



## Menu

# YEN SUSHI & POKÉ

6717 Boulevard Monk, Montréal, QC H4E 3J2, Canada | (438) 788-0989

## Most Ordered



### Gyoza (5 pcs)

2 for CA\$13.95

Ravioli Japonais Croustillant au porc avec la sauce ponzu/ Crispy Japanese Pork Dumpling with Ponzu Sauce



### Tofu Miso Soup

2 for CA\$5.95

Soupe de miso au tofu/ Tofu Miso Soup



### Goma Wakame

2 for CA\$6.45

Algues assaisonnées/ Seasoned seaweed



### Yen Classic (Avec/ With Tapioca)

2 for CA\$8.99

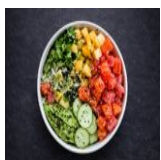
Thé Au Lait Original Au Tapioca/ Original Milk Tea With Tapioca



### Avocado Hosomaki (6 pcs)

CA\$5.95

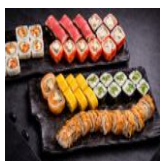
Hosomaki d'avocat /Avocado Hosomaki



### Poké Classic Saumon & Thon

CA\$18.95

Saumon, Thon, Tobiko, Edamame, Avocat, Cocombre, Carrotte, Tempura, Riz, Algues Seches, Onion Vert, Sauce Mayo Piquante/ Salmon, Tuna, flying fish roe, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Dried Seaweed, Green Onion, Spicy Mayo Sauce



### Platter 20X

CA\$27.95

20 morceaux: 6 hosomaki + 10 futomaki + 4 nigiri /20 pieces: 6 hosomaki + 10 futomaki + 4 nigiri

# Menu YEN SUSHI & POKÉ



## Poké saumon Wafu

CA\$18.45

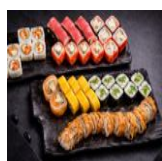
Saumon, Tobiko, Edamame, Avocat, Cocombre, Carrotte, Tempura, Riz, Sauce Wafu Cremeux/ Salmon, flying fish roe, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Wafu Creamy Sauce



## Deluxe Chirashi

CA\$24.95

Hamachi, Thon, Saumon, D'oeuf de Saumon, Wasabi, Gingembre, Onion Vert, Grains de sésame/ Hamachi, Tuna, Salmon, Salmon Roe, Wasabi, Ginger, Green Onion, Sesame Seed

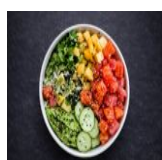


## Platter 34X

CA\$52.95

34 morceaux: 6 hosomaki + 10 futomaki + 4 nigiri + 2 gunkan + 12 uramaki / 34 pieces: 6 hosomaki + 10 futomaki + 4 nigiri + 2 gunkan + 12 uramaki

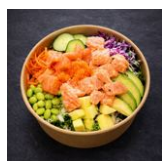
## Poké



## Poké Classic Saumon & Thon

CA\$18.95

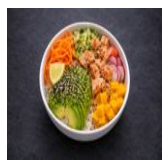
Saumon, Thon, Tobiko, Edamame, Avocat, Cocombre, Carrotte, Tempura, Riz, Algues Seches, Onion Vert, Sauce Mayo Piquante/ Salmon, Tuna, flying fish roe, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Dried Seaweed, Green Onion, Spicy Mayo Sauce



## Poké saumon Wafu

CA\$18.45

Saumon, Tobiko, Edamame, Avocat, Cocombre, Carrotte, Tempura, Riz, Sauce Wafu Cremeux/ Salmon, flying fish roe, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Wafu Creamy Sauce



## Poké Yammy/Poké patate douce

CA\$17.95

Patate Douce Frit, Edamame, avocat, cocombre, carotte, Tempura, Riz, Salade d'Algues, Sauce mayo piquante/ Fried Sweet Potato, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Seaweed Salad, Spicy mayonnaise



## Poké Snow Deluxe

CA\$20.95

Tartare de crabe de neige, Saumon, Tobiko, Edamame, Avocat, Cocombre, Carrotte, Tempura, Riz, Onion vert, Sauce Piquante/ Snow crab tartare, Salmon, flying fish roe, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Green Onion, Spicy Sauce



## Poké Rainbow/Poke Arc-en-ciel

CA\$19.95

Saumon, Thon, Petoncle, Tobiko, Edamame, Avocat, Cocombre, Carrotte, Tempura, Riz, Sauce Mayo Piquante/ Salmon, Tuna, Scallop, flying fish roe, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Spicy Mayo Sauce

# Menu YEN SUSHI & POKÉ



## Poké Ebi Kani

CA\$18.45

2 Crevette tempura, Tobiko, Goberge, Edamame, avocat, concombre, carotte, Riz, Sauce Mayo Piquante/ 2 Shrimps Tempura, flying fish roe, Crabstick, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Spicy Mayo Sauce



## Poké Unagi Teriyaki

CA\$18.95

Anguilles, Edamame, Avocat, Cocombre, Carotte, Tempura, Riz, Onion Vert, Salade D'algues, Sauce Teriyaki/ Sea Eel, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Seaweed Salad, Green Onion, Teriyaki Sauce



## Poké thon épice

CA\$18.95

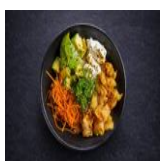
Thon, Goberge, Tobiko, Edamame, Avocat, Cocombre, Carotte, Tempura, Riz, Algues Seches, Onion Vert, Sauce Piquante/ Tuna, Crabstick, flying fish roe, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Dried Wakame, Green Onion, Spicy Sauce



