# BENTO & KIDS

GF GLUTEN FREE
V VEGETARIAN
SPICY
MAY TAKE LONGER

## BENTO

**Served with miso soup, green salad, and 4 pcs assorted tempura**

**Dine-in ONLY (11:30 AM - 2:30 PM)**



**Beef Bento** $23
Beef teriyaki, california roll (4 pcs)



**Chicken Bento** $23
Chicken teriyaki, california roll (4 pcs)



**Tofu Bento** $21
Tofu teriyaki, avocado roll (4 pcs)



**Sashimi & Sushi Bento** $28
Salmon sashimi (2 pcs), Tuna sashimi (2 pcs)
1 pc each: salmon, tuna, ebi nigiri,
california roll (4 pcs)



**Unagi Bento** $25
Unagi (BBQ eel) donburi, takoyaki (3 pcs)



**TORA Oshi Bento** $27
Ebi Oshi (6 pcs prawn pressed sushi),
house special salmon nigiri (2 pcs)



**Chirash Bento** $27
Chirash donburi, takoyaki (3 pcs)



**Aburi Salmon Bento** $25
Aburi salmon donburi, takoyaki (3 pcs)



**Bara Bento** $26
Bara Chirash (assorted diced sashimi)
donburi, takoyaki (3 pcs)

## KIDS MENU

FOR OUR LITTLE GUESTS

**Dine-in ONLY**

**Choose one from each selection to build your perfect meal.**

### 1 PICK ONE MEAL

| | |
|---|---|
| Chicken Katsu Don | $14 |
| Plain Udon | $13 |
| Chicken Teri Don | $14 |
| Beef Teri Don | $15 |



### 2 PICK ONE SUSHI

| | |
|---|---|
| California Roll | 4 pcs |
| Kappa Maki<br>cucumber | 6 pcs |
| Salmon Maki | 6 pcs |
| Avocado Maki | 6 pcs |
| Inari Nigiri<br>bean curd | 2 pcs |

### 3 PICK ONE SIDE

**Miso**
**Edamame**
steamed soybeans

### 4 PICK ONE DRINK

**Apple Juice**
**Orange Juice**
**Milk**



Please inform your server of any food allergies or dietary restrictions

# APPETIZER

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TORA SIGNATURE

## TORA BITES (6 PCS) Dine-in ONLY

Crispy rice layered with seaweed, served with creamy chopped seafood tossed in our house sauce and topped with tobiko.

| | |
|---|---|
| Spicy Chopped Scallop | $16 |
| Chopped Scallop | $15 |
| Spicy Tuna | $15 |
| Spicy Salmon | $15 |
| Spicy Crab Meat | $14 |



**Aburi Salmon Delight** GF $18
Lightly torched salmon topped with our rich and creamy house sauce.



**Tuna Tataki** $17
Lightly seared tuna served with house ponzu sauce



**Salmon Tataki** $17
Lightly seared salmon served with house ponzu sauce



**Tako Wasabi** $7
Octopus with wasabi



**Takoyaki** $9
Japanese octopus balls



**Gyoza** $10
Pan-fried pork dumpling



**Veggie Gyoza** V $10
Pan-fried vegetable dumpling



**Wakame** V $7
Seasoned seaweed salad



**Agedash Tofu** V $8
Lightly fried tofu



**Spicy Agedash Tofu** V $9
Lightly fried tofu with house spicy sauce



**Chicken Karaage** $11
Japanese style fried chicken



**Salmon Kama** GF $8
Grilled salmon collar, tender, juicy and full of flavour



**Hamachi Kama** GF $10
Grilled yellowtail collar with a rich, buttery flavour



**Edamame** GF V $6
Steamed soy beans with sea salt



**Miso Soup** V $3
Japanese soybean paste soup with tofu and green onion

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# Mains

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## TEMPURA

Lightly battered and fried until golden and crisp, served with tempura dipping sauce



