



**WE
DELIVER
NOW!**

Lunch & Takeout Menu

(Lunch Specials served 12pm-3:30pm Monday-Thursday, Friday 12pm-Close)

488 Central Avenue, Cedarhurst Tel 516.295.2700
72-08 Main Street, Kew Garden Hills Tel 718.575.8700

Lunch Combination Specials

Wrap & Salad	Your choice of any wrap and a lunch portion of salad \$12 <small>(Metsuyan Kalbi Wrap Add \$3)</small>
Sushi Roll Combo A	6 pieces of California Roll, Tuna Roll & Cucumber Roll \$11
Spicy Roll Combo B	Our Delicious Spicy Tuna Roll, California Roll w/ Masago & Avocado Roll \$13
Sushi & Salad Combo	Any Reg 6 Pc Sushi Roll and Lunch portion Shred Japanese Salad \$10 <small>(Toro & Ikura excluded)</small>
Appetizer & Salad	Your Choice of any reg. size appetizer & lunch portion salad \$11
Soup & Salad	Enjoy a lunch portion of any entrée salad with your choice of soup \$ 8

Lunch Combination Upgrades

Soup & Beverage	Add any soup and an Iced Tea or Lemonade to any Entrée Salad or Wrap \$ 3
Fries, Slaw & Drink	Add Asian Fries, Slaw and Iced Tea or Lemonade to any Wrap \$ 3

Kew Garden Hills
Rabbinical Supervision



Vaad
Harabonim
Queens

Cedarhurst
Rabbinical Supervision





Lunch & Takeout Menu

(served in-house 12pm-3:30pm Monday-Friday / Sunday 1pm-4:00pm)

516.295.2700 / 718.575.8700

EXOTIC SALADS

Unless otherwise indicated, all Salads are served with your choice of the following dressings, Carrot-Ginger, Peanut, Sesame-Soy Vinaigrette, Tequila-Lime

House Salad 🍴

Assorted greens, cucumbers, tomatoes, red onion, and shredded carrots. Served w/ ginger dressing. 5.00

Shredded Japanese Salad 🍴

Shreds of lettuce, carrots, daikon, white & red cabbage w/ tomatoes, avocado, cucumber & snow peas. Served w/ ginger dressing. 7.00 Small / 10.50 Large.

Asian Grilled Veggie Salad 🍴

Mixed greens with roasted corn, tomatoes, red onions, black beans, glazed beets, zucchini, eggplant, avocado topped w/ fried wonton crisps. 11.50

Julienne Kani Salad 🍣 *New!* 🌶️

Angel hair cucumber, carrots, and kani mixed with sliced scallions and masago then tossed in a creamy spicy mayo, topped w/ crunch. 8.50

Malaysian Tropical Rice Noodle Salad 🍴 🍴 *New!* 🌶️

Thin rice noodle vermicelli, seasoned and tossed with a julienne of mango, cucumber, & peppers. Tossed with Spicy Vietnamese Sauce. 7.00 Small / 10.50 Large (with grilled chicken breast add 3.00)

Baby Greens & Grilled Salmon Salad (w/ Ses-Soy Vinaigrette) 🍣 *New!* 🌶️

Delicate baby spinach leaves dressed to perfection, Topped w/ Grilled Salm, mandarin oranges, red onions & glazed nuts. 13.50

Vietnamese Leaf Salad with Shredded BBQ Chicken 🍴

Mixed lettuces, roasted corn, tomatoes, red onions, black beans, avo, egg, cilantro / delicious noodles, bbq chicken & lime dressing. 13.50

Cabana Caesar Salad 🍴 🍴

A Delicious classic Caesar Salad with fillet of tomato, red onion, hearts of palm and seasoned crutons 8.00 Small / 12.50 Large (with grilled chicken breast add 3.00)

Santa Fe Salad 🍴

A tortilla basket filled w/ lettuce, tomatoes, red onions, roasted corn, black beans, avo, topped w/ ground chile beef, soy cream & scallions. 13.50

Cuban Chicken Salad 🍴

Roasted corn, tomatoes, cilantro, red onions, black beans, avocado, cucumber, bean sprouts, hearts of palm & shredded chicken. Tossed in a lemon & olive oil dressing & served with lime wedges. 12.50

Thai Beef Salad

Mixed lettuces, tomatoes, cucumber, scallions, avocado, cilantro, topped w/ delicious noodles, sliced Thai grilled beef & peanut dressing. 14.50