## Poké Tori

CA\$18.45

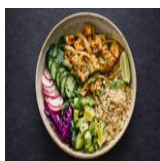
Poulet frit, Edamame, Avocat, Cocombre, Carotte, Tempura, Riz, Onion Vert, Salade D'algues, Sauce Teriyaki/ Fried Chicken, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Seaweed Salad, Green Onion, Teriyaki Sauce



## Poké Hama Ebi

CA\$18.95

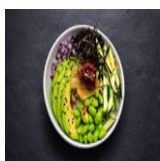
Tartare de Hamachi, 2 Crevette tempura, Tobiko, Goberge, Edamame, avocat, concombre, carotte, Riz, Sauce Mayo Piquante/ Hamachi tartare, 2 Shrimps Tempura, flying fish roe, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Spicy Mayo Sauce



## Poké Tofu

CA\$17.95

Tofu frit, Edamame, avocat, cocombre, carotte, Tempura, Riz, Salade d'Algues, Sauce mayo piquante/ Fried Tofu, Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Seaweed Salad, spicy mayo

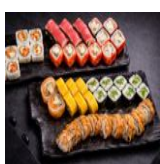


## Poké Green Végé

CA\$17.45

Edamame, avocat, cocombre, carotte, Tempura, Riz, Salade d'Algues, Sauce Wafu Cremeux/ Edamame, Avocado, Cucumber, Carrot, Rice, Tempura, Seaweed Salad, Wafu Creamy Sauce

## Platters



## Platter 62X

CA\$88.95

62 morceaux: 12 hosomaki + 20 futomaki + 8 nigiri + 4 gunkan + 18 uramaki/ 62 pieces: 12 hosomaki + 20 futomaki + 8 nigiri + 4 gunkan + 18 uramaki

# Menu YEN SUSHI & POKÉ



## Platter 75X

CA\$106.95

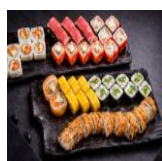
75 morceaux: 12 hosomaki + 25 futomaki + 10 nigiri + 4 gunkan + 24 uramaki /75  
pieces: 12 hosomaki + 25 futomaki + 10 nigiri + 4 gunkan + 24 uramaki



## Platter 34X

CA\$52.95

34 morceaux: 6 hosomaki + 10 futomaki + 4 nigiri + 2 gunkan + 12 uramaki / 34  
pieces: 6 hosomaki + 10 futomaki + 4 nigiri + 2 gunkan + 12 uramaki



## Platter 48X

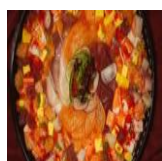
CA\$69.95

48 morceaux: 12 hosomaki + 15 futomaki + 5 nigiri + 4 gunkan + 12 uramaki /48  
pieces: 12 hosomaki + 15 futomaki + 5 nigiri + 4 gunkan + 12 uramaki

## Salmon lover platter 32X/Plateau saumon 32X

CA\$59.95

32 morceaux: 6 saumon hosomaki + 10 saumon futomaki + 4 saumon nigiri + 12 saumon uramaki / 32  
pieces: 6 salmon hosomaki + 10 salmon futomaki + 4 salmon nigiri + 12 salmon uramaki



## Mini Rainbow Chirashi

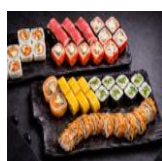
CA\$33.95

Salmon, tuna, hamachi, salmon roe, flying fish roe, Japanese Egg, crab stick, green onion, rice/  
Saumon, Thon, Hamachi, Oeuf De Saumon, Oeuf De poisson volant, Omlette, Goberge, Onion Vert, Riz

## Nigiri Platter

CA\$18.95

Set de 6 nigiri de poisson assorties./ Set of 6 assorted fish nigiri



## Platter 100X

CA\$124.95

100 morceaux: 18 hosomaki + 30 futomaki + 14 nigiri + 8 gunkan + 30 uramaki /100  
pieces: 18 hosomaki + 30 futomaki + 14 nigiri + 8 gunkan + 30 uramaki

## Deluxe Nigiri Platter

CA\$32.95

Set de 12 nigiri de poisson assorties. /Set of 12 assorted fish nigiri

## Sashimi Platter

CA\$35.95

Set de Sashimi avec 9 morceaux de poisson assorties, 3 morceaux de Pétoncles, des oeufs de saumon/  
Set Sashimi with 9 pieces of assorted fish, 3 pieces of Scallop & Salmon Roe

# Menu YEN SUSHI & POKÉ

## Platter Special 40X

CA\$80.95

40 morceaux speciaux: 10 sashimi + 8 nigiri + 6 hosomaki + 10 futomaki + 6 uramaki /40 special pieces: 10 sashimi + 8 nigiri + 6 hosomaki + 10 futomaki + 6 uramaki

## Festive Special Platter

CA\$68.95

2 oeufs de poisson volant gunkan, 2 oeufs de salmon gunkan, 1 Rainbow Uramaki, 1 Ebi Croquant Uramaki, 1 Catapira Uramaki, 9 Sashimi De Poisson Assorties, 3 Sashimi de Pétoncle /2 flying fish roe gunkan, 2 salmon roe, 1 Rainbow Uramaki, 1 Ebi Croquant Uramaki, 1 Catapira Uramaki, 9 Assorted Fish Sashimi, 3 Scallop sashimi