**Assorted Tempura (10pcs)**
4 Prawn, 3 Yam, 3 Kabocha (pumpkin)
**$19**



**Veggie Tempura (6 pcs)** V
3 Yam, 3 Kabocha (pumpkin)
**$12**

**Prawn Tempura** (4 pcs) **$9** (8 pcs) **$17**

**Yam Tempura** V (4 pcs) **$8** (8 pcs) **$15**

**Kabocha Tempura** V (4 pcs) **$8** (8 pcs) **$15**
Japanese Pumpkin

## SUNOMONO

Refreshing glass noodles topped with cucumber, carrot and red radish in a light Japanese vinaigrette



**Ebi Sunomono** GF **$8**
Shrimp



**Tako Sunomono** GF **$8**
Octopus



**Hokkigai Sunomono** GF **$8**
Surf Clam



**Veggie Sunomono** GF V **$6**

## KATSU

Crispy panko-breaded cutlet served with rice, salad and house katsu sauce.



**Chicken Katsu** **$19**

## SALAD

**Sashimi Salad** GF **$22**
Mixed greens topped with six pieces of assorted sashimi served with our house dressing



**Green Salad** GF V **$10**
Fresh mixed greens served with our house dressing.



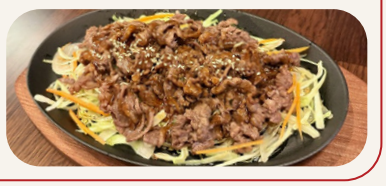
Please inform your server of any food allergies or dietary restrictions

# RICE & NOODLE

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## TERIYAKI

Grilled with vegetables and glazed with our house teriyaki sauce, served with rice and miso.



| | |
|---|---|
| **Beef Teriyaki** | **$22** |
| **Chiken Teriyaki** | **$21** |
| **Tofu Teriyaki** V | **$19** |

## DONBURI

Japanese rice bowls topped with your choice of protein and flavourful toppings.



**Karaage Don** **$17**

Crispy Japanese fried chicken with savory unagi sauce and creamy mayo

**Unagi Don** **$23**

BBQ eel with unagi sauce

**Salmon Don** GF **$22**

**Tuna Don** GF **$22**

**Salmon & Tuna Don** GF **$22**



**Chirash Don** GF **$32**

A selection of fresh assorted sashimi served over seasoned sushi rice



**Spicy Chirash Don** **$29**

Assorted sashimi mixed with house spicy sauce, served over sushi rice.

## UDON

Japanese udon noodles served in a warm savoury broth with your choice of toppings.



**Nabe Udon** **$20**

Udon noodles simmered in a savoury Japanese broth with chicken, vegetables, egg and prawn tempura.

| | |
|---|---|
| **Chicken Udon** | **$16** |
| **Tempura Udon** | **$17** |
| **Beef Udon** | **$16** |
| **Veggie Udon** | **$14** |

## YAKI UDON

Stir-fried udon noodles with vegetables in our house savoury sauce.

| | |
|---|---|
| **Beef Yakiudon** | **$17** |
| **Chicken Yakiudon** | **$17** |
| **Veggie Yakiudon** V | **$15** |



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# TORA SIGNATURE

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## CHEF'S SELECTION



**Inari Bomb (1 pc)**
**$6**

Crispy deep-fried inari stuffed with creamy crab meat and cream cheese, drizzled with our house sauce and topped with yam crunch



(Limited quantity)
**TORA Aburi Donburi**
**$21**

Layers of sushi rice, chopped tuna, salmon and toro, lightly torched for a rich, smoky finish, topped with masago, sesame seeds and our signature house sauce.



**House Special Nigiri** GF
**(1 pc)**
**$4**

Fresh salmon nigiri finished with our signature house sauce and a touch of capers.



**Aburi Nigiri Platter**
**(8 pcs)**
**$28**

An assortment of lightly torched nigiri — 2 salmon, 2 tuna, ebi, wild salmon, saba and spicy chopped scallop — finished with our house sauces.

## ABURI NIGIRI (1 pc)

Lightly torched nigiri with a rich, smoky finish, topped with our house sauces.



