

Appetizers 前菜

1. Rice	2.50	7. Chicken Yakitori	6.95
Rice w/teriyaki	3.75	8. Appetizer Tempura	8.95
2. Agedashi tofu	6.50	(2 prawns+5 veggies)	
3. Edamame (soy bean)	4.95	9. Chicken Karage	14.95
4. Deep Fried Gyoza	6.50	(10 pc deep fried peppered chicken)	
5. Gyoza (5pc pan-fried)	6.50		
6. Veggie Gyoza (5pc)	6.95		

Soup & Salad 湯類及沙拉

10. Vegetable Sunomono	\$ 3.95	16. Wonton Soup	\$ 8.50
11. Shrimp Sunomono	\$ 4.95	17. Wor Wonton (L)	\$ 14.95
12. Tako Sunomono	\$ 6.95	(w/seafood)	
13. Seaweed Salad	\$ 4.95	18. Miso Soup	\$ 2.00
14. Horenso GomaAe	\$ 4.95		
(spinach salad w/sesame sauce)			
15. House Salad	\$ 8.50		

Udon & Soba 麵類 noodle soup & panfried noodles

19. Vegetable Udon	\$ 9.95	23. Seafood Udon	\$ 13.50
20. Chicken Udon	\$ 12.00	24. Chicken Yakisoba/YakiUdon	
21. Beef Udon	\$13.00		\$ 16.95
22. Tempura Udon	\$ 14.50	25. Beef Yakisoba/YakiUdo	
			\$ 17.95

Donburi 飯類 rice bowl

26. Oyako Don	\$12.50	29. Beef Teriyaki Don	\$ 13.50
27. Gyu Don (beef+egg)	\$ 12.50	30. Chicken Teriyaki Don	
28. Katsu Don (pork+egg)	\$14.00	(chicken & veggie)	\$12.50
		31. Ten Don	\$17.95
		(10pc assorted tempura w/rice)	

Chirashi 生魚壽司飯 sushi rice in bowl topped with sashimi

32. Salmon Chirashi	\$17.95	34. Tuna & Salmon Chirashi	\$18.95
(\$2.00 extra for wild salmon)		(1.50 extra for wild salmon)	
33. Tuna Chirashi	\$17.95	35. Deluxe Chirashi	\$27.00

Tempura 天婦羅

36. Appetizer Tempura	\$8.95	40. Seafood Tempura (8pcs)	\$ 12.95
37. Yam Tempura (8pcs)	\$8.95	41. Assorted tempura (18pcs)	
38. Vegetable Tempura	\$8.95		\$18.95
39. Prawn Tempura (7pcs)	11.95	42. Tempura Sauce (extra)	\$ 0.75

Teriyaki 鐵板燒 served with steel dish & assorted steamed vegetables & Rice

43. Chicken Breast Teriyaki	\$17.95
44. Beef Teriyaki	\$18.95
45. Salmon Teriyaki	\$22.00
46. Tofu Teriyaki	\$16.95

Sashimi 生魚 sliced raw fish

47. Tuna (7pcs)	\$13.50	50. Tuna GomaAe	53. Toro Sashimi	\$15.00
48. Salmon	\$ 13.50	(4 pcs) \$8.95	(4 pieces)	\$8.50
49. Tuna & Salmon	51. Tuna Tataki	54. Assorted Sashimi		
(8pcs) \$ 15.50	\$16.95	(15 pcs)	\$27.00	
(4 pieces \$ 8.50)	52. Wild Salmon	\$14.50		
	(4 pieces)	\$8.50		

Nigiri Sushi 握壽司 per piece

Tamago (egg).....	\$2.00	Tako (octopus).....	\$ 2.50
Inari (sweet tofu).....	\$ 2.25	Toro (fatty tuna)	\$2.50
Salmon.....	\$ 2.25	Masago (smelt roe)	\$2.50
Tuna.....	\$ 2.25	Tobiko (flying fish roe)	\$ 2.50
Hokigai (red clam)	\$ 2.25	Chopped Scallop.....	\$ 2.50
Ebi (cooked prawn).....	\$ 2.25	(chopped scallop & tobiko)	
Wild Salmon.....	\$ 2.50	Unagi (eel).....	\$ 2.75
Ika (squid).....	\$ 2.50	Salmon or Tuna Aburi....	\$ 2.75

Deep Fried Rolls

***Add \$1.25 to get your favorite roll deep fried!!**

*We reserve the right to charge of ingredients.

