Dinner Menu

Available all day

Please inform us ahead if you have any food allergy



Drink Menu

Reds

		6oz	9oz	750ml
Merlot	Jackson Triggs, Canada	9	902 13	750IIII
Malbec	Mendoza, Argentina	11	15	42
Cabernet Sauvignon	Woodbridge, USA	11	15	42
Cabernet Sauvignon	Josh Cellars, California, USA	11	10	52
	Whites			
		6oz	9oz	750ml
Chardonnay	Pelee Island, VQA	10	14	39
Pinot Grigio	Pelee Island, VQA	11	15	42
Sauvignon Blanc	Kim Crawford, New Zealand	14	19	52
	Rosé			
				750ml
Rosé	Pelee Island, VQA			38
	Sake			
				6oz
Gekkeikan Junmai Sake		Hot Cold		11.50 11.50
	Domestic Beer			
			375ml	473ml
Beaus(organic) -Lug Tread				9.75
Rickard's Red				9.75
Apple Cider-Pelee Island			8.95	
	Imported Beer			
				500ml
Sapporo				10.95

Spirits (add \$1.00 with soft drink)

	1oz
Toki Japanese	12
Johnnie Walker Black Label	8
Chivas Regal 12 years old	8
Canadian Club	6.50
Crown Royal	6.50
Vodka Absolute	6.75
Vodka Grey Goose	8.75
Gin Gordons	8.75
White Rum Bacardi	6.75
Cocktail	
	1oz
Bloody Caesar	11.50
Non-Alcoholic	11.00
Non-Alcoholic	
Shirley Temple	6.50
Virgin Caesar	7.25
Soft Drink	3.50
Nestea Iced Tea	3.75
Perrier 330ml	4.25
Orange Juices	3.75
Non Alcoholic Beer	6.95
Tea / Coffee	
by the pot, sharable by 2 persons	
Fresh Lemongrass Tea (no caffeine)	3.99
Japanese Brown Rice Green Tea	3.99
Decaf Coffee (by cup)	3.25
Coffee (by cup)	3.75

Starter

Spring Roll 🗸	8.95
2 pcs of deep fried house made vegetable spring rolls	
Ebi rice wrap 🕖 🕛	8.95
Cooked shrimp, baby spinach, sushi rice with sesame seed, serve with spicy plum sauce on the side	
Summer rice wrap 🕛 💟	8.95
Avocado, cucumber, baby spinach, sushi rice with sesame seed, serve with house mango sauce on the side	
Pork Egg Roll	8.95
2 pcs of deep fried closed-ended pork egg rolls	
Soul Stone Pancake 🕖 🐧	18.50
8 pcs of stone grilled pancake on the soap stone, served with mix of snow crab and kani (crabstick), torched with spicy mayo	
Assorted Tempura	18.50
4 pcs of prawn tempura and 6 pcs of seasonal vegetables	
Thai Firecracker Shrimp 🕖 💿	19.95
6 pcs marinated shrimp wrapped in egg roll wrappers and then fried until golden brown and crispy served with a house made Thai sauce for dipping, contains crushed almonds and basil leaves	
Edamame 🕦 🗸	
Japanese soybean, rich in omega-3 and protein seasoned with sea salt	
Sea Salt	12.50
Spicy Garlic /	13.50
Gyoza 5	15.50
6 pcs of pork and cabbage dumplings, with house made maple syrup garlic sauce	
Hu Nan Wontons 🕖	13.50
6 pcs of steamed wontons(contain shrimp& pork), covered by mild spicy sesame sauce, topped with crushed almonds	
Sushi Sampler 5 5pcs Sashimi, 3 pcs California Maki	18.50
Shrimp Har Gow 3pcs Signature house made dim sum shrimp dumplings	8.50
B.B.Q. Pork Bun 2pcs Steamed, house Made.	7.95
Takoyaki 5pcs Signature deep fried house made octopus balls, served with Japanese mayo, unagi sauce and dried bonito on top	9.95