LUNCH WRAPS & SANDWICHES

Smoked Salmon & Egg Wrap 🍣

Smoked Salmon slices with scrambled eggs, scallion, fresh spinach, tomatoes and tofu cream spread & Tobiko caviar. 9.50

Tropical Chicken Wrap 🍴

Grilled Chicken Breast, Lettuce, Tomato, Red Onions, Mango, Cilantro, Pickled Jalapeno Pepper and a Curry Mayo. 9.50

Grilled Chicken Teriyaki Wrap 🍴

Teriyaki marinated Strips of grilled chicken breast, onions, lettuce & Japanese mayo. 9.50

Chicken Katsu Wrap 🍴 *New!*

Crispy Strips of chicken cutlet (chicken breast), lettuce, tomatoes, onions & Japanese mayo. 9.50

Paper Beef Bulgogi Wrap

Our delicious thin slices of pan seared steak & onions in a tangy asian marinade make this wrap a true crowd pleaser. 12.50

Metsuyan Kalbi Wrap 🍴

Delicious & tender Metsuyan Kalbi steak, grilled, sliced and stuffed in a delectable wrap. Words just do not do this one justice. 14.50

Steak Sambal Wrap 🍴

Tender strips of our steak sambal grilled and rolled with lettuce, tomatoes, roasted corn, red onions, avocado, cilantro & Mayo. 10.50

Grilled Wild Mushroom Wrap 🍴

A grilled assortment of wild mushrooms in a light olive oil & garlic seasoning finished with a sake & unagi tare glaze. 9.50

Spicy Kani Salad Wrap 🍣

A wonderful wrap of our delicious spicy seafood salad (cooked) with lettuce, tomato, red onions and spicy Japanese mayo. 9.50

Hiro's Fish-N-Chips Wrap 🍣

Breaded fillets of Pacific Cod, golden fried, wrapped together with Hiro's fries and traditional fixins. How could you go wrong? 9.50

NOODLES - PASTA - FISH & CHIPS

Singapore Rice Noodle 🍴 🍴 *New!* 🌶️

Delicious angel hair rice noodles stir fried with chicken, beef, cilantro, eggs, scallions, mushrooms and red peppers in a Spicy Singapore dry seasoning. 15.50

Yakisoba 🍴 🍴

Seasoned Panfried sobanoodles with assorted seared vegetables. Veg 12.50 / Chicken 14.50 / Beef 15.50

Udon Soup 🍴

Deep flavoured beef broth simmered with veggies and slurpy Udon noodles. It's not polite to eat this treat without making noise. 7.50 Small / 11.50 Large.

Sautéed Pasta Shells with Truffled Kinoko Mushrooms 🍴 *New!*

Tender pasta shells sautéed and covered with truffle-diced mushrooms, onions and our wonderfully roasted chunks of wild kinoko mushrooms. Deglazed with sake and a touch of sweet soy this dish is simply delicious. 12.50

Hiro's Fish & Chips 🍣

Tender fillets of Pacific Cod battered and fried golden. Served with seasoned Hiro's fries, asian slaw, lemons & our Japanese Shibazuke tartar sauce. 15.50

Hiro's Fries & Asian Slaw
add
\$3
Lemonade or Iced Tea
with any wrap

APPETIZERS

Edamame

The Japanese answer to the peanut. Lightly salted and highly addictive!

4.50

El Bomba

The mother of all egg rolls, stuffed with avocado and sundried tomatoes served with a cilantro dipping sauce. Simply Fabulous

7.00

Grilled Tofu

Creamy Tofu grilled, topped with sliced scallions and served with a Vietnamese sauce.

6.00

Sakura Onion Blossom

Our Japanese flowering delicacy is lightly dusted with our special seasonings and fried golden. Served with a tequila-lime sauce.

6.50

Enoke Mushroom Calamari

Our fresh Japanese enoki mushrooms are dusted in special herbs & spices. Fried golden & served w/ tomato sauce & lemons.

7.00

Hamachi Kama

Formerly known only by friend 'sof the Chef, this buttery Yellowtail delicacy is broiled to perfection and dressed w/ our special sauce.

10.50

Steak Negimaki

Our wonderful steak used to wrap scallions like a sushi roll, then grilled to perfection. Sliced & served w/ our sweet-soy reduction.

8.50

Shumai, Crystal Dumplings & Pan Gyoza

Steamed translucent & open top chicken and beef dumplings served with Ponzu sauce.

