yam, avocado with jalapeno mayo sauce	
Green Garden	\$7.95
yam, avocado with Sesame & Spinach sauce	

**SIGNITURE ROLL**

Super Hero	\$7.50
inside: tuna, crunchy bits, chili mayo	
top: avocado, crunchy bits, Eel sauce	
Volcano	\$7.70
inside: spicy tuna, cucumber	
top: crunchy bits, red hot lava sauce	
Mickey	\$8.10
inside: salmon, avocado, scallop, prawn tempura, chili mayo	
outside: soy sheet	
Dragon	\$9.20
inside: prawn tempura, avocado, cucumber, mayo	
top: BBQ eel with Oryzae BBQ sauce	
Lobster Dynamite	half \$8.20 full \$15.20
inside: lobster tempura, avocado	
top: tobiko roe, sweet miso mayo sauce	
Thai Crab Roll	\$8.40
inside: real crab meat, avocado and mayo	
top: beet tip and cilantro with thai chili sauce	
Crab Tempura Roll	\$8.95
inside: real crab meat, cucumber, mayo	
top: Karashi Mayo, Eel sauce	
Mango Magic Roll	\$8.50
inside: Avocado	
top: Mango Puree, Cilantro, Salmon marinated with Kozo plum dressing.	

**VEGETABLE ROLL**

Yam	\$4.95
inside: avocado, cucumber, yam, mayo	
top: crunchy bits	
Purple V.	\$6.20
inside: avocado, cucumber, yam, mayo	
top: beet	
Vegetable	\$3.90
Avocado	\$3.70
Cucumber	\$2.80

**BASIC ROLL**

Eel and Cucumber	\$5.45
Eel and Avocado	\$6.15
Chopped Scallop	\$6.15
Scallop , Tobiko (flying fish roe), mayo	
Negitoro	\$3.60
California	\$3.85
Real Crab California	\$6.65
Tuna	\$3.10
Spicy Tuna	\$4.10
Salmon	\$3.35
BBQ Salmon	\$4.70
Salmon and Avocado	\$5.15
Dynamite	\$5.10
tempura prawn, cucumber, avocado, tobiko (flying fish roe)	



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TEL:604-567-2999  
ORYZAEFOURSEASONS.COM**

Prices and menu items subject  
to change without notice

## A LA CARTE

Edamame	\$3.50
Gomaae	\$5.00
seasonal vegetable with house made sesame sauce	
Agedashi Tofu	\$5.50
deep fried tofu with sweet dashi stock	
Spicy Agedashi Tofu	\$6.00
deep fried tofu with sweet dashi stock	
Gyoza	\$5.00 / vegetable \$6.00 / pork
deep fried pork or vegetable dumplings (5pc)	
Prawn Sunomono	\$3.95
rice noodles with prawn on top	
Seaweed Sunomono	\$3.50
rice noodles with seaweed on top	
Chicken Karaage	\$5.00 / 4pc \$9.00 / 8pc
soy ginger marinade deep fried chicken	
Aburi Saba (torched)	half \$5.00 full \$9.00
salt and vinegar cured mackerel sashimi	
Tuna Poke	\$7.95
sweet and spicy sauce, avocado, chopped tuna	

## SALAD

Chicken Salad	\$8.00 / small	\$14.00 / large
Beets Salad	\$7.50 / small	\$11.50 / large
Tofu Salad	\$6.75 / small	\$11.50 / large
Roast beef Salad	\$8.00 / small	\$14.00 / large

House made dressing

- Wasabi (wasabi soy dressing. gluten free)
- Thai chilli (mint, thai chilli pepper, soy, carrot, onion. gluten free)
- Goma (sesame, soy, onion and soy. gluten free)
- Kozo plum (beet, onion, carrot, soy, rice vinegar, olive oil, juice and plum paste)

## DONBURI (RICE BOWL)

Beef Teriyaki Don	\$8.50
Chicken Teriyaki Don	\$8.50
Salmon Don	\$14.00
Tuna Don	\$12.50
Spicy Tuna Don	\$12.95

## MISO & RICE

Miso	\$2.00
Spicy Miso	\$2.50
Side of Rice	\$2.00

## MAIN

Maple Pork	\$8.50
Roasted pork marinated in maple syrup and soysauce.	
Topped with Balsamic vinaigrette	
Yuzu Sable Fish	\$13.00
Yuzu soy marinated Sable Fish. Soft texture, mildly flavoured, contain lots of Omega3.	

## SASHIMI

Ahi Tuna Black	\$9.00
Salmon Sashimi	4pc \$7.00 8pc \$11.00
Tuna Sashimi	4pc \$6.75 8pc \$10.75
Tuna&Salmon	2pc each \$7.00 4pc each \$11.50
(add spicy sauce \$0.50)	

## NIGIRI

Chopped Scallop with tobiko	\$2.60
Salmon	\$2.10
Tuna	\$2.00
EEL <Unagi>	\$2.60
Toro	\$2.10
Tobiko	\$1.90
Mackerel <Saba>	\$2.10

## TEMPURA

Prawn Tempura	\$11.50
prawn 6pc	
Prawn & Yam Tempura	\$7.00
prawn 3pc and yam 3pc	
Yam Tempura	\$6.00
yam 6pc	

## Party Tray

- 051- Veggie \$38  
(Total 46pc Good for 3 -4 People)  
Veggie Roll, Yam Roll, Avocado Roll, Purple V, Spicy Yam Roll, Kappa Roll, Vegetable Delight Roll)
- 052- Variety \$42  
(Total 47pc Good for 3 -4 People)  
(California Roll, Dynamite Roll, Super Hero, Mango Magic, Spicy Yam Roll, Lumina, Tuna Roll)
- 052- Appetizer \$35  
(Good for 3 -4 People)  
(Chicken Kagaage, Agedashi Tofu, Age Gyoza, Edamame and Taoyaki)

## ORYZAE LUNCH COMBO available at Lunch Time

Comes with miso soup with your choice of main, salad topping, salad dressing, and sushi

additional gommae or prawn sunomono salad +\$2  
additional spicy sauce +\$0.50

## MAIN

\_\_\_\_\_ \$14.50

### SASHIMI

salmon (4pc) and tuna (4pc) with rice

### PORK CUTLET

deep fried breaded pork with Japanese worcestershire sauce and rice

\_\_\_\_\_ \$13.75

### BEEF TERIYAKI

sliced beef on top of rice

### CHICKEN TERIYAKI

grilled chicken on top of rice

### TEMPURA

prawn (2pc) and Yam (3pc) tempura with rice

### SALMON TACO

BBQ salmon, spring mix vegetable, avocado, mango with hard shell taco.

\_\_\_\_\_ \$12.50

### TOFU TERIYAKI

deep fried tofu

### AGEDASHI TOFU

deep fried tofu with sweet dashi stock

## SALAD (Organic greens)

- 1) salad topping
  - Roasted beef
  - Chicken
  - Tofu
  - Seaweed
- 2) house made dressing
  - Wasabi (wasabi soy dressing, gluten free)
  - Thai chili (mint, thai chili pepper, soy carrot, onion, gluten free)
  - Goma (sesame, soy, onion oil, and soy, gluten free)
  - Kozo plum (beet, onion, carrot, soy, rice vinegar, olive oil, juice and plum paste)

## SUSHI

- Super hero
- Spicy tuna
- Salmon avocado
- Avocado
- Spicy yam
- Lumina