



Menu

# Envy Sushi & Boké Bols

3624 Blvd. de la Concorde E, Laval, QC H7E 2C9, Canada | (514) 968-7488

## Most Ordered

### 53. Soupe wonton / 53. Wonton Soup

CA\$5.95

Bouillon de poulet, porc et crevette émincés dans une pâte de wonton. / Chicken, pork and shrimp broth minced in wonton paste.

### A28. 28 morceaux / A28. 28 Pieces

CA\$28.95

10 gros makis, 4 moyens makis, 8 petits makis et 6 nigiris. / 10 large Maki, 4 medium Maki, 8 small Maki and 6 nigiri.

### A36. 36 morceaux / A36. 36 Pieces

CA\$38.95

10 gros makis, 4 moyens makis, 8 petits makis, 8 nigiris et yeux de dragon (6 morceaux). / 10 large makis, 4 medium makis, 8 small makis, 8 nigiri and dragon eyes (6 pieces).

### A20. 20 morceaux / A20. 20 Pieces

CA\$18.95

8 gros makis, 8 petits makis et 4 nigiris. / 8 large makis, 8 small makis and 4 nigiris.

### L2. Saumon épicé / L2. Spicy Salmon

CA\$11.95

Saumon, concombre, caviar, tempura et mayo épicée. / Salmon, cucumber, massago, tempura and spicy mayo.

### S2. Avocat / S2. Avocado

CA\$4.50

Six small sushi rolls filled with creamy avocado, wrapped in seaweed and seasoned sushi rice, garnished with sesame seeds.

### A16. 16 morceaux / A16. 16 Pieces

CA\$14.95

8 gros makis, 6 petits makis et 2 nigiris. / 8 large makis, 6 small makis and 2 nigiris.

# Menu Envy Sushi & Boké Bols

## 1. Saké / 1. Sake

CA\$5.50

Saumon. / Salmon.

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## A46. 46 morceaux / A46. 46 Pieces

CA\$54.95

20 gros makis, 8 moyens makis, 8 petits makis, 10 nigiris et yeux de dragon (6 morceaux). / 20 large makis, 8 medium makis, 8 small makis, 10 nigiri and dragon eyes (6 pieces).

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## M8. Tempura Maki

CA\$7.95

Crevettes tempura, avocat, tobiko et mayo épicée. / Shrimps tempura, avocado, tobiko and spicy mayo.

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## SPÉCIAL

### 30MXC, 6MXC DRAGON EYES ET 4 ROULEAUX IMPÉRIAUX VÉGÉTARIENS

CA\$41.95

10MXC gros makis, 4MXC moyen makis, 8MXC petits makis, 6MXC dragon eyes et 4 rouleaux impériaux végétariens.

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## 10 MXC Rouleaux Impériaux Végét.

CA\$9.95

Crispy vegetarian spring rolls filled with a savory mix of vegetables, served with a garnish of fresh lettuce and shredded carrots.

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## Bananes Frites

CA\$6.95

Bananes frites servent avec sirop et crème de coco

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## Fortune Biscuits (8MXC)

CA\$3.50

Eight crisp, golden-brown biscuits with a piece of paper inside featuring a fortune or aphorism.

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## Pokés bols / Poke Bowls

### P14. Poké mix / P14 Mix Poke

CA\$18.95

Thon, saumon et crevettes tempura. / Tuna, salmon and shrimp tempura.

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## Menu Envy Sushi & Boké Bols

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### P11. Poké poulets grillés et rouleaux impériaux / P11. Poke grills chickens and Egg Rolls

Three crispy egg rolls accompanied by a fresh poke bowl with diced vegetables, tender pieces of chicken, and a sprinkling of sesame seeds.

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### P10. Poké au poulet croustillant / P10. Crispy Chicken Poke

**CA\$16.95**

Crispy chicken atop a bed of rice with edamame, diced mango, sliced avocado, and a sprinkle of sesame seeds.

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### P3. Poké aux saumons / P3. Salmon Poke

**CA\$16.95**

Diced salmon mixed with fresh cucumber, green onions, and toasted sesame seeds, served over seasoned rice.

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### P4. Poké aux saumons torchés / P4. Poke with Torched Salmon

**CA\$17.95**

A poke bowl featuring torched salmon, fresh avocado, and a mix of vegetables, topped with crunchy tempura flakes.

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### P5. Poké au thon / P5. Tuna Poke

**CA\$17.95**

Diced raw tuna mixed with fresh cucumber, avocado, and seaweed, topped with crunchy fried onions.

