

NEW WAVE SUSHI



EST

2020

Hay sushi

RESTAURANT & IZAKAYA

Lunch Special

until 3:00pm

Sushi Lunch

Sushi Lunch Lite	12.45	3pc Nigiri sushi, 2pc Oshi (torched) sushi, 4pc Daily maki
Sushi Lunch A	15.95	3pc Nigiri sushi, 3pc Oshi (torched) sushi, 6pc Daily maki
Sushi Lunch B	17.95	4pc Nigiri sushi, 4pc Oshi (torched) sushi, 6pc Daily maki
Salmon Sushi Lunch	14.95	5pc Salmon sushi, 6pc Spicy Salmon Roll
Salmon Sashimi & Sushi Lunch	17.95	5pc Salmon sashimi, 4pc Salmon sushi, 6pc Spicy Salmon Roll
Sashimi Lunch	17.95	12pc Sashimi, 6pc Daily maki
Spicy Roll Lunch	18.95	5pc Spicy dynamite roll, 6pc Spicy salmon roll, 6pc Spicy tuna roll

Oshi Sushi Lunch

Torched & Pressed Sushi

Oshi Sushi 8pc Lunch	17.95	Yuzu Salmon 4pc + Double Shrimp 4pc
Oshi Sushi 4pc + Nori Taco	16.95	Yuzu Salmon 2pc + Double Shrimp 2pc + 1pc Salmon Nori Taco

Nori Taco Lunch

Salmon Nori Taco 2pc	14.50	Taco shell made w fried seaweed (nori) and stuffed w sushi rice, salmon, crab meat salad, and garlic mayo topped with onion and cilantro.
Tuna Nori Taco 2pc	15.50	Taco shell made w fried seaweed (nori) and stuffed w sushi rice, tuna, and garlic soy sauce topped with pico de gallo.
Spicy Salmon Taco 2pc	14.50	Sambal mayo, salmon, shredded kani, green onion, and cucumber slices.
Veggie Taco 2pc	13.95	Fried eggplant, diced tomato, onions and spicy veggie sauce.
Taco 2pc Combo	15.50	Choose any 2 pieces of taco from Salmon, Tuna, Spicy Salmon and Shrimp

Lunch Special

until 3:00pm

Wafu Pasta Lunch

Sukiyaki Pasta	15.95	Thinly sliced beef brisket, mushroom mix, green onion, egg yolk, sukiyaki sauce, shredded nori and sesame seeds.
Cold Beef Shabu Pasta	14.95	Thinly sliced beef brisket saute, arugula, cucumber, grape tomato, paprika, red onion, and sesame dressing.
Eggplant & Mushroom Pasta	13.95	Mushroom mix, eggplant tossed with Hay special tsuyu sauce, olive oil, green onion, chive, jalapeno, and furikake.
Creamy Miso Pasta	15.95	Black tiger shrimps, onions, mixed mushrooms cooked in miso cream sauce topped with masago and scallion.
Napolitan Pasta	14.95	Italian sausages, paprika, arugula, grape tomato, house tomato sauce, jalapeno, parsley and grated parmigiano.

Poke Lunch

Salmon Poke	14.95	Sushi rice w salmon, avocado, cucumber, tobiko, corn, edamame, seaweed salad, pineapple, mayo sauce, furikake, and nori flakes.
Tuna Poke	15.95	Sushi rice w tuna, avocado, cucumber, tobiko, corn, edamame, seaweed salad, pineapple, garlic soy sauce, furikake, and nori flakes.

Donburi Lunch

Salmon Avocado Donburi	15.95	Salmon slices, avocado, sushi rice, ikura, onion slices, and micro mix.
Tendon (Tempura Donburi)	15.95	Crisp tempura laid over freshly steamed rice and drizzled with a shrimp tare sauce.
Pan seared Sea Bass with Rice	12.95	Comes with sauteed veggies (contains dairy), and a bowl of rice. Extra sea bass \$6.95.
Hoe-deop-bap (Korean Sashimi Donburi)	17.95	Steamed rice mixed with vegetables, various sashimi and Korean spicy sauce.

