



SUSHI BAR  
&  
ASIAN FUSION RESTAURANT

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[www.metsuyan.com](http://www.metsuyan.com)

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For parties of 6 or more 18% gratuity will be added to the bill

Under the supervision of RCBC of Bergen County

## - Soup & Noodles -

### Soup of the Day 4

**Miso** gentle white broth over tofu w/scallion 3.5

**Yakisoba Noodles** pan seared w/a medley of vegetables 9

**Tokusan Noodles** pan seared teriyaki salmon & vegetables w/cashews 13

## - Appetizers -

**Edamame** steamed organic soybeans 4

**Vietnamese Spring Rolls (vegetables)** 7

\***Spicy Kimchee Gyoza** steamed or fried vegetable dumplings 7

**Sakura Onion Blossom** sweet Vidalia onion flour dusted & golden 8

**Vegetable Tempura** carrots, onion, mushrooms, squash & sweet potato 9

\***Malaysian Cigars** crispy spring rolls filled w/curry soy meat & rice noodles 10

**Vietnamese Summer Rolls** wild mushrooms, carrots, cabbage & mixed greens 10

**Veggie Beef Dumplings** pan seared vegetables w/garlic sautéed dumplings 8.5

**Toasted Smoky Fried Rice** stir-fry vegetables & tofu w/hint of smoke 10

**Grilled Vegetables** grilled assorted vegetables w/miso glazed unagi sauce 9

**El Bomba** avocado & sundried tomato eggrolls w/tequila lime sauce 10

**Kinoko** grilled assorted mushrooms w/sweet garlic wine sauce 12

**Agemono** crispy kani fritters w/honey mustard sauce 7

**Garlic Sweet Potato Mash** 5

**French Fries** spicy or regular 4.5

**Brown Rice** 3

**Sticky Rice** 2

## - Exotic Salads -

add 4oz grilled tuna 8 or grilled salmon 6

\***Chi Salad** cucumber, carrot, tai fish & kani w/spicy sauce 8

**House Salad** mixed greens, vegetables, olives, & capers w/raspberry vinaigrette 8

**Baby Spinach Bella Salad** tomato, peppers, currants, shaved fennel, w/balsamic vinaigrette 8

**Avocado Citrus Slaw** tomato, red onion, cilantro & romaine lettuce w/lemon olive oil 8

**Garden Salad** mixed greens, carrot, peppers, tomato w/carrot ginger dressing 7

\* INDICATES SPICY

## - Entrees -

- \* Hiro's Fish & Chips** crispy fish filet w/spicy fries 14
- Dijon Panko Crusted Tilapia** mixed Asian vegetables w/Korean BBQ sauce 23
- Sizzling Salmon Japonico** grilled salmon & vegetables w/miso glazed unagi sauce 19
- Sesame Crusted Tuna** soba noodle stir fry with Asian long beans & ginger soy sauce 27
- Tilapia** pan seared, sweet potato mash, roasted beets w/tomato olive caper pine nuts sauce 23
- Takegushi** skewered salmon/sea bass, acorn squash, grilled mango & jicama w/onion tempura 23
- \* Grilled Tilapia Baja Wrap** served w/panko crusted tomato, plantain & corn on the cob 18
- \* Blackened Mahi Mahi** sautéed mushrooms, peppers, red onion & grilled asparagus 23
- Nakate Tofu** tofu, butternut squash, sweet potato, carrots, snap peas w/brown rice 17
- Grilled Tofu & Vegetables** grilled tofu & vegetables w/miso glazed unagi sauce 14
- Veggie Burger** served w/spicy fries & a garden salad 15

