

House Classics

veggie rolls

Kyuri Maki (6pc) cucumber	5.00
Avocado Maki (6pc)	5.50
Mango Maki (6pc)	7.00
Oshinko Maki (6pc) pickled daikon radish	5.50
Kyuri Avo (6pc)	5.50
Shitake Avo (6pc)	6.50
Shibazuke Avo (6pc) pickled eggplant	5.50
Horenso Avo (6pc) spinach	6.00
Asparagus Avo (6pc)	7.00
Gobo-Avo-Kyuri (6pc) burdock root, avo & cucumber	5.50
Kyuri-Avo-Carrot (6pc)	5.50
Grilled Jicama Avo (6pc)	7.50
Grilled Portabella Avo (6pc)	7.50
Mexican Crunch (6pc) tomato, cuc, avo, crunch & spicy ...	5.50
Crunch Roll (6pc) pear, cucumber, mayo & crunch	7.00
Tropical Crunch (6pc) mango, avo, shitake, cuc & crunch ..	7.50
Crispy Sweet Potato (6pc) tempura (nori outside).....	8.50
Crispy Onion Maki (6pc) w/honey dijon sauce	7.50

traditional fish rolls

California (6pc) kani, avocado & cucumber	6.00
Negi Maguro (6pc) tuna & scallions	6.00
Negi Hamachi (6pc) yellowtail & scallions	6.00
Salmon Avocado (6pc)	6.00
Spicy Tuna (6pc)	6.50
Spicy Salmon (6pc)	6.50
Spicy Kani Cashew	6.50
Bagel Roll (6pc) smoked salmon, tofu cream chz & cuc	6.50
Alaska Roll (6pc) smoked salmon & avocado	6.50
North Alaska (6pc) grilled smoked salmon, avo & mayo	7.00
Black-Pep Tuna-Avo (6pc)	7.50
Yum Yum Roll (6pc) yellowtail, onion, masago, mayo & ses oil...	7.50
Salmon Skin (6pc) yellowtail, onion, masago, mayo & ses oil...	6.50

substitute brown rice + \$1 per roll

Sushi / Sashimi

each order = 2 pc nigiri or 3 slices sashimi

Maguro (Tuna)	7.00	Hamachi (Yellowtail)	7.25
Black Pep Tuna	7.50	Sawara (Span Mackerel)	7.00
Sake (Salmon)	6.50	Kanikama (Crab Stick)	5.00
Smoked Salmon	7.00	Masago (Smelt Roe)	7.25
Hirame (Fluke)	7.00	Ikura (Salmon Roe)	7.75
Tai (Sea Bream)	6.50	Tamago (Egg Custard)	5.00

Sushi Specials

all specials include a bowl of miso soup

<p>Sushi Deluxe 34</p> <p>2pc Tuna 1pc Span Mack 2pc Salmon 1pc Izumidai 2pc Yellowtail 1pc Ikura</p> <p>Chi Salad, Tamago + 6pc Sp Tuna Roll</p>	<p>Sashimi Deluxe 36</p> <p>3pc Tuna 2pc Span Mack 3pc Salmon 3pc Izumidai 3pc Yellowtail 1pc Ikura</p> <p>Chi Salad, Tamago + Sp Tuna Sashimi</p>
<p>Spicy Tekka Don 28</p> <p>slices of sashimi & spicy tunas, w/ avo, cuc & spicy masago sauce on a bed of seasoned sushi rice</p>	<p>Chirashi Bowl 30</p> <p>skillfully sliced assortment of our finest sashimi fish, garni & sauce on a bed of seasoned sushi rice</p>

Sushi Platters

(chef's choice)

Small Platter 4 veggie & 4 fish rolls	45.5
Medium Platter 7 veggie & 7 fish rolls ...	75.5
Large Platter 10 veggie & 10 fish rolls	105.00
Metsuyan VIP Large Platter w/ fancy rolls	135.00

order your platters a day in advance
and receive a free california roll!



quality
japanese
eats®

201.837.8000



SALADS

add 4oz grilled salmon (+6) or tuna (+8) to any salad below

- Garden Salad (*carrot ginger dressing*)
spring greens w/ cherry tomatoes 7.0
- Avocado Citrus Slaw (*yuzu vinaigrette*)
tomato, red onion, cilantro & romaine 8.0
- House Salad (*raspberry vinaigrette*)
lettuce, mushroom, avo, mango & olives 8.0
- Chi Salad Deluxe (*spicy mayo dressing*)
kani, carrots, cuc, mango, seaweed & tai 10.5

APPETIZERS

- Cali Bomba (*spicy sesame mayo*)
crispy avocado, kani & red onion egg rolls 10.0
- Spicy Tuna Crispy Rice
spicy sesame oil, masago & scallions 11.5
- Jerusalem Crab Cakes
soyer cream, jalapeño & masago 12.5
- Japanese Summer Rolls (*miso sauce*)
kani, noodles, mango, kyuri & shiso 9.5
- Sashimi Pizza Metsuyan
salmon (or tuna +4) avo & jalapeño 12.5
- Grilled Fish Tacos (*tilapia*)
corn tortillas, asian slaw & avocado ^{2 for} 8.5 / ^{3 for} 12.0
- Kinoko Mushrooms
seared in sweet garlic wine sauce 13.5
- Crispy Veggie Dumplings
black truffle drizzle, spring onion 8.5
- Roasted Nasu Eggplant (*lotus root chips*)
creamy miso & garlic sauce 11.5