7.50

Barbeque Lamb Spare Ribs

Succulently grilled baby back lamb ribs basted in a Korean style barbeque sauce.

8.50

Jamaican Jerk Chicken Wings

Grilled BBQ wings and drumlets glazed with a Caribbean jerk, mildly spicy & tangy Jamaican Jerk sauce.

7.50 Small / 11.50 Large

Malaysian Cigars

Crispy thin skinned cigar shaped egg rolls filled with delicious chopped steak & Malaysian rice noodles. Served w/ spicy sauce.

7.50

Tamarind Glazed Yasai Tempura

Assorted seasonal vegetables coated in our light and crispy golden batter served with a tangy Ponzu sauce.

6.00 Small / 9.50 Large

HOT SOUP

Shiro Miso Soup

The soother. A gentle white miso broth simmered with tofu, mushrooms and topped with scallions.

3.00

Udon Soup

Deep flavoured beef broth simmered with veggies and slurpy Udon noodles. It's not polite to eat this treat without making noise.

7.50 Small / 11.50 Large

Soup of the Day

Our chefs incorporate the freshest seasonal ingredients to create soothing aromatic elixirs. Inquire with our staff for today's special.

4.50

Thai Rice Noodle & Dumpling Soup

A very unique broth from the villages of Thailand seasoned with cilantro, unique spices, rice noodles, a touch of coconut milk & hearty dumplings.

7.50

THE JUICE & SMOOTHIE BAR

Your choice of fresh made juices or fruit smoothies..... 4.50

BEVERAGES & SODAS

Pink Lemonade & Japanese Iced Tea .50*** Pepsi/Diet Pepsi/Mt Dew/San Pelligrino/Aquafina 2.00

DESSERTS, PASTRIES & FRESH FRUIT

All desserts at Sushi Metsuyan are handmade on the premises by our in-house pastry chef. Please inquire with our staff about our delicious dessert of the day.

THE GRILL ROOM

Prime Rib of Beef

A wonderful cut of beef seasoned with our special dry rub & char grilled to perfection.

House Cut (17oz) 26.00 Sumo Cut (24oz) 38.50

Steak Polynesian

Our marbled beef ribeye steak marinated in a secret tropical blend with garlic & other Asian infusions. A heavenly experience.

29.50

Steak Sambal

Our tender marinated beef strips grilled, succulent served with a side of our Sambal chili sauce.

33.00

Metsuyan Kalbi

This Korean favourite entails the most tender boneless rib meat served slowly yielding delicious layers of caramelized bliss.

36.00

(LIMITED AVAILABILITY)

Dinosaur Kalbi Ribs

These tender LARGE ribs are glazed and grilled slowly with our Korean BBQ sauce. Sweet & succulent finger licking good.

27.50

(LIMITED AVAILABILITY)

Tokyo Cajun Steak

Tender Rib Eye Pan Seared & blackened in a Cajun seasoning served with a soothing au jus & red wine reduction.

32.00

Malaysian BBQ Chicken

Tender baby chicken marinated in our secret blend of Malay spices and seasoning then grilled. Succulent & Flavourful!

21.00

Honey, Sesame & Garlic Chicken Hot Pot

Caramelized sautéed chicken with sesame string beans, onions, ginger, garlic & cilantro in a delicious sauce topped with long beans.

22.00

(BEST SERVED OVER JASMINE RICE)

Thai Beef & Curry Hot Pot

Sliced steak sautéed with onions, scallions, lemongrass, potatoes & mushrooms in a spicy coconut curry sauce over Jasmine rice.

22.00

Kamikaze Macadamia Chicken

Marinated chicken coated and battered, then fried golden and dressed with our sweet, tangy and spicy kamikaze sauce.

22.00

(BEST SERVED OVER JASMINE RICE)

Bulgogi Paper Beef

A Korean style bistro dish consisting of thinly sliced ribeye sautéed w/ steak onions, mushrooms & scallions in a sweet soy reduction...

22.00

(BEST SERVED OVER JASMINE RICE)

Tori Yaki

The Japanese classic grilled marinated chicken breast.

16.50

Panko Crusted Chicken or Veal Katsu

Japanese bread crumbs coating delicious cutlets fried topped with kinoko mushrooms and served with a Katsu steak sauce.

Chicken 17.00

Veal 19.00

Sautéed Lemon Chicken

Thinly sliced chicken breasts coated and seasoned, sautéed with onions, dried tomatoes, capers, garlic & deglazed w/ lemon sake sauce.

