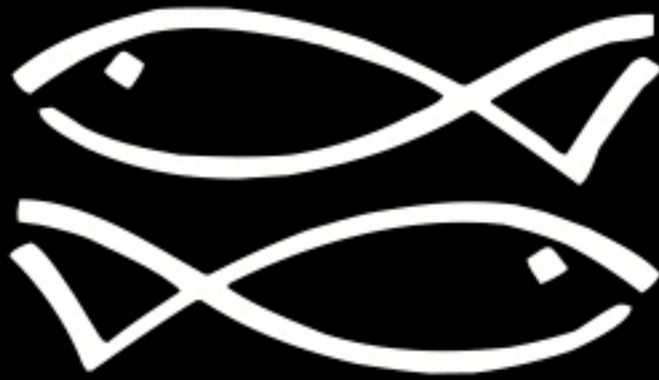


SUSHI
METSUYAN



*asian bistro
steakhouse
& sushi bar*

488 Central Avenue
Cedarhurst
(516) 295-2700

vaad harabonim of five towns/ far rockaway

7208 Main Street
Kew Garden Hills
(718) 575-8700

vaad harabonim of queens

a service charge of 18% is included in all inhouse dining checks. a minimum of \$35 per adult applies to all parties of 6 or more.

petite salads

sushi
METSUYAN



metsuyan shredded

crisp shredded greens, stem tomatoes, cucumber & sliced avocado w/ our carrot ginger dressing.
7

bonzai kani

crunchy cucumber and crab stix tossed w/ flying fish roe in a tangy, spicy aoli.
8

entrée salads

all salads below are served with miso soup (or a cup of soup of the day +\$2)

toasted sesame chicken

garden fresh greens, cucumbers & scallions w/ tender slices of chicken in a flavourful sesame dressing topped w/ wonton chips.
16

asian grilled vegetable

a medley of grilled veggies atop a bed of hearty greens lightly tossed in a miso dressing. accompanied by a crispy soy cheese spring roll.
16

sakura grilled salmon

our house blend of mixed greens in a tangy miso dressing topped w/ orange, crispy battered onion rings, toasted pine nuts & grilled salmon.
16

thai steak

mixed lettuce, tomatoes, cucumber, scallion, avocado, cilantro...topped w/ delicious noodles sliced Thai grilled beef & peanut dressing.
18

butterfly tuna

slices of sashimi tuna coated in cracked black pepper, lightly seared & dotted w/ spicy sauce. served over mixed greens with avocado in a yuzu citrus vinaigrette.
18

santa fe

tortilla basket filled with lettuce, tomatoes, red onions, roasted corn, black beans, avocado topped w/ ground chilli beef, soyr cream & scallions.
16

cuban chicken

roasted corn, tomatoes, cilantro, red onions, black beans, avocado, cucumber, bean sprouts, hearts palm, shredded chicken; lemon viniagrette.
16

vietnamese bbq chicken

mixed greens, roasted corn, tomatoes, red onions, black beans, avocado, cilantro with delicious noodles, bbq chicken & lime dressing.
16

the following symbols indicate whether an item contains

meat/poultry


fish

parve

hot appetizers

edamame	steamed soybean with cracked sea salt. 5
el bomba	avo & s.dried tomato eggrolls, tequilla lime sauce. 12
agedashi tofu	crispy tofu cubes served w/sweet chili sauce. 8
hamachi kama	buttery yellowtail neck broiled, sea salt & lemon. 13
duck summer rolls	filled w/ hoisin, scallion, noodles & duck confit. 12
exotic spring roll duo	crispy malaysian cigar & spicy chicken rolls. 9
sakura onion blossom	golden sweet vidalia onion flower w/honey mustard. 7
barbeque lamb spare ribs	slow grilled in korean bbq sauce w/ kimchee. 15
kinky seafood & veggie tempura	batter dipped & crisped golden w/ spicy sauce 11
jamaican jerk / teriyaki wings	caribbean hot & spicy or asian sticky sweet. 12
dim sum dumpling sampler	beef & chicken ginger dumplings, steamed. 9
jerusalem crab cakes	in crispy panko crumbs w/ spicy sauce. 11
metsuyan kalbi ribs	house specialty glazed beef short rib, roasted. 16