Mango, on baby spinach, served with house made mango sauce on

top, sprinkled sesame seed







Soups

Wonton Soup	8.95	
House made wonton (contain shrimp, pork &cabbage), chicken broth with cabbage, scallion		
Vegetable Hot and Sour Soup 🀠 💟	8.50	
Tofu, black fungus, fresh scallions, vegetable and bamboo shoots		
Duck Hot & Sour Soup 🕖	10.95	
For duck lover, this delicious soup contains duck meat, tofu, black fungus, fresh scallions, vegetable and bamboo shoots		
Miso Soup 🕦 🗸	8.50	
Soybean paste, with seaweed, fresh scallions and diced tofu		
Thai Coconut Curry Chicken Soup 🕖 🕚 🐧	9.50	
Dairy-free, soup combines basil leaves, chicken breast, mixed vegetables in a blend of yellow curry &coconut milk		
Tom Yon Gong ##	9.95	
Shrimp in spicy soup with onions, tomato, mushrooms		
Salads		
Wakame Green Salad 💟	12.95	
Marinated seaweed salad with baby spinach, sprinkled sesame seed		
Avocado Salad 🕚 💟	14.95	
Slices of avocado, on baby spinach, served with Japanese Wafu dressing (contains sesame oil) on top, sprinkled sesame seed		
Mango Salad 😉 💟	14.95	

Original

All Main Serve with Steamed Jasmine Rice & local seasonal vegetables Upgrade to Chicken Fried Rice: \$3.25

General Tao's Chicken 🍎	21.95
Lightly breaded, deep fried chicken with sweet and spicy sauce.	
Sweet & Sour Chicken	21.50
Lightly breaded, deep fried chicken with sweet and sour sauce.	
Lemon Chicken	21.95
Lightly breaded, deep fried chicken with fresh lemon sauce.	
Crispy Beef #	22.95
Breaded sliced beef, marinated in a ginger spicy sauce.	
Harmony Style 3	
Lightly breaded, deep fried chicken or shrimp with house made peach and cream sauce.	
Chicken	22.50
Shrimp	24.50
Thai Coconut Curry 🕖 🐧 📳	
Local seasonal vegetable, basil leaves, in a mix of yellow& red curry and rich coconut milk	
Chicken	23.50
Seafood- prawns, scallops, mussels	25.95
Tofu & Vegetables 🗸	21.50
Eggplant in Black Bean Sauce 🧿	
Stir fried: your choice with eggplants, in a black bean sauce, garnish with scallions	
Beef	21.50
Tofu & Vegetables 🗸	19.50

Chicken

Prawns





Exceptional

Serve on A Hot Soap Stone

All Main	Come	e with	Steam	ed Jas	mine Ri	се
Upgra	de to	Chick	en Fri	ied Ric	e: \$3.25	

Upgrade to Chicken Fried Rice: \$3.25		
Stone Lemongrass Chicken 5	24.95	
Stone grilled chicken, marinated with fresh lemongrass and blend of herbs. Served on a hot stone with local seasonal vegetables		
Miso Salmon 🐧 🕛	34.95	
Roasted salmon fillet, marinated in Saikyo Miso. Served on a hot stone with local seasonal vegetables		
Japanese Teriyaki 🧿		
Stir fried: your choice with local seasonal vegetables, in a traditional Japanese Teriyaki sauce. Served on a hot stone		
Chicken	22.50	
Beef	22.95	
Seafood- prawns, scallops, mussels	25.50	
Tofu & Vegetables 💙	20.50	
Thai Basil 🐠 🐧 🐞		
Stir fried: your choice with local seasonal vegetables, in a spicy Thai sauce. Served on a hot stone		
Chicken	23.50	
Beef	23.95	
Seafood- prawns, scallops, mussels	26.50	
Tofu & Vegetables 💙	20.95	
Thai Sweet and Spicy 🕖 🐧 🕦		
Stir fried: your choice with local seasonal vegetables, in a sweet and spicy Thai sauce. Served on a hot stone		
Chicken	23.50	
Beef	23.95	
Seafood- prawns, scallops, mussels	26.50	
Tofu & Vegetables 🗸	20.95	
Kung Po Style 🕖 🐧		
Stir fried: your choice with diced local seasonal vegetables, in a spicy sauce, garnish with cashew. Served on a hot stone		

22.50

25.50

Noodle

Pad Thai 🕖 ঙ





On a bed of vermicelli rice noodle, mixed with celery, onion, bean sprout, egg, scallions, basil leaves topped with roasted crush almonds. Sweet and spicy.

