

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	9.50	13.75	40
Malbec	Mendoza, Argentina	11.50	15.75	44
Cabernet Sauvignon	Woodbridge, USA	11.50	15.75	44
Cabernet Sauvignon	Josh Cellars, California, USA			52

Whites

		6oz	9oz	750ml
Chardonnay	Pelee Island, VQA	10.50	14.75	41
Pinot Grigio	Pelee Island, VQA	11.50	15.75	44
Sauvignon Blanc	Kim Crawford, New Zealand	14.50	19.75	54

Sake

			6oz
Gekkeikan Junmai Sake	Hot		12.50
	Cold		12.50

Domestic Beer

		473ml
Beaus(organic) -Lug Tread		9.75
Rickard's Red		9.75
Apple Cider		10.95

Imported Beer

		500ml
Sapporo		10.95



Spirits

(add \$1.00 with soft drink)

	1 ¼ oz
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

	1 ¼ oz
Bloody Caesar	12.50

Non-Alcoholic

Shirley Temple	6.95
Virgin Caesar	7.25
Soft Drink	3.50
Nestea Iced Tea	3.75
Sparkling Water 355ml	4.25
Orange Juices	3.75
Non Alcoholic Beer	7.50

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 🔥 🌾	9.95
Cooked shrimp, baby spinach, sushi rice with sesame seed, serve with spicy plum sauce on the side	
Summer rice wrap 🌾 🌿	9.95
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 🔥 🍣	19.95
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	19.95
4 pcs of prawn tempura and 6 pcs of seasonal vegetables	
Thai Firecracker Shrimp 🔥 🍣	20.95
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	13.95
Spicy Garlic 🔥	14.95
Gyoza 🍣	15.50
6 pcs of pork and cabbage dumplings, with house made maple syrup garlic sauce	
Hu Nan Wontons 🔥	13.95
6 pcs of steamed wontons(contain shrimp& pork), covered by mild spicy sesame sauce, topped with crushed almonds	
Sushi Sampler 🍣	19.95
5pcs Sashimi, 3 pcs California Maki	
Takoyaki	10.95
5pcs Signature deep fried house made octopus balls, served with Japanese mayo, unagi sauce and dried bonito on top	

Soups

Wonton Soup	9.50
House made wonton (contain shrimp, pork &cabbage), chicken broth with cabbage, scallion	
Vegetable Hot and Sour Soup 🔥🔥 🌱	8.95
Tofu, black fungus, fresh scallions, vegetable and bamboo shoots	
Duck Hot & Sour Soup 🔥🔥	11.50
For duck lover, this delicious soup contains duck meat, tofu, black fungus, fresh scallions, vegetable and bamboo shoots	
Miso Soup 🌾 🌱	8.95
Soybean paste, with seaweed, fresh scallions and diced tofu	
Thai Coconut Curry Chicken Soup 🔥 🌾 🍷	9.95
Dairy-free, soup combines basil leaves, chicken breast, mixed vegetables in a blend of yellow curry &coconut milk	
Tom Yon Gong 🔥🔥🔥	10.50
Shrimp in spicy soup with onions, tomato, mushrooms	

Salads

Wakame Green Salad 🌱	14.50
Marinated seaweed salad with baby spinach , sprinkled sesame seed	
Avocado Salad 🌾 🌱	15.95
Slices of avocado, on baby spinach, served with Japanese Wafu dressing (contains sesame oil) on top, sprinkled sesame seed	
Mango Salad 🌾 🌱	15.95
Mango, on baby spinach, served with house made mango sauce on top, sprinkled sesame seed	

Original

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

General Tao's Chicken 🔥🔥	23.50
Lightly breaded, deep fried chicken with sweet and spicy sauce.	
Sweet & Sour Chicken	22.95
Lightly breaded, deep fried chicken with sweet and sour sauce.	
Lemon Chicken	23.50
Lightly breaded, deep fried chicken with fresh lemon sauce.	
Crispy Beef 🔥	23.50
Breaded sliced beef, marinated in a ginger spicy sauce.	
Harmony Style 🍷	
Lightly breaded, deep fried chicken or shrimp with house made peach and cream sauce.	
Chicken	23.50
Shrimp	25.50
Thai Coconut Curry 🔥🍷🌾	
Local seasonal vegetable, basil leaves, in a mix of yellow& red curry and rich coconut milk	
Chicken	24.95
Seafood- prawns, scallops, mussels	27.95
Tofu & Vegetables 🌱	23.50
Eggplant in Black Bean Sauce 🍷	
Stir fried: your choice with eggplants, in a black bean sauce, garnish with scallions	
Beef	23.50
Tofu & Vegetables 🌱	21.95