We cannot be responsible for any allergies our customers may have.

GST not included in prices.

Prices subject to change without notice.

Roll Sushi / Cone Sushi 壽司卷及手卷

55. Salmon Roll	\$ 3.95	69. B.B.Q.eel & cheese Roll	\$7.00
56. Tuna Roll	\$ 3.95	70. Alaska Roll	\$ 7.00
57. Negitoro Roll	\$ 4.95	(smoked salmon+california roll)	
(fatty tuna & green onion)		71. Smokes salmon & cheese Roll	
58. B.C. Roll (BBQ salmon)	\$ 5.50		\$7.00
59. California Roll	\$ 5.50	72. S. S. S. Roll	\$ 7.00
60. Chicken Teriyaki Roll	\$ 5.50	(smoked salmon & shrimp)	
61. Beef Teriyaki Roll	\$ 5.50	73. House Special Roll	\$ 8.95
62. Crazy Roll	\$ 5.50	(tuna, salmon, fish cake, vegetable)	
63. Crunch Roll	\$ 5.50	74. Rainbow Roll	\$ 11.95
(crab,tempura & cucumber)		(california roll with salmon,tuna,avocado,prawn on top)	
64. Ebi Roll	\$ 5.95	75. Spider Roll	\$12.95
(prawn, avocado & cucumber)		(soft shell crab, cucumber, crab meat and with ffish eggs on top)	
65. Dynamite Roll	\$ 6.50	76. Caterpillar Roll	\$12.95
66. Hawaiian Roll	\$6.50	(unakyu roll w/ avocado on top)9	
(prawn, pineapple, cucumber & crab)		77. Dancing Eel Roll	\$ 13.95
67. Chopped Scallop Roll	\$ 6.50	(california roll+B.B.Q. eel on top)	
68. Unakyu Roll	\$ 7.00	78. ABURI Special Roll (Salmon, Tuna, avocado and crab roll topped with seared salmon, tuna and fish eggs, unagi sauce, spicy mayo and sesame seeds)	\$16.00
(B. B. Q. eel & cucumber)			

Vegetarian Roll Sushi 蔬菜卷

79. Avocado Roll	\$3.75	82. AC Roll	\$ 5.50
80. Kappa Roll (cucumber)	\$ 3.75	(avocado and cucumber)	
81. Mango Roll	\$ 5.50	83. Yam Tempura Roll	\$ 5.50
(mango +,avocado)		(deep fried yam)	
		84. Veggie Tempura Roll	\$ 5.50

Spicy Roll Sushi / Cone Sushi 香辣壽司卷

85. Spicy Tuna Roll	\$ 5.95	90. Spicy Dynamite Roll	\$ 6.75
86. Spicy Salmon Roll	\$ 5.95	91. Spicy Chopped Scallop Roll	
87. Spicy Beef Roll	\$ 5.95		\$ 6.75
88. Spicy Chicken Roll	\$ 5.95	92. Stamina Roll	\$ 7.95
89. Spicy California Roll	\$ 5.95	(Spicy tuna,tempura,prawn etc.)	
		93. House Spicy Sauce/spicy mayo	\$ 0.75

Sushi Combinations 壽司套餐 SAVE UP TO 30%

- 94. **Iron Chef Special Combo (20pcs)** \$ 15.95
(6pcs house roll, 6 pcs salmon/ kappa rolls, 4 pcs california roll, 4pcs chicken roll,)
- 95. **Roll Combo** (6 pcs dynamite roll, 8 pcs california roll & 6 pcs cucumber roll) \$ 14.95
- 96. **Vegetable Combo** \$ 8.95
(6 pcs veggie tempura roll, 3 pcs avocado roll, 3 pcs cucumber roll)
- 97. **California Combo** \$ 12.50
(1 california roll, 1 pcs each of tuna, salmon, ebi & tamago sushi)
- 98. **B.C. Combo** \$ 13.50
(1 B.C. roll, 1 salmon roll, 1pcs each of tuna, salmon & ebi sushi)
- 99. **Dynamite Combo** \$ 13.50
(1 dynamite roll, 1 pcs each of tuna, salmon, ebi & tamago sushi)
- 100. **Tuna & Salmon Combo** \$ 14.75
(1 tuna roll, 1 salmon roll, 2 pcs each of tuna & salmon sushi)
- 101. **Alaska Combo** \$ 14.75
(1 Alaska roll, 1 pcs each of tuna, salmon, ebi & tamago sushi)

