

2019 冬のひとしな/ Winter

季節のおつまみ三種盛り/Seasonal appetizer TRIO

Daily chef's selection three kinds of appetizers 9.9

青梗菜のおひたし/Baby Bokchoy Ohitashi

soaked in dashi broth, sesame oil 5

蛍烏賊と北海道帆立の酢味噌/Hotaru 'Firefly' Squid and

Hokkaido Scallop

Blanched w/ Yuzu miso, wakame seaweed 12

真鱈の白子ポン酢/Cod Milt Ponzu

From Hokkaido Cod Milt, Grated daikon radish
ponzu jello 11.9

沖縄県産もずくとローカル蟹/Mozuku seaweed sunomono

From Okinawa, Japan, cucumber, Dungeness crab 7.8

カリフラワーすり流し西京味噌仕立/Cream of Cauliflower soup

Prepare w/ saikyo miso, cream, Ichiban dashi,
Snow crab, rice cracker, black truffle oil 6.9

生湯葉と大根炊いたん/Braised Yuba & Daikon radish

Fresh Tofu skin, Local Daikon radish, Ichiban Dashi broth,
Yuzu zest and black sesame miso 6.9

ナマコの酢の物/Sea cucumber sunomono

From Aomori Sea cucumber, tosazu 13.9

菊芋の揚げ出し/BC Sunchoke Agedashi

Dashi braised and deep fried sunchoke,
Yarrowmeadows ground duck dashi ankake 7.9

ツナタタキサラダ/BC Albacore Tuna Tataki Salad

Truffle potato salad, Yuzu Mustard dressing 13.9

めばち鮪の竜田揚げ/Big Eye Tuna "Tatsuta-age"

Garlic soy marinated deep fried big eye tuna karaage
Sprinkle with local smoked sea salt 8.9

出汁巻き玉子/Dashi Omelette

Made to order, Local free range egg, Ichiban dashi,
Wakame Honori Seaweed, Spicy cod roe, Shiso
daikon radish 8.9

瓢箪南瓜の胡麻豆腐揚げ出し/

Butternut Squash "Goma Tofu" Agedashi

House made "Goma-Tofu" (made with arrowroots powder,
dashi, Local butternut squash puree)
braised assorted mushroom w/buckwheat seed,
roasted hazelnuts, soy dashi broth 8.9

雲丹シューター/Uni shooter

Sea urchin, ikura, nori shoyu, yamaimo, quail egg 10.9

自家製あん肝ポン酢/House made Ankimo Ponzu

Steamed fresh monk fish liver, daikon ponzu sauce 11.5

季節野菜の天ぷら/Seasonal Vegetable tempura

Organic oyster mushroom, Brussels sprout, Lotus root, Local
parsnip, kabocha squash, green tea sea salt 11.9

北海道産スルメイカ西京焼き/Grilled miso Surume squid

Miso marinated sashimi grade Hokkaido Surume squid 12.9

豚ほほ肉の黒ごま煮/Braised pork cheek

Braised pork cheek from Chilliwack with dashi soy

and black sesame paste

Soft boiled free range egg, baby bokchoy 13.9

リンコッドのかき揚げ/BC Ling Cod Kakiage

Kakiage style tempura, Haida Gwaii ling cod, mochi, kale,

organic shiitake mushroom,

snow crab Dashi Ankake, Kiku flower, wasabi 13.9

ムール貝の酒蒸し/ Salt Spring Island Mussel

Salt Spring Island mussel, Chilliwack pork bacon, shungiku green, meyer lemon steamed with sake 12.9