Appetizer

Miso Soup	1.95	
House Salad (S)	1.95	
House Salad (M)	4.95	
Edamame	4.95	
Seaweed Salad	4.95	
Tako Wasabi	7.95	Comes with deep fried nori
Ika (Squid) Salad	8.95	Raw squid with yuzu dressing
Sashimi Salad	13.95	Green salad, diced sashimi, cucumber, avocado, crab meat, tobiko with sesame dressing.
Agedashi Tofu	7.95	
Chicken Karaage	10.95	Deep-fried soy sauce marinated chicken with mayo sauce on the side.
Ebi Mayo	11.95	Deep fried Black tiger shrimp with mayo sauce. 4pc.
Sashimi Appetizer	16.95	10pc Chef's choice sashimi (chosen from salmon, tuna, yellowtail, sea bream, fluke).
Salmon Sashimi Appetizer	13.45	8pc Salmon sashimi

Tempura

Shrimp Tempura 5pc	13.95	Deep fried Black tiger shrimp
Tempura Mix	12.95	2pc black tiger shrimp, 6pc assorted vegetable
Vegetable Tempura	9.95	Yam, enoki mushroom, broccoli, and squash. Total 8pc
Yam Tempura	7.95	6pc of sweet potato tempura

Dessert

HAY-CHEESE!	6.95	Housemade cheesecake with blueberry compote on top
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Nori Taco

Salmon Nori Taco 1pc	7.95	Tuna Taco extra \$0.50
Salmon Nori Taco 2pc	14.50	Fried seaweed (nori) taco shell stuffed w sushi rice, salmon, crab meat salad, garlic mayo topped with onion and cilantro.
Tuna Nori Taco 2pc	15.50	Fried seaweed (nori) taco shell stuffed w sushi rice, tuna, and garlic soy sauce topped with pico de gallo.
Veggie Taco 2pc	13.95	Fried eggplant, pico de gallo, and sweet chili sauce.
Spicy Salmon Taco 2pc	14.50	Sambal mayo, salmon, shredded kani, green onion, and cucumber slices.
Taco 2pc Combo	15.50	Choose any 2 pieces of tacos

Wafu Pasta

Creamy Miso Pasta	15.95	Black tiger shrimps, onions, mixed mushrooms cooked in miso cream sauce topped with masago and scallion.
Sukiyaki Pasta	15.95	Thinly sliced beef brisket, mushroom mix, green onion, egg yolk, sukiyaki sauce, shredded nori and sesame seeds.
Napolitan Pasta	14.95	Italian sausages, paprika, arugula, grape tomato, house tomato sauce, jalapeno, parsley and grated parmigiano.
Eggplant & Mushroom Pasta	13.95	Mushroom mix, eggplant tossed with Hay special tsuyu sauce, olive oil, green onion, chive, jalapeno, and furikake.
Cold Beef Shabu Pasta	14.95	Thinly sliced beef brisket saute, arugula, cucumber, grape tomato, paprika, red onion, and sesame dressing.

Poke / Donburi

Salmon Poke	15.95	Sushi rice w salmon, avocado, cucumber, tobiko, corn, edamame, seaweed salad, pineapple, mayo sauce, furikake.
Tuna Poke	16.95	Sushi rice w tuna, avocado, cucumber, tobiko, corn, edamame, seaweed salad, pineapple, garlic soy sauce, furikake, and nori flakes.
Salmon Avocado Donburi	16.95	Salmon slices, avocado, sushi rice, ikura, onion slices, and micro mix.
Tendon (Tempura Donburi)	16.95	Crisp tempura laid over freshly steamed rice and drizzled with a shrimp tare sauce.
Pan seared Sea Bass with Rice	13.95	Comes with sauteed veggies (contains dairy), and a bowl of rice. Extra \$6.95.
Hoe-deop-bap (Korean Sashimi Donburi)	18.95	Steamed rice mixed with vegetables, various sashimi and Korean spicy sauce.

Moriawase

Sushi & Sashimi Set Menu

Special Sushi Set 12pc	28.95	Bluefin Tuna, Botan ebi (spot prawn), Ikura (salmon roe), Ama ebi (sweet shrimp), Hotate (scallop), Tako (octopus), Unagi (eel), Ika (squid), Salmon, Hamachi (yellowtail), Hirame (Fluke), Kurodai (sea bream)
Special Sushi Set 10pc	22.95	Bluefin Tuna, Ama ebi (sweet shrimp), Hotate (scallop), Tako (octopus), Unagi (eel), Aori Ika (squid), Salmon, Hamachi (yellowtail), Hirame (Fluke), Kurodai (sea bream)
Truffle Aburi Sushi Set 10pc	27.95	Lightly seared with torch and topped with house made truffle aburi sauce. Striploin, Tamago, Botan ebi, Sea bream, Hamachi (or Kampachi), Albacore Tuna, Scallop, Squid, and Salmon 2pc.
Striploin Sushi Set 6pc	12.95	Canadian AAA striploin lightly seared with torch and topped with house made ponzu sauce and scallion.
Salmon Sushi 10pc	19.95	Salmon Nigiri 10pc
Sashimi Mori 18pc	28.95	6 Salmon, 6 Tuna, 3 Yellowtail, 3 Sea bream or Fluke
Sashimi Mori 30pc	46.95	6 Salmon, 6 Bluefin Tuna, 3 Fluke, 3 Yellowtail, 3 Sea Bream, 2 Spot Prawn (Botan Ebi), 2 Sweet Shrimp (Ama Ebi), 2 Scallop (Hotate), 3 Squid (Ika)

