TAKE OUT MENU メニュー Lougheed

STARTER 前菜

MISO SOUP 2.75
RICE 3
EDAMAME 6
TAKO WASABI 6.5
Marinated raw octopus in wasabi sauce.



MUST TRY

GOMA AVO 8
Avocado with sesame peanut sauce.
TOMATO KIMCHI 6
Sweet and spicy tomato salad.





TAKO YAKI 4pc 7
YAM FRIES 7.5
Deep fried yam sticks with spicy aioli.
AGE DASHI TOFU 7pc Regular 8 / Spicy 9
Deep fried tofu in "dashi" broth.

MUST TRY

KABOCHA KOROKKE 3pc 8
Deep fried mashed squash and quail egg.
CHICKEN KARAAGE 5pc 9.5
Deep fried soy garlic seasoned chicken.



PORK GYOZA 5pc (Deep fried) 9.5
BIBIM GYOZA 5pc 12
Deep fried gyoza, greens, korean spicy sauce.



ABURI HAMACHI CARPPACCIO 15
Lightly seared yellow tail, greens, basil dressing.



BEEF TATAKI 16
Lightly seared tenderloin, yuzu ponzu & garlic sauce.



SIME SABA YAKI 14
Lightly seared cured mackeral, greens, yuzu ponzu dressing.



TEMPURA 天ぷら

YAM TEMPURA 5pc 10
Deep fried battered yam.



VEGETABLE TEMPURA 7pc 11
Deep fried battered seasonal vegetable.



SNAPPER TEMPURA 6pc 13
Deep fried battered snapper, soy glaze & wasabi.
PRAWN TEMPURA 6pc 14
Deep fried battered prawn.



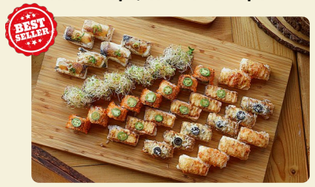
EBI MAYO 5pc 15
Deep fried spicy battered tiger prawn, spicy mayo.
OMG Roll 8pc 20
Spicy mayo & wasabi sauce. Deep fried spicy battered roll, prawm & salmon tempura.



What we are famous for.

"GREEN LEAF SIGNATURE"
6 kinds of signature Aburi oshi.

ABURI PLATTER ~~82~~ → 69
Atlantic salmon oshi 6pc, ebi oshi 6pc, saba oshi 6pc, yukke tuna oshi 6pc, hotate oshi 6pc, tobiko roll 8pc.



NEW

LOLO PLATTER ~~90~~ → 78
Sockeye salmon oshi 6pc, spicy tuna oshi 6pc, tofu oshi 6pc, truffle avocado oshi 6pc, kani oshi 6pc, tobiko roll 8pc.





Fresh & Aburi OSHI

SALMON OSHI 13
Double layered atlantic salmon, oshi sauce, serrano.
SOCKEYE SALMON OSHI 14
Double layered wild salmon, oshi sauce, serrano.
YUKKE TUNA OSHI 13
Soy marinated tuna, sweet onion, alfalfa.
HOTATE OSHI 14
Scallop, tobiko, oshi sauce.
EBI OSHI 14
Tiger prawn, basil pesto sauce, olive, parmesan cheese.
SABA OSHI 13
Seasoned mackerel, miso sauce, green onion.
ABURI TOBIKO ROLL 15
Salmon, cucumber, crab meat, tobiko, oshi sauce, serrano

NEGI TORO OSHI 14
Chopped tuna belly, green onion.
MANGO SCALLOP OSHI 15
Sweet mango, scallop on sushi rice, creamy avocado puree and crispy capers.

EGGPLANT OSHI 15
Soy seasoned eggplant, miso oshi sauce, okra.
TOFU OSHI 13
Seasoned tofu, soy paper, sweet onion, alfalfa.