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### P6. Poké au thon torché / P6. Poke with Torched Tuna

**CA\$18.95**

A poke bowl featuring torched tuna, seaweed salad, and a mix of fresh, diced vegetables, garnished with sesame seeds.

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### P8. Poké aux crevettes tempura / P8. Poke with Shrimp Tempura

**CA\$16.95**

Crispy tempura shrimp atop a bed of seasoned rice with fresh spinach, avocado, and diced carrots.

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### P9. Poké au poulet grillé / P9. Grilled Chicken Poke

**CA\$16.95**

Grilled chicken atop sushi rice with fresh avocado, edamame, seaweed salad, and a drizzle of creamy sauce, sprinkled with sesame seeds.

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### P13. Poké aux fruits de mer / P13. Seafood Poke

**CA\$18.95**

Crevettes, crabes, saumon fumé et goberge. / Shrimp, crab, smoked salmon and pollock.

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## Menu Envy Sushi & Boké Bols

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### P7. Poké aux crevettes cuites / P7. Poke with Cooked Shrimps

CA\$16.95

A medley of cooked shrimps, fresh greens, edamame, avocado, tobiko, and crispy onions, garnished with sesame seeds.

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### P12. Poké aux anguilles teriyaki grillées / P12. Poke with Grilled Eel Teriyaki

CA\$19.95

A poke bowl featuring grilled eel in teriyaki sauce, complemented with fresh greens and edamame.

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### P15. Poké aux pétoncles / P15. Scallop Poke

CA\$17.95

A medley of scallops, avocado, seaweed, edamame, and cucumber, topped with crispy onions and sesame seeds.

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### P16-Poké Aux Rouleaux Impériaux (3 Rouleaux)

CA\$16.95

Imperial roll poké typically includes three crispy imperial rolls, mixed with a variety of vegetables, avocado, and edamame, served with a signature sauce and sesame seeds.

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### P1. Poké aux patates sucrées et impériaux végétariens / P1. Sweet Potato and Vegetarian Imperial

A medley of sweet potato cubes and vegetarian spring rolls, paired with a base of seasoned rice and drizzled with a savory sauce.

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### P2. Poké au tofu frit / P2. Fried Tofu Poke

CA\$15.95

Golden fried tofu cubes atop a bed of rice with sliced cucumber, shredded carrots, and a drizzle of savory sauce.

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## Assiettes assorties au choix du chef (6mxc Dragon eyes gratuit à l'achat)

### A28. 28 morceaux / A28. 28 Pieces

CA\$28.95

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### A36. 36 morceaux / A36. 36 Pieces

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### A20. 20 morceaux / A20. 20 Pieces

CA\$18.95

8 gros makis, 8 petits makis et 4 nigiris. / 8 large makis, 8 small makis and 4 nigiris.

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### A14. 14 morceaux / A14. 14 Pieces

CA\$12.95

6 gros makis, 6 petits makis et 2 nigiris. / 6 large makis, 6 small makis and 2 nigiris.

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### A46. 46 morceaux / A46. 46 Pieces

CA\$54.95

20 gros makis, 8 moyens makis, 8 petits makis, 10 nigiris et yeux de dragon (6 morceaux). / 20 large makis, 8 medium makis, 8 small makis, 10 nigiri and dragon eyes (6 pieces).

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### A56. 56 morceaux / A56. 56 Pieces

CA\$64.95

30 gros makis, 8 moyens makis, 8 petits makis, 10 nigiris et yeux de dragon (6 morceaux) Gratuit. / 30 large Maki, 8 medium Maki, 8 small Maki, 10 nigiri and dragon eyes (6 pieces) Free.

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### A74. 74 morceaux / A74. 74 Pieces

CA\$79.95

30 gros makis, 16 moyens makis, 16 petits makis, 12 nigiris et yeux de dragon (6 morceaux) Gratuit. / 30 large makis, 16 medium makis, 16 small makis, 12 nigiri and dragon eyes (6 pieces) Free.

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### A88. 88 morceaux / A88. 88 Pieces

CA\$89.95

40 gros makis, 16 moyens makis, 16 petits makis, 16 nigiris et yeux de Dragon (6 morceaux) Gratuit. / 40 large Maki, 16 medium Maki, 16 small Maki, 16 nigiri and dragon eyes (6 pieces) Free.

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### A00. 100 morceaux / A00. 100 Pieces

CA\$99.95

45 gros makis, 24 moyens makis, 16 petits makis, 15 nigiris et yeux de dragon (6 morceaux) Gratuit. / 45 large makis, 24 medium makis, 16 small makis, 15 nigiri and dragon eyes (6 pieces) Free.

