









## SOUPS

<b>Hot and Sour Soup</b>		
<input checked="" type="checkbox"/>	Vegetable <b>128 Kcal   275 Gms</b> <input checked="" type="checkbox"/>	<b>250</b>
		
<input type="checkbox"/>	Chicken <b>178 Kcal   280 Gms</b>	<b>275</b>
		
<input type="checkbox"/>	Prawn <b>145 Kcal   280 Gms</b>	<b>300</b>
		
<b>Golden Sweet Corn Soup</b>		
<input checked="" type="checkbox"/>	Vegetable <b>197 Kcal   280 Gms</b> <input checked="" type="checkbox"/>	<b>250</b>
		
<input type="checkbox"/>	Chicken <b>247 Kcal   260 Gms</b>	<b>275</b>
		
<input type="checkbox"/>	Prawn <b>214 Kcal   280 Gms</b>	<b>300</b>
<b>Manchow Soup</b>		
<input checked="" type="checkbox"/>	Vegetable <b>139 Kcal   275 Gms</b> <input checked="" type="checkbox"/>	<b>250</b>
		
<input type="checkbox"/>	Chicken <b>189 Kcal   280 Gms</b>	<b>275</b>
		
<input type="checkbox"/>	Prawn <b>156 Kcal   280 Gms</b>	<b>300</b>
		

### List of Allergens






Non-Vegetarian |  Vegetarian |  Vegan

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"An average active adult requires 2000Kcal energy per day, however calorie needs may vary."

## SOUPS





### Homemade Wonton Soup

- Vegetable 250  
**78 Kcal | 265 Gms** ✔  

- ▲ Chicken 275  
**128 Kcal | 270 Gms**  

- ▲ Prawn 300  
**95 Kcal | 270Gms**  


### Tom Yum Soup

- Vegetable 250  
**159 Kcal | 275 Gms** ✔
- ▲ Chicken 275  
**209 Kcal | 280 Gms**  

- ▲ Prawn 300  
**176 Kcal | 280 Gms**

### Lemon Coriander Soup

- Vegetable 250  
**130 Kcal | 275 Gms** ✔  

- ▲ Chicken 275  
**180 Kcal | 280 Gms**  
 
- ▲ Prawn 300  
**147 Kcal | 280 Gms**  


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## APPETIZERS

<p> <input checked="" type="checkbox"/> <b>Wok Tossed Chilli Potatoes</b>            510 Kcal   190Gms <input checked="" type="checkbox"/>  </p>	325
<p> <input checked="" type="checkbox"/> <b>Vegetable Pepper Salt</b>            450 Kcal   190Gms <input checked="" type="checkbox"/>  </p>	325
<p> <input checked="" type="checkbox"/> <b>Sliced Tofu Chilli Basil</b>            190 Kcal   190 Gms             </p>	325
<p> <input checked="" type="checkbox"/> <b>Fried Wontons</b>            343 Kcal   160 Gms <input checked="" type="checkbox"/>  </p>	325
<p> <input checked="" type="checkbox"/> <b>Vegetable Spring Roll</b>            80 Kcal   240 Gms            </p>	325
<p> <input checked="" type="checkbox"/> <b>Beijing Onion Cakes</b>            246 Kcal   145 Gms            </p>	325
<p> <input checked="" type="checkbox"/> <b>Vegetable Coins in Manchurian Sauce</b>            527 Kcal   230 Gms            </p>	350
<p> <input checked="" type="checkbox"/> <b>Crispy Fried Water Chestnuts</b>            527 Kcal   200 Gms            </p>	350
<p> <input checked="" type="checkbox"/> <b>Konjee Crispy Mushrooms</b>            484 Kcal   180 Gms            </p>	400
<p> <input type="checkbox"/> <b>Drums of Heaven</b>            437 Kcal   310 Gms             </p>	475
<p> <input type="checkbox"/> <b>Chongqing Chicken</b>            843 Kcal   210 Gms             </p>	475
<p> <input type="checkbox"/> <b>Chicken Spring Roll</b>            498 Kcal   260 Gms             </p>	475