Set Menu

Salmon Sushi 5pc + <i>Salmon Taco</i>	16.95	
Daily Sushi 5pc + <i>Salmon Nori Taco</i>	17.95	
Wafu Pasta of your choice + <i>Salmon Nori Taco</i>	18.95	
6pc Sushi + 6 Daily maki	17.95	6 Chef choice sushi + 6 Daily maki
Sushi Party Tray (27pc)	54.00	6 Salmon, 4 Bluefin Tuna, 2 Sea Bream, 2 Sea Bass (or Fluke), 2 Unagi, 2 Yellowtail, 2 Scallop, 2 Squid, 2 Octopus, 2 Ama ebi, 1 Botan ebi
Sashimi Party Tray (42pc)	64.00	9 Salmon, 6 Bluefin Tuna, 4 Sea Bream, 4 Sea Bass, 4 Albacore Tuna, 3 Yellowtail, 3 Octopus, 3 Squid, 2 Scallop, 2 Ama ebi, 2 Botan ebi
Maki Party Tray (31pc)	37.00	Green Dragon Roll 8pc, Pink Dynamite Roll 5pc, Spicy Salmon Roll 6pc, California Roll 6pc, Hay Melt Roll 6pc (Deep-fried roll w cream cheese, yam, avocado, kani)
Complete Set 3 Trays (100pc)	150.00	Wrapped in Japanese Cloth
Family Pack (For 3 to 4 people)	92.95	Nigiri Sushi 10pc + Oshi Sushi 8pc + Edamame Salmon Nori Taco 2pc + Wafu Pasta of your choice Atlantic Gate Roll 8pc + Spicy Salmon Roll 6pc

Oshi Sushi

Torched & Pressed Sushi

Yuzu Salmon 4pc + Double Shrimp 4pc	17.95	
Oshi Sushi 4pc + Nori Taco	16.95	Yuzu Salmon 2pc + Double Shrimp 2pc + 1pc Salmon Nori Taco
Yuzu Salmon Oshi Sushi 2pc	4.45	Salmon, kani salad, yuzu soy sauce, jalapeno, masago and yuzu oil on top
Double Shrimp Oshi Sushi 2pc	4.45	Shrimp, fried shrimp, cucumber, and sweet veggie mayo

Signature Roll

Hay Melt	8.95	Deep-fried roll with cream cheese, yam, avocado, and mayo crab. 6pc.
Green Dragon	14.95	Dynamite with sliced avocado on top. 8pc.
Lemon Salmon Roll	15.95	Avocado, cucumber, salmon, mayo crab, and sliced lemon on top 8pc.
Mexicano Roll	16.95	Pico de gallo, mayo crab, avocado, cucumber, shrimp, sliced jalapeno, and spicy sauce on top. 8pc.
Atlantic Gate	17.95	Salmon w spicy sauce, avocado, cucumber, asparagus, mayo crab, salmon on top, seared w yuzu kabayaki seafood sauce, sweet chill sauce and nori powder on top. 8pc.
Sakura Blossom	17.95	Soybean paper, fried shrimp, avocado, cucumber, mayo crab, spicy sashimi mix, nori powder and bubu arare. 8pc.
Spicy Magu Magu	19.95	Shrimp, mayo crab, cucumber, avocado, asparagus, unagi sauce, spicy sauce, spicy tuna, red onion, and crunch on top. 8pc.
Yuzu Scallop Aburi	20.95	Cucumber, avocado, asparagus, mayo crab, aburi mayo, yuzu kabayaki, scallop, salmon, masago, and jalapeno on top. 8pc.
Three Shellfish Roll (Lobster, Crab meat, Shrimp)	20.95	Fried 2-3oz whole lobster tail, shredded kani, cucumber, fried shrimp on top, cajun mayo, yuzu kabayaki, leek and chili thread on top. 8pc.
Sashimi Punch (Futomaki)	21.95	Tuna, salmon, yellowtail, shrimp, tamago, ginger, cucumber, shiitake, asparagus and ikura on top. 8pc.