## Rainbow Chirashi Platter

CA\$64.95

Salmon, tuna, hamachi, salmon roe, flying fish roe, Japanese Egg, crab stick, green onion, rice/ Saumon, Thon, Hamachi, Oeuf De Saumon, Oeuf De poisson volant, Omlette, Goberge, Onion Vert, Riz



## Platter 20X

CA\$27.95

20 morceaux: 6 hosomaki + 10 futomaki + 4 nigiri /20 pieces: 6 hosomaki + 10 futomaki + 4 nigiri



## Platter 12X

CA\$13.45

12 morceaux: 6 hosomaki + 6 futomaki /12 pieces: 6 hosomaki + 6 futomaki

## Buble Tea



## Passion Fruit Green Tea (Coco Jelly + Tapioca)/Thé vert au fruit de la Passion

Thé vert aux Fruits de la Passion avec Gelée de Coco et Tapioca/ Passion Fruit Green Tea With Coconut Jelly et Tapioca



## Passion Fruit Green Tea/Thé vert aux Fruits de la Passion

CA\$5.98

Thé vert aux Fruits de la Passion/ Passion Fruit Green Tea



## Grapefruit Green Tea/Thé vert au Pamplemousse

CA\$5.98

Thé vert au Pamplemousse/ Grapefruit Green Tea

# Menu YEN SUSHI & POKÉ



## Taro Milky/Taro Au Lait

CA\$5.98

Taro Au Lait/ Taro Milky



## Matcha Red Bean Milky/Matcha haricot rouge au lait

CA\$6.98

Matcha Au Lait Avec Haricots Rouges/ Matcha Red Bean Milky



## Black Sugar Milk Tea/Thé au lait sucre brun

CA\$6.48

Black Sugar Milk Tea/ Thé au Lait au Sucre Noir



## Melon Milky/Cantaloupe Au Lait

CA\$5.98

Cantaloupe Au Lait/ Melon Milky



## Matcha Milky/Matcha Au Lait

CA\$5.98

Matcha Au Lait / Matcha Milky



## Peach Green Tea/Thé vert au Pêche

CA\$5.98

Thé vert au Pêche / Peach Green Tea



## Mango Fruit Green Tea/Thé vert à la mangue

CA\$5.98

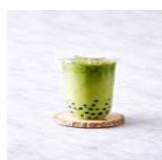
Thé vert à la mangue/ Mango Fruit Tea



## Mango Milky/Mangue Au Lait

CA\$5.98

Mangue Au Lait/ Mango Milky



## Winter Melon Green Tea (Coco Jelly)/Thé vert à la courge d'hiver

CA\$6.48

Winter melon green tea with coconut jelly typically includes fresh green tea paired with the subtle sweetness of winter melon and chewy coconut jelly.

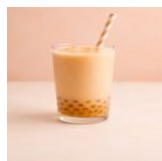
# Menu YEN SUSHI & POKÉ



## Kumquat Green Tea/Thé vert aux kumquat

CA\$5.98

Thé vert aux kumquat/ Kumquat Green Tea



## Peach Milky/Pêche Au Lait

CA\$5.98

Pêche Au Lait/ Peach Milky



## Lichee Milky/Litchi Au Lait

CA\$5.98

Litchi Au Lait/ Lichee Milky



## Almond Milky/Amande Au Lait

CA\$5.98

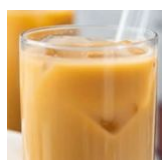
Amande Au Lait/ Milky Almond



## Yen Classic (Avec/ With Tapioca)

2 for CA\$8.99

Thé Au Lait Original Au Tapioca/ Original Milk Tea With Tapioca



## Original Milk Tea/Thé au lait original

CA\$5.98

Thé Au Lait Original/ Classic Milk Tea

## Futomaki



### California (5 pcs)

CA\$9.45

Ext: oeuf de poisson volant. Int: goberge, avocat, omlette, cocombre, salade, mayo epicee, sesame / Ext: flying fish roe. Int: crabstick, avocado, Japanese Egg, cucumber, salad, spicy mayo, sesame



### Spicy Futomaki (5 pcs)

CA\$9.95

poisson à choix, cocombre, tempura, oeuf de poisson volant, spicy mayonnaise/ your choice of fish, cucumber, tempura, flying fish roe, spicy mayonnaise

# Menu YEN SUSHI & POKÉ



## Ebi Futomaki (5 pieces)

CA\$9.95

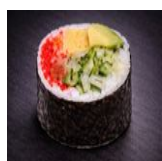
crevettes tempura, goberge, omelette, salade, mayonnaise piquante, grain de sésame, poudre de chili / shrimp tempura, crab stick, Japanese Egg, lettuce, spicy mayonnaise, sesame seed, shichimi



## Vege Wakame Futo (5 pcs)

CA\$9.95

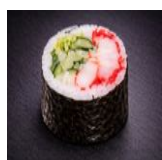
salade d'algues, concombre, salade mix, carotte, avocat, tempura, sauce wafu cremeux /Seaweed Salad, cucumber, spring salad, Carrot, avocado, tempura, wafu sauce



## New York (5 pcs)

CA\$9.95

crevettes tempura, anguille, fromage a creme, avocat, oeuf de poisson volant / Shrimp Tempura, eel, cream cheese, avocado, flying fish roe



## Boston (5 pcs)

CA\$9.45

goberge, crevettes tempura, concombre, salade, mayo epicee, sesame /crabstick, shrimp tempura, cucumber, salad, spicy mayo, sesame



## Unagi Teriyaki Futo (5 pcs)

CA\$9.95

anguilles, omelette japonais, concombre, tempura, onion vert, avocat, oeuf de poisson volant, sauce teriyaki /Grilled Eel, Japanese Egg, cucumber, tempura, green onion, avocado, flying fish roe, teriyaki sauce