21.00

(BEST SERVED OVER JASMINE RICE)

Assorted Balinese Satays

Tender pieces of beef and chicken marinated in an Indonesian sauce, grilled and served with a tasty Peanut sauce.

27.00

Miso Glazed Salmon Japonica

Buttery fillets pan grilled and finished with a toasted white miso glaze.

22.00

Grilled Chilean Sea Bass

Tender & fresh this sumptuously white fillet is grilled clean and seasoned gently with lemon, olive oil, Salt, Pepper & Sake.

28.00

Warm Sesame Crusted Ahi Tuna w/ Honey Wasabi Aioli

A generous cut of Ahi Tuna encrusted in black & white sesame, pan seared to perfection and laced with a sweet-spicy Honey-Wasabi Aioli. Served with truffled mashed potatoes and seared asi greens.

28.00

Unless otherwise indicated, item includes:

Seared Asian Greens & Your choice of Steamed Jasmine White Rice, Coconut Glazed Rice, Wasabi or Truffled Mashed Potatoes, Hiro's Fries. Roasted Kinoko Mushrooms \$6.00 additional



Tel 516.295.2700 / Tel 718.575.8700
Fish Rolls & Specialty Fish Rolls

Tekka Maki	Tuna-Seaweed Outside.....	5.25
Salmon Maki	5.25
California Roll	Surimi, Cucumber & Avocado.....	5.00
Yellowtail Scallion	5.75
Spicy Tuna	Chopped Tuna, Scallion, Tobiko & Spicy Sauce	5.75
New! Fuzzy Tuna	Spicy Tuna Futo, Reverse+ Masago & Crunch	10.50
Tai Maki	Red Snapper, Seaweed Outside.....	5.50
New! Fuentes Roll	Salm Skin & Avocado / Spicy Tuna Outside....	11.95
Dragon Roll	Spicy Tuna Inside, with avocado on top.....	9.25
Spicy Salmon Roll	Chopped Salmon, Scallion, Tobiko & Spicy Sauce	5.75
Bagel Roll	Smoked Salmon, Tofutti Cream Cheese, Cuc.....	5.75
Alaska Maki	Smoked Salmon, Avocado.....	5.75
Takekawa	Broiled Salmon Skin, Cucumber & Scallion.....	6.00
Rock-n-Roll	Salmon Skin, Kani & Cucumber.....	6.50
American Dream	Tuna, Salmon, Avocado, Cucumber.....	10.50
Peanut Crunch	Peanut Crunch, Cuc, Mango, Kani, Seaweed Out..	9.75
Sashimi Maki	Avocado & Cuc wrapped in Tuna & Nori... norice...	10.75
Rainbow Roll	Kani, cuc, Tunaw/ Yel Tail, Salm & Avocado outside.....	9.75
Kiwi Tuna	Tuna-Avocado / kiwi outside.....	9.75
Outta Control	Shitake, cuc, mangow/ Tuna, Yellowtail outside...	10.95
Honada	Spicy Peanut & Kani w/ mango, avo., tuna, yel tail out..	11.50
Ume Tuna	Kani, Cuc, Avo, Salmon, w/ tuna & Ume spice out....	10.95
Kawasaki	Peppered Tuna & Avow / Spicy Salmon outside...	12.95
Madame Butterfly	Tuna, Salm, Yellowtail, Kani & cuc.. Seaweed out...	12.95
Boston Garden	Lettuce, Cucumber, Kani w/ Tuna & Mango outside.	10.95
Red Dragon	Tomato, Avo, Cucw/ Black Pepper Tuna & sauce..	11.50
Lalute	Smoked Salm, Tamago & Asian Pear in Cuc skin.	10.50
Zata Salmon	Mango, Pear, Avo w/ Salmon, shitake & Zatar out...	11.95
New! Sawara Ganja	Spicy Tuna, Cuc & Avow / Spanish Mackerel out...	11.95
New! SBJ Overload	Spicy T, Tuna, YT, Car, Avo, Shitake, Mango & Avo Out.	10.50
5 Towns Maki	5-Sashimi & Tobiko wrapped in Cuc skin, NORICE	11.50
Teaneck Maki	Mango/Cuc/Avo/Shitake/Crunch/Red Snapper Lemon, Scallion & Tobiko Outside	10.50

