

LUNCH

Lunch served 11:30am to 3:00pm daily • Please ask your server for the full menu.



Appetizers



- Ginger Miso Soup** \$3.95
Tofu, green onion, ginger, seaweed in shiro miso broth.
- Seafood Chowder** \$10.95
Chef's creation made with a variety of local seafood.
- Edamame** \$5.99
Boiled soya beans, lightly salted.
- Agedashi Tofu** \$5.99
Lightly dusted and fried tofu in tempura sauce, sriracha.
- Asian Spring Rolls** \$6.99
Two piece pork or vegetable homemade spring rolls served with a special house sauce. (fish based)
- Tempura**
 - Shrimp** \$9.99
 - Assorted** (shrimp and veggies) \$6.99
 - Veggie** \$5.99
- Asparagus Beef** \$10.99
Grilled asparagus wrapped in thinly sliced striploin and seasoned with garlic ginger sauce.
- Niku Balu** \$8.99
Freshly chopped and seasoned tenderloin meatballs with pineapple chili dipping sauce.
- Scallops & Enoki** \$11.99
Seared Digby scallops, enoki mushrooms, garlic butter, sake and lemon.

- Hamachi Sampler** \$24.99
Asparagus beef, veggie gyoza, niku balu, sautéed shrimp.
- Shrimp Firecrackers** \$9.99
Jumbo shrimp seasoned in red curry, wrapped in wonton, fried.
- Calamari** \$6.99
Panko breaded sushi grade squid tubes served with a tangy ponzu sauce.
- Feature Homemade Gyoza** \$6.99
Our homemade pan fried pork or vegetable dumplings.
- Shrimp and Asparagus** \$11.99
Grilled tiger shrimp and asparagus, wrapped in prosciutto with garlic sauce.
- Crab Wontons** \$8.99
Chopped crab meat, cream cheese and onion wrapped in a lightly fried crispy wonton.
- Seared Tuna** \$12.99
Seared tuna, bamboo shoot, spinach leaves, garlic chips, spicy mayo.
- Seared Hamachi** \$13.99
Lightly seared fresh Hamachi, purple onion, garlic chip cilantro, tomato, ponzu sauce
- Hamachi Jalapeño** \$13.99
Hamachi sashimi, jalapeño, kaizo, sesame ponzu sauce.

Salads • Sandwiches



Specialty Salad

Your choice of one of the following nestled on a bed of baby green salad, warm shelled edamame beans and mushrooms. Served with our signature apple vinaigrette.

- Grilled Atlantic salmon filet** \$11.99
- Panko breaded calamari rings** \$11.99
- Grilled chicken strips** \$11.99
- Panko chicken** \$11.99
- Grilled Digby scallops** \$13.99
- Panko pork loin** \$11.99
- Teriyaki striploin** \$12.99
- Tuna Tataki** \$16.99
- Add avocado** \$1.50

Warm Spinach & Radicchio Salad \$12.99
Topped with real bacon bits, mushrooms and tossed in a warm garlic balsamic vinaigrette.

Specialty Sandwiches

The following sandwiches are served with your choice of salad or home-cut fries and with your selection of ciabatta, sandwich bun, whole wheat wrap or naan bread.

- Chicken Halloumi** \$14.99
Grilled chicken, halloumi cheese, tomato, cucumber and lettuce.
- Milanese Chicken Sandwich** \$12.99
Parmesan, basil and panko-crust chicken, spinach and sundried tomato aioli.
- Lobster Sandwich** \$14.99
Nova Scotia lobster with mayonnaise and celery.
- Make it a Lobster Club** \$16.99
add lettuce, tomato, bacon and cheese
- Steak Sandwich** \$12.99
Grilled AAA striploin, cheddar, sautéed onions and green peppers, regular or spicy.
- Steakhouse Wrap** \$12.99
Grilled AAA Striploin with cheddar, sautéed mushrooms, lettuce, onions, bell peppers and spicy mayo.

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Hamachi Steakhouse offers an ideal location for small & large groups to experience the artistry of Teppanyaki.