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### A16. 16 morceaux / A16. 16 Pieces

CA\$14.95

8 gros makis, 6 petits makis et 2 nigiris. / 8 large makis, 6 small makis and 2 nigiris.

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### A11. 11 morceaux / A11. 11 Pieces

CA\$9.95

5 gros makis au choix : California, Boston ou saumon épicé et 6 petits makis. / 5 large makis of your choice: California, Boston or spicy salmon and 6 small makis.

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### A12. 12 morceaux / A12. 12 Pieces

CA\$10.95

6 gros makis et 6 petits makis. / 6 large makis and 6 small makis.

## Spécialités d'Envy / Envy Specialties

### E10. Pizza sushi (6 morceaux) / E10. Pizza Sushi (6 Pieces)

CA\$10.95

Saumon fumé, saumon frais, goberge, tempura, tobiko, avocat et mayo épicée sur galette de riz croustillant. / Smoked salmon, salmon, pollock, tempura, tobiko, avocado and spicy mayo on a crispy rice cake.

### E15. Rouleaux impériaux végétariens croustillants (4 morceaux) / E15. Crispy Vegetarian Egg

CA\$10.95

Variété de légumes, servi avec sauce de poisson. / Assorted vegetable, served with fish sauce.

### E3. Yeux de dragon (6 morceaux frits) / E3. Dragon Eyes (6 Fried Pieces)

CA\$10.95

Saumon, poisson blanc, carotte, tobiko et échalotte. / Salmon, red-snapple, carrot, tobiko and shallot.

### E4. Dragon Ball (10 morceaux frits) / E4. Dragon Ball (10 Fried Pieces)

CA\$10.95

Thon, saumon, pétoncle et tobiko. / Tuna, salmon, scallop and tobiko.

### E5. Bébé dragon (8 morceaux frits) / E5. Baby Dragon (8 Fried Pieces)

CA\$9.95

Saumon et tobiko. / Salmon and tobiko.

### E6. Serpent (8 morceaux) / E6. Snake (8 Pieces)

CA\$11.95

Anguille grillée, saumon épicé, concombre, radis, avocat et tobiko. / Grilled eel, spicy salmon, cucumber, pickle, avocado and tobiko.

### E7. Rêve (6 morceaux frits) / E7. Dream (6 Fried Pieces)

CA\$11.95

Saumon grillé, oignon frit, échalote, gingembre et sauce teriyaki. / Grilled salmon, fried onion, shallot, ginger and teriyaki sauce.

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### E8. Soleil (6 morceaux légèrement frits) / E8. Sun (6 Lightly Fried Pieces) CA\$11.95

Fromage à la crème, saumon fumé, pétoncle, avocat et tobiko. / Cream cheese, smoked salmon, scallop, avocado and tobiko.

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### E9. Patate-tartare (6 morceaux sur patate-sucrée tempura) / E9 Potato-Tartare (6 Pieces on Sweet Potato Tempura) CA\$10.95

Saumon, tempura, tobiko, coriandre et mayo épicée. / Salmon, tempura, tobiko, coriander and spicy mayo.

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### E11. Pizza F.D.M (6 morceaux) / E11. Pizza F.D.M (6 Pieces) CA\$11.95

Crevettes, chairs de crabs, goberge, tempura, tobiko, avocat et mayo épicée sur galette de riz croustillant. / Shrimps, crab meats, pollock, tempura, tobiko, avocado and spicy mayo on a crispy rice cake.

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### E12. Crevettes tempura (3 morceaux) et patates sucrées (2 mxc) / E12. Shrimp Tempura (3 Pieces) and Sweet Potatoes (2 Pieces) CA\$7.95

Crevettes frites croustillantes, servies avec mayo épicée. / Crispy fries shrimps, served with spicy mayo.

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### E13. Patates sucrées (5 morceaux) / E13. Sweet Potatoes (5 Pieces) CA\$6.95

Patates sucrées frites croustillantes, servis avec sauce wafu. / Crispy fried sweet potatoes, served with wafu sauce.

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### E14. Rouleaux impériaux croustillants (2 morceaux) / E14. Crispy Egg Rolls (2 Pieces) CA\$6.95

Porc, crevette et légumes, servi avec sauce de poisson. / Pork, shrimps and vegetables, served with fish sauce.

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### E16. EdaMame / E16. EdaMame CA\$6.50

Fèves de soja cuites à la vapeur et légèrement assaisonnées. / Steam cooked and lightly seasoned soy beans

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### E17. Gyoza (8 morceaux) CA\$7.95

Poulet et légumes, servi avec sauce soja du chef. / Chicken and vegetables, served with soja chef sauce.