## - Lunch Specials -

Monday—Thursday till 3:30

Holidays Excluded

All items below are served with miso soup or soup of the day

**Veggie Combo 15**

kyuri avocado, tropical & Mexican

**Maki Combo 15**

California, negi maguro & cucumber

**Spicy Combo 16**

spicy tuna, spicy salmon & spicy kani cashew

**Salmon Combo 15**

Alaska, spicy salmon & salmon avocado

**Tuna Combo 16**

negi maguro, blk pep tuna/avo & spicy tuna

**Chef's Special 23**

rainbow, 4 pcs nigiri & edamame

**Grilled Combo 18**

grilled salmon, tuna & tilapia

**Cooked Combo 16**

spider, blk salmon, & salmon skin

**Chef's Tempura Special 24**

Godzilla & shogun

**all wraps are served with choice of spicy fries or garden salad**

**Grilled Vegetable Wrap 13**

peppers, mushrooms & squash w/unagi sauce

**Grilled Mushroom Wrap 13**

assorted mushrooms & avocado w/unagi sauce

**"Fish & Chip" Wrap 15**

crispy fish filet, tomato, avocado, mixed greens & red onion w/Asian tartar sauce

**Grilled Salmon Wrap 15**

salmon, avocado, red onion & red leaf lettuce w/chipotle sauce

**Grilled Tilapia Wrap 15**

tilapia, tobiko, red onion, cilantro, mango & avocado w/spicy sauce

**Blackened Salmon Wrap 15**

salmon, mixed greens, avocado & mushrooms w/mayo

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## Vegetable Rolls

<b>Kyuri Maki</b> cucumber	5
<b>Avocado</b>	5.5
<b>Kyuri Avocado</b>	5.5
* <b>Mexican</b> tomato, cucumber, avocado, crunch & spicy sauce	5.5
<b>Shibuzake Avocado</b> pickled eggplant	5.5
<b>Gobo-Abo-Kyuri</b> pickled burdock root	5.5
<b>Kanpyo Avocado</b> marinated squash	6.5
<b>Shitake Avocado</b>	6.5
<b>Oshinko</b> pickled daikon	5.5
<b>Horenso Avocado</b> spinach	6
<b>Crunch</b> pear, crunch, cucumber, mayo	7
<b>Tropical</b> mango, kanpyo, avocado, crunch, cucumber	7.5
<b>Sweet Potato</b> nori outside, tempura	8.5
<b>Futo Maki</b> cuc, avo, shitake, kanpyo, gobo, shibuzake, spinach	11.5
<b>Vegi Rainbow</b> tomato, pear, cuc & avo, mango, kanpyo & crunch	11
<b>Mango</b>	7
<b>Kyuri-avo-carrot Maki</b>	5.5
<b>Rice Maki</b>	2.5
<b>Grilled Portabella Avocado</b>	7.5
<b>Tamanegi Maki</b> red onion tempura	7.5
* <b>Grilled Jicama Avocado</b>	7.5
<b>Horenso Shitake</b> spinach, mushroom	6.5
<b>Grilled Asparagus</b>	7.5
<b>Yamaha</b> cuc, mango, pear, avocado w/grilled bella outside	11.5

## Sushi & Sashimi

2 sushi pieces or 3 sashimi pieces

<b>Honamaguro Tataki (tuna)</b>	6.75
<b>Sake (salmon)</b>	6.5
<b>Smoked Salmon</b>	6.5
<b>Kanpachi (yellowtail)</b>	6.75
<b>Striped Bass</b>	6.5
<b>Tai (Sea Bream)</b>	6
<b>Blackened Peppered Tuna</b>	7.25
<b>Kani (sea legs)</b>	5
<b>Tamago (egg custard)</b>	5
<b>Ikura</b>	7
<b>Bella Mushroom</b>	5
<b>Tobiko (flying fish caviar)</b>	7

## Cooked Rolls

* <b>Godzilla</b> tuna, yellowtail, salmon, kani - tempura style	14.5
* <b>Kani Godzilla</b>	12.5
* <b>Shogun</b> tuna, yellowtail, avocado - tempura style	13
<b>Spider</b> crisp kani, avocado, cucumber, lettuce	7
* <b>Tarantula</b> spider, spicy peanut, carrot, cucumber, lettuce	13
<b>Yankee</b> tuna, yellowtail tempura style with carrot & lettuce	13
<b>Grilled Salmon, Tuna, Yellowtail, Tai or Kani</b>	7.25
<b>Salmon Skin</b>	6
* <b>Blackened Salmon Maki with Mayo</b>	7.25
<b>Seeyam Maki</b> mango, avocado, mushroom - tempura style	11
* <b>Rice Tempura</b> (add \$2 for vegetables)	8.5
* <b>Volcano</b> yellowtail, avocado, kani & wasabi - tempura style	10