**Aburi Salmon** GF **$3.5**



**Aburi Ebi** GF **$3.5**
Prawn topped with lime zest



**Aburi Toro** GF **$4.5**
Tuna belly



**Aburi Wild Salmon** GF **$4.5**



**Aburi Saba** **$3.5**
Vinegar-cured mackerel



**Aburi Salmon Belly** GF **$4.5**



**Aburi Spicy Chopped Scallop** **$4**



**Aburi Tuna** GF **$3.5**

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# TORA SIGNATURE

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## TORA OSHI SUSHI
### (Pressed Sushi) 6pcs



**Ebi Oshi** GF
**$16**

Prawn, lightly torched with house sauce, finished with fresh lime zest for a rich, creamy bite with a bright citrus finish.



**Wild Salmon Oshi** GF
**$17**

BC wild sockeye salmon, lightly torched with house sauce, jalapeño, black pepper — rich, savoury and finished with a subtle kick.



**Chopped Scallop Oshi**
**$18**

Sweet, tender scallop tossed in creamy house sauce and tobiko — rich, smooth and slightly briny with a satisfying pop.



**Saba Oshi**
**$16**

Rich, savoury mackerel with creamy miso and cream cheese — smooth, umami-forward and deeply satisfying.



**Unagi Oshi**
**$18**

Rich, savoury BBQ eel balanced with smooth cream cheese, a touch of sweetness from sushi sauce



**Spicy Unagi Oshi**
**$19**

Smoky, savoury unagi with mellow cream cheese, sweet sushi sauce, and a bold kick of hot sauce, finished with fresh jalapeño heat

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# SASHIMI

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**Spicy Tuna**
Diced tuna, cucumber, spicy sauce

Small $12
Large $23

## TORA ASSORTED SASHIMI GF

Hamachi, salmon, tuna, tako, hokkigai, wild salmon, and amaebi



| | | |
|---|---|---|
| FOR TWO (2 pieces of each) | 14 pcs | $42 |
| FOR THREE (3 pieces of each) | 21 pcs | $62 |
| FOR FOUR (4 pieces of each) | 28 pcs | $82 |

| | | |
|---|---|---|
| **Spicy Salmon** Diced salmon, cucumber, spicy sauce | Small<br>Large | $12<br>$23 |
| **Hamachi** GF Yellowtail | 4 pcs<br>8 pcs | $17<br>$33 |
| **Tuna** GF | 4 pcs<br>8 pcs | $12<br>$23 |
| **Tako** GF Octopus | 4 pcs<br>8 pcs | $13<br>$25 |
| **Saba** GF Mackerel | 4 pcs<br>8 pcs | $11<br>$21 |
| **Salmon** GF | 4 pcs<br>8 pcs | $12<br>$23 |
| **Wild Salmon** GF | 4 pcs<br>8 pcs | $15<br>$29 |
| **Salmon Belly** GF | 4 pcs<br>8 pcs | $15<br>$29 |
| **Hokkigai** GF Surf clam | 4 pcs<br>8 pcs | $12<br>$23 |
| **Seared Saba** Lightly torched mackerel | 4 pcs<br>8 pcs | $12<br>$23 |
| **Toro** GF Tuna Belly | 4 pcs<br>8 pcs | $15<br>$29 |
| **Hotate** GF Scallop | 4 pcs<br>8 pcs | $17<br>$33 |
| **Ika** GF Squid | 4 pcs<br>8 pcs | $12<br>$23 |
| **Amaebi** GF Sweet shrimp | 4 pcs<br>8 pcs | $15<br>$29 |

## NIGIRI (1 pc)



**Hamachi** GF $4.5
Yellow tail



**Negi Hamachi** GF $5
Yellow tail with green onion



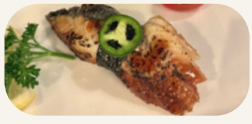
**Wild Salmon** GF $4



**Ikura** $5
Salmon roe



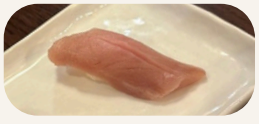
**Unagi** $4
BBQ eel



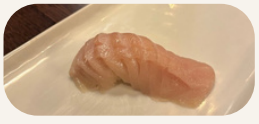
**Spicy Unagi** $4.5
BBQ eel with spicy sauce