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### E18. Wonton Frit (8 morceaux) CA\$7.95

Crispy fried wontons (8 pieces) paired with a creamy dipping sauce, garnished with fresh lettuce and shredded carrots.

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### E1. Tempura frit (6 morceaux frits) / E1. Fried Tempura (6 Fried Pieces)

CA\$10.50

Crevette tempura, omelette, goberge, avocat, tobiko et sauce teriyaki. / Shrimp tempura, omelet, pollock, avocado, tobiko and teriyaki sauce.

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### E2. Yeux de tigre (6 morceaux) / E2. Tiger Eyes (6 Pieces)

CA\$9.95

Frit de l'intérieur : saumon, calmars, crevette, tobiko, échalote, laitue, carotte, tobiko et mayo épicée. / Fried inside: salmon, squid, shrimp, tobiko, shallot, lettuce, carrot, tobiko and spicy mayo.

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## Soupes et salades / Soups and Salads

### 53. Soupe wonton / 53. Wonton Soup

CA\$5.95

Bouillon de poulet, porc et crevette émincés dans une pâte de wonton. / Chicken, pork and shrimp broth minced in wonton paste.

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### 52. Miso F.D.M

CA\$7.50

Crevettes, batonnets crabes, pétoncles, champignon énoke, carotte, algues de mer et, échalote. / Shrimps, crabs sticks, scallops, enoki mushroom, carrot, seaweed and shallot.

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### 55. Salade wakamé / 55. Wakame Salad

CA\$6.50

Algues de mer marinées. / Marinated seaweed.

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### 56. Salade d'octopus / 56. Octopus Salad

CA\$9.95

Laitue variée et octopus marinés. / Varied Lettuce and marinated octopus.

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### 54. Salade verte / 54. Green Salad

CA\$6.50

Laitue variée. / Varied lettuce.

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### 57. Salade F.D.M / 57. Salad F.D.M

CA\$9.50

Laitue variée, crevettes, saumon fumé et goberge. / Varied lettuce, shrimp, smoked salmon and pollock.

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### 50. Miso végétarien / 50. Vegetarian Miso

CA\$4.50

Tofu, champignon énoke, carotte, algues de mer et échalote. / Tofu, enoki mushroom, carrot, seaweed and shallot.

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### 51. Miso crevettes / 51. Miso Shrimp

CA\$5.50

Crevettes, champignon énoke, carotte, algues de mer et échalote. / Shrimp, enoki mushroom, carrot, seaweed and shallot.

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## Nigiris 2 morceaux (avec riz) et sashimis (sans riz) 2 ou 3 morceaux /

### 3. Kunsei saké / 3. Kunsei Sake

CA\$5.95

Saumon fumé. / Smoked salmon.

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### 4. Maguro

CA\$5.95

Thon. / Tuna.

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### 5. Maguro tempura

CA\$6.95

Thon épicé, tempura et tobiko. / Spicy tuna, tempura and tobiko.

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### 6. Tai

CA\$4.95

Tilapia./ Red Snapper

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### 7. Ebi

CA\$4.95

Crevette. / Shrimp.

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### 8. Ebi Tempura

CA\$5.95

Crevette épicée, tempura et tobiko. / Spicy shrimp, tempura and tobiko.

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## Menu Envy Sushi & Boké Bols

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### 9. Hotate

CA\$6.50

Pétoncle. / Scallop.

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### 10. Hotate Tempura

CA\$6.50

Pétoncle épicé, tempura et tobiko. / Spicy scallop, tempura and tobiko.

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### 11. Homard tempura / 11. Lobster Tempura

CA\$9.50

Homard épicé, tempura et tobiko. / Spicy lobster, tempura and tobiko.

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### 13. Saké yaki / 13. Sake Yaki

CA\$5.95

Saumon grillé sur sauce du chef. / Grilled salmon with chef's sauce.

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### 14. Maguro Yaki

CA\$6.50

Thon grillé sur sauce du chef. / Grilled tuna with chef's sauce.

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### 16. Kani Kama

CA\$4.95

Bâtonnets de goberge. / Pollock sticks.

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### 17. Tamago

CA\$4.95

Omelette japonaise. / Japanese omelet.

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### 18. Calmars marinés / 18. Marinated Squid

CA\$6.50

Marinated squid, served as either nigiri (2 pieces with rice) or sashimi (2 pieces without rice).

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### 19. Tobiko

CA\$5.95

Oufs de poisson volant (caviar rouge). / Flying fish roe (red caviar).

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### 20. Massago

CA\$5.50

Oufs de caplin (caviar jaune). / Caplin eggs (yellow caviar).