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 <b>Wild Honey Sesame Crispy Chicken</b> <b>692 Kcal   210 Gms</b> 	<b>500</b>
 <b>Thai Wok Chicken</b> <b>932 Kcal   500 Gms</b> 	<b>500</b>
 <b>Wok Fried Squids with Chilli Basil</b> <b>830 Kcal   525 Gms</b> 	<b>525</b>
 <b>Satay Kai</b> <b>387 Kcal   550 Gms</b> 	<b>550</b>
 <b>Pla Rad Prik</b> <b>311 Kcal   575 Gms</b> 	<b>575</b>
 <b>Konjee Crispy Lamb</b> <b>970 Kcal   550 Gms</b> 	<b>550</b>
 <b>Crispy Fried Red Snapper in Chilli Mustard Sauce</b> <b>909 Kcal   280 Gms</b> 	<b>725</b>
 <b>Shanghai Prawns with Spring Onions</b> <b>441 Kcal   230Gms</b> 	<b>795</b>
 <b>Prawns Pepper Salt</b> <b>399 Kcal   190 Gms</b> 	<b>795</b>
 <b>Golden Fried Prawns</b> <b>835 Kcal   240 Gms</b> 	<b>795</b>
 <b>Prawns in Lemongrass Chilli Sauce</b> <b>685 Kcal   190 Gms</b> 	<b>795</b>

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## DIM SUM

<input checked="" type="checkbox"/> <b>Bok Choy and Shitake Dumplings</b> 513 Kcal   230 Gms	<b>390</b>
<input checked="" type="checkbox"/> <b>Sichuan Vegetable Pot Sticke</b> 253 Kcal   230 Gms 	<b>390</b>
<input checked="" type="checkbox"/> <b>Mixed Vegetable Bao</b> 290 Kcal   235 Gms 	<b>390</b>
<input type="checkbox"/> <b>Chicken Mandarin Dim Sums</b> 656 Kcal   220 Gms 	<b>525</b>
<input type="checkbox"/> <b>Chicken Jiaozi</b> 607 Kcal   210 Gms 	<b>525</b>
<input type="checkbox"/> <b>Teriyaki Chicken Bao</b> 417 Kcal   245 Gms 	<b>525</b>
<input type="checkbox"/> <b>Char Siu Bao (Pork)</b> 942 Kcal   245 Gms 	<b>525</b>
<input type="checkbox"/> <b>Siu Mai - Lamb</b> 628 Kcal   200 Gms 	<b>525</b>
<input type="checkbox"/> <b>Shanghai Seafood Dumplings with            Chilli, Cabbage, Ginger and Star Anise</b> 606 Kcal   210 Gms 	<b>595</b>
<input type="checkbox"/> <b>Steamed Crab Dumplings</b> 372 Kcal   220 Gms 	<b>595</b>
<input type="checkbox"/> <b>Har Gow -Prawn</b> 365 Kcal   260 Gms 	<b>595</b>

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## M A I N S

- **Sauteed Spicy Field Mushrooms** 450  
 266 Kcal | 240 Gms  

- **Mapo Tofu Vegetable** 450  
 597 Kcal | 430 Gms ✔
- **Vegetable Dumplings in Hot Garlic Sauce** 450  
 905 Kcal  
 
- **Manchow Cauliflower** 450  
 718 Kcal | 420 Gms ✔  

- **Kung Pao Vegetables with Cashew Nuts** 450  
 225 Kcal | 430 Gms  
 
- **Tofu and Asparagus in Mahlak Sauce** 450  
 714 Kcal | 430 Gms  
 
- ▲ **Shredded Lamb with Onion and Slit Green Chillies** 595  
 557 Kcal | 330 Gms
- ▲ **Kung Pao Chicken with Cashew Nuts** 595  
 964 Kcal | 440 Gms  
 
