Menu

YEN SUSHI & POKÉ

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

Most Ordered



Poké saumon Wafu

CA$19.45

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



Avocado Hosomaki (6 pcs)

CA$5.95

Hosomaki d'avocat /Avocado Hosomaki



Dragon Eye (5mcx / 5pcs)

CA$15.95

Saumon, onion vert, carotte, et mayonnaise piquante. / Salmon, green onion, carrot, and spicy mayonnaise



Poké Classic Saumon & Thon

CA$19.95

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



Gyoza (5 pcs)

CA$13.95

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



Tofu Miso Soup

CA$5.95

Soupe de miso au tofu/ Tofu Miso Soup

Menu YEN SUSHI & POKÉ



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



Goma Wakame

CA$6.45

Algues assaisonnées/ Seasoned seaweed



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 saumon Wafu

CA$19.45

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 Classic Saumon & Thon

CA$19.95

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 Tori

CA$18.95

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 thon épicé

CA$19.95

Thon, Goberge, Tobiko, Edamame, Avocat, Cocombre, Carrotte, 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 Rainbow/Poke Arc-en-ciel

CA$20.95

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 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 Hama Ebi

CA$19.95

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 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 Ebi Kani

CA$19.45

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$19.95

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 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 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

Deluxe Nigiri Platter

CA$32.95

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



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



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 100X

CA$129.95

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

Nigiri Platter

CA$18.95

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

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



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

Menu YEN SUSHI & POKÉ

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

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$13.95

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 — CA$6.98

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



Peach Green Tea/Thé vert au Pêche — CA$5.98

Thé vert au Pêche / Peach Green Tea



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

Menu YEN SUSHI & POKÉ



Taro Milky/Taro Au Lait

CA$5.98

Taro Au Lait/ Taro Milky



Melon Milky/Cantaloupe Au Lait

CA$5.98

Cantaloupe Au Lait/ Melon Milky



Black Sugar Milk Tea/Thé au lait sucre brun

CA$6.48

Black Sugar Milk Tea/ Thé au Lait au Sucre Noir



Matcha Red Bean Milky/Matcha haricot rouge au lait

CA$6.98

Matcha Au Lait Avec Haricots Rouges/ Matcha Red Bean Milky



Mango Fruit Green Tea/Thé vert à la mangue

CA$5.98

Thé vert à la mangue/ Mango Fruit Tea



Grapefruit Green Tea/Thé vert au Pamplemousse

CA$5.98

Thé vert au Pamplemousse/ Grapefruit Green Tea



Matcha Milky/Matcha Au Lait

CA$5.98

Matcha Au Lait / Matcha Milky



Peach Milky/Pêche Au Lait

CA$5.98

Pêche Au Lait/ Peach Milky



Mango Milky/Mangue Au Lait

CA$5.98

Mangue Au Lait/ Mango Milky

Menu YEN SUSHI & POKÉ



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.



Kumquat Green Tea/Thé vert aux kumquat — CA$5.98

Thé vert aux kumquat/ Kumquat Green Tea



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) — CA$9.99

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



Ebi Futomaki (5 pieces) — CA$9.95

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



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

Menu YEN SUSHI & POKÉ



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



Vege Wakame Futo (5 pcs)

CA$9.95

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



Unagi Teriyaki Futo (5 pcs)

CA$9.95

anguilles, omlette japonais, cocombre, tempura, onion vert, avocat, oeuf de poisson volant, sauce teriyaki /Grilled Eel, Japanese Eeg, cucumber, tempura, green onion, avocado, flying fish roe, teriyaki sauce



Boston (5 pcs)

CA$9.45

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



Crispy Maki (5 pcs)

CA$11.95

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



Kamikaze (5 pcs)

CA$9.95

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



Volcano Futomaki (5 pcs)

CA$11.95

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

Menu YEN SUSHI & POKÉ

Hosomaki



Avocado Hosomaki (6 pcs)

CA$5.95

Hosomaki d'avocat /Avocado Hosomaki



Yam Hosomaki (6 pcs)

CA$5.95

Hosomaki de patate douce croustillant/ Crispy Sweet Potato Hosomaki



salmon avocado hoso

CA$9.45

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



Tofu Hosomaki (6 pcs)

CA$6.45

Hosomaki de tofu croustillant/ Crispy Tofu Hosomaki



Hamachi Hosomaki (6 pcs)

CA$8.95

Hosomaki de Hamachi/ Hamachi Hosomaki



Kappa Hosomaki (6 pcs)

CA$5.45

Hosomaki de cocombre /Cucumber Hosomaki



Salmon chess hoso

CA$9.45

Fresh salmon and sushi rice, wrapped with seaweed.