和牛メンチカツ/Brant Lake Wagyu minced Cutlet

Panko crusted deep fried ground wagyu beef from

brant lake, black sesame tonkatsu sauce 14.9

鴨せいろ蕎麦/Duck Tsuke Soba

Cold soba, dipped in warm duck dashi soy broth 13.9

めばち鮪とアボカド/Big eye Tuna & Avocado

Sashimi grade Big eye tuna, original seaweed soy sauce 14.9

銀鱈カマの西京焼き/Grilled miso Sablefish Kama

Grilled saikyou miso marinated sablefish collar

from Haida Gwaii 14.9

ローカル合鴨醬油麴焼き Grilled Yarrow Meadows Duck Breast

Duck marinated w/ house made shoyu koji,

Local Butternut squash pure, soy braised assorted

mushroom, burdock kinpira 14.9

燻製和牛のタタキ/Brant Lake Wagyu tataki

Seared and Hay smoked Brant Lake wagyu, shoots mix,

organic quinoa, Shaved chestnuts, Pomegranate

sunchoke chip, sweet onion ponzu 15.9

BC 紅鮭のカルパッチョ Sockeye salmon carpaccio

Sashimi grade local sockeye salmon, mustard soy vinegar,

ikura, pea shoots, kaiware radish 16.9

Today's fish kama & Head

金目鯛兜煮/Soy braised Kinme-dai head 19

カンパチのカマ焼き/Grilled Amber jack Kama 19

真鯛兜の兜の焼浸し/ Grilled Madai Snapper head soaked

in Dashi broth with premium Umeboshi 17.9

紅鮭のカマ焼き/Grilled sockeye salmon kama 12.9

紅鮭のハラス焼き/Grilled sockeye salmon belly 10.9

生牡蠣/ Fresh West coast oyster 3pc/6pc

*Sunseeker 9.9/17.9

The consumption of RAW oysters poses an increased risk of Food-borne illness.

Cooking step is needed to eliminate potential bacteria or viral contamination.

Fresh catch Sashimi

旬の3種盛/Fresh 3kinds of Chef's choice 35

蝦夷鮑/JP Abalone 42

天然寒鰯/JP wild winter yellowtail 38
(senior Hamachi)

金目鯛/JP Golden eye snappere 36

平目薄造り/flounder usuzukuri 28

真鯛/JP Madai Snapper 28

締鯖/JP Cured mackerel 25

カンパチ/JP Amberjack 25

本鮪大トロ/Blue fin tuna O-toro 42

本鮪中トロ/Blue fin tuna Chu-toro 39

本鮪/Blue fin tuna 36

BC 天然紅鮭/BC Sockeye Salmon 17

くずし寿司/Our original Nigiri-sushi

*シェフのおまかせ握り (Spc)

Spc of Chef's omakase nigiri 32

*合盛 (雲丹、いくら、キャビア)

Uni, Ikura, caviar 13

*本鮪中トロ炙り

Blue fin tuna Aburi Chu-toro 11

*BC ボタン海老かにみそ炙り

BC Spot Prawn w/ Kani miso aburi 7.5

*和牛の雲丹のせ

Brant lake Wagyu and uni on top 6.5

*締鯖の炙り

JP Cured mackerel Aburi 6

*フレッシュオイスターのにぎり

BC Fresh Oyster nigiri-sushi 5

にぎり鮨/Nigiri-sushi

蝦夷鮑/JP Abalone 10.8

穴子/JP Wild Conger sea eel 9.5

白子/JP Cod milt 9

金目鯛/JP Golden eye snapper 8.9

天然寒鰯/JP wild winter yellowtail 7.8
(senior Hamachi)

真鯛/JP Madai Snapper 4.8

締鯖/JP Cured mackerel 4.8

カンパチ/JP Amberjack 4.5

平目/JP Flounder 4.5

北海道帆立/JP Hokkaido Scallop 4.8

日本産鰻/JP Unagi 9.8

本鮪大トロ/Blue fin tuna O-toro 10

本鮪中トロ/Blue fin tuna Chu-toro 9

本鮪/Blue fin tuna 8

雲丹/BC Sea Urchin 6.9

ローカルボタンエビ/BC fresh Spot Prawn 6.9

BC いくら醤油漬け/BC Ikura 4.8

BC 天然紅鮭/BC Sockeye Salmon 3.5

手巻き鮨/Hand Cone

Uni Ikura 14

JP Unagi tamago 12

Blue fin Negitoro 12

Conger eel cucumber 12

Dungeness avocado 12

Salmon Ikura 10

Winter yellowtail negi 10

Salmon avocado 7