Entrées

The following items are served with your choice of home-cut fries, house salad or steamed rice.

House-made Steak Burgers

Seasoned house made AAA tenderloin beef.

Sumo Burger \$10.99

sautéed mushrooms & onions, glazed with teriyaki sauce

Waterfront Burger \$10.99

tempura sweet potato, wasabi mayo

Blue Cheese Burger \$12.99

tempura onion, sautéed mushrooms and blue cheese

Steakhouse Burger \$12.99

fried egg, cheddar cheese

add bacon or avocado or cheese each \$1.50

tempura onion add \$1.00

Fish & Chips \$11.99

Fresh tempura lightly fried haddock served with house tartar sauce.

Asparagus Beef Lunch \$15.99

Grilled asparagus wrapped in thinly sliced striploin and seasoned with garlic ginger sauce.

Teriyaki Striploin 5oz \$15.99 or 8oz \$23.99

Grade AAA New York Striploin charbroiled to your instructions.

Teriyaki Salmon \$15.99

Grilled filet of fresh North Atlantic Salmon with teriyaki sauce.

Japanese Chicken Curry

\$12.99

Chicken, potato, onions, bok choy, carrots and peppers sautéed in Japanese yellow curry served with steamed rice or naan bread.

Thai Chicken Curry

\$12.99

Chicken, potato, onions, bok choy, carrots and peppers sautéed in spicy Thai red curry served with steamed rice or naan bread.

Mediterranean Chicken

\$12.99

Chicken, peppers, onions sautéed in tomato garlic sauce, sprinkled with feta and black olives served with rice or naan bread.

Vietnamese Vermicelli

\$12.99

Grilled chicken or beef with veggie spring roll served over vermicelli noodles with a house sauce.

Udon Noodle Fry - A House Favorite!

Japanese noodles stir-fried, red & green cabbage, carrots, assorted bell peppers in garlic butter and soya sauce with your choice of one of the following:

Chicken Udon \$12.99

Beef Udon \$12.99

Seafood Udon \$13.99

Zenbu Udon (all of the above) \$17.99

Vegetarian Udon \$9.99

Please inform your server if you have any seafood allergies

Teppanyaki Lunch



Available only inside the restaurant. Lunch is served with miso soup, sautéed vegetables and steamed rice. You may substitute Japanese fried rice for \$3.75

In a hurry? Let us know!

Teppanyaki Lunch

Choice of :

Chicken, Atlantic Salmon or Shrimp \$13.99

NY Striploin (fresh cut AAA striploin) \$14.99

Filet Mignon (fresh cut AAA tenderloin) \$18.99

Vegetarian Teppanyaki Lunch \$12.99

Grilled tofu, edamame, carrots, peppers, cabbage, baby bok choy, asparagus and baby corn.

Business Lunch for one \$19.99

Chicken (2oz), Filet Mignon (2oz)

plus one of the following:

Shrimp (2pc) • Scallop (2pc) • Salmon (2oz) • Pork (2oz)

Deal Maker for two \$59.99

Fresh Atlantic Lobster (1½ lb), Tuna (4oz), Filet Mignon (4oz) served with grilled asparagus and mushroom.

Surf & Turf

\$21.99

Filet Mignon (2oz), Shrimp (2pc) and Scallop (2pc)

Live Atlantic Lobster Teppanyaki Style

Market Price

Fresh hard-shell Atlantic Canadian lobster prepared teppanyaki style and flambéed with brandy.

Fresh Hamachi

Market Price

Fresh sashimi grade filet of hamachi grilled to your preference (available seasonally).