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### 12. Crabe tempura / 12. Crab Tempura

CA\$7.50

Chair de crabe épicé, tempura et tobiko. / Spicy crab meat, tempura and tobiko.

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### 15. Unagi

CA\$6.95

Anguille grillée. / Grilled eel.

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### 1. Saké / 1. Sake

CA\$5.50

Saumon. / Salmon.

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### 2. Saké tempura / 2. Tempura Sake

CA\$6.50

Saumon épicé, tempura et tobiko. / Spicy salmon, tempura and tobiko.

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## Hosomakis - petit rouleaux (6 morceaux) / Hosomakis - Small Rolls (6)

### S3. Mangue / S3. Mango

CA\$3.95

Six-piece sushi roll filled with sweet mango, wrapped in seaweed and sushi rice, sprinkled with sesame seeds.

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### S4. Oshinko

CA\$3.95

Radis mariné. / Marinated radish.

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### S5. Tofu frit / S5. Fried Tofu

CA\$4.95

Six small sushi rolls filled with golden fried tofu, wrapped in seasoned rice and seaweed.

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## Menu Envy Sushi & Boké Bols

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### S6. Patate sucrée / S6. Sweet Potato

CA\$4.95

Six-piece sushi roll with tender sweet potato filling, wrapped in seasoned rice and seaweed.

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### S7. Kani Kama

CA\$4.50

Bâtonnets de crabe. / Crab sticks.

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### S8. Tamago

CA\$4.50

Omelette japonaise. / Japanese omelet.

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### S9. Saké épicé / S9. Spicy Sake

CA\$5.95

Saumon épicé. / Spicy salmon.

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### S10. Tekka épicé / S10. Spicy Tekka

CA\$6.50

Thon épicé. / Spicy tuna.

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### S12. Ebi épicé / S12. Spicy Ebi

CA\$5.95

Crevette épicée. / Spicy shrimp.

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### S13. Kani épicé / S13. Spicy Kani

CA\$6.95

Chair de crabe épicée. / Spicy crab meat.

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### S14. Ebi Tempura

CA\$6.50

Crevette frite tempura. / Fried shrimp tempura.

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### S11. Hotate épicé / S11. Spicy Hotate

CA\$6.50

Pétoncle épicé. / Spicy scallop.

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## Menu Envy Sushi & Boké Bols

### S2. Avocat / S2. Avocado

CA\$4.50

Six small sushi rolls filled with creamy avocado, wrapped in seaweed and seasoned sushi rice, garnished with sesame seeds.

### S1. Kappa

CA\$3.95

Concombre. / Cucumber.

## Monomakis - moyen rouleau (8 morceaux) / Monomakis - Medium Ro

### M6. Deux saumons / M6. Two Salmon

CA\$7.95

Saumon, saumon fumé, avocat, caviar et mayo épicée. / Salmon, smoked salmon, avocado, massago and spicy mayo.

### M3. Maki saumon fumé / M3. Smoked Salmon Maki

CA\$7.50

Saumon fumé, fromage à la crème et avocat. / Smoked salmon, cream cheese and avocado.

### M4. Unagi Maki

CA\$7.95

Anguille grillée, concombre, tempura, tobiko et sauce tériyaki. / Grilled eel, cucumber, tempura, tobiko and tériyaki sauce.

### M5. Crabe-ebi / M5. Crab-Ebi

CA\$7.95

Crevette, crabe, avocat, tobiko, tempura et mayo épicée. / Shrimp, crab, avocado, tobiko, tempura and spicy mayo.

### M7. Cali Maki

CA\$7.50

Saumon fumé, goberge, omelette, avocat, caviar et mayo épicée. / Smoked salmon, crab-sticks, avocado, massago and spicy mayo.

### M8. Tempura Maki

CA\$7.95

Crevettes tempura, avocat, tobiko et mayo épicée. / Shrimps tempura, avocado, tobiko and spicy mayo.

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### M9. Fomatto Maki

CA\$6.95

Tomates séchées, fromage à la crème, avocat, tempura et mayo épicée. / Dried tomatoes, cream cheese, tempura and spicy mayo.

### M1. Ebi Maki

CA\$7.50

Crevettes cuites, tobiko, avocat, concombre, tempura et mayo épicée. / Cooked shrimps, tobiko, avocado, cucumber and spicy mayo.

### M2. Mini Kami

CA\$7.95

Thon, avocat, tempura, caviar et mayo épicée. / Tuna, avocado, tempura, massago and spicy mayo.