## Crispy Maki (5 pcs)

CA\$11.95

oeuf de poisson volant, mayo epicee. Int: goberge, omelette, carotte / flying fish roe, spicy mayo. Int: crab stick, Japanese Egg, Carrot



## Volcano Futomaki (5 pcs)

CA\$11.95

oeuf de poisson volant, goberge, omelette, sauce piquante, grain de sésame /flying fish roe, crab stick, Japanese Egg, spicy sauce, sesame seed



## Kamikaze (5 pcs)

CA\$9.95

concombre, goberge, oeuf de poisson volant, avocat, tempura, mayonnaise piquante/ cucumber, crab stick, flying fish roe, avocado, tempura, spicy mayonnaise

## Hosomaki



### Avocado Hosomaki (6 pcs)

Hosomaki d'avocat /Avocado Hosomaki

CA\$5.95



### Spicy Salmon Hosomaki (6 pcs)

Hosomaki de saumon piquant /Spicy Salmon Hosomaki

CA\$7.95



### Salmon ches avocado Hoso

Salmon, cream cheese, and avocado, wrapped with sushi rice and seaweed.

CA\$10.45



### salmon avocado hoso

Fresh salmon and creamy avocado, wrapped with sushi rice and seaweed, typically includes six pieces.

CA\$9.45



### Spicy Tuna Hosomaki (6 pcs)

Hosomaki de thon piquant/ Spicy Tuna Hosomaki

CA\$8.95



### Snow Crab Hosomaki (6 pcs)

Hosomaki de crabe de neige, tempura, mayonnaise piquante /Snow Crab mixed with tempura and spicy mayonnaise Hosomaki

CA\$9.45



### Tofu Hosomaki (6 pcs)

Hosomaki de tofu croustillant/ Crispy Tofu Hosomaki

CA\$6.45



### Yam Hosomaki (6 pcs)

Hosomaki de patate douce croustillant/ Crispy Sweet Potato Hosomaki

CA\$5.95

## Menu YEN SUSHI & POKÉ



### Kappa Hosomaki (6 pcs)

Hosomaki de cocombre /Cucumber Hosomaki

CA\$5.45



### Ebi Hosomaki (6 pcs)

Hosomaki de crevette tempura /Shrimp Tempura Hosomaki

CA\$6.95



### Hotate Hosomaki (6 pcs)

Hosomaki de pétoncle /Scallop Hosomaki

CA\$8.95



### Hamachi Hosomaki (6 pcs)

Hosomaki de Hamachi/ Hamachi Hosomaki

CA\$8.95



### Tamago Hosomaki (6 pcs)

Hosomaki d'omlette japonais /Japanese Egg Hosomaki

CA\$5.45



### Tai Hosomaki (6 pieces)

Hosomaki de Tilapia/ Tilapia Hosomaki

CA\$7.95



### Spicy Hotate Hosomaki (6 pcs)

Hosomaki de pétoncle piquant / Spicy Scallop Hosomaki

CA\$8.95



### Spicy Hamachi Hosomaki (6 pcs)

Hosomaki de hamachi piquant /Spicy Hamachi Hosomaki

CA\$8.95



### Spicy Tai Hosomaki (6 pieces)

Hosomaki de Tilapia Piquante / Spicy Tilapia Hosomaki

CA\$7.95

# Menu YEN SUSHI & POKÉ



## Kani Hosomaki (6 pcs)

Hosomaki d'e baton de crabe /Crab stick Hosomaki

CA\$5.45



## Salmon ches hosomaki

Fresh salmon and sushi rice, wrapped with seaweed.

CA\$9.45



## Salmon Hosomaki (6 pcs)

Hosomaki de saumon /Salmon Hosomaki

CA\$7.95



## Tuna Hosomaki (6 pcs)

Hosomaki de thon /Tuna Hosomaki

CA\$8.95

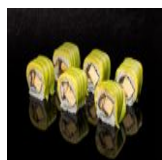
## Uramaki



## Salmon Cheese Uramaki (6 pcs)

Ext: Tobiko Int: crevettes tempura, salmon, cocombre, cream cheese, mayo piquante/  
Ext: Tobiko. Int: shrimp tempura, salmon cucumber, cream cheese, spicy mayo

CA\$12.95



## Tofu Catapira Uramaki (6 pcs)

Ext: Avocat, Sauce Teriyaki Sauce. Int: Tofu, Salade d'algues. Omlette/ Ext:  
Avocat, Sauce Teriyaki Sauce. Int: Tofu, Salade d'algues. Omlette

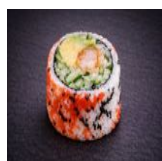
CA\$11.95



## Samon Teri Uramaki (6 pcs)

Ext: Saumon torché, Sauce Teriyaki. Int: avocat, tamago, tempura/Ext: Torched  
salmon, Teriyaki Sauce Int: avocado, tamago, tempura

CA\$11.95



## Ebi Croquant Uramaki (6 pcs)

Ext: Tobiko Int: crevettes tempura, cocombre, avocat, mayo piquante/ Ext: Tobiko.  
Int: shrimp tempura, cucumber, avocado, spicy mayo

CA\$11.95

# Menu YEN SUSHI & POKÉ



## Hama Croquant Uramaki (6 pcs)

CA\$12.45

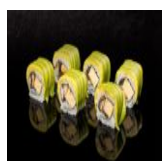
Ext: Tobiko Int: hamachi, tamago, avocat, green onion, tempura, unagi sauce/ Ext: Tobiko. Int: hamachi, tamago, avocado, green onion, tempura, unagi sauce