Teppan Lunch sides:

Grilled Regular Mushrooms and Onions \$4.99

Grilled Tofu \$4.99

Grilled Asparagus \$6.99

Scallops (4pc) \$11.95 or (6pc) \$15.95

Shrimp (4pc) \$9.95 or (6pc) \$13.95

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From the Sushi Bar



Sushi Lunch	\$12.99
Salmon, tuna, Hamachi, shrimp nigiri with 6 piece combination of salmon and tuna maki	
Assorted Maki Lunch	\$17.99
Spicy tuna, spicy salmon and shrimp tempura	

Sashimi Lunch	\$12.99
3 piece salmon, 2 piece tuna and 2 piece butterfish sashimi	
Veggie Maki Lunch	\$14.99
Avocado, veggie and sweet potato maki	

Lunch from sushi bar is served with miso soup or house salad

Nigiri Sushi • Sashimi



	Nigiri Sushi (2pc)	Sashimi (3pc)
Butterfish (oil fish)	\$6.99	\$7.99
Chopped Scallop (reg or spicy)	\$6.50	
Ebi (shrimp)	\$5.99	\$6.99
Hamachi (yellow tail)	\$7.25	\$8.50
Hokki-Gai (surf clam)	\$5.99	\$6.99
Hotate (scallop)	\$5.99	\$7.50
Maguro (tuna)	\$6.99	\$8.50
Masago (caplin roe)	\$5.50	

	Nigiri Sushi (2pc)	Sashimi (3pc)
Tobiko (flying fish roe)	\$5.50	
Saba (mackerel)	\$5.99	\$6.99
Sake (salmon)	\$5.50	\$6.99
Smoked Salmon		\$7.99
Surimi (imitation crab)	\$4.99	
Unagi (eel)	\$6.99	\$8.50
White Tuna	\$6.99	\$7.99

Maki



Alaska Roll 6pc	\$6.50
Salmon & avocado	
Avocado Maki 6pc	\$5.50
Fresh avocado	
California Roll 6pc	\$5.50
Avocado, crab meat, cucumber & masago	
Chef's Spicy Tuna 6pc	\$9.50
Flash fried tuna tempura, grilled asparagus, fried leek, wasabi tobiko & spicy sauce	
Chopped Scallop Maki 6pc	\$5.99
Chopped Digby Scallop, cucumber, spicy or regular	
Deep Sea California Roll 6pc	\$7.99
Battered & fried California roll	
Deluxe Dynamite Roll	\$8.99
Two shrimp temp with avocado	
Fire Kamakachi 6pc	\$7.95
Avocado, spicy mayo, tempura, topped with smoked salmon	
Dragon Roll 6pc	\$9.99
California roll wrapped in avocado	
topped with Salmon \$11.99 with Tuna \$12.99	
Dynamite Roll 6pc	\$7.99
Two shrimp temp	
Halifax Roll 6pc	\$6.99
Salmon, tuna, shrimp & cucumber	
Hurricane Roll 6pc	\$7.99
Spicy Halifax with tempura bits	
Philadelphia Roll 6pc	\$7.99
Smoked salmon, cream cheese, cucumber	

Lobster Roll	\$7.50
Atlantic Lobster meat, mayo, cucumber	
Deluxe Lobster Roll	\$8.99
Avocado, lobster, green onion	
Prego Roll 6pc	\$6.99
Mushroom, cucumber, avocado, cream cheese.	
Spicy mayo or light	
Rainbow Roll 8pc	\$12.99
California roll wrapped in salmon, tuna, shrimp, tobiko, avocado	
Salmon Skin Roll 5pc	\$5.50
Grilled salmon skin, cucumber, lettuce, unagi sauce	
Scotia Roll 6pc	\$7.99
Salmon, shrimp, caplin roe, cucumber	
Shrimp Tempura Roll 5pc	\$6.99
With cucumber, lettuce, avocado, mayo	
Spicy Salmon Maki 6pc	\$5.99
Fresh salmon and tempura bits	
Spicy Tuna Maki 6pc	\$6.99
Fresh tuna and tempura bits	
Vegetable Tempura Roll 5pc	\$6.99
Your choice of sweet potato, asparagus (temp or grilled), zucchini, red pepper, mayo, mushroom or onion	
Teriyaki Steak Roll 6pc	\$7.25
Teriyaki grilled beef, cucumber	
Unagi Maki 6pc	\$6.99
Grilled eel roll, cucumber, unagi sauce	
Vegetable Roll 5pc	\$5.25
Cucumber, avocado, kampio, mushroom, spicy or regular	

