

# To Kai Te - Beyond the Ocean

## Starters and Soups

Edamame...6

Y Gyoza or Shumai 6 Takoyaki...6

Y Vegetable Tempura... 9 Shrimp Tempura... 12 Soft Shelled Crab Tempura...13

Poke (pokay) A Hawai'ian style cheviche of bigeye tuna... 17 with avocado... 20

Our own Japanese shiro miso soup in a katsuo/buri broth seasoned with kelp... 4

## Salads

Y **Our Garden salad** – Freshest baby greens and vegetables with Michiko's ginger dressing... 5

**Cucumber/Seaweed Salad** – Sliced cucumber supports a bed of red, white, blue, and green staghorn and wakame seaweed, blue crab meat and Michiko's wasabi ponzu dressing... 12

**Tuna Sashimi Salad** – Sliced tuna, bigeye maguro sashimi with spring greens served with special To-Kai Te dressing (Michiko's favorite)... 24

## Tempura!

Crispy and Whispy. Traditional style tempura dinners featuring fresh vegetables and the finest seafood deep fried in a special batter served with our own in-house made tempura dipping sauce.

Y Vegetable Tempura... 16

Ebi Tempura (Shrimp Tempura)... 24

Hamaguri Tempura (Whole Ipswitch Clam Tempura)... 26

Kani Tempura (Soft-shelled Crab Tempura)... 29

Combination Tempura (Soft-shelled Crab and Shrimp)... 32

(all tempura dinners served with miso soup, garden salad, and steamed tamanishiki rice)

Other vegan and vegetarian dishes are also available with advance arrangements. These are not available A la minute.

Y Indicates Vegan items. Other Vegan entrees may be available, ask Michiko.  
Gluten free versions of some dishes may be available. Additional cost may apply.

## *Entrées*

(all entrées served with miso soup, garden salad, Japanese vegetables and pickles and steamed tamanishiki rice)

### *Saikyoyaki Gindara (Broiled Sweet Miso Sable Fish)*

Fillets of sustainably caught Alaskan Sable fish marinated and broiler roasted in the Kyoto area fashion... 27

### *Gyu no Teriyaki (Teriyaki Steak)*

For steak lovers. Teriyaki means “shiny roasted”. AAA choice (top 3% of choice) aged hanging tenderloin, marinated and basted while broiling to achieve a perfect shiny finish. Served medium rare unless otherwise specified. Can also be served non marinated... 28

### *Sake no Dengaku (Seasoned broiled Salmon)*

Salmon marinated with sweet miso and spices, then broiler roasted. Please specify if you prefer medium or well done... 23

### *Unagi Kabayaki (fresh water eel)*

Our house specialty! From To-Kai-Tei, Michiko’s family’s restaurant in Miyagi Prefecture, Japan since 1879. Filleted freshwater eel, marinated, parboiled then grilled with a family recipe sauce handed down for generations... 30

### *Maguro No Tataki (Seared Tuna)*

Sushi grade big-eye tuna flame seared, served with a karashi-miso sauce... 33

## *Family Style Service*

For groups of **seven or more** we only offer family style service. We are a fresh kitchen and prepare à la minute. Please select (max) 3 appetizers, a sushi course, (max) 3 entrées, which always include soup and salad for your group. Ask Michiko for details.

## *Sushi and Sashimi*

Please note: We are in Vermont, not all fish species are available at all times!

Unagi (broiled eel)	Hiramasa (King Fish)	Hamachi (Yellowtail)
Katsuo (bonito)	Sake (Salmon)	Tai (Sea Bream)

*À la Carte Nigiri Sushi (2 pcs)* Unagi or Raw fish (except tuna)... 5

*À la Carte Maki Zushi (rolls)* – **Y** Vegetarian (available selections vary, please ask) 3.50

Raw Fish (except tuna)... 6 California (real crab)... 7 Philadelphia... 7 Green Mountain... 7

Spicy (raw finfish or Crab or Salmon (Nova smoked))... 7

Spider (Soft Shell Crab, Avo, Tobiko)... 11 Shrimp Tempura Avo... 8

Dragon (Eel, Avocado, Tempura Shrimp, Spices - Big Roll)... 15

Rainbow (Sliced Sashimi (omakase) over a Crab/Avocado Roll)... 14

Cape Cod Whole clam tempura Futomaki (big roll) with cuke/avocado... 13

**If you don't see what you have in mind, just ask!**

*Sashimi* – Combinations of sliced fish served on shredded daikon please let us know your finfish preferences (2 species) ... 10 (3 species)... 20 (four species) ... 30

*Maguro (Red Tuna)* – big-eye, from sustainable, line caught fishery. Freshest possible on land. Not gassed, no coloring, no additives., Requires special handling.

Tuna nigiri or sashimi 6 Tuna roll 7 Spicy tuna roll 8

### *Omakase Chirashi Zushi*

Served with miso soup and garden salad. Chirashi zushi is “scattered Sushi” an artful arrangement of raw and prepared seafood, on a bed of our own premium sushi rice. Best value for the sushi lover.

Served with miso soup and garden salad.

Sushi Lover's Chirashi..... 30 Sushi Fanatic's Chirashi..... 40

### *Family Style Sushi Platters (Omakase)*

Let us know where your preferences lie, and we will prepare a platter that will have you smiling. Ask about Family style sushi dinner (min. 4 people)... 45

## *Beverages*

Hot Japanese Sencha Green Tea 1

Coffee and decaf 2

Iced green tea 2

Iced thick green tea (Ma-Cha) 4

Coke, Root beer, Sprite, Ginger Ale 2

## *Desserts*

Green tea or Red Bean Ice Cream, Maeda-en from Japan 5

**Y** Dai-fuku (Sweet bean paste in sticky rice bun) 4

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