NEW

TRUFFLE AVOCADO OSHI 15
Fresh avocado, oshi sauce, truffle, himalayan salt.
SPICY TUNA OSHI 15
Gochujang marinated tuna, spicy oshi sauce, serrano.



YUZU CHASHU OSHI 16
Chashu pork, green onion, yuzu-kosho oshi sauce.
UNAGI OSHI 18
BBQ eel, sweet spicy miso, garlic chip, green onion.
KANI OSHI 18
Real crab, tiger prawn, ume oshi sauce, crispy caper.



Mild spicy · Vegeterian · Gluten free option
Spicy · Spicy-wasbi · Peanut

SASHIMI 刺身



	M/P	
Uni		
Hamachi	5pc 18	9pc 24
Toro	5pc 17	9pc 23
Wild salmon	5pc 16	9pc 22
Salmon	5pc 14	9pc 20
Tuna	5pc 13	9pc 19
Tuna & Salmon	5pc 14	9pc 20

NIGIRI にぎり

Raw fish on sushi rice

Uni Sea urchin	M/P
Unagi BBQ eel	5.5
Yellow tail	5.5
Tuna belly	5.5
Sockeye salmon	4.5
Atlantic salmon	3.75
Albacore tuna	3.5
Inari	2.75
Tamago	3.25
Ebi Prawn	3.5
Tobiko	3.5

SASHIMI DONBURI

Raw fish on rice greens on seasoned sushi rice.



Tuna	20	Atlantic salmon	21
Hamachi	25	Sockeye salmon	23

OMURICE SPECIAL

Our omelette series combines delicate texture with bold flavors — light, creamy, and irresistibly soft. From our signature house omurice to rich unagi toppings, each dish is freshly made and served hot.

TAMANAGI DON 26
Our best-selling flame-grilled eel over silky tornado egg and seasoned rice. Sweet, smoky, buttery, and deeply comforting.



TORNADO OMURICE 20
Fluffy tornado-style omelette over savory fried rice, topped with rich demi-glace sauce and crispy garlic.



CLASSIC HOUSE OMURICE 18
Fluffy omelette served over savory fried rice with onions and vegetables, finished with our house-made demi-glace sauce.



Prices and menu items are subject to change without prior noticer waiting.
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SALAD

WAKAME SALAD 6
Seaweed with yuzu ponzu dressing.

GOMA AE 7
Spinach with sesame peanut sauce.





GARDEN SALAD 12
Green leaf signature house dressing.

TOFU SALAD 15
Yuzu ponzu & sesame dressing.

AVOCADO SALAD 16
Wasabi mayo & wasabi soy dressing.

JELLY FISH SALAD 18
Yuzu ponzu & sesame dressing.



TATAKI SALAD
Flame seared,
yuzu ponzu dressing.

Tuna 19
Salmon 20
Wild salmon +1







BEST SELLER

SEAFOOD SALAD
Fresh sashimi, greens,
house dressing.

Regular 21
Spicy 22

MAKI Seaweed outside

KANI Real crab 12

HOUSE 15
Salmon, tuna, kani, scallop,
tobiko, tamago, cucumber.





SALMON	7	TAMAGO	6
Sockeye salmon	+0.5	CUCUMBER	5.5
TUNA	6.5	INARI	6.5

ROLL Seaweed inside

SALMON & AVO	8	YAM	7
Sockeye salmon	+0.5	Avocado	+1
TUNA & AVO	8	AVOCADO	7.5
DYNAMITE	8		

Rice bowl DONBURI 丼

KINOKO ISHIYAKI 16
Mushrooms, nori sauce, sesame oil in hot stone bowl.

BEEF TERIYAKI DON 17
Soy marinated beef, teriyaki sauce in hot stone bowl.

KIMCHI + BACON DON 17
Kimchi & bacon, tamago in hot stone bowl.

CHA SHU DON 18
Melt-in-mouth braised pork belly in hot stone bowl.







KARA AGE DON 18
Deep fried soy garlic chicken, in hot stone bowl.