Exceptional

Serve on A Hot Soap Stone

All Main Come with Steamed Jasmine Rice

Upgrade to Chicken Fried Rice: \$3.25

Stone Lemongrass Chicken	🍷 🌾	26.95
Stone grilled chicken, marinated with fresh lemongrass and blend of herbs. Served on a hot stone with local seasonal vegetables		
Miso Salmon	🍷 🌾	37.50
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		23.95
Beef		23.95
Seafood- prawns, scallops, mussels		26.95
Tofu & Vegetables	🌿	22.50
Thai Basil	🔥🔥 🍷 🌾	
Stir fried: your choice with local seasonal vegetables, in a spicy Thai sauce. Served on a hot stone		
Chicken		24.95
Beef		24.95
Seafood- prawns, scallops, mussels		27.95
Tofu & Vegetables	🌿	23.50
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		24.95
Beef		24.95
Seafood- prawns, scallops, mussels		27.95
Tofu & Vegetables	🌿	23.50
Kung Po Style	🔥🔥 🍷	
Stir fried: your choice with diced local seasonal vegetables, in a spicy sauce, garnish with cashew. Served on a hot stone		
Chicken		23.50
Prawns		25.50

Noodle

Pad Thai 🔥 🌾

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/ Beef	23.95
Seafood- prawns, scallops, mussels	26.95
Tofu & Vegetables ✅	22.50

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	23.50
Beef	23.50
Tofu & Vegetables ✅	21.95

Thai Basil Stir Fried Udon 🔥🔥 🍝

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

Chicken/ Beef	24.95
Seafood- prawns, scallops, mussels	27.95
Tofu & Vegetables ✅	23.50

 Mild  Medium  Hot  Vegetarian  Gluten Friendly  Signature Dish

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)**

35.95

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

Choice of Main

Lemon Chicken

General Tao's Chicken  

Thai Coconut Curry Chicken   

Crispy Beef 

Sweet & Sour Chicken

Eggplant and Tofu in Black Bean Sauce 

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 

6 Pieces of Avocado Asparagus Roll  

5 Pieces of Very Good Roll 

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16% gratuity charge for group of 5 people or more

Japanese Sushi



Sashimi (3 pcs) Nigiri (2 pcs)

Sake – Atlantic Salmon 🌾	12.50
Maguro - Yellow Fin Tuna 🌾	12.50
Tai - Snapper 🌾	10.95
Hotate - Hokkaido Scallop 🌾	12.50
Escolar - Butterfish 🌾	10.95
Albacore - Tuna from BC, Slightly Seared 🌾	11.50
Unagi - Japanese River Eel	12.50

Classic Roll (6 pcs)

Yamchi Roll sweet potato tempura with cream cheese	11.95
Mango & Cheese Roll Mango with cream cheese, drizzle with house made mango sauce	11.95
Salmon Avocado Roll 🌾	13.95
Red Tuna Avocado Roll 🌾	13.95
California Roll kani (crabstick), avocado, cucumber, masago and mayo	12.50
Sake Roll 🌾 fresh salmon	13.50
Tekka Roll 🌾 fresh red tuna	13.50
Albacore Negi Roll 🌾 albacore tuna and green onion	12.50
Unagi Roll broiled eel, cucumber and unagi sauce	13.95
Smoke Salmon Roll 🌾 smoke salmon and asparagus	13.95
Prawn Tempura Roll shrimp tempura, avocado, cucumber, masago and mayo	14.95
Spicy Kani Roll 🔥 crab sticks	12.50
Spicy Ebi Roll 🌾 🔥 cooked shrimp and scallions	12.50

🔥 Mild
🔥🔥 Medium
🔥🔥🔥 Hot
🌱 Vegetarian
🌾 Gluten Friendly
🍣 Signature Dish

Vegetable Roll (6 pcs) 🌱

Avocado & Cucumber Roll 🌾	10.95
Avocado Roll 🌾	10.95
Avocado&Yam Roll	10.95
Cucumber Roll 🌾	10.50
Mango Roll 🌾	10.50
Asparagus Roll 🌾	10.95
Asparagus & Avocado Roll 🌾	10.95
Yam Tempura Roll sweet potato tempura	10.95
Green Delight (8 pcs) avocado, cucumber, house made fresh mango sauce on top 🌾 🍣	16.50
Lauren Roll (8 pcs) 5 stars recommend by our staffs: avocado, cucumber, yam with avocado slices on top, torched with spicy mayo, healthy creamy! 🌱 🔥	20.95