**Negi Toro** GF $4.5
Tuna belly with green onion



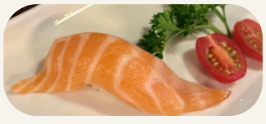
**Tuna** GF $3



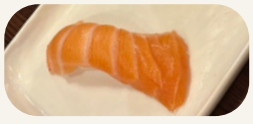
**Toro** GF $4
Tuna belly



**Spicy Tuna** $3.5



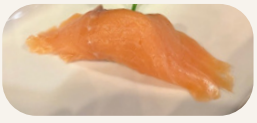
**Salmon Belly** GF $4



**Salmon** GF $3



**Spicy Salmon** $3.5



**Smoked Salmon** GF $4

NIGIRI CONTINUED ON THE NEXT PAGE

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# NIGIRI (1 pc)

GF GLUTEN FREE
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**Ebi** GF $3
Shrimp



**Tako** GF $3.5
Octopus



**Hokkigai** GF $3.5
Sulf clam



**Tako Wasabi** GF $3.5
Seasoned octopus with wasabi



**Amaebi** GF $4
Sweet shrimp



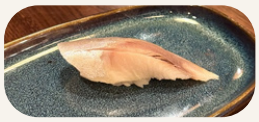
**Chopped Scallop** $3.5



**Spicy Chopped Scallop** $4



**Hotate** GF $4.5
Scallop



**Saba** GF $3
Vinegar-cured mackerel



**Ika** GF $3.5
Squid



**Tobiko** $3.5
Flying fish roe



**Masago** $3.5
Capelin roe



**Inari** V $3
Bean curd



**Tamago** $3
Japanese omlette

# HOSO MAKI (6 pcs)

Traditional thin rolls with a single filling, wrapped in seaweed.

**Negi Hamachi** GF $7
Yellow tail with green onion

**Negi Toro** GF $7
Tuna belly with green onion

**Wild Salmon** GF $6.5

**Tuna** GF $6

**Kappa** GF V $5
Cucumber

**Salmon** GF $6

**Tamago** $5
Japanese omelette

**Inari** V $5
Bean curd

**Oshinko** GF V $5
Pickled Japanese radish

**Avocado Maki** GF V $5

**Pickled Carrot** GF V $5

**Hosomaki & Classic Rolls available as Hand Cones.**



# CLASSIC ROLL (8 pcs)

Inside-out rolls with rice on the outside and a variety of fillings



**Dynamite (6 pcs) *** $10
cucumber, avocado, crab meat, prawn tempura

**Beef Teri Roll** $10
beef teriyaki, cucumber

**Chicken Teri Roll** $9
chicken teriyaki, cucumber



**California** $8
cucumber, avocado, crab meat

**Spicy Tuna Roll** $9

**Spicy Salmon Roll** $9

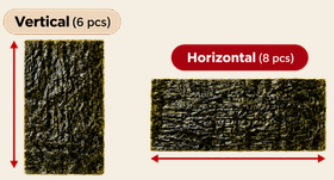
**Spicy California** $9
cucumber, spicy crab meat

**Chopped Scallop** $10
with mayo, masago

**Spicy Chopped Scallop** $11
with spicy mayo, masago

**Avocado Roll** GF V $8

**Mango Avocado** GF V $8




*** Vertically wrapped for 6 larger pieces.**

CLASSIC ROLL CONTINUED ON THE NEXT PAGE

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# CLASSIC ROLL (8 pcs)

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**BC** $8
cucumber, crab meat, salmon skin



**Vegetable** V $9
cucumber, avocado, oshinko, inari, pickled carrot



**Veggie Futomaki** $8
**(6 pcs) *** GF V
cucumber,avocado,pickled carrot

**Yam Roll (6 pcs)*** V $9
Deep fried yam

**Kappa Avocado** GF V $8

**Mango Kappa** GF $8

**Salmon Cheese** GF $9

**Salmon Mango** GF $9

**Wakame** V $8
seaweed

**Salmon Avocado** GF $9

**Spicy Wakame** V SPICY $9
seaweed

# SPECIAL ROLL (8 pcs)



**Volcano** SPICY $24
cucumber,avocado, cream cheese, crab meat, salmon, tobiko, spicy mayo, sushi sauce, with spicy salmon sashimi