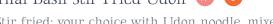
Chicken	22.50
Seafood- prawns, scallops, mussels	25.50
Tofu & Vegetables	20.95

Pad See Ew

Stir fried: your choice with flat rice noodle, mixed with celery, onion, bean sprout, egg, scallions, basil in a soy sauce flavor

Chicken	21.95
Beef	22.50
Tofu & Vegetables	20.50

Thai Basil Stir Fried Udon 00 5



Stir fried: your choice with Udon noodle, mixed with onions, celery, red pepper, basil in a spicy Thai sauce

Chicken	23.50
Seafood- prawns, scallops, mussels	26.50
Tofu & Vegetables 🗸	21.50





Bento Box

All bento boxes come with your choice of Main and Sushi,a Miso Soup, steamed Jasmine rice, and your choice between mix local seasonal vegetable OR one vegetable Spring Roll (deep fried)

33.95

Upgrade your soup: \$3.95 Upgrade to Chicken Fried Rice: \$3.95

Choice of Main

Lemon Chicken

General Tao's Chicken # 5









Sweet & Sour Chicken

Eggplant and Tofu in Black Bean Sauce V



Choice of Sushi

4 Pieces of Assort Sashimi



8 Pieces of Prawn Tempura Roll

6 Pieces of California Roll

6 Pieces of Spicy Salmon Roll







Japanese Sushi





Sashimi (3 pcs) Nigiri (2 pcs)

Sake – Atlantic Salmon	11.95
Maguro - Yellow Fin Tuna 🕛	12.95
Tai - Snapper 🔹	9.50
Hotate - Hokkaido Scallop 🏮	13.50
Escolar - Butterfish 🕛	10.95
Alabacore - Tuna from BC, Slightly Seared 🕛	11.50
Unagi - Japanese River Eel	12.95
Classic Roll (6 pcs)	
Yamchi Roll sweet potato tempura with cream cheese	10.50
Mango & Cheese Roll Mango with cream cheese, drizzle with house made mango sauce	10.50
Salmon Avocado Roll	12.50
Red Tuna Avocado Roll 🕛	13.50
California Roll kani (crabstick), avocado, cucumber, masago and mayo	10.95
Sake Roll fresh salmon	11.95
Tekka Roll fresh red tuna	12.25
Albacore Negi Roll albacore tuna and green onion	11.50
Unagi Roll broiled eel, cucumber and unagi sauce	13.50
Smoke Salmon Roll smoke salmon and asparagus	12.50
Prawn Tempura Roll shrimp tempura, avocado, cucumber, masago and mayo	14.50
Spicy Kani Roll orab sticks	10.95
Spicy Ebi Roll cooked shrimp and scallions	10.95

Vegetable Roll (6 pcs)

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Avocado & Cucumber Roll	9.95
Avocado Roll 😉	9.95
Avocado&Yam Roll	9.95
Cucumber Roll	8.95
Mango Roll 🔋	8.95
Asparagus Roll 🏮	9.50
Asparagus&Avocado Roll 🏮	9.95
Yam Tempura Roll sweet potato tempura	9.95
Green Delight (8 pcs) avocado, cucumber, house made fresh mango sauce on to	op § 3
Lauren Roll (8 pcs) 5 stars recommend by our staffs: avocado, cucumber, yar avocado slices on top, torched with spicy mayo, healthy of	

Spicy Seafood Rolls (6 pcs)

all spicy roll come with spicy mayo, scallions and masago *Gluten Free available without masago

Spicy Salmon Roll	12.95
Spicy Red Tuna Roll	13.50
Spicy Butterfish Roll	12.50
Spicy Albacore Roll	12.95
Spicy Albacore Tuna& Avocado Roll	12.95
Spicy Hotate Roll (Hokkaido scallop)	13.50

Classic Special Rolls

Philadelphia Roll Smoke salmon, cream cheese & avocado	*	8pcs	17.95
Very Good Roll House special deep fried sushi roll, salmon, cream cheese, kani (crabstick), topped with spicy mayo and unagi (eel) sauce	5 ()	10pcs	20.95
Dynamite Roll Shrimp tempura, kani (crabstick), cucumber, avocado, spicy mayo &crispy on top	5 /	8pcs	18.95

