

To Kai Te - Beyond the Ocean

Starters and Soups

Edamame...\$5

Y Gyoza or Shumai or Takoyaki...\$5

Y Vegetable Tempura...\$8 Shrimp Tempura...\$10 Soft Shelled Crab Tempura...\$12

Poke (pokay) A Hawai'ian style cheviche of bigeye tuna... \$15 with avocado... \$18

Authentic Japanese shiro miso soup in a katsuo/buri broth seasoned with kelp... \$4

Salads

Y **Our Garden salad** ~ Freshest baby greens, and vegetables with Michiko's ginger dressing...\$4

Cucumber/Seaweed Salad – Sliced cucumber supports a bed of red, white, blue, and green staghorn and wakame seaweed, blue crab meat and Michiko's wasabi ponzu dressing...\$12

Tuna Sashimi Salad – Sliced tuna, bigeye maguro sashimi with spring greens served with special To-Kai Te dressing (Michiko's favorite).....\$21

Tempura!

Crispy and Whispy. Traditional style tempura dinners featuring fresh vegetables and the finest seafood deep fried in a special batter served with our own in-house made tempura dipping sauce.

Y Vegetable Tempura... \$16

Ebi Tempura (Shrimp Tempura)... \$23

Kani Tempura (Soft-shelled Crab Tempura)... \$28

Combination Tempura (Soft-shelled Crab and Shrimp)... \$30

(all tempura dinners served with miso soup, garden salad, and steamed tamanishiki rice)

Y Indicates Vegan items. Other Vegan entrees may be available, ask Michiko.
Gluten free versions of some dishes may be available. Additional cost may apply.

Entrées

(all entrées served with miso soup, garden salad, Japanese vegetables and pickles and steamed tamanishiki rice)

Gyu-Aspara Maki (Beef Asparagus Roll)

Thinly sliced marinated beef sirloin wrapped asparagus spears sautéed then glazed with our in-house prepared sauce... \$21

Gyu no Teriyaki (Teriyaki Steak)

For steak lovers. Teriyaki means “shiny roasted”. Thick, marbled short loin strip steak, marinated and basted while broiling to your preference to achieve a perfect shiny brown finish. Can also be served non marinated for steak purists... \$28

ButaNiku no Shoga Yaki (Sautéed Gingered Pork)

Sautéed gingered pork. Cutlets of fresh pork, seasoned with fresh ginger, sautéed, and glazed with Michiko’s ginger sauce... \$20

Sake no Dengaku (Seasoned broiled Salmon)

Salmon marinated with sweet miso and spices, then broiled. Please specify if you prefer medium or well done... \$22

Unagi Kabayaki (fresh water eel)

Our house specialty! From To-Kai-Tei, Michiko’s family’s restaurant in Miyagi Prefecture, Japan since 1879. Filleted freshwater eel, marinated, parboiled then grilled with a secret sauce handed down for generations... \$26

Maguro No Tataki (Seared Tuna)

Sushi grade big-eye tuna flame seared, served with a karashi-miso sauce... \$33

Family Style Service

For groups of **eight or more** we only offer family style service. We are a fresh kitchen and prepare à la minute. À la carte service for large groups will result in delays for everyone. Select (max) 3 appetizers, a sushi course (max) 3 entrées, which always include soup and salad for your group. Ask Michiko for details.

Sushi and Sashimi

Note: We are in Vermont, not all fish species are available at all times!

Unagi (broiled eel)	Hiramasa (King Fish)	Hamachi (Yellowtail)
Katsuo (bonito)	Izumi Dai (Snapper)	Tai (Sea Bream)
Sake (salmon nova smoked)	Sweet Shrimp (Ama Ebi)	Steamed Shrimp (ebi)

À la Carte Maki Zushi (rolls) – **Y** Vegetarian (available selections vary, please ask) \$3.50

Raw Fish \$6 Philadelphia \$7 Green Mountain \$7

Spicy (raw finfish or Crab or Salmon (Nova smoked))... \$7

Spider (Soft Shell Crab, Avo, Tob)... \$11 Shrimp Tempura Avo... \$7

Dragon (Eel, Avocado, Tempura Shrimp, Spices - Big Roll)... \$15

Rainbow (Sliced Sashimi (omakase) over a Crab/Avocado Roll)...\$13

If you don't see what you have in mind, just ask!

Sashimi – Combinations of sliced fish served on shredded daikon and cucumber let us know your finfish preferences. \$10 (2 species) \$20 (3 species) \$30 (four species)

Maguro (Red Tuna) – big-eye, from sustainable, line caught fishery. Freshest possible flavor tuna available on land. Not gassed, no coloring, no additives, superfrozen within one hour of catch at -76 degrees. Requires special handling.

Tuna nigiri or sashimi \$6 Tuna roll \$6 Spicy tuna roll \$8

Omakase Chirashi Zushi

Served with miso soup and garden salad. Chirashi zushi is “scattered Sushi” an artful arrangement of raw and prepared seafood, on a bed of our own premium sushi rice. Best value for the sushi lover.

Sushi Lover's Chirashi.....\$29 Sushi Fanatic's Chirashi.....\$39

Family Style Sushi Party

A handroll banquet you roll yourself. A great variety of raw, seasoned, and cooked vegetables, finfish and shellfish that ends only when you decide. \$44.00 per person, minimum four people includes starters, soup and salad. Minimum four people, available for entire party only.

Beverages

Hot Japanese Sencha Green Tea \$1

Coffee and decaf \$2

Iced green tea, Iced oolong \$2

Iced thick green tea (Ma-Cha) \$4

Coke, Root beer, Sprite, Ginger Ale \$2

Desserts

Green tea or Red Bean Ice Cream Maeda-en from Japan \$5

Y Dai-fuku (Sweet bean paste in sticky rice bun) \$4

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