## Futomakis - gros rouleaux (5 morceaux) / Futomakis - Large Rolls (5

### L15. Geisha

CA\$8.75

Chair de crabe épicée, pétoncle frit, concombre, radis, caviar et tobiko. / Spicy crab meat, fried scallop, cucumber, pickle, masago and tobiko.

### L3. Kamikaze saumon / L3. Salmon Kamikaze

CA\$7.95

Saumon, goberge, concombre, avocat, tobiko, tempura et mayo épicée. / Salmon, pollock, cucumber, tobiko, tempura and spicy mayo.

### L10. Katsu

CA\$7.25

Poulet croustillant, concombre, goberge, laitue, caviar et sauce teriyaki. / Crispy chicken, cucumber, avocado, pollock, lettuce, massago and teriyaki sauce.

### L22. Végétarien / L22. Vegetarian

CA\$6.95

Concombre, avocat, poivron, carotte, lectue, radis, tempura et mayo épicée. / Cucumber, avocado, red pepper, carrot, lettuce, pickle, tempura and spicy mayo.

### L4. Thon épicé / L4. Spicy Tuna

CA\$7.95

Thon, avocat, tobiko, tempura et mayo épicée. / Tuna, avocado, tobiko, tempura and spicy mayo.

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### L5. Kamikaze thon / L5. Tuna Kamikaze

CA\$8.50

Thon, goberge, concombre, avocat, tobiko, tempura et mayo épicée. / Tuna, pollock, cucumber, tobiko, tempura and spicy mayo.

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### L7. Boston

CA\$7.25

Crevettes cuites, goberge, concombre, laitue, tobiko et mayo épicée. / Cooked shrimps, pollock, cucumber, lettuce, tobiko and spicy mayo.

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### L9. Laval

CA\$8.25

Saumon, crevette cuite, goberge, laitue, tobiko, tempura et mayo épicée. / Salmon, cooked shrimp, pollock, lettuce, tobiko, tempura and spicy mayo.

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### L11. Araignée / L11. Spider

CA\$9.25

Crabe à la carapace molle, concombre, goberge, caviar, mayo épicé. / Soft shell crab, cucumber, pollock, massago and spicy mayo.

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### L12. Arc-en-ciel / L12. Rainbow

CA\$9.25

Intérieur : saumon épicé, concombre, caviar et tempura. Extérieur : thon, saumon, tilapia et avocat. / Inside : spicy salmon, cucumber, massago and tempura. Outside : tuna, salmon, tilapia and avocado.

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### L13. Crevette tempura / L13. Shrimp Tempura

CA\$7.50

Crevette tempura, goberge, concombre, avocat et mayo épicée. / Shrimp tempura, pollock, cucumber, avocado and spicy mayo.

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### L14. Impérial / L14. Imperial

CA\$7.25

Rouleau impérial, concombre, laitue, tobiko et sauce teriyaki. / Egg roll, cucumber, lettuce, tobiko and teriyaki sauce.

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### L16. Philadelphia

CA\$7.95

Saumon fumé, fromage à la crème, goberge et avocat. / Smoked salmon, cream cheese, pollock and avocado.

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### L17. Mangue / L17. Mango

CA\$8.25

Saumon, crevette tempura, mangue, avocat, caviar, tempura et mayo épicée. / Salmon, shrimp tempura, mango, avocado, masago, tempura and spicy mayo.

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## Menu Envy Sushi & Boké Bols

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### L18. Hotate épicé / L18. Spicy Hotate

CA\$8.25

Pétoncle, avocat, tobiko, tempura et mayo épicée. / Scallop, avocado, tobiko, tempura and spicy mayo.

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### L19. Homard épicé / L19. Spicy Lobster

CA\$10.95

Intérieur: homard épicé, concombre, laitue, tempura et tobiko. Extérieur: goberge. / Inside: spicy lobster, cucumber, lettuce, tempura and tobiko. Outside: pollock.

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### L20. Océan / L20. Ocean

CA\$8.50

Chair de crabe, crevette cuite, avocat, tobiko, tempura et mayo épicée. / Crab meat, cooked shrimp, avocado, tobiko, tempura and spicy mayo.

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### L23. Patate douce / L23. Sweet Potato

CA\$6.95

Patate sucrée tempura, avocat, radis, laitue, sauce téryaki. / Sweet potato tempura, avocado, pickle, lettuce and teriyaki sauce.

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### L6. New-York

CA\$8.50

Thon, omelette, concombre, avocat, radis, tobiko, laitue et mayo épicée. / Tuna, omelet, cucumber, avocado, pickle, tobiko, lettuce and spicy mayo.