- ▲ **Chicken in Black Pepper Sauce** 595  
 466 Kcal | 440 Gms  

- ▲ **Chicken in Chilli Oyster Sauce** 595  
 425 Kcal | 440 Gms  
 

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 <b>Chicken in Chilli Basil Sauce</b> <b>371 Kcal   390 Gms</b>  	<b>595</b>
 <b>Hunan Style Spicy Sliced Pork with Chinese Greens, Celery, Garlic, Ginger and Leeks</b> <b>799 Kcal   265 Gms</b>  	<b>595</b>
 <b>Spare Ribs in Barbeque Sauce</b> <b>600 Kcal   350 Gms</b>  	<b>610</b>
 <b>Roast Lamb in Black Pepper Sauce</b> <b>542 Kcal   260 Gms</b> 	<b>610</b>
 <b>Mapo Tofu Lamb</b> <b>260 Kcal   440 Gms</b>	<b>775</b>
 <b>Roast Pork</b> <b>720 Kcal   350 Gms</b>	<b>795</b>
 <b>Butter Garlic Prawns</b> <b>794 Kcal   210 Gms</b>   	<b>795</b>
 <b>Steamed Whole Pomfret in Lemon Ginger Sauce</b> <b>294 Kcal   300 Gms</b>  	<b>795</b>
 <b>Crispy Whole Pomfret with Sweet and Spicy Sauce</b> <b>440 Kcal   300 Gms</b>  	<b>1125</b>

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## THAI CURRIES

### Kaeng Kiew Warn






Thai concoction of green chillies, lemongrass, galangal, kaffir lime, mushrooms and bamboo shoots.

### Kaeng Ped

Thai curry with red chillies, coconut milk, eggplant, mushrooms and bamboo shoots.

### Kaeng Massaman

Red Chilli, coconut and potato in a thick curry, flavoured with tamarind.

<input checked="" type="checkbox"/> Vegetable	<b>450</b>
<b>539 Kcal   530 Gms</b>	
	
<input type="checkbox"/> Chicken	<b>595</b>
<b>721 Kcal   550 Gms</b>	
	
<input type="checkbox"/> Lamb / Beef	<b>595</b>
<b>1030 Kcal   550 Gms</b>	
	
<input type="checkbox"/> Sliced Fish	<b>625</b>
<b>525 Kcal   540 Gms</b>	
	
<input type="checkbox"/> Prawn	<b>795</b>
<b>736 Kcal   540 Gms</b>	
	

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## RICE / NOODLES

<b>American Chop Suey</b>	
<input checked="" type="checkbox"/> Vegetable	<b>395</b>
<b>600 Kcal   220 Gms</b>	
	
<input type="checkbox"/> Chicken	<b>475</b>
<b>898 Kcal   260 Gms</b>	
 	
<input type="checkbox"/> Prawn	<b>575</b>
<b>867 Kcal   245 Gms</b>	
  	
<b>Chinese Chop Suey</b>	
<input checked="" type="checkbox"/> Vegetable	<b>395</b>
<b>600 Kcal   220 Gms</b>	
	
<input type="checkbox"/> Chicken	<b>475</b>
<b>660 Kcal   260 Gms</b>	
 	
<input type="checkbox"/> Prawn	<b>575</b>
<b>700 Kcal   245 Gms</b>	
  	
<b>Hakka Noodles</b>	
<input checked="" type="checkbox"/> Vegetable	<b>345</b>
<b>520 Kcal   479 Gms</b>	
  	
