



SUSHI BAR

&

ASIAN FUSION RESTAURANT

192 W Englewood Ave.

Teaneck, NJ 07666

(201) 837-8000

www.metsuyan.com

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

* **Fish Poppers** salmon, tilapia, sea bass tempura style w/sriracha sauce 10

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

Agemomo crispy kani fritters w/honey mustard sauce 7

French Fries spicy or regular 4.5

Curly Fries w/wasabi mayo 6.5

Garlic Sweet Potato Mash 5

Brown Rice 3

- 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, mango & 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

Korman Combo 23

rainbow, salmon avocado w/crunch & tropical

all items below 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

Skewers Combo 18

(choice any 2) tuna, salmon, sea bass or tilapia

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Vegetable Rolls

Kyuri Maki cucumber	5
Avocado	5.5
Kyuri Avocado	5.5
* Mexican tomato, cucumber, avocado, crunch & spicy sauce	5.5
Shibuzake Avocado pickled eggplant	5.5
Gobo-Abo-Kyuri pickled burdock root	5.5
Tamago Maki (egg custard)	6.75
Shitake Avocado	6.5
Oshinko pickled daikon	5.5
Horenso Avocado spinach	6
Crunch pear, crunch, cucumber, mayo	7
Tropical mango, avocado, shitake, crunch, cucumber	7.5
Sweet Potato nori outside, tempura	8.5
Futo Maki cuc, avo, shitake, gobo, shibuzake, spinach	11.5
Vegi Rainbow tomato, pear, cuc & avo, mango & crunch	11
Mango	7
Kyuri-avo-carrot Maki	5.5
Rice Maki	2.5
Grilled Portabella Avocado	7.5
* Tamanegi Maki red onion tempura	7.5
* Grilled Jicama Avocado	7.5
Horenso Shitake spinach, mushroom	6.5
Grilled Asparagus	7.5
Yamaha cuc, mango, pear, avocado w/grilled bella outside	11.5

Sushi & Sashimi

2 sushi pieces or 3 sashimi pieces

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

Cooked Rolls

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

Fish Rolls

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

Sushi Specials

Chirache chef's choice sashimi w/rice	23
Tekka-Don 12 slices of sashimi tuna atop sushi rice	25
Sashimi Regular 14 pc assort sashimi served w/soup & rice	30
Sashimi Deluxe 18 pc assort sashimi served w/soup & rice	41.5
Small Platter 4 fish, 4 vegetable, chef's choice	45
Medium Platter 7 fish, 7 vegetable, chef's choice	75
Large Platter 10 fish, 10 vegetable, chef's choice	105
Tokyo Express Rainbow, Kawasaki, Dragon 8 sushi & 8 rolls, 4 soups	115
Bento Box 4 pcs sushi, California, salad, spring roll & soup	18
Combo for One Calif, 5 sushi, 16 sashimi, soup & rice	43
Combo for Two Cali, ST, 10 sushi 29 sashimi, soup & rice	80
Washington Bridge Combo for Four	140

BROWN RICE

ADD \$1

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