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Fusion Sushi



Holy Dynamite 8pc	\$12.99	The Waterfront 8pc	\$11.99
Dynamite roll wrapped with BBQ eel, avocado, red tobiko, spicy or light mayo		Spicy salmon and shrimp tempura topped with mango	
Brooksie Roll 8pc	\$12.99	Crazy Crab 8pc	\$10.99
Panko scallops, avocado, cucumber topped with spicy chopped salmon, fried leeks and lightly drizzled with mayo and barbecue sauce		Avocado, cucumber, mushroom and cream cheese topped with spicy crab meat	
Caribbean Maki 8pc	\$10.99	Salmon Tuna Jalapeño 8pc	\$12.99
Fresh scallop, tempura shrimp wrapped with mango.		Avocado, cucumber and chopped jalapeño topped with salmon, tuna, cream cheese and black tobiko	
Mame Ten 8pc	\$13.99	The Kelly 8pc	\$9.99
Smoked Salmon, 2 Shrimp Tempura, cream cheese, avocado, tobiko		Tempura sweet potato, grilled asparagus, mango topped with avocado	
Jalapeño Hamachi 8pc	\$13.99	Tuna Spinach Roll 8pc	\$13.99
Avocado, cucumber, Japanese kewpie mayo, topped with hamachi, cream cheese and lightly torched jalapeño		Seared tuna, spinach, avocado, fried leeks wrapped in soy paper topped with balsamic vinegar and wasabi mayo	
Tuna Tiger 8pc	\$12.99	Lollipop Roll 5pc	\$9.99
Tempura tiger shrimp, avocado, cucumber, masago topped with chopped spicy tuna, barbeque sauce		Salmon, white onion, avocado, cream cheese wrapped in cucumber, wasabi mayo	
Dynamite Salmon 8pc	\$12.99	Tokyo Roll 8pc	\$12.99
Shrimp tempura, avocado, green onion, cucumber, lettuce topped with chopped spicy salmon, barbeque sauce		Tempura shrimp, asparagus, surimi, flashed fried topped with chopped salmon or avocado and tobiko drizzled with unagi and spicy sauce	
Tempura Salmon Delight 8pc	\$9.50	Rising Sun 8pc	\$11.99
Tempura salmon, cream cheese, fried leek topped with avocado and drizzled with barbeque sauce		Salmon, avocado, cream cheese topped with spicy crab, green onion, zest of lemon, tobiko and unagi sauce	
Bonzai Roll 8pc	\$13.99	Vegas Roll 8pc	\$14.99
Salmon, Hamachi, red bell pepper topped with avocado, sriracha, honey and oregano		Salmon, unagi, avocado, cream cheese, tempura fried, topped with spicy lobster and fried leek.	

Sushi Combinations



All combinations are served with miso soup and house salad.

Assorted Maki Combo	\$17.99
California roll, spicy salmon, spicy tuna	
Assorted Sushi Combo	\$17.99
1pc each nigiri: tuna, salmon, hamachi, shrimp, butterfish, 6pc California roll and tuna or salmon handroll	
Assorted Sashimi Plate	\$19.99
2pc salmon, 2pc tuna, 2pc hamachi, 2pc surf clam, 2pc butterfish	
Deluxe Maki Combo	\$25.99
Spicy salmon, spicy tuna, sweet potato maki, shrimp tempura roll	
Deluxe Sushi Combo	\$24.99
1pc each nigiri: tuna, salmon, yellow tail, shrimp, butterfish, mackerel, surf clam, eel, white tuna, 6pc California roll and tuna or salmon handroll	
Deluxe Sashimi Plate	\$24.99
3pc salmon, 3pc tuna, 2pc hamachi, 2pc surf clam, 2pc white tuna, 2pc butterfish	
Veggie Combo	\$19.99
Avocado maki, prego roll, The Kelly roll	

To modify from nori seaweed to soy paper please add \$1.00 per roll