**TNT** $16
cucumber, avocado, crab meat, prawn tempura, tempura crunch, masago



**Crunch (6 pcs) *** $15
cucumber, avocado, crab meat, prawn tempura, yam crunch, tempura crunch, masago



**Knock Out** SPICY $18
cucumber, spicy crab meat, spicy chopped scallop



**Philadelphia** $16
cucumber, avocado, crab meat, cream cheese, smoked salmon



**Alaska** GF $16
cucumber, avocado, salmon, salad dressing



**TORA Signature** $17
cucumber, avocado, crab meat, masago, tobiko



**Green TNT** GF V $16
cucumber, avocado, oshinko, yam crunch



**Crispy Salmon Bomb** $15
**(6 pcs) ***
cucumber, avocado, crab meat, cream cheese, baked salmon, masago



**Mango Tango** $16
cucumber, avocado, prawn tempura, mango



**Rainbow** $17
cucumber, avocado,crab meat, salmon, tuna, ebi (shrimp), mango



**Caterpillar** $16
cucumber, avocado, crab meat

SPECIAL ROLL CONTINUED ON THE NEXT PAGE

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# SPECIAL ROLL

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**Ocean Velvet (6 pcs) *** $21
cucumber, avocado, green onion, hamachi (yellow tail) , toro (tuna belly)



**Mad Red** $18
cucumber, chopped scallop, spicy tuna



**Fire Cracker** $18
cucumber, avocado, prawn tempura, salmon, yam crunch



**Black Dragon** $18
cucumber, avocado, prawn tempura, unagi



**Ebi Crown** $16
cucumber, avocado, crab meat, mango, ebi (shrimp)



**Smokey Sunset** $17
cucumber, cream cheese, crab meat, mango, smoked salmon



**Crazy** $14
cucumber, avocado, crab meat



**Awesome** $17
cucumber, avocado, crab meat, baked salmon, yam crunch



**TORA House (6 pcs) *** $18
cucumber, avocado, crab meat, tamago (Japanese omelette), salmon, tuna, ebi (shrimp), masago (capelin roe)



**Golden Dragon** $18
cucumber, avocado, prawn tempura, unagi tempura



**Green Dragon** $16
cucumber, avocado, prawn tempura



**Mango Munch** $19
cucumber, avocado, prawn tempura, cream cheese, mango, tempura crunch



**Smoked Salmon Lover** $19
cucumber, tamago (Japanese omelette), smoked salmon



**Sunshine** $17
cucumber, avocado, crab meat, cream cheese, mango



**Red Wave** $18
cucumber, avocado, crab meat, wild salmon



**Avocado Lover** GF V $16
cucumber, avocado



**Golden Bliss** $15
cucumber, avocado, crab meat, cream cheese, yam crunch

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# COMBO & DESSERT

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## COMBINATION



**Roll Combo (20 pcs)** $22
California roll, dynamite roll, kappa maki



**Nigiri Combo (9 pcs)** GF $25
3 pcs each: salmon, tuna, ebi nigiri

**Assorted Sushi Combo (14 pcs)** $28
Tuna maki (3 pcs), salmon maki (3 pcs), 1 pc each: salmon, tuna, ebi, wild salmon, tako, hokkigai, amaebi, chopped scallop nigiri



**Spicy Salmon Combo (17pc)** $22
Spicy salmon roll, kappa maki, spicy salmon sashimi

**Spicy Tuna Combo (17 pcs)** $22
Spicy tuna roll, kappa maki, spicy tuna sashimi

**Spicy Roll Combo (24 pcs)** $26
Spicy tuna roll, spicy salmon roll, spicy california roll

**Dynamite Combo (10 pcs)** $20
Dynamite roll, 2 salmon, 1 tuna & 1 ebi nigiri

**Sashimi & Sushi Combo (9 pcs)** $25
Tuna & salmon sashimi (2 pcs each), 1 pc each: salmon, tuna, ebi, hokkigai, chopped scallop nigiri