BEST SELLER **UNAGI ISHIYAKI** 23
BBQ eel, tamago, unagi sauce in hot stone bowl.

BEST SELLER **KANI ISHIYAKI** 24
Real crab, tamago, nori sauce in hot stone bowl.







KATSU カツ

KATSU DON 18
Crispy pork cutlet simmered
with egg and onions
over steamed rice.



TONKATSU 19.5
Golden crispy pork cutlet
with steamed rice,
seasonal salad,
and house-made sauces.



Since 2012



PASTA + UDON うどん

VEGETABLE UDON 12
Seasonal vegetable in “dashi” broth.

BEST SELLER **BEEF YAKI UDON** 15
Stir pan fried beef udon.

BEST SELLER **MENTAIKO CREAM LINGUINE** 19
Shrimp, mushroom, creamy sauce with cod roe.

ALLE VONGOLE 19
“Asari clam”, mushroom, dashi broth.



BEST SELLER



BEST SELLER





BEST SELLER **NAPOLITAN PASTA** 16
Rich tomto sauce,
smoky sausage
and parmesan cheese.

Add on
Omelette bed +4
Tonkatsu +4.5



RAMEN ラーメン



TOMATO KIMCHI TOFU RAMEN 17
Kimchi, bacon, tofu in tomato broth.

YUZU CHA-SHU RAMEN 18
Chashu pork belly in yuzu dashi broth.

SPICY SEAFOOD RAMEN 19
Prawn, scallop, ika, mussel in spicy miso broth.

Mild spicy
Spicy
Spicy-wasbi
Vegeterian
Gluten free option
Peanut

Ichiban value COMBO セット

GREEN LEAF-ER ~~35~~ → 28
BEST SELLER



Appetizer sashimi 5pc,
snapper tempura 3pc,
daily oshi 6pc.



KARAI SETTO ~~34~~ → 26
Tomato kimchi,
salmon oshi 6pc,
spicy tuna oshi 6pc.

SASHIMI & SUSHI ~~32~~ → 26
Appetizer sashimi 5pc,
nigiri sushi 4pc.





OSHI & TEMPURA ~~19~~ → 18
Salmon oshi 6pc,
yam tempura 3pc.

DYNA & GYOZA ~~15.5~~ → 14.5
Dynamite roll 6pc,
gyoza 4pc.



GREEN LEAF-RIEND (For 2) ~~83~~ → 69
Appetizer sashimi 5pc, garden salad,
nigiri 4pc, OMG roll 4pc, snapper tempura 6pc,
daily oshi 6pc.



GREEN LEAF-AMILY (For 3) ~~97~~ → 79
Appetizer sashimi 5pc, garden salad,
nigiri 4pc, OMG roll 4pc, snapper tempura 6pc,
inari 2pc, tamago roll 6pc,
daily oshi 6pc.



PARTY TRAY

VEGE TRAY 45
(Maki & roll 18pcs, oshi 12pcs)



- Truffle avocado oshi 6pcs
- Tofu oshi 6pcs
- Cucumber maki 6pcs
- Inari maki 6pcs
- Avocado roll 6pcs

TRAY A 46
(Maki 18pcs, oshi 12pcs)



- Salmon oshi 6pcs
- Spicy tuna oshi 6pcs
- Cucumber maki 6pcs
- Salmon maki 6pcs
- Tuna maki 6pcs

TRAY B 52
(Maki 12pcs, oshi 18pcs)



- Salmon oshi 6pcs
- Ebi oshi 6pcs
- Hotate oshi 6pcs
- Tamago maki 6pcs
- Inari maki 6pcs

TRAY C 72
(Maki 12pcs, nigiri 9pcs, oshi 6pcs)



- Salmon nigiri 3pcs
- Tuna nigiri 3pcs
- Ebi nigiri 3pcs
- Kani maki 6pcs
- House roll 6pcs
- Salmon oshi 6pcs

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