ENTREES

- Seared Tofu Nakate (*brown rice w/ pumpkin seeds*)
snow peas, butternut, carrots, swt potato & enoki 17.5
- Yakisoba Pan Noodles (*add salmon +\$6*)
seared w/ julienne veg, japanese spice 12.5
- Sapporo Rice Noodles (*add salmon +\$6*)
sauteed w/ julienne veg & smoked salm 13.5
- Hiro's Fish & Chips (*shibazuke tartar sauce*)
crispy fillet with spicy coated fries 15.5
- Tilapia Togarashi
pan blackened w/ spicy mango salsa 19.5
- Salmon Japonica (*grilled veggie medley*)
seared & laced w/ sweet soy reduction 22.5
- Crispy Seared Bronzino (*wilted sesame spinach*)
olive oil, yuzu, soy & fresh scallion 26.5
- Sesame Crusted Ahi Tuna
veggie soba noodles, ginger soy 27.5
- Miso Sea Bass
grilled mango, jicama & pineapple 28.5

SOUPS & SIDES

- Miso Soup 4.0
- Soup of Day 4.5
- Hiro's Fries 4.5
- White Rice 2.0
- Edamame 4.5
- Spring Rolls 7.0
- Quinoa Salad 4.5
- Brown Rice 3.0

sushi
specialty rolls

METSUYAN
SPICY TUNA WITH MASAGO & CRUNCH INSIDE, AVOCADO OUTSIDE
11.0 (8pc)

RAINBOW
KANI, AVOCADO & CUCUMBER INSIDE, WITH TUNA, SALM, AVO & YELLOWTAIL OUTSIDE
12.5 (8pc)

HAMA HAMA
SPICY YELLOWTAIL & AVO INSIDE W/ YELLOWTAIL, DICED JALAPENO & MASAGO OUTSIDE
15.5 (8pc)

TORCH SALMON
SALMON, AVOCADO & CUC INSIDE, FLAMED KISSED SALMON, ZATAR, AOILI, EVOO & LEMON OUT
15.0 (8pc)

PASSION MAKI
SPICY SALMON, KANI & AVO INSIDE, YELLOW SOY PAPER & TUNA OUTSIDE MANGO SAUCE & CRUNCH
15.5 (8pc)

YELLOW ROSE
SOY PAPER ROLL
SPICY SALM, ASIAN PEAR & CRUNCH IN, FRESH SALM & SEAWEED SALAD OUT
15.5 (8pc)

TNT
SPICY TUNA & AVOCADO FUTOMAKI ROLL DRIZZLED W/ SPICY MAYO, MASAGO & CRUNCH
15.5 (10pc)

MADAME
10PC FUTOMAKI ROLL OF TUNA, SALMON, YELLOWTAIL, KANI & CUCUMBER (SEAWEED OUT)
15.0 (10pc)

KAWASAKI
BLACK PEPPER TUNA & AVOCADO INSIDE, WITH SPICY SALMON & CRUNCH OUTSIDE
14.5 (8pc)

HONADA
SPICY PEANUT, KANI & CUC, WITH MANGO, TUNA, YELLOWTAIL, AVO & CRUNCH OUT
14.0 (8pc)

OFF THE HOOK
TUNA, SALM, TILAPIA, KANI & AVOCADO TEMPURA ROLL TOPPED W/ SPICY TUNA TARTARE, ONION & SLICED JALAPENO
12.5 (8pc)

MAD HATTER
SPICY TUNA, AVOCADO & CRUNCH INSIDE, BLACK PEPPER TUNA & FLYING FISH ROE OUTSIDE
15.5 (8pc)

SAWARA GANJA
YELLOWTAIL, ONION & AVO INSIDE SPANISH MACKAREL, CREAMY ARTICHOKE SCALLIONS & EXTRA VIRGIN OLIVE OIL OUT
14.5 (8pc)

JAPOLEÓN
LAYERED WEDGES OF TOMATO, ONION, TOFU CRM CHZ, AVO & RICE TOPPED W/ SMOKED SALMON & MASAGO
14.5 (8pc)

NARUTO
TUNA & SPICY TUNA, AVOCADO & TOBIKO, WRAPPED IN CUCUMBER SPRINKLED W/ CRUNCH
12.5 (5pc)
(NO RICE)

KOBI SHIMI
SALMON SASHIMI & TOBIKO OUTSIDE, SPICY TUNA, CUCUMBER & AVOCADO INSIDE
16.5 (8pc)
(NO RICE) *formerly sashimi maki*

GODZILLA
TUNA, SALMON, YELLOWTAIL & KANI TEMPURA ROLL DRIZZLED W/ EEL SAUCE & SPICY MAYO
15.5 (10pc)

KANI ZILLA
JUMBO CRISPY TEMPURA ROLL FILLED W/ KANI DRIZZLED W/ EEL SAUCE & SPICY MAYO
13.5 (10pc)

SHOGUN
TEMPURA TUNA, YELLOWTAIL & AVOCADO, WRAPPED IN NORI, SUSHI RICE, & DRIZZLED W/ EEL SAUCE
14.5 (10pc)

ITSY BITSY
TEMPURA CRUSTED KANI W/ AVO, SPICY ASIAN SLAW & MASAGO (SEAWEED OUT)
13.5 (10pc)

BLACK SALMON
SEARED SALMON TOGARASHI, ASPARAGUS & MAYO INSIDE W/ AVO & UNAGI SAUCE OUT
12.5 (8pc)

PEANUT CRUNCH
FUTOMAKI ROLL OF CUC, MANGO, SHITAKE, KANI & NUTS W/ SEAWEED OUTSIDE
13.5 (10pc)

ZUMI FUTO
SOY PAPER ROLL SHITAKE, ASPARAGUS SWT POT TEMPURA, SES-MAYO
14.5 (8pc)

CALI DREAM
KANI, CUCUMBER, & AVOCADO INSIDE, W/ SPICY KANI SALAD CRUNCH & MASAGO OUTSIDE
11.5 (8pc)

↓ COOKED ↓