## Snow Crab Uramaki (6 pcs)

CA\$12.95

Ext: Tobiko. Int: crabe de neige, crevettes tempura, cocombre, avocat, mayo piquante/ Ext: Tobiko. Int: Snow crab, shrimp tempura, cucumber, avocado, spicy mayo



## Catapira Unagi Uramaki (6 pcs)

CA\$13.95

Ext: Avocat, Sauce Teriyaki. Int: Anguille, Omlette/ Ext: Avocado, Teriyaki Sauce. Int: Eel, Omlette



## Smoky Hamachi Uramaki (6 pcs)

CA\$12.45

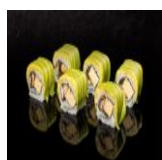
Ext: Hamachi torché, Sauce Piquante, tobiko. Int: avocat, tamago, tempura/ Ext: Torched hamachi, Spicy sauce, tobiko. Int: avocado, tamago, tempura



## Smoky Maguro Uramaki (6 pcs)

CA\$12.45

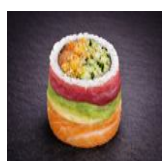
Ext: Thon, sauce epicee, tobiko. Int: avocat, tamago, tempura/ Ext: Tuna, Spicy Sauce, tobiko. Int: avocado, tamago, tempura



## Catapira Salmon Uramaki (6 pcs)

CA\$12.95

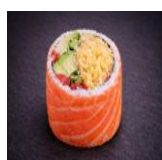
Ext: Avocat, Sauce Teriyaki. Int: saumon, Omlette/ Ext: Avocado, Teriyaki Sauce. Int: salmon, Omlette, tempura, cucumber



## Rainbow Uramaki (6 pcs)

CA\$11.45

Ext: Saumon, Thon, Avocat. Int: Goberge, Tempura, Cocombre/ Ext: Salmon, Tuna, Avocado. Int: Crabstick, Tempura, Cucumber



## Goma Salmon Uramaki (6 pcs)

CA\$11.95

Ext: Saumon, Sauce Cremeux Wafu . Int: Avocat, Tempura, Sauce Teriyaki/ Ext: Saumon, Sauce Cremeux Wafu . Int: Avocat, Tempura, Sauce Teriyaki

# Menu YEN SUSHI & POKÉ

## Soy Paper Roll



### ATLANTIS (5 pcs)

CA\$12.95

Ext: Pétoncles flambé. Int: tartare de saumon, tobiko rouge, avocat, tempura, carotte, sauce piquante/ EXT:Torched Scallop. INT:Salmon Tartare, Tobiko, Avocado, Tempura, Carott, Spicy Sauce



### Deluxe Volcano (Soy Paper) (5 pcs)

CA\$12.95

saumon torché, tobiko, goberge, omlette, sauce piquante, grain de sésame/ torched salmon, tobiko, crab stick, omlette, spicy sauce, sesame seed



### AQUA (5 pcs)

CA\$12.45

Ext: Saumon, sauce Wafu , mayonnaise piquante. Int: Pétoncle, tobiko, avocat, salade mixte/ Ext: Salmon, Spicy Mayo, Wafu Sauce. Int: Scallop, Tobiko, Avocado, Salad Mix



### HAMA (5 pcs)

CA\$11.95

Tartare de hamachi, crevette tempura, goberge, tobiko, concombre,ail frit, mayonnaise épicée. Servie avec sauce Wafu et spicy sauce/ Hamachi tartare, Shrimp Tempura, Crab Stick, Tobiko, Cucumber, Fried Garlic, Spicy Mayo, Wafu and Teriyaki Sauce.



### DANCING EEL (5 pcs)

CA\$11.95

anguille, crevette tempura, tobiko, salade mixte, ail frit, sauce cremeux wafu/ Eel, Shrimp Tempura, Tobiko, Salad Mix, Fried Garlic, Wafu Sauce



### BAMBOO VEGE (5 pcs)

CA\$10.95

Fromage à la crème, carotte, avocat, tempura, cucumber, ail frit/ Cream Cheese, Carrot, Avocado, Tempura, Cucumber, Fried Garlic



### JADE (5 pcs)

CA\$12.95

Ext: Saumon Flambé, tobiko, sauce teriyaki Int: crevettes tempura, goberge, avocat concombre, salade mixte, ail frit/ Ext: Torched Salmon, tobiko. Int: Shrimpt Tempura, Crab Stick, Avocado, Cucumber, Salad Mix, Fried Garlic, Teriyaki Sauce



### SNOWY (5 pcs)

CA\$11.95

Tartare de crabe de neige, crevette tempura, goberge, tobiko, concombre,ail frit, mayonnaise épicée. Servie avec sauce Wafu et spicy sauce/ Snow Crab tartare, Shrimp Tempura, Crab Stick, Tobiko, Cucumber, Fried Garlic, Spicy Sauce and Wafu

# Menu YEN SUSHI & POKÉ



## HARMONIE (5 pcs)

CA\$11.95

Tartare de thon, crevette tempura, goberge, tobiko, concombre, ail frit, mayonnaise épicée. Servie avec sauce Wafu et spicy sauce/ Tuna tartare, Shrimp Tempura, Crab Stick, Tobiko, Cucumber, Fried Garlic, Spicy Mayo, Wafu and Teriyaki Sauce.