<input type="checkbox"/> Egg	<b>375</b>
<b>583 Kcal   480 Gms</b>	
  	
<input type="checkbox"/> Chicken / Lamb	<b>425</b>
<b>587 Kcal   490 Gms</b>	
  	
<input type="checkbox"/> Prawn	<b>450</b>
<b>700 Kcal   490 Gms</b>	
   	










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<b>Pan Fired Noodles</b>	
<input type="checkbox"/> Vegetable <b>774 Kcal   560 Gms</b> 	<b>375</b>
<input type="checkbox"/> Egg <b>514 Kcal   580 Gms</b> 	<b>395</b>
<input type="checkbox"/> Chicken / Lamb <b>898 Kcal   590 Gms</b> 	<b>425</b>
<input type="checkbox"/> Prawn <b>865 Kcal   550 Gms</b> 	<b>450</b>
<b>Moon Fan Rice</b>	
<input type="checkbox"/> Vegetable <b>453 Kcal   420 Gms</b>	<b>345</b>
<input type="checkbox"/> Chicken <b>457 Kcal   435 Gms</b> 	<b>425</b>
<input type="checkbox"/> Prawn <b>865 Kcal   435 Gms</b> 	<b>450</b>
<b>Burnt Garlic Fried Rice</b>	
<input type="checkbox"/> Vegetable <b>453 Kcal   420 Gms</b> <input checked="" type="checkbox"/>	<b>345</b>
<input type="checkbox"/> Egg <b>514 Kcal   420 Gms</b> 	<b>345</b>
<input type="checkbox"/> Chicken / Lamb <b>525 Kcal   435 Gms</b> 	<b>425</b>
<input type="checkbox"/> Prawn <b>555 Kcal   435 Gms</b> 	<b>450</b>
<input type="checkbox"/> Steamed Rice <b>207 Kcal   355 Gms</b> <input checked="" type="checkbox"/>	<b>325</b>

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## DESSERTS

- **Date Pancake** 400  
 427Kcal | 70 Gms  

- **Honey Darsaan** 400  
 268 Kcal | 110 Gms  

- **Tub Tim Krob** 400  
 136Kcal | 130 Gms  

- **Banana Toffee with Ice - Cream** 400  
 732Kcal | 170 Gms  

- **Apple Toffee with Vanila Ice - Cream** 400  
 515 Kcal | 155 Gms  

- ▲ **Fried Ice-Cream** 400  
 621 Kcal | 210 Gms  


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## SALADS

- **Tofu Tomato Salad / 660**  
Lettuce, tofu, Wakame and tomato with ginger sesame dressing  
**472 Kcal | 130 Gms**  

- **Agedashi Tofu/ 660**  
Fried bean Curd with daikon, soy and mirin  
**930 Kcal | 180 Gms**  

- ▲ **Chicken Karaage / 750**  
Fried Chicken served with tonkatsu sauce and yasai salad  
**744 Kcal | 180 Gms**  

- ▲ **Karai Lemon Ebi / 925**  
Prawns & greens in soicy lemon dressing  
**303 Kcal | 180 Gms**  

- ▲ **Seared Salmon with Yuzu Dressing / 1000**  
Thinly sliced salmon served with soya and lemon dressing  
**322 Kcal | 180 Gms**  

- ▲ **Tuna Tataki / 1000**  
Seared tuna, avocado, soya lime sauce  
**479 Kcal | 180 Gms**  


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## SOUP

### **Miso Soup / 575**

Fermented soybean paste, tofu and wakame  
**65 Kcal | 245 Gms**



### **Kakiage / 575**

Your Choice of soba or udon noodle soup with vegetable or shrimp dumplings

**110 Kcal | 240 Gms**



### **Homard Soup / 750**

Dashi & lobster with a twist of jalapeno & yuzu  
**80 Kcal | 230 Gms**



## SASHIMI

### **Maguro (Tuna) / 850**

**297 Kcal | 180 Gms**



### **Sake (Salmon) / 850**

**307 Kcal | 180 Gms**



### **Hotate (Scallops) / 1250**

**275 Kcal | 180 Gms**



### **Unagi (Eel) / 1400**

**307Kcal | 180 Gms**



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# SUSHI

Choose your style of Sushi -  
Maki / Uramaki / Nigiri

- Takuan (Pickled Radish) / 625  
267 Kcal | 145 Gms
- Asparagus / 625  
219 Kcal | 155 Gms
- Shiitake (Japanese Black Mushroom) / 625  
231 Kcal | 145 Gms
- Avocado / 625  
337 Kcal | 145 Gms
- Maguro (Tuna) / 685  
297 Kcal | 155 Gms  

