

RICE BOWLS 丼物

**KATSU CURRY BOWL 20**  
Panko-crust pork cutlet topped with a rich japanese curry & tonkatsu sauce.

**DAILY VEGETARIAN CURRY 18**  
Ask your server for details.

**JAPANESE BEEF CURRY 18**  
Rich curry sauce, Japanese pickles, greens.

**UNAGI BOWL 22**  
Kabayaki Japanese grilled eel.

**KARAAGE CHICKEN BOWL 18**  
Veggies, BBQ sauce, mayo.

**SHOKU BIBIMBAP 20 gf\***  
Korean hot stone bowl with spicy beef, house kimchi, pickled veggies, tamagoyaki, arugula, raw egg yolk, chojang spicy sauce.

**CHIRASHI SUSHI BOWL 32**  
Salmon, ahi + albacore tuna, scallop, hamachi, prawn, negitoro, tamagoyaki, ikura, tobiko. r gf\*

NOODLES 麺

**DAILY RAMEN 17.5**  
Add Nitamago 2  
(seasoned soft boiled egg)

**BEEF YAKISOBA 16**  
Stir-fried wheat noodles with veggies and savoury japanese sauce.

**UDON**  
Thick wheat noodle soup in tsuyu broth.

**SHRIMP TEMPURA (2) 17**  
**KAKIAGE 16 v\***  
Vegetable tempura fritter. Tsuyu broth.

**HIYASHI CHUKA 17 v\***  
(CHILLED RAMEN)  
Chilled Ramen noodles in creamy sesame dressing with shrimp, pork belly, tamagoyaki, tomato, cucumber, pickled red ginger.

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, japanese mayo, nori flakes, smoked 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, vegan tsuyu broth, matcha salt.

**AGEDASHI DOFU 10 v\***  
Tofu, vegan tsuyu broth, grated daikon, scallions, smoked bonito flakes.

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.

**SHOKU SALAD 18 v gf**  
Mixed greens, avocado, tomato, cucumber, daikon, carrot, sesame seed, scallions, nori, Zen dressing.

**SEAFOOD SALAD 29 gf\***  
Prawns, salmon, albacore + ahi tuna, hamachi, tobiko, tamagoyaki, seaweed salad, mixed greens, yuzu-ginger dressing.

**PORK-KIMCHI GYOZAS 12**  
House made, pan-fried & steamed, tangy soy-chili sauce.

**MISO SOUP 6 gf**  
Wakame, tofu, scallions.

SKEWERS 串焼き Per stick

Chicken Yakitori	4.50	gf*
Tsukune Chicken	4.50	
Pork Belly	5	
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

APPETIZERS 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) v**  
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.

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  
Ginger  
Red Bean  
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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