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### L8. Pacifique / L8. Pacific

CA\$7.50

Poisson blanc, concombre, avocat, tobiko, tempura et mayo épicée. / Red snapper, cucumber, avocado, tobiko, tempura and spicy mayo.

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### L21. Una-Kyu

CA\$8.50

Anguille grillée, radis, goberge, concombre, wakamé, tobiko et sauce teriyaki. / Grilled eel, pickle, pollock, cucumber, wakame, tobiko and teriyaki sauce.

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### L24. Wakamé / L24. Wakame

CA\$6.95

Algues marinées, concombre, avocat, radis, laitue et tempura. / Marinated seaweed, cucumber, avocado, radish, lettuce and tempura.

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### L1. California

CA\$7.25

Goberge, omelette, concombre, avocat, caviar et mayo épicée. / Crab sticks, omelet, cucumber, avocado, caviar and spicy mayo.

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## Menu Envy Sushi & Boké Bols

### L2. Saumon épicé / L2. Spicy Salmon

CA\$11.95

Saumon, concombre, caviar, tempura et mayo épicée. / Salmon, cucumber, massago, tempura and spicy mayo.

## Tartare makis avec feuille de riz (6 morceaux sans riz) / Makis Tartare

### T3. Maki de tartare aux crevettes / T3. Shrimp Tartare Maki

CA\$7.50

Crevettes, laitue, avocat, tobiko, tempura, mayo épicé/ Shrimps, lettuce, avocado, tempura, spicy mayo.

### T4. Maki de tartare aux crabes / T4. Crab Tartare Maki

CA\$8.50

Crabes, laitue, avocat, tobiko, tempura, mayo épicé/ Crabs, lettuce, avocado, tempura, spicy mayo.

### T5. Maki de tartare aux pétoncles / T5. Scallop Tartare Maki

CA\$7.95

Pétoncles, laitue, avocat, tobiko, tempura, mayo épicé/ Scallops, lettuce, avocado, tempura, spicy mayo.

### T1. Maki de tartare au saumon / T1. Salmon Tartare

CA\$7.50

Six pieces of salmon tartare maki wrapped in a translucent rice leaf, accompanied by shredded carrot garnish.

### T2. Maki de tartare au thon / T2. Tuna Tartare Maki

CA\$7.95

Thon laitue, avocat, tobiko, tempura, mayo épicé/ Tuna, lettuce, avocado, tempura, spicy mayo.

## Makis de printemps avec feuille de riz (2 morceaux avec riz) / Spring

### P3. Printanier Crevettes / P3. Shrimp

CA\$7.50

Crevettes, laitue, concombre, goberge et carotte. / Shrimp, lettuce, cucumber, pollock and carrot.

### P4. Printanier Poulet / P4. Chicken

CA\$6.95

Poulet, laitue, concombre, goberge et carotte. / Chicken, lettuce, cucumber, pollock and carrot.

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### P5. Printanier Végétarien / P5. Vegetarian

CA\$6.50

Laitue, concombre, carotte, poivron, avocat, radis et omelette. / Lettuce, cucumber, carrot, red pepper, avocado, pickle and omelet.

### P1. Printanier Saumon / P1. Salmon

CA\$7.50

Saumon, laitue, concombre, goberge, omelette et poivron. / Salmon, lettuce, cucumber, pollock, omelet and red pepper.

### P2. Printanier Thon / P2. Tuna

CA\$7.95

Thon, laitue, concombre, goberge, omelette et poivron. / Tuna, lettuce, cucumber, pollock, omelet and red pepper.

## Makis spécialités feuilles de riz (8 morceaux) / Specialty Makis Rice L

### R10. Vancouver

CA\$12.50

Extérieur : crevette. Intérieur : crabe, thon, avocat, oignon frit, tobiko, tempura et mayo épicée. / Outside : shrimp. Inside : crab, tuna, avocado, fried onion, tobiko, tempura and spicy mayo.

### R3. Enfer (frit) / R3. Hell (Fried)

CA\$11.50

Tartare saumon, goberge, carotte, avocat, caviar et tempura. / Salmon tartare, pollock, carrot, avocado, masago and tempura.

### R6. Saumon sucré / R6. Sweet Salmon

CA\$11.50

Extérieur : saumon. Intérieur : crabe, patate sucrée tempura, tobiko, tempura et mayo épicée. / Outside : salmon. Inside : crab, sweet potato tempura, tobiko, tempura and spicy mayo.

### R4. Québécoise / R4. Quebecois

CA\$11.50

Extérieur : saumon fumé. Intérieur : crevettes tempura, avocat et fromage à la crème. / Outside : smoked salmon. Inside: tempura shrimp, avocado and cream cheese.