Spicy Seafood Rolls (6 pcs) 🔥

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

Spicy Salmon Roll	14.50
Spicy Red Tuna Roll	14.50
Spicy Butterfish Roll	12.95
Spicy Albacore Roll	13.50
Spicy Albacore Tuna& Avocado Roll	13.50
Spicy Hotate Roll (Hokkaido scallop)	14.50

Classic Special Rolls

Philadelphia Roll 🌾 Smoke salmon, cream cheese & avocado	8pcs	18.95
Very Good Roll 🍣 🔥 House special deep fried sushi roll, salmon, cream cheese, kani (crabstick), topped with spicy mayo and unagi (eel) sauce	10pcs	21.50
Dynamite Roll 🍣 🔥 Shrimp tempura, kani (crabstick), cucumber, avocado, spicy mayo &crispy on top	8pcs	19.95

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🔥 Mild
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 🔥🔥🔥 Hot
 🌿 Vegetarian
 🌾 Gluten Friendly
 🍷 Signature Dish

Mango Mania Shrimp tempura, mango, kani (crabstick), cucumber, avocado, house made mango sauce & unagi sauce on top	🍷	8pcs	20.95
Volcano Deep fried California Roll, topped with spicy salmon, and torched with hot sauce	🍷 🔥🔥	8pcs	24.50
Anny Named by one of our customers, fresh avocado, cucumber, torched with mixed of snow crab, kani (crabstick) and spicy mayo on top	🍷 🔥	8pcs	21.95
Spider Roll Softshell crab, avocado, cucumber, topped with masago & unagi(eel) sauce	🍷	8pcs	20.95
Rainbow Kani (crabstick), avocado, cucumber, masago and mayo, topped with assorted raw fishes and unagi sauce	🍷	8pcs	22.95
Rainbow Dragon Shrimp tempura, avocado, cucumber, masago and mayo, with assorted raw fishes & unagi sauce on top	🍷	8pcs	24.50
Black Dragon Shrimp tempura, avocado, cucumber, masago and mayo, with unagi(eel) slices and unagi sauce on top	🍷	8pcs	24.95
Kiss Kani (crabstick), avocado, cucumber, masago and mayo, salmon, spicy mayo & tempura flakes	🍷 🔥	8pcs	22.50
Perri Chicken Roll Crispy chicken, cucumber, Oshinko (Japanese pickle), topped with sliced avocado, torched with spicy Peri-Peri sauce & Japanese mayo	🍷 🔥🔥	8pcs	20.95
Oh Canada Roll Rice paper wrapped with crispy chicken, Oshinko (Japanese pickle), kani(crabmeat), avocado, tempura flakes, masago, topped with spicy mayo	🍷 🔥	8pcs	21.50

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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	28.95
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	28.50
Fusion Lobster, avocado, asparagus, cream cheese, tobiko, lightly fried, topped with mix of snow crab & kani, served with house curry sauce	🍣 🔥	10pcs	28.95
Toki Red tuna, scallions, masago, cucumber, tempura flakes, wrapped with avocado slices, topped with mix of spicy snow crab & kani	🍣 🔥🔥	8pcs	25.95
Sunrise Prawn tempura, cucumber, avocado, mayo, topped with masago, scallion and torched spicy salmon	🍣 🔥	8pcs	25.50
Fire Dragon Prawn tempura, cucumber, avocado, masago, mayo, topped with salmon and scallion, torched with Japanese mayo	🍣	8pcs	24.95
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	24.50
Shrimp on the rock Avocado, cucumber, topped with cooked jumbo shrimp, torch by spicy mayo, drizzle with fresh basil and green onions	🍣 🔥	8pcs	23.95

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 masago)

Salmon	20.95
Maguro	20.95

Sashime Maki Combination

serve with miso soup
upgrade soup: \$3.95

YI Assortment pf 10 pcs sashimi, and 6 pcs California roll	44.95
Soul Assortment of 16 pcs of sashimi with a bowl of sushi rice	46.95
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)	54.95
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	47.50

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)	26.95
Albacore Tuna Poke (marinated with ponzu sauce)	25.95
Maguro Red Tuna Poke (marinated with ponzu sauce)	26.95
Cooked Shrimp Poke	24.95
Kani (crabstick) Poke	24.95

Dessert

Banana Spring Roll House made, 2 pcs of deep-fried banana spring rolls, served with vanilla ice cream, top with coco powder	9.50
Sesame Balls with Red Bean Paste 4 pcs of deep-fried sesame balls, served with vanilla ice cream, top with coco powder	9.50
Crème Brulee 3 pcs of house made Crème Brulee	9.50