## UMI (5 pcs)

CA\$11.95

Saumon, crevettes tempura, tobiko, avocat, ail frit, mayonnaise épicée, sauce teriyaki/ Salmon, Shrimp Tempura, Tobiko, Avocado, Fried Garlic, Spicy Mayo & Teriyaki Sauce

## Rice Paper Roll

### Spring Maki Tofu

CA\$10.45

Tofu with fresh vegetables wrapped in rice paper, served as a spring roll.



### Spring Maki (5 pcs)

CA\$9.95

Rice Paper Roll filled with fresh ingredients, five pieces. Choice of tartare: vegetables, various fish including salmon, tuna, hamachi, snow crab, hotate (scallop), or tilapia.

### Crystal Maki (5 pcs)

CA\$10.95

Crystal Maki (5 pcs) - Choice of salmon, ebi, tuna, hamachi, snow crab tartare, or tilapia wrapped in delicate rice paper.

## Nigiri/ Gunkan



### Unagi Nigiri (2 pcs)

CA\$7.95

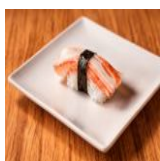
Nigiri d'Anguille Grillé/ Grilled Eel Nigiri



### Ebi Temp Nigiri (2 pcs)

CA\$5.95

Nigiri de Tempura de Crevettes (2mcx) / Shrimp Tempura Nigiri (2pcs)



### Kani Nigiri (2 pcs)

CA\$4.95

Nigiri de Goberge (2mcx) / Crab Stick Nigiri (2pcs)

# Menu YEN SUSHI & POKÉ



## Hamachi Nigiri (2 pcs)

Nigiri de Hamachi (2mcx) / Hamachi Nigiri (2pcs)

CA\$7.95



## Hotate Nigiri (2 pcs)

Nigiri au Pétoncle/ Scallop Nigiri

CA\$7.95



## Tamago Nigiri (2 pcs)

Nigiri d'Omelette Japonais (2mcx) / Japanese Egg Nigiri (2pcs)

CA\$5.45

## Ikura Gunkan (2 pcs)

Gunkan d'Oeuf de Saumon (2mcx) / Salmon Roe Gunkan (2pcs)

CA\$7.95

## Tobiko Gunkan (2 pcs)

Gunkan d'Oeuf de Poisson Volant(2mcx) / Volant Flying Fish Roe Gunkan (2pcs)

CA\$6.95

## Hotate Gunkan (2 pcs)

Gunkan de petoncle au sauce piquante / Scallop with spicy sauce gunkan.

CA\$8.45



## Tai Nigiri (2 pcs)

Nigiri de Tilapia/ Tilapia Nigiri

CA\$6.95

## Salmon Kawa Gunkan (2 pcs)

Gunkan de peau de saumon croustillante avec la sauce mayo epicee /Crispy salmon skin gunkan with spicy mayo

CA\$6.99

## Snow Crab Gunkan (2 pcs)

Gunkan de Crabe de Neige (2mcx) / Snow Crab Gunkan (2pcs)

CA\$8.95

# Menu YEN SUSHI & POKÉ



## Salmon Nigiri (2 pcs)

Nigiri de Saumon (2mcx) / Salmon Nigiri (2pcs)

CA\$6.95



## Maguro Nigiri (2 pcs)

Nigiri de Thon (2mcx) / Tuna Nigiri (2pcs)

CA\$7.95

## Sashimi

### Salmon Sashimi (3 pcs)

Sashimi de saumon/ Salmon Sashimi

CA\$8.95

### Maguro Sashimi. (3 pcs)

Sashimi de Thon/ Tuna Sashimi

CA\$9.95

### Ikura Sashimi.

Sashimi d'Oeuf de Saumon / Sashimi of Salmon Roe

CA\$7.95

### Hamachi Tataki (6 pcs)

Tataki de hamachi avec sauce ponzu / Hamachi tataki with ponzu sauce

CA\$12.95

### Hotate Sashimi. (3 pcs)

Sashimi de Pétoncle/ Scallop Sashimi

CA\$8.95

### Tai Tataki (6 pcs)

Tataki de tilapia avec sauce ponzu / Tilapia tataki with ponzu sauce

CA\$11.45

# Menu YEN SUSHI & POKÉ

## Hamachi Sashimi. (3 pcs)

CA\$9.95

Sashimi de Hamachi (3mcx) / Hamachi Sashimi (3pcs)

## Tai Sashimi (3 pcs)

CA\$8.95

3 morceaux de sashimi de tilapia/ 3 pieces of tilapia sashimi

## Tobiko Sashimi.

CA\$6.45

Sashimi d'Oeuf de Poisson Volant / Sashimi of Flying Fish Roe

## Unagi Sashimi. (3 pcs)

CA\$9.45

Sashimi d'Anguilles (3mcx) / Sea Eel Sashimi (3pcs)

## Maguro Tataki (6 pcs)

CA\$12.95

Tataki de thon avec sauce ponzu / Tuna tataki with ponzu sauce

## Salmon Tataki (6 pcs)

CA\$11.95

Tataki de saumon avec sauce ponzu / Salmon tataki with ponzu sauce

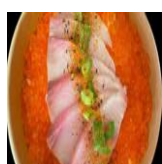
## CHIRASHI



### Deluxe Chirashi

CA\$24.95

Hamachi, Thon, Saumon, D'oeuf de Saumon, Wasabi, Gingembre, Onion Vert, Grains de sésame/ Hamachi, Tuna, Salmon, Salmon Roe, Wasabi, Ginger, Green Onion, Sesame Seed



