

DEEP-FRIED* 揚げ物

KARAAGE CHICKEN 15

Yuzu-nori mayo.

KOREAN FRIED CHICKEN 15

Sweet & spicy Gochujang sauce.

TAKO YAKI 12

Round dumplings with octopus chunks, sweet- savoury sauce, mayo, nori flakes, bonito shavings.

EBI MAYO 16

Tempura prawns tossed in japanese mayo & tobiko.

TOKYO FRIES 13 v*

Nori-dusted, Japanese mayo, takoyaki sauce, smoked bonito shavings.

RED DEVIL CALAMARI 19

Chojang spicy sauce.

KAKIAGE TEMPURA 14 v*

Vegetable fritter, tsuyu broth, matcha salt.

AGEDASHI DOFU 10 v*

Tofu, vegan tsuyu broth, grated daikon, scallions, smoked bonito flakes.

SNACKS おつまみ

POTATO KABOCHA SARADA 8

Creamy potato & buttercup squash salad.

TAKO WASABI 9

Cooked octopus bits, mustard greens, carrot, wasabi dressing.

EDAMAME 8 v gf

Steamed, tossed with sea salt.

YAKI ONIGIRI 8 (2pce)

Crispy grilled rice balls glazed in savoury soy sauce.

CHEESY CHIKUWA ISOBEAGE 9

Tempura fish cake filled with cheese.

SESAME SEAWEED SALAD 8 v gf

ASAZUKE 6 v gf

Our daily pickled vegetables.

HOUSE KIMCHI 8 v gf

Cabbage, daikon, carrot, cucumber. Unorthodox & vegan.

MENMA-KINOKO 8 v

Braised bamboo shoots, shimeji mushroom, wakame seaweed.

VARIOUS いろいろ

STEAMED BAO BUNS

With lettuce, house kimchi, japanese mayo.

Pork Belly 9.5

Boneless Beef Rib 10

Pork Katsu 9.5

Lettuce, house kimchi, japanese curry sauce, tonkatsu sauce.

Smoked Chili Tofu 8 v

Lettuce, shiitake mushroom, house kimchi.

PORK-KIMCHI GYOZAS 12

House made, pan-fried & steamed, tangy chili soy dip.

BLISTERED

SHISHITO PEPPERS 14 v gf

Arugula, lime, house furikake.

BISON TATAKI 29 r gf*

6oz. Alberta Bison, seared on the outside, rare inside, thinly sliced. Shaved onion, grated daikon, yuzu koshō ponzu sauce.

SHOKU SALAD 18 v gf

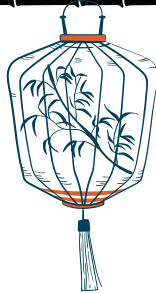
Mixed greens, avocado, tomato, cucumber, daikon, carrot, sesame seed, scallions, kizami nori, Zen dressing.

SEAFOOD SALAD 29 r gf*

Prawns, salmon, albacore + ahi tuna, hamachi, tobiko, tamagoyaki, seaweed salad, mixed greens.

MISO SOUP 6 gf

Dashi, wakame, tofu, scallions.



GRILLED 焼き物

AHI TUNA TATAKI 26 gf*

Lightly seared on the outside, sesame-crusted, wakame salad, Zen drizzle.

SPICY PRAWNS 16 gf

Peanut sauce.

MISO BLACK COD 22

Spicy Miso-sake marinade.

KOREAN BEEF SHORT RIBS 24

With house kimchi.

GRILLED HOKKAIDO SCALLOP 8 ea

On the half shell, creamy miso sauce, tobiko.

SKEWERS 串焼き Per stick

Chicken Yakitori 4.50 gf*

Tsukune Chicken 4.50

Pork Belly 5.00

Boneless Beef Rib 5.75

Duck Breast 6.25 gf*

Ika (Humboldt Squid) 4.50

Shishito Peppers 3.75 v gf

Shiitake Mushroom 3.75 v gf

DEZĀTO デザート

MAPLE MISO

CRĒME BRULÉE 13 d gf

MATCHA BLONDIE 13 d

Black sesame ice cream.

ICE CREAM 9 d

With seasonal berries.

Matcha

Black Sesame

Mango

Red Bean

Ginger

Vanilla

SUSHI 寿司

Bincho - Albacore Tuna (BC)
Bincho Toro* - Fatty Albacore Tuna
Ahi Tuna
Hamachi - Yellowtail
Hamachi Toro* Fatty Yellowtail
Hokkaido Scallop
Salmon
Shime Saba - Mackerel
Ebi - Black Tiger Prawn
Unagi - BBQ fresh water eel
Negitoro - Minced Red Tuna
Tobiko - Flying Fish Roe
Inari - Soy bean curd pockets
Ikura - Salmon roe market price

* Limited quantities

NIGIRI

Per piece

5.25

7

5.25

6.25

8

6.25

5.25

4.50

5.25

5.50

5

4.50

3.25

Aburi
(seared)

7.25

6.50

8.25

6.50

5.50

4.75

SASHIMI

4 pieces

14

19

15

18

24

18

16

15

18



NIGIRI SUSHI SET 10pc 48 gf*

Ahi Tuna, Albacore Tuna, Hamachi, Black Tiger Prawn, Salmon, Hokkaido Scallop, Shime Saba, Negitoro, Ikura, Tamagoyaki.

SASHIMI MORIAWASE 24pc Assorted Sashimi 72 gf*

Salmon, Ahi Tuna, Albacore Tuna, Hokkaido Scallop, Hamachi, Shime Saba.

TEMAKI - HAND ROLL

SALMON AVOCADO 9.75 Salmon, avocado, Japanese mayo. gf

SALMON ABURI 9.75 Seared salmon, onion, tare, Japanese mayo. gf*

AHI TUNA POKE 9.75 Marinated ahi tuna, avocado, onion, sesame seeds, lettuce.

SPICY SCALLOP 9.75 Scallops, tobiko, onion, Japanese mayo, sriracha sauce. gf*

VEGAN 8.75 Avocado, cucumber, onion, lettuce, vegan mayo, sesame seeds. v gf

MAKI - ROLLS 8 pcs

SHOKU ROLL 22

Salmon, shrimp, negitoro, masago, avocado, cuke, pickled ginger, are, Japanese mayo. gf*

NEGITORO ROLL 16

Minced ahi tuna, scallions, Japanese mayo, sesame seeds.

VEGAN ROLL 19

Avocado, golden beet, tomato, cuke, wakame, pickled ginger, vegan mayo. v gf

SPICY SHRIMP ROLL 16

Panko-breaded deep-fried shrimp, onion, tare, Japanese mayo, sriracha sauce.

Dietary

gf : Gluten-free

gf* : Can be made gluten-free

v : Vegan

v* : Can be made vegan

d : Contains dairy

r : Raw seafood

* Deep-fried items are subject to

Gluten cross-contamination from frying oil.

Please inform your server if you have a food allergy.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



Block
KITCHEN+BAR

While in Banff, we invite you to visit our sister restaurant Block Kitchen + Bar on Caribou street, serving fresh global cuisine & creative cocktails in a dynamic intimate setting.



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