// Mild // Medium /// Hot V Vegeta	rian 🕴 Gluten Friendly	Signature Dish	
Mango Mania Shrimp tempura, mango, kani (crabstick), cucumber, avocado, house made mango sauce &unagi sauce on top	5	8pcs	19.50
Volcano Deep fried California Roll, topped with spicy salmon, and torched with hot sauce	5 #	8pcs	23.50
Anny Named by one of our customers, fresh avocado, cucumber, torched with mixed of snow crab, kani (crabstick) and spicy mayo on top	5 Ø	8pcs	20.95
Spider Roll Softshell crab, avocado, cucumber, topped with masago& unagi(eel) sauce	5	8pcs	19.95
Rainbow Kani (crabstick), avocado, cucumber, masago and mayo, topped with assorted raw fishes and unagi sauce	5	8pcs	21.95
Rainbow Dragon Shrimp tempura, avocado, cucumber, masago and mayo, with assorted raw fishes & unagi sauce on top	•	8pcs	23.50
Black Dragon Shrimp tempura, avocado, cucumber, masago and mayo, with unagi(eel) slices and unagi sauce on top	•	8pcs	22.95
Kiss Kani (crabstick), avocado, cucumber, masago and mayo, salmon, spicy mayo & tempura flakes	5 0	8pcs	21.95
Perri Chicken Roll Crispy chicken, cucumber, Oshinko (Japanese pickle), topped with sliced avocado, torched with spicy Peri-Peri sauce & Japanese mayo	5 (()	8pcs	19.95
Oh Canada Roll Rice paper wrapped with crispy chicken, Oshinko (Japanese pickle), kani(crabmeat), avocado, tempura flakes, masago, topped with spicy mayo	5 0	8pcs	20.50



Mild # Medium # Hot V Vegetarian Gluten Friendly Signature Dish



Soul Special Rolls

Minimum 20mins

Soul Stone (Serve on warm soap stone)
Soft shell crab, cucumber, spring mix,
oshinko, avocado slices, topped with
torched spicy salmon, snapper, and aged
cheese flake, scallion



8pcs

26.95

Great Canadian

Lobster, yam, asparagus, spring mix, mayo, wrapped with tobiko and avocado slices, topped with mix of snow crab & kani, spicy mayo, unagi sauce



8pcs

26.50

Lobster, avocado, asparagus, cream cheese, tobiko, lightly fried, topped with mix of snow crab & kani, served with house curry sauce



10pcs

26.95

Toki

Red tuna, scallions, masago, cucumber, tempura flakes, wrapped with avocado slices, topped with mix of spicy snow crab & kani



8pcs

23.95

Sunrise

Prawn tempura, cucumber, avocado, mayo, topped with masago, scallion and torched spicy salmon



8pcs

24.50

Fire Dragon

Prawn tempura, cucumber, avocado, massago, mayo, topped with salmon and scallion, torched with Japanese mayo



8pcs

23.95

Madness Dragon

Our one and only spicy dragon roll is here! Prawn tempura roll base, add jalapeno, topped with Tai (snapper), green onion, torched with spicy Peri-Peri & Japanese Mayo



8pcs

23.95

Shrimp on the rock

Avocado, cucumber, topped with cooked jumbo shrimp, torch by spicy mayo, drizzle with fresh basil and green onions



8pcs

21.95

Aburi Oshi Sushi (7 pcs)





using our unique seared technique, served with house made spicy mayo, masago, scallion and fresh jalapeno slices on the top

(Gluten free available without massago)

Salmon 18.95 19.50 Maguro

Sashime Maki Combination

serve with miso soup upgrade soup: \$3.95		
YI Assortment pf 10 pcs sashimi, and 6 pcs California roll	42.50	
Soul Assortment of 16 pcs of sashimi with a bowl of sushi rice	43.50	
Hon Chirashi The true art of fresh sashimi specially presented by our Head Chef "Sam Ho" in his new definition of food art (20 pcs of sashimi laid on bed of sushi rice)	48.95	
Salmon Deluxe Bento Box For salmon lovers, 6 pcs Spicy Salmon Roll, 5 pcs of Salmon Sashimi and 3 pcs exclusive Soul Stone Salmon Nigiri, torched with mayo	44.95	

Poke Bowl

Pick your choice of protein, with Wakame seaweed, avocado slices, topped with Japanese mayo, sliced Nori(seaweed) and sesame

Make it spicy? Add \$2.50 for spicy mayo instead

Salmon Poke (marinated with ponzu sauce)	25.50
Albacore Tuna Poke (marinated with ponzu sauce)	24.95
Maguro Red Tuna Poke (marinated with ponzu sauce)	26.95
Cooked Shrimp Poke	23.95
Kani (crabstick) Poke	23.50

Dessert

Banana Spring Roll House made, 2 pcs of deep-fried banana spring rolls, served with vanilla ice cream, top with coco powder	8.50
Sesame Balls with Red Bean Paste 4 pcs of deep-fried sesame balls, served with vanilla ice cream, top with coco powder	8.50
Crème Brulee	8.50

3 pcs of house made Crème Brulee