- Sake (Salmon) / 685  
307 Kcal | 155 Gms  

- Kani (Crab Stick) / 865  
303 Kcal | 155 Gms  

- Hotate (Scallops) / 850  
275 Kcal | 145 Gms  

- Tobiko (Flying Fish Roe) / 850  
284 Kcal | 155 Gms  

- Unagi (Eel) / 1050  
307Kcal | 155 Gms  


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An average active adult requires 2000kcal per day. Intake to low food intake is 1000kcal per day. Intake to high food intake is 3000kcal per day.

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## PLATTERS

- **Tamari Sushi Vegetarian / 1900**  
Avocado, cucumber, tempura vegetables, asparagus, tempura lotus stem, shiitake  
**324 Kcal | 340 Gms**  
🌾
- ▲ **Tamari Sushi Non-Vegetarian / 2300**  
Salmon, tuna, crab stick, prawns, eel, scallops  
**659 Kcal | 350 Gms**  
🌾 🐟 🦀
- ▲ **Sashmi Classic / 2500**  
Salmon, tuna, crab stick, scallops  
**193 Kcal | 380 Gms**  
🌾 🐟 🦀

## TAMARI SIGNATURE ROLLS

- **Midori / 750**  
Tempura vegetables, cream cheese, Jalapeno  
**1308 Kcal | 130 Gms**  
🌿 🌾
- **Yasai Futomaki / 750**  
Vegetable with cream cheese.  
**135 Gms**  
🌿 🌾
- ▲ **Philadelphia Roll / 950**  
Smoked salmon coated with Philly cream cheese  
**478 Kcal | 145 Gms**  
🐟 🌿
- ▲ **Arata / 950**  
Prawn tempura, avocado, topped with tempura crispies.  
**1320 Kc | 145 Gmsal**  
🦞
- ▲ **Atomb Bomb Roll / 950**  
Tuna, salmon with spicy bomb mayonnaise topped with tobiko  
**487 Kcal | 150 Gms**  
🐟

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▣ **Seared Spicy Tuna / 950**

Spicy tuna, cucumber, bomb mayo,  
topped with seared tuna

**447 Kcal | 145 Gms**



▣ **Tassane / 1165**

Tuna, crab stick, seared salmon,  
mayonaise, sesame seeds

**431 Kcal | 140 Gms**



▣ **Grilled Unagi / 1165**

Grilled unagi, avocado pears, tobiko

**404 Kcal | 140 Gms**



▣ **Sumo / 1165**

Sushi rolled with prawns, layered with sliced unagi  
& topped with tobiko

**359 Kcal | 150 Gms**



▣ **Angry Salmon Roll / 1165**

Salmon marinated with siracha and cream  
cheese topped with Unagi (eel)

**447 Kcal | 150 Gms**



▣ **Mount Fuji / 1165**

Sushi rolled with tuna, salmon & unagi glazed  
with traditional soya based sauce

**418 Kcal | 150 Gms**



▣ **Pink Lady / 1165**

Tuna, tobiko, salmon, avocado and fried onions

**367 Kcal | 150 Gms**



▣ **Hoshi / 1165**

Crab stick, tuna, avocado, onion tempura,  
topped with togarashi

**999 Kcal | 145 Gms**



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## THE PACE MAKERS

### Okonomiyaki / 675

Japanese pizza cooked on flat grilled topped with vegetables / chicken / prawns / beef

■ **Vegetable**  
170 Kcal | 140 Gms



▲ **Chicken**  
242 Kcal | 155 Gms



▲ **Beef**  
228 Kcal | 155 Gms



▲ **Prawn**  
420 Kcal | 150 Gms



▲ **Tori Katsu / 875**  
Crispy fried chicken served with Tonkatsu sauce  
708 Kcal | 145 Gms



