

MIHAMA

Teriyaki/Grill



On Rice: choice of white or brown steamed rice.

PLATE: white or brown steamed rice AND Salad OR Steamed Vegetables.



Items can be prepared Gluten Free. Add 50c

Salad: green-leaf with red and green cabbage.
Dressed with our house sesame vinaigrette.

Steamed Vegetables: fresh steamed to order.
Mix of: broccoli, cauliflower, carrot and zucchini.



TERIYAKI: Flame Grilled

Flame-Grilled and topped with Mihama's Teriyaki sauce.

	ON RICE	PLATE
Chicken (leg/thigh or breast).....	6.35	8.20
Double Chicken.....	9.90	11.75
Beef (sirloin).....	7.85	9.70
Double Beef.....	11.75	13.60
Mihama (chicken & beef).....	10.85	12.70
Ginger Chicken (Mihama's Teriyaki with fresh grated ginger).....	6.35	8.20
Ginger Beef.....	7.85	9.70
Tofu (marinated in tamari, sherry, mirin, curry).....	5.90	7.75

SPICY: Flame Grilled

Marinated In: soy, sugar, sesame oil, ginger, garlic & chili paste.

Dipping Sauce: soy, rice vinegar, sugar, sesame oil, chili paste, garlic & cayenne.

	ON RICE	PLATE
Spicy Chicken (breast).....	6.70	8.55
Spicy Double Chicken.....	10.25	12.10
Spicy Beef (sirloin).....	8.15	10.05
Spicy Double Beef.....	12.10	13.95
Spicy Mihama (chicken & beef)	11.20	13.05
Spicy Tofu.....	6.25	8.10

SPICY SALAD

Served on a large bed of green salad. Topped with a blend of our spicy sauce /sesame dressing.

Chicken (breast).....	8.20
Beef.....	9.70
Tofu.....	7.75

TEMPURA VEGETABLES

Vegetables dipped in a flour-egg batter and fried in canola oil.
Topped with Mihama's Teriyaki.

	ON RICE	PLATE
Tempura Teriyaki.....	6.10	7.95

carrot, onion, green bean, zucchini, sweet potato & butternut squash

UDON NOODLES

Japanese wheat noodles in a fish stock soup broth with green onions.
(Green Bean/Pea noodle also available)

Plain.....	5.90
One topping.....	7.40
Two toppings.....	8.90

Toppings:

Chicken, Beef, Tempura Vegetables, Tofu, Steamed Vegetables, Kim Chee,

CHICKEN- KATSU

Chicken breast House Breaded in Panko (Japanese bread crumbs) fried in canola oil.
Drizzled with Katsu sauce.

	ON RICE	PLATE
Chicken.....	7.75	9.60
Double Chicken.....	11.30	13.15

CURRY

Mild yellow Japanese curry sauce with potatoes, onions & carrots (vegetarian base)

	ON RICE	PLATE
Vegetable.....	6.35	8.20

(green bean, rutabaga, green peppers, mushrooms, tofu)

Chicken.....	6.35	8.20
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SEAFOOD: Flame Grilled

Basted with soy-mirin, topped with Mihama's Ginger teriyaki Sauce & a side of our tarter sauce

	ON RICE	PLATE
Snapper Fillet (wild).....	8.40	10.25
Salmon Fillet.....	11.35	13.20

(Atlantic farmed Salmon)

Salmon Patty.....	6.60	8.45
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(Wild Salmon ground with rice & spices)

SEAFOOD: Fried

House breaded in Panko (Japanese bread crumbs), fried in canola oil & served with our house made cocktail or tartar sauce.

	ON RICE	PLATE
Panko Oysters (4).....	8.70	10.55
Panko Fish (snapper).....	6.95	8.80
Panko Shrimp (5).....	8.70	10.55

Side order Shrimp (5)...7.20

SAUCES

*Sauces made at Mihama

Teriyaki*.....	0.30
Ginger Teriyaki*.....	0.30
Gluten Free Teriyaki*.....	0.50
Spicy Dipping Sauce*.....	0.50
Katsu Sauce(sweet Worcestershire)....	0.30
Tartar*.....	0.50
Cocktail*.....	0.50
Wasabi.....	0.50

Please add 5% for the Ashland Food & Beverage Tax