*All Special meals and combos are priced for our customer's benefit.
Any substitute order will have an extra charge.
Thank you for your understanding*

Business Hours

Monday 11:00am - 7:00pm
Tue.-Thurs. 11:00am – 8:00pm
Friday 11:00am - 8:30pm
Saturday 12:00 - 8:30pm
Sunday / Holiday Please call

Party Trays 精美宴會壽司

- 102. **Value Tray** (for 2 persons) \$ 31.00
38 pieces of rolls & nigiri sushis
 -- (extra \$1.00 for sockeye salmon)
 including 16pcs of california rolls, 12 pcs of dynamite rolls, 8 pcs of avocado cucumber rolls, 2pcs each of wild salmon and tuna nigiri sushi
- 103. **Hockey Night Tray** (for 3 persons) \$ 44.00
58 pieces of rolls & nigiri sushis
 Includes 8 pcs spicy salmon rolls, spicy tuna rolls, spicy crazy rolls, chicken teriyaki rolls, California rolls, yam avocado rolls, and 6 pcs each of cucumber rolls and dynamite rolls
- 104. **Roll Tray** (for 3 to 4 persons) \$ 42.00
62 pieces of rolls
 including 6 pcs of cucumber rolls, avocado rolls, B.C. rolls, dynamite rolls, and 8 pcs of California rolls, chicken teriyaki rolls, beef teriyaki rolls, yam avocado rolls and crunch rolls
- 105. **Supreme Tray** (for 3 to 4 persons) \$ 57.00
60 pieces of rolls & nigiri sushis
 -- (extra \$4.00 for sockeye salmon)
 including 8 pcs of house rolls, Alaska rolls, California rolls, 6 pcs of salmon rolls, tuna rolls, B.C. rolls, dynamite rolls, and 4 pcs each of tuna, salmon & prawn nigari sushis
- 106. **Deluxe Tray** (for 4 to 5 persons) \$ 71.95
73 pieces of rolls & nigiri sushis
 -- (extra \$4.00 for sockeye salmon)
 including 8 pcs of house special rolls, california rolls, Alaska rolls, chicken teriyaki rolls, 6 pcs each of avocado rolls, cucumber rolls, wild salmon rolls, tuna rolls, dynamite rolls, and 4pcs each of salmon and tuna, 3 pcs each of tamago, prawn, Aburi nigiri sushis



www.ironcheflangley.com

Tel: 604-881-0168

9145 Glover Road Langley
(Beside the Fort Langley Community Hall)

Yummy Box \$11.95

chicken teriyaki with rice
4 California rolls, 2 pc Deep Fried gyoza

Crunch Box \$11.95

8 pcs crunch rolls
Edamame Soy Beans, Seaweed salad

Happy Box \$11.95

chicken teriyaki with rice, 4 California rolls,
seaweed salad

Box A \$13.95

appetizer tempura, chicken teriyaki with rice
4 California rolls, house salad

Box B \$14.95

appetizer tempura, 6 cs salmon rolls
8 pcs California rolls, house salad

Veggie Box \$17.95

veggie tempura, tofu teriyaki with rice
6 pcs avocado rolls, house salad,
Veggie sunomono, miso soup

Teriyaki Box \$19.00

appetizer tempura, chicken teriyaki with rice
8pcs California rolls, salmon and tuna nigiri,
Shrimp sunomono salad, miso soup

Sashimi Box \$22.95

appetizer tempura, tuna and salmon sashimi
4 California rolls, 4pcs nigiri sushis
Shrimp sunomono salad, miso soup