Classic Roll**Hand Roll 1pc**

Salmon Maki 6pc	7.95	6.95
Salmon & Avocado 6pc	6.95	5.95
Salmon & Cucumber 6pc	6.95	5.95
Salmon & Cream Cheese Maki	7.95	6.95
Spicy Salmon Roll 6pc	6.95	5.95
Tuna Maki 6pc	8.95	7.95
Tuna & Cucumber 6pc	7.95	6.95
Tuna & Avocado 6pc	7.95	6.95
Spicy Tuna Roll 6pc	7.95	6.95
Hamachi Negi Roll 6pc	7.95	6.95
Spicy Hamachi Roll 6pc	7.95	6.95
Dynamite Roll 5pc	8.95	7.95
California 6pc	5.95	4.95
Spicy Crab Roll 6pc	6.95	5.95
Fried Shrimp & Cucumber 6pc	7.95	6.95
Unagi & Avocado Maki 6pc	8.95	7.95
Unagi & Cucumber Maki 6pc	8.95	7.95
Kani (crab meat) Maki 6pc	6.95	5.95
Cucumber Roll 6pc	4.95	3.95
Avocado Roll 6pc	5.95	4.95
Avocado & Cucumber Roll 6pc	5.95	4.95
Yam & Avocado Maki 6pc	6.95	5.95
Shiitake mushroom & Cucumber	5.95	4.95
Avocado & Inari Maki 6pc	6.95	5.95
AAC Maki 6pc	7.95	6.95

Sushi A La Carte

Bluefin Tuna Belly (Otoro) 3pc	13.95
Bluefin Tuna (Chutoro) 3pc	12.95
Bluefin Tuna (Akami) 3pc	9.95
Tamago (House made) 3pc	5.95
Fluke (Hirame) 3pc	7.95
Salmon (Sake) 3pc	5.95
Albacore Tuna 3pc	6.95
Sea Bream (Kurodai) 3pc	6.95
Yellow Tail (Hamachi) 3pc	7.95
Eel (Unagi) 3pc	7.95
Sweet Shrimp (Ama Ebi) 3pc	7.95
Octopus (Tako) 3pc	7.95
Squid (Ika) 3pc	7.95
Salmon Roe (Ikura Gunkan-maki) 2pc	8.95
Scallop (Hotate) 3pc	8.95
Spot Prawn (Botan Ebi) 2pc	9.95
Sea Urchin (Uni) 2pc	11.95

Sashimi A La Carte

Bluefin Tuna Belly (Otoro) 3pc	15.95
Bluefin Tuna (Chutoro) 3pc	14.95
Bluefin Tuna (Akami) 3pc	11.95
Fluke (Hirame) 4pc	8.95
Salmon (Sake) 4pc	6.95
Albacore Tuna 4pc	7.95
Sea Bream (Kurodai) 4pc	7.95
Yellow Tail (Hamachi) 4pc	8.95
Eel (Unagi) 4pc	8.95
Sweet Shrimp (Ama Ebi) 3pc	7.95
Octopus (Tako) 4pc	8.95
Squid (Ika)	7.95
Salmon Roe (Ikura)	9.95
Scallop (Hotate) 4pc	9.95
Spot Brawn (Botan Ebi) 2pc	9.95
Sea Urchin (Uni) 2pc	11.95

Drinks

Tea . Sake . Beer

Sake

Sho Chiku Bai Nigori 375ml	24.95
Sho Chiku Bai Tokubetsu 300ml	25.95
Sho Chiku Bai Junmai 750ml	29.95
Mio Sparkling Sake 300ml	37.95
Momo Peach Sake 300ml	39.95
Yuzu-shu Sake 300ml	39.95
Nashi Pear Sake 300ml	39.95
SakeMoto Junmai 720ml	49.95
Kubota Senju Junmai Ginjo 720ml	87.50
Masumi Sanka Daiginjo 300ml	59.95
SOTO Junmai Daiginjo 300ml	70.00

Beer

Sapporo Can 500ml	8.95
Tokyo Blonde 330ml	9.95
Kagua Blanc 330ml	9.95
Kagua Rouge 330ml	9.95
Asahi Super Dry Black 334ml	8.95
Asahi Super Dry Large 620ml	10.50

Hot Tea (Genmai tea)

Hot Tea in a cup	1.00
Hot tea in a pot	4.00

Drink

San Pellegrino 250ml	3.95
Perrier 330ml	3.95
San Pellegrino 750ml	7.95
Fiji Water 330ml	3.95
Arizona Green Tea	4.50
Nestea	2.75
Coke, Diet Coke, Sprite, Canada Dry	2.25