### Hamachi Chirashi

CA\$23.95

Hamachi, Poudre Piment, D'oeuf de Saumon, Wasabi, Gingembre, Onion Vert, Grains de sésame/ Hamachi, Spicy Powder, Salmon Roe, Wasabi, Ginger, Green Onion, Sesame Seed

# Menu YEN SUSHI & POKÉ



## Saumon Chirashi

CA\$21.95

Saumon, D'oeuf de Saumon, Wasabi, Gingembre, Onion vert, Grains de sésame/ Salmon, Salmon Roe, Wasabi, Ginger, Green Onion, Sesame Seed



## Hotate Chirashi

CA\$23.95

Pétoncle, D'oeuf de Saumon, Wasabi, Gingembre, Onion vert, Grains de sésame/ Scallop, Salmon Roe, Wasabi, Ginger, Green Onion, Sesame Seed

## Salad



## Spicy Tartare Salad

CA\$15.95

Salade de tartare de saumon, et de thon frais mélangés avec sauce épicée. / Spicy tartare salmon, and tuna salad.



## Tobiko Goma Salad

CA\$12.95

Salade aux algues, tobiko, et sauce mayo crémeuse. / Salad with seaweed, flying fish roe and creamy mayo sauce.



## Niji Salad

CA\$14.95

Salade de saumon et de thon frais mélangés avec sauce maison spéciale. / Mixed fresh salmon and tuna salad with special house sauce.



## Hotate Yaki Salad

CA\$14.95

Salade de pétoncle, avocat, omelette, oeuf de poisson volant, servi avec la sauce teriyaki. / Scallop salad with avocado, Japanese Egg, Flying Fish Roe, serve with teriyaki sauce.

## Pizza



## Special Pizza Sushi

CA\$15.45

Saumon, tartare de thon, tempura, tobiko, goberge, avocat, mayonnaise épicée, sauce teriyaki/ Salmon, Tuna tartare, Tempura, tobiko, Crabstick, Avocado, Spicy Mayo, Teriyaki Sauce

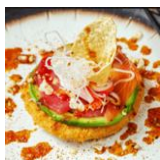


## Snow Crab Pizza

CA\$15.95

Saumon, tartare de crabe de neige, tempura, tobiko, goberge, avocat, onion vert, mayonnaise épicée, sauce teriyaki/ Snow Crab tartare, Tempura, tobiko, Crabstick, Avocado, Green onion Spicy Mayo, Teriyaki Sauce

# Menu YEN SUSHI & POKÉ



## Classic Pizza Sushi

CA\$13.45

Saumon, goberge, avocat, mayonnaise épicée, sauce teriyaki/ Saumon, goberge, avocat, mayonnaise épicée, sauce teriyaki



## Vege Pizza Sushi

CA\$11.45

Avocat, salad d'algues, carotte, edamame, tempura, mayonnaise épicée, sauce teriyaki/ Avocado, seaweed salad, carrot, edamame, tempura, Spicy mayo, teriyaki

## Appertizer



### Gyoza (5 pcs)

2 for CA\$13.95

Ravioli Japonais Croustillant au porc avec la sauce ponzu/ Crispy Japanese Pork Dumpling with Ponzu Sauce



### Takoyaki (6pcs)

CA\$9.45

Beignets de Pieuvres Japonaise, Mayonnaise Piquante, Sauce Teriyaki, Grains de Sésame, Onion Vert. / Japanese Octopus Balls, Spicy Mayo, Teriyaki Sauce, Sesame Seeds, Green Onion

## Tori Kaagare

CA\$10.95

Poulet croustillant avec mayonnaise piquante. / Crispy chicken with spicy mayonnaise

## Shrimp Tempura (5 pcs)

CA\$10.45

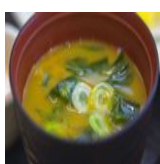
Tempura de crevette servi avec la sauce mayo epicee/ Shrimp tempura served with spicy mayo



### Goma Wakame

2 for CA\$6.45

Algues assaisonnées/ Seasoned seaweed



### Seafood Miso Soup

2 for CA\$6.95

Soupe Miso, Saumon, Goberge, Onion Vert, Algues/ Miso Soup, Salmon, Crab Stick, Green Onion, Seaweed

# Menu YEN SUSHI & POKÉ

## crispy vege spring roll(5 pcs)

CA\$7.99

Crispy vegetable spring rolls typically filled with cabbage, carrot, and green beans, deep-fried to a golden brown. Comes with a side of sweet and sour sauce.

## Kani Tempura (5 pcs)

CA\$7.45

Tempura de goberge servi avec la sauce mayo epicee/ Crab Stick tempura served with spicy mayo



## Sesami ball 6 pcs

CA\$5.99

Crispy sesame-coated balls filled with sweet red bean paste, served in a set of six.

## Edamame

CA\$5.95

Soja japonais avec sel et sésame/ Boiled Japanese Edamame with salt and sesame seed

## Samon Kama Age

CA\$10.95

Joue de saumon frit servi avec la sauce ponzu/ Fried salmon collar served with ponzu

## Tempura Moriawase

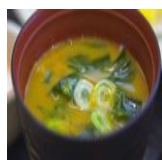
CA\$13.95

Tempura de crevette et legumes assortis servi avec la sauce mayo epicee/ Shrimp and vegetable tempura served with spicy mayo

## Veggie Tempura Moriawase

CA\$12.95

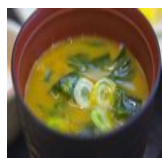
Tofu frit et tempura de legumes assortis/ Fried tofu and tempura vegetables



## Salmon Miso Soup

2 for CA\$6.95

Soupe de miso au saumon/ Salmon Miso Soup



## Tofu Miso Soup

2 for CA\$5.95

Soupe de miso au tofu/ Tofu Miso Soup

# Menu YEN SUSHI & POKÉ

## Frits/ Fried



### Festive Snack Platter

CA\$46.95

An assortment of tempura vegetables, fried fish, crispy shrimp, edamame, and seaweed salad, garnished with a drizzle of spicy mayo and sprinkled with sesame seeds.