Spicy Tuna Hosomaki (6 pcs)

CA$8.95

Hosomaki de thon piquant/ Spicy Tuna Hosomaki

Menu YEN SUSHI & POKÉ



Tamago Hosomaki (6 pcs)

CA$5.45

Hosomaki d'omlette japonais /Japanese Egg Hosomaki



Hotate Hosomaki (6 pcs)

CA$8.95

Hosomaki de pétoncle /Scallop Hosomaki



Spicy Salmon Hosomaki (6 pcs)

CA$7.95

Hosomaki de saumon piquant /Spicy Salmon Hosomaki



Ebi Hosomaki (6 pcs)

CA$6.95

Hosomaki de crevette tempura /Shrimp Tempura Hosomaki



Snow Crab Hosomaki (6 pcs)

CA$9.45

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



Salmon chess avocado Hoso

CA$10.45

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



Tai Hosomaiki (6 pieces)

CA$7.95

Hosomaki de Tilapia/ Tilapia Hosomaki



Spicy Hotate Hosomaki (6 pcs)

CA$8.95

Hosomaki de pétoncle piquant / Spicy Scallop Hosomaki



Spicy Hamachi Hosomaki (6 pcs)

CA$8.95

Hosomaki de hamachi piquant /Spicy Hamachi Hosomaki

Menu YEN SUSHI & POKÉ



Spicy Tai Hosomaki (6 pieces) — CA$7.95

Hosomaki de Tilapia Piquante / Spicy Tilapia Hosomaki



Kani Hosomaki (6 pcs) — CA$5.45

Hosomaki d'e baton de crabe /Crab stick Hosomaki



Tuna Hosomaki (6 pcs) — CA$8.95

Hosomaki de thon /Tuna Hosomaki



Salmon Hosomaki (6 pcs) — CA$7.95

Hosomaki de saumon /Salmon Hosomaki

Uramaki



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



Ebi Croquant Uramaki (6 pcs) — CA$11.95

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



Samon Teri Uramaki (6 pcs) — CA$11.95

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

Menu YEN SUSHI & POKÉ



Salmon Cheese Uramaki (6 pcs) — CA$12.95

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



Tofu Catapira Uramaki (6 pcs) — CA$11.95

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



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



Catapira Salmon Uramaki (6 pcs) — CA$12.95

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



Rainbow Uramaki (6 pcs) — CA$11.45

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

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



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, carrotte, 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



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



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



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.



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

Menu YEN SUSHI & POKÉ



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



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.

Rice Paper Roll

Spring Maki Tofu

CA$10.45

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

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.



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.

Nigiri/ Gunkan

Ikura Gunkan (2 pcs)

CA$7.95

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



Hamachi Nigiri (2 pcs)

CA$7.95

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

Tobiko Gunkan (2 pcs)