**Hosomaki Combo (24 pcs)** GF $21
Tuna maki, kappa maki, salmon maki, pickled carrot maki

**Veggie Combo (22 pcs)** V $21
Vegetable roll, avocado roll, kappa maki

**BC Combo (10pc)** $19
BC roll, 2 salmon, 1 tuna & 1 ebi nigiri

**California Combo (12 pcs)** $18
California roll, 2 salmon, 1 tuna & 1 ebi nigiri



**Salmon & Tuna Combo (16 pcs)** GF $22
Salmon maki, tuna maki, 2 pcs each: tuna, salmon nigiri

## PARTY TRAY

**Party Tray A (32 pcs)** $34
California roll, dynamite roll, kappa maki, salmon maki, tuna maki

**Party Tray B (54 pcs)** $56
California roll, dynamite roll, salmon maki, tuna maki, kappa maki, yam roll, spicy tuna roll, spicy salmon roll

**Party Tray C (23 pcs)** $43
California roll, dynamite roll, 3 pcs each: salmon, tuna, ebi nigiri

**Veggie Tray (54 pcs)** V $54
Yam roll, kappa maki, inari maki, pickled carrot maki, veggie roll, avocado roll, mango kappa roll, veggie futomaki



**TORA Tray (58 pcs)** $81
California roll, dynamite roll, kappa maki, salmon maki, tuna maki, pickled carrot maki, avocado roll, 4 pcs each: salmon, tuna, ebi nigiri

## DESSERT

**Green Tea Cheese Cake** $8

**Green Tea Mochi Ice Cream** $6



## SIDE

| | |
|---|---|
| Sushi Rice | $3 |
| Rice | $2.5 |
| Extra Sauce | $1 |

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# DRINKS

## Non-Alcoholic

### Soft Drink $3

Coke
Coke Zero
Pepsi
Pepsi Zero
Root Beer
Sprite
Ginger Ale
Fanta Orange
Iced Tea

### Juice

Orange Juice $3
Apple Juice $3

### Water

Bottled Water $3

### Japanese Soda




Ramune Peach $4.5
Ramune Lychee $4.5

## Alcoholic

### Wine

**Jacob's Creek Pinot Grigio**
*Light · Crisp · Refreshing*
6 oz $9
Bottle (750 ml) $34

**Oyster Bay Sauvignon Blanc**
*Crisp · Zesty · Citrus*
6 oz $9
Bottle (750 ml) $34

**Oyster Bay Pinot Noir**
*Smooth · RedCherry · Subtle Spice*
6 oz $9
Bottle (750 ml) $34

### Sake (Japanese Rice Wine)

**House Hot Sake** (served warm)
*Smooth · Mild · Slighltly Dry*
Small (5 oz) $8
Large (10 oz) $15





**Masumi Blue (Cold Sake)**
*Smooth · Subtly Fruity · Clean*
Bottle (180 ml) $14



**Kiwami (Cold Sake)**
*Fruity · Crisp · Melon*
Bottle (300 ml) $28



**Homare Strawberry Nigori (Cold Sake)**
*Strawberry · Creamy · Sweet*
Bottle (300 ml) $26

### Japanese Beer

**Asahi Super Dry**
*Crisp · Dry · Clean*
Bottle (330 ml) $7

**Sapporo**
*Smooth · Light · Malty*
Bottle (330 ml) $7



**Hitachino Nest White Ale**
*Citrusy · Spiced · Soft*
Bottle (330 ml) $8

### Domestic Beer

| | | |
|---|---|---|
| Budweiser | Bottle (341ml) | $6 |
| Coors Light | Bottle (341ml) | $6 |
| Kokanee | Bottle (341ml) | $6 |

### Soju (Korean Spirit)

| | | |
|---|---|---|
| Original | Bottle (360 ml) | $17 |
| Peach | Bottle (360 ml) | $17 |




### Japanese Highball

**Suntory Toki Whisky Highball**
*Crisp · Refreshing · Smooth*
1 oz $9




Please inform your server of any food allergies or dietary restrictions