Sushi Pieces & Sashimi

Kani	Faux crab legs fashioned using surimi	Per Piece	2.50
Tamago	Japanese egg custard, slightly sweet		2.50
Maguro	Tuna, Yellowfin or Bigeye, usually lean		3.25
Sake	Salmon, raw, pink and buttery		3.00
Sawara	Spanish Mackerel, marinated and seared		3.00
Hirame	Fluke, amild flavoured whitefish		3.00
Hamachi	Yellowtail, rich and buttery with lemon finish		3.00
Tai	Red Snapper, Lean and crunchy		3.00
Maguro Tataki	Tuna, coated in cracked black pepper, seared		3.25
Smoked Salmon	Delicious cured Scottish Salmon, lightly smoked		3.25
Toro	Tuna, sliced from the belly, melts in your mouth		5.00
Tobiko	Flying fish roe, Black, Orenji, Yuzu, Wasabi, Red		4.00
Ikura	Salmon caviar		4.00
Shitake	Glazed shiitake mushrooms grilled		2.50

Vegetable Rolls

Most rolls available with Brown Rice for an add'l charge.

Kyuri Maki	Cucumber.....	4.50
Avocado Maki	4.75
Kyuri/ Avocado	Cucumber & Avocado.....	5.00
Carrot Maki	5.00
Mexican Roll	Tomato, Cuc, Avocado, Crunch, Mexican Sauce	5.25
Gobo/ Avo/ Kyuri	Pickled Burdockroot.....	5.25
Shibazuke/ Avocado	Pickled Japanese Eggplant.....	5.25
Shitake Avocado	Mushrooms & Avocado.....	5.25
Horenso Avocado	Spinach & Avocado.....	5.25
Oshinko	Pickled Daikon.....	5.25
Tamago Maki	Egg Custard.....	6.75
Crunch	Pear, Crunch, Cucumber & Mayo.....	6.75
Tropical	Mango, Shitake, Avocado, Cucumber & Crunch	7.25
Sweet Potato	(Seaweed Outside).....	8.50
Vegi Futomaki	Cuc, Avo, Shitake, Gobo, Shibazuke, Spinach...	9.75
Vegi Rainbow	Tomato, Pear, Cuc, Crunch, Avo, Mango, Shitake	9.75
Mango Maki	5.00
Cuc/ Avo/ Carrot	5.25
Rice Maki	(Rice & Seaweed).....	2.50
Grilled Bella/ Avo	6.95
Tamanegi/ Maki	Red Onion Tenpura Style.....	6.95
Horenso/ Shitake	Spinach & Mushrooms.....	5.50

Cooked Rolls

Godzilla	Tuna, YT, Salmon, Kani, Tenpura style	13.50
Shogun	Tuna, YT, Avocado, Tenpura style, Inside out	11.95
Spicy T- Negimaki	Spicy Tuna & Scallion battered in Tempura.....	10.50
Iarantula	Spider, spicy peanut, cucumber, carrot, lettuce	11.95
Yankee	Tuna, YT, Tenpura style, mayo, carrot, lettuce, peanuts outside	11.95
Spider	Crisped Kani, Avocado, Cucumber, lettuce.	6.00
Grilled Salm/ Tuna	6.50
Grilled Yellowtail/ Tai	6.50
Takekawa	Broiled Salmon Skin, Cucumber & Scallion.....	6.00
Kani Godzilla	8.25
Rice Tenpura	6.50

Sushi Specials

Small Platter	4 fish rolls / 4 vegi rolls - chef's choice.....	38.50
Medium Platter	7 fish rolls / 7 vegi rolls - chef's choice.....	67.50
Large Platter	10 fish rolls / 10 vegi rolls - chef's choice.....	96.50
Tokyo Express	Rainbow, Kawasaki, Dragon, 8 pc nigiri & assorted rolls. Served with soup for 4	99.95
Sushi/ Sashimi for 1	California, 5 nigiri, 16 sashimi - Soup & rice	35.95
Sushi/ Sashimi for 2	California, Spicy Tuna, 10 pc nigiri, 29 sashimi Served with soup and rice.....	69.95
Kyoto Bridge for 4	99.95

Sashimi Specials

Chirashi	Assorted slices of chef's choice sashimi, with vegetables and Japanese pickles garni..	18.95
Tekka-Don	10 pc Tuna Sashimi with rice	19.95
Sashimi Regular	3 pc Tuna, Salmon, Tai, 2 pc Smoked Salmon, Kani & Tamago, served with soup and rice	26.95
Sashimi Deluxe	3 pc Tuna, YT, Salmon, Tai, Kani, Tamago & Peppered Tuna, served w/ soup & rice	35.95