## Bol De Riz/ Rice Bowl



### Samondon

CA\$17.95

Bol à riz japonais garni de saumon teriyaki. / Japanese rice bowl topped with salmon teriyaki.



### Tempuradon

CA\$18.45

Bol à riz japonais garni de tempura assorti. / Japanese rice bowl topped with assorted tempura.



### Toriyakidon

CA\$17.45

Bol de riz japonais garni de poulet teriyaki. / Japanese rice bowl topped with chicken teriyaki.



### Unadon

CA\$18.45

Bol de riz japonais garni d'anguille de mer. / Japanese rice bowl topped with sea eel.

## Bento Box

### Bento shrimp

CA\$17.95

AVOCAT ET CONCOMBRE HOSO, RIZ, CREVETTES TEMPURA, WAKAME , GYOZA/ AVOCADO AND CUCUMBER HOSO, RICE, TEMPURA SHRIMP, WAKAME , GYOZA

### Bento Vege

CA\$16.95

AVOCAT ET CONCOMBRE HOSO, RIZ, TOFU, WAKAME, ROULEAU IMPERIAUX/ AVOCADO AND CUCUMBER HOSO, RICE, TOFU, WAKAME, IMPERIAL ROLLS

### Bento Salmon

CA\$18.95

AVOCAT ET CONCOMBRE HOSO, RIZ, SAUMON FLAMBÉ, WAKAME , GYOZA/ AVOCADO AND CUCUMBER HOSO, RICE, FLAMBÉ SALMON, WAKAME , GYOZA

# Menu YEN SUSHI & POKÉ

## Bento Chicken

CA\$17.95

AVOCAT ET CONCOMBRE HOSO, RIZ, POULET FRIT, WAKAME, GYOZA/ AVOCADO AND CUCUMBER HOSO, RICE, FRIED CHICKEN, WAKAME, GYOZA

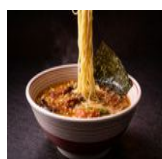
## Ramen



### Vege Ramen

CA\$17.95

Nouille ramen, tofu croustillant, Patate douce croustillant, wakame, feuille d'algues, onion vert, maïs/ Ramen noodle, crispy tofu, crispy sweet potato, wakame, seaweed paper, scallion, corn



### Ebi Ramen

CA\$17.95

Nouille ramen, 5 crevettes tempura, wakame, feuille d'algues, onion vert, maïs, sel de mer/ Ramen noodle, 5 shrimps tempura, wakame, seaweed paper, scallion, corn, sea salt



### Tori Ramen

CA\$17.95

Nouille ramen, poulet croustillant, wakame, feuille d'algues, onion vert, maïs/ Ramen noodle, crispy chicken, wakame, seaweed paper, scallion, corn



### Saumon Ramen

CA\$18.45

Nouille ramen, saumon grillé, wakame, feuille d'algues, onion vert, maïs/ Ramen noodle, grilled salmon, wakame, seaweed paper, scallion, corn

## Drinks



### Boissons gazeuses/Soft Drinks

CA\$2.99



### Eau de source/Spring Water

CA\$2.00

Pure Spring Water: Crisp and Refreshing Natural Hydration

### Eau pétillante/ Sparkling water

CA\$2.99

Effervescent, refreshing water with a lively burst of bubbles.

# Menu YEN SUSHI & POKÉ

## Dessert

### Matcha Cheesecake

Cheesecake au Thé Vert

CA\$4.99

### Mango Cheesecake

Chesecake à la mangue

CA\$4.99

## Tartare Special



### Avocado Tartare

Tartare de poisson farci à l'avocat avec sauce crémeuse au sésame/ Fresh Fish stuffed in avocado with creamy sesame sauce

CA\$13.49

## Extra



### Extra White Rice.

Steamed white sushi rice, seasoned with Japanese vinegar.

CA\$2.95



### Extra Sushi Rice.

Riz à la vapeur assaisonné avec vinaigre japonais./ Seasoning steamed rice with Japanese vinegar.

CA\$2.95



### Extra Ginger

Pickled ginger typically served with sushi and sashimi.

CA\$1.75



### Extra Teriyaki Sauce

Sauce Teriyaki fait à maison. / House teriyaki sauce.

CA\$1.00

### Extra House Sauce

Sauce maison avec la base de sauce soya. / House sauce with the base of soy sauce.

CA\$1.00

# Menu YEN SUSHI & POKÉ

---

## Extra Spicy Salad Sauce

CA\$1.00

Sauce maison piquante avec la base de sauce soya. / House spicy sauce with the base of soy sauce.

---



## Extra Wasabi

CA\$1.00

Freshly grated wasabi root, offering a potent and aromatic spice to complement your sushi.

---



## Extra Spicy Mayo Sauce

CA\$1.00

Typically includes mayonnaise mixed with spicy sriracha sauce.

---

## Extra Wafu Sauce

CA\$1.00

Sauce crémeux au sésame. / Creamy sesame sauce.

---