### R5. Thon à la mangue / R5. Mango Tuna

CA\$11.95

Extérieur : thon. Intérieur : crevettes tempura, mangue, tobiko et mayo épicée. / Outside : tuna. Inside : shrimps tempura, mango, tobiko and spicy mayo.

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### R7. Péton / R7. Peton

CA\$12.50

Pétoncle, crevette, goberge, concombre, oignon frit, tobiko, tempura et mayo épicée. / Scallop, shrimp, pollock, cucumber, fried onion, tobiko, tempura and spicy mayo.

### R9. kara-Age

CA\$10.50

Poulet grillé, goberge, concombre, laitue, coriandre et mayo épicée. / Grilled chicken, pollock, cucumber, lettuce, coriander and spicy mayo.

### R11. Jardin / R11. Garden

CA\$9.50

Patate sucrée tempura, mangue, laitue, concombre, avocat et mayo épicée. / Sweet potato tempura, mango, lettuce, cucumber, avocado and spicy mayo.

### R8. Eel

CA\$12.50

Anguille grillée, crevette tempura, concombre, radis, tobiko et sauce teriyaki. / Grilled eel, shrimp tempura, cucumber, pickle, tobiko and teriyaki sauce.

### R1. Printanier saumon / R1. Spring Salmon

CA\$10.95

Extérieur : fraise. Intérieur: saumon, laitue, tobiko, tempura et mayo épicée. / Outside : strawberry. Inside : salmon, lettuce, tobiko, tempura and spicy mayo.

### R2. Printanier de luxe / R2. Deluxe Spring

CA\$11.50

Extérieur : fraise. Intérieur : crevettes tempura, crabe, laitue, tempura et mayo épicée. / Outside : strawberry. Inside: shrimp tempura, crab, lettuce, tempura and spicy mayo.

## Les extras / Extras

### Mayo épicée ou sauce wafu / Spicy Mayo or Wafu Sauce

CA\$1.50

Choice of Japanese-inspired sauces: spicy mayo for a creamy kick or wafu sauce for a savory, umami-rich complement. Ideal for enhancing any dish.

### Extra poisson / Extra Fish

CA\$6.00

Fried fish, typically served as an additional portion without accompaniments, focusing on the simplicity of the fish's natural flavors enhanced by the frying technique.

## Menu Envy Sushi & Boké Bols

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### Extra gingembre ou wasabi / Extra Ginger or Wasabi

CA\$1.95

Choose from ginger or wasabi to enhance your dining experience.

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### Feuille de riz / Rice Leaf

CA\$1.00

Rice leaf typically includes a delicate wrapping of rice paper, often used as an alternative to traditional seaweed in sushi preparations.

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### Extra riz / Extra Rice

CA\$3.00

An extra portion of steamed Japanese rice, typically served as a complement to your main dish.

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### Extra viande / Extra Meat

CA\$5.00

Extra meat typically includes an additional serving of chicken, beef, or pork to complement your selected dish.

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## Les boissons / Drinks

### Pepsi diète / Diet Pepsi

CA\$2.50

A low-calorie, caffeine-containing soda with a sweet, crisp taste.

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### 7 Up

CA\$2.50

A crisp, lemon-lime flavored carbonated soft drink.

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### Eau de source (Eska)500 ml / Spring Water (Eska)500 ml

CA\$1.95

500 ml of Eska spring water, naturally filtered and sourced from Canadian springs.

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### Eau gazéifiée (Eska)500 ml / Sparkling Water (Eska)500 ml

CA\$2.95

A refreshing 500 ml bottle of Eska sparkling water.

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## Menu Envy Sushi & Boké Bols

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### San Pellegrino Orange 330 ml

CA\$2.95

San Pellegrino sparkling water infused with a hint of orange flavor, served in a 330 ml quantity.

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### Jus orange ou pomme 300 ml / Orange or Apple Juice 300 ml

CA\$2.95

300 ml juice available in orange or apple flavor.

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### Aloe au thé vert ou fraise 500 ml / Aloe with Green Tea or Strawberry 500 ml

CA\$3.50

Aloe drink available in green tea or strawberry flavor, 500 ml.

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### San Pellegrino Citron 330 ml / San Pellegrino Lemon 330 ml

CA\$2.95

A 330 ml can of San Pellegrino sparkling water infused with a hint of lemon.

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### Pepsi

CA\$2.50

A classic cola with a bold, refreshing taste and a bubbly fizz.

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### Coke

CA\$2.50

Classic, refreshing carbonated beverage.

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