## Fish Rolls

<b>Negi Maguro</b> tuna & scallions	6
<b>Negi Kanpachi</b> yellowtail & scallions	6
<b>California</b> avocado, cucumber, kani	6
<b>Salmon Avocado</b>	6
* <b>Spicy Tuna</b>	6.5
* <b>Spicy Kani Cashew</b>	6.5
* <b>Spicy Salmon</b>	6.5
<b>Alaska</b> smoked salmon & avocado	6.5
<b>Bagel Roll</b> smoked salmon, tofu cream cheese, cucumber	6.5
* <b>Blackened Pepper Tuna Avocado</b>	7.5
<b>Northern Alaska</b> grilled smoked salmon, avocado, mayo	7
* <b>Dragon</b> spicy tuna & avocado outside	11
<b>Peanut Crunch</b> cuc, mango, kani, kanpyo, seaweed outside	11.5
* <b>Sashimi Maki</b> avocado, tuna, nori, no rice	12.5
<b>Rainbow</b> California, w/tuna, YT, salmon, avocado outside	11
<b>Teaneck Maki</b> tropical w/tai & lemon outside	11
* <b>Kiwi Tuna</b> tuna, avocado with kiwi outside	11
<b>Outta Control</b> shitake, kanpyo, mango w/tuna, YT outside	11.5
* <b>Honada</b> spicy peanut, kani, cuc w/mango, tuna, YT, avo, crunch	13
<b>Ume Tuna</b> kani, salmon, with tuna, ume spice outside	12
* <b>Kawasaki</b> peppered tuna, avocado w/spicy salmon, crunch	13.5
<b>American Dream</b> tuna, YT, avocado w/seaweed outside	13
<b>Madam Butterfly</b> tuna, salmon, YT, kani, cuc seaweed out	13.5
<b>Boston Garden</b> lettuce, cuc, kani w/tuna, mango outside	12
* <b>Red Dragon</b> tomato, avo, cuc w/blk pep tuna & spicy sauce	12.75
<b>California Special</b> kani, avocado, cucumber w/masago	9
<b>Zata Salmon</b> mango, pear, avo w/salmon, kanpyo, zatar out	13
<b>Kyoto</b> tuna, tamago, avocado & masago	12
<b>Dancing Tuna</b> tuna & cuc w/mango & avocado outside	11.5
* <b>TNT</b> spicy tuna w/avocado, crunch & masago	14
<b>Goldman Maki</b> salmon, cuc & avocado w/salmon outside	13
* <b>Sahara</b> spicy YT w/tuna, masago & crunch outside	13
<b>Smokey Joe</b> No. Alaska with smoked salmon outside	13
* <b>Saddle River Maki</b> tuna, avo w/salmon, YT, jalapeno outside	14
* <b>L'Chaim Maki</b> spicy kani cashew, avocado outside	12
* <b>Woodridge Maki</b> spicy YT & tuna w/spicy kani outside	13

## Sushi Specials

<b>Chirache</b> chef's choice sashimi w/rice	23
<b>Tekka-Don</b> 12 slices of sashimi tuna atop sushi rice	25
<b>Sashimi Regular</b> assorted sashimi served w/soup & rice	30
<b>Sashimi Deluxe</b> assorted sashimi served w/soup & rice	41.5
<b>Small Platter</b> 4 fish, 4 vegetable, chef's choice	45
<b>Medium Platter</b> 7 fish, 7 vegetable, chef's choice	75
<b>Large Platter</b> 10 fish, 10 vegetable, chef's choice	105
<b>Tokyo Express</b> Rainbow, Kawasaki, Dragon 8 sushi & 8 rolls, 4 soups	115
<b>Bento Box</b> 4 pcs sushi, California, salad, spring roll & soup	18
<b>Combo for One</b> Calif, 5 sushi, 16 sashimi, soup & rice	43
<b>Combo for Two</b> Cali, ST, 10 sushi 29 sashimi, soup & rice	80
<b>Washington Bridge Combo for Four</b>	140

**BROWN RICE**

**ADD \$1**

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