CA$6.95

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

Menu YEN SUSHI & POKÉ



Tamago Nigiri (2 pcs) — CA$5.45

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



Hotate Nigiri (2 pcs) — CA$7.95

Nigiri au Pétoncle/ Scallop Nigiri



Kani Nigiri (2 pcs) — CA$4.95

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

Hotate Gunkan (2 pcs) — CA$8.45

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



Ebi Temp Nigiri (2 pcs) — CA$5.95

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



Unagi Nigiri (2 pcs) — CA$7.95

Nigiri d'Anguille Grillé/ Grilled Eel Nigiri



Tai Nigiri (2 pcs) — CA$6.95

Nigiri de Tilapia/ Tilapia Nigiri

Salmon Kawa Gunkan (2 pcs) — CA$6.99

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

Snow Crab Gunkan (2 pcs) — CA$8.95

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

Menu YEN SUSHI & POKÉ



Salmon Nigiri (2 pcs) — CA$6.95

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



Maguro Nigiri (2 pcs) — CA$7.95

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

Sashimi

Maguro Sashimi. (3 pcs) — CA$9.95

Sashimi de Thon/ Tuna Sashimi

Salmon Sashimi (3 pcs) — CA$8.95

Sashimi de saumon/ Salmon Sashimi

Hotate Sashimi. (3 pcs) — CA$8.95

Sashimi de Pétoncle/ Scallop Sashimi

Hamachi Tataki (6 pcs) — CA$12.95

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

Tai Sashimi (3 pcs) — CA$8.95

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

Ikura Sashimi. — CA$7.95

Sashimi d'Oeuf de Saumon / Sashimi of Salmon Roe

Menu YEN SUSHI & POKÉ

Tai Tataki (6 pcs) — CA$11.45
Tataki de tilapia avec sauce ponzu / Tilapia tataki with ponzu sauce

Hamachi Sashimi. (3 pcs) — CA$9.95
Sashimi de Hamachi (3mcx) / Hamachi Sashimi (3pcs)

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)

Salmon Tataki (6 pcs) — CA$11.95
Tataki de saumon avec sauce ponzu / Salmon tataki with ponzu sauce

Maguro Tataki (6 pcs) — CA$12.95
Tataki de thon avec sauce ponzu / Tuna 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.



Hotate Yaki Salad

CA$14.95

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

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



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



Classic Pizza Sushi

CA$13.45

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

Appertizer



Gyoza (5 pcs)

CA$13.95

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

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.

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

Tori Kaagare

CA$10.95

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



Goma Wakame

CA$6.45

Algues assaisonnées/ Seasoned seaweed

Menu YEN SUSHI & POKÉ

Shrimp Tempura (5 pcs) — CA$10.45

Tempura de crevette servi avec la sauce mayo epicee/ Shrimp 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

Kani Tempura (5 pcs) — CA$7.45

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



Seafood Miso Soup — CA$6.95

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



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

Samon Kama Age — CA$10.95

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



Tofu Miso Soup — CA$5.95

Soupe de miso au tofu/ Tofu Miso Soup



Salmon Miso Soup — CA$6.95

Soupe de miso au saumon/ Salmon Miso Soup

Menu YEN SUSHI & POKÉ

Frits/ Fried



Dragon Eye (5mcx / 5pcs) — CA$15.95

Saumon, onion vert, carotte, et mayonnaise piquante. / Salmon, green onion, carrot, and spicy mayonnaise



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.



Unadon — CA$18.45

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



Toriyakidon — CA$17.45

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

Bento Box

Bento shrimp — CA$17.95

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

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

Bento Salmon — CA$18.95

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

Menu YEN SUSHI & POKÉ

Eau pétillante/ Sparkling water — CA$2.99
Effervescent, refreshing water with a lively burst of bubbles.

Dessert

Mango Cheesecake — CA$4.99
Chessecake à la mangue

Matcha Cheesecake — CA$4.99
Cheesecake au Thé Vert

Tartare Special



Avocado Tartare — CA$13.49
Tartare de poisson farci à l'avocat avec sauce crémeuse au sésame/ Fresh Fish stuffed in avocado with creamy sesame sauce

Extra



Extra Ginger — CA$1.75
Pickled ginger typically served with sushi and sashimi.



Extra Spicy Mayo Sauce — CA$1.00
Typically includes mayonnaise mixed with spicy sriracha sauce.

Extra House Sauce — CA$1.00
Sauce maison avec la base de sauce soya. / House 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.

Menu YEN SUSHI & POKÉ



Extra Sushi Rice.

CA$2.95

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



Extra Teriyaki Sauce

CA$1.00

Sauce Teriyaki fait à maison. / House teriyaki sauce.

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 Wafu Sauce

CA$1.00

Sauce crémeux au sésame. / Creamy sesame sauce.



Extra White Rice.

CA$2.95

Steamed white sushi rice, seasoned with Japanese vinegar.