▲ **Soya Garlic Prawns / 1100**  
Fresh Prawns sauteed with sake, garlic & soya  
254 Kcal | 180 Gms



▲ **Wafu Steak / 1175**  
Pepper coated thinly sliced seared beef served rare with ponzu sauce  
764 Kcal | 225 Gms



## YAKI

### Grilled Skewers in Teriyaki Sauce

■ **Yaki Shittake** (Japanese Mushrooms) / 685  
140 Kcal | 128 Gms

▲ **Yaki Tori** (Chicken) / 900  
190 Kcal | 345 Gms

▲ **Yaki Ebi** (Prawns) / 1300  
160 Kcal | 210 Gms



▲ **Yaki Robusta** (Lobster) / 2100  
160 Kcal | 225 Gms



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## RIGHT OFF THE TEPPANYAKI GRILL

Identify your taste respecters  
Sweet Teriyaki / Spicy Teppanyaki / Unique  
Soya Lemon Butter / Tangy Spicy Ponzu/  
Sweet Bean Sauce or Anko / Traditional Miso Sauce

- Vegetables / 685  
200 Kcal | 220 Gms  

- ▲ Chicken / 785  
251 Kcal | 290 Gms  

- ▲ Beef / 1125  
400 Kcal | 290 Gms  

- ▲ Prawn / 1125  
567 Kcal | 260 Gms  

- ▲ Red Snapper / 1475  
443 Kcal | 270 Gms  

- ▲ Salmon / Tuna / 1575  
322 Kcal | 270 Gms  

- ▲ Lamb Chops / 2150  
587 Kcal | 280Gms  

- ▲ Lobster (As per size)  
618 Kcal | 290 Gms  


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## TEMPURA

- Vegetables / 660  
435 Kcal | 230 Gms  

- ▲ Calamari / 785  
399 Kcal | 290 Gms  

- ▲ Prawns/ 1300  
460 Kcal | 210 Gms  

- ▲ Tempura Moriwase  
(Selection of Vegetables and Seafood)/ 1500  
567 Kcal | 310 Gms  



## DONBURI - Japanese rice bowl dish

- Tempura Vegetables / 750  
435 Kcal | 390 Gms  

  - ▲ Oyakodon (Egg and Chicken) / 900  
399 Kcal | 435 Gms  

  - ▲ Teriyaki Chicken / 900  
460 Kcal | 480 Gms  

  - ▲ Ebidon (Prawns) / 1000  
567 Kcal | 470 Gms  

  - ▲ Gyudon (Beef) / 1000  
1348 Kcal | 480 Gms  

  - ▲ Unadon (Eel) / 1500  
1348 Kcal | 410 Gms  

- \* Served over hot rice, salad (20 Gms),  
Miso Soup (20 Gms) and pickles (5 Gms)

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## THE NIPPON - KOKU STAPLE

🍱 **Gohan / 525**  
Steamed short grain Japanese sticky rice  
**207 Kcal | 330 Gms** 🌱

🍱 **Yaki Soba / 710**  
Japanese style stir fried buck wheat noodles  
with vegetables or meat of your choice

🍱 Vegetable  
**694 Kcal | 300 Gms**  
🥬

🍱 Chicken  
**730 Kcal | 320 Gms**  
🥬🍗

**Yaki Meshi / 710**  
Short grain Japanese sticky fried rice with  
vegetables or meat of your choice

🍱 Vegetable  
**226 Kcal | 370 Gms**

🍱 Chicken  
**221 Kcal | 390 Gms**  
🥬🍗

## D E S S E R T

🍱 **Fruits Moriawase / 500**  
**441 Kcal | 440 Gms**  
🍷

🍱 **Banana Tempura Topped with Chocolate  
Sauce and Vanilla Ice Cream / 685**  
**441 Kcal | 260 Gms**  
🍷

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