soups & noodles

shiro miso soup	gentle white broth over tofu & wakame. 4 
soup of the day	a cup or bowl of one of our signature soothing elixirs. 4.5 / 6.5
exotic curry soup	meaty coconut curry broth w/noodles & dumplings. md 8 lg 15.
yaki udon soup	traditional thick noodles with thin slices of beef in a slow roasted broth. md 8 lg 15 .
pad thai noodles	rice noodle linguini with shredded chicken, egg & veggies, peanuts, chili oil & lime. 16
yakisoba pan noodles	wok seared noodles with aromatics, spices & a medley of beef, chicken & veg. 16 .
singapore rice noodles	angel hair noodles in a curry spice, veggies & medley of beef & chicken. 16
sesame chicken noodles	delicious noodles in a sweet sesame sauce with sweet peas, onions & chicken. 16 .
thai basil gnocchi with salmon	seared noodles with chicken & veggies in a flavourful toasted sesame sauce. 16


the wok & grill

chicken teriyaki tender white breast, grilled & basted in our slow roasted teriyaki sauce. 19


metsuyan pot pie shredded turkey & chicken roasted w/mushrooms, veggies, aromatics in a flakey pastry crust. 22

katsu & ses noodles japanese crumbs coating delicious breasts, topped w/kinoko mushrooms & side of katsu sauce. 19


honey sesame chicken caramelized w/ onions, haricot vert & mango in a toasted sesame sauce topped w/ pine nuts. 24


 **kamikaze macadamia chicken** tender breast battered & wok seared w/pineapple & veggies in our sweet & spicy glaze. 24

malaysian bbq & smokey rice tender baby chicken marinated in a secret blend of malay spices & honey, grilled succulently. 24

 **jamaican jerk chicken** succulent deboned slow roasted chicken, lathered in our spicy sweet caribbean sauce over sticky rice. 24

bistro beef bulgogi thinly sliced beef sauteed w steak onions, crimini & shitake in a sesame soy glaze; over jasmine rice. 25

 **bangkok sizzle** beef slices pan seared w/ onions, baby corn, bamboo chestnuts & lemongrass in spicy chili sauce. 25

 **thai fire wok** beef & chicken wok seared with fragrant herbs & veggies in a spicy coconut curry sauce. 25

prime rib a wonderful cut of beef seasoned with our special dry rub char grilled to perfection. 34

dinosaur kalbi succulent large rib bones glazed & grilled slowly in our sweet korean bbq sauce... finger lickin good. 33
(LIMITED AVAILABILITY)

steak sambal tender marinated hangar steak grilled served with a side of sambal chili sauce. 35

steak polynesia marbled ribeye marinated in a secret tropical blend of garlic & other asian infusions. grilled, heavenly. 33

chateau briaund center cut beef steak coated in cracked black pepper over red wine reduction sided w/ crispy onions. 37
(LIMITED AVAILABILITY)

kalbi, ribs & chips delicious beef & lamb ribs, marinated & roasted in a sweet soy reduction. simply divine. 33

metsuyan kalbi fillet most tender bonesless rib meat char grilled slowly yielding delicious layers of caramelized bliss. 38
(LIMITED AVAILABILITY)

metsuyan rack of lamb choice of 3 or 5 cut lamb rack oven roasted in a delicious panko crust w/ chipotle spread. 38/65

unless otherwise noted all dishes above are served with a medley of vegetables & your choice of:
* jasmine rice * coconut rice * truffle mashed potatoes * hiros fries *

also avall: roasted kinoko mushrooms (\$6) * sauteed spinach (\$8) * metsuyan smokey rice (\$6) 

from the sea

* unless otherwise noted, all items below are served with a side of seared asian greens and your choice of starch as listed on the bottom of previous page

-  **maui mahi** meaty hawaiian mahi mahi pan seared & dressed in a tropical extra virgin olive oil, mango & jalapeno salsa. 31
- salmon japonica** north atlantic salmon marinated, then pan toasted & laced w/a thin coating of our sweet miso glaze. 24
- roasted peruvian suzuki** whole market fresh bass seasoned w/ garlic & herbs, roasted, served w/tomato, lemon & saffron pesto. 30
-  **sesame crusted ahi tuna** served with a medley of seared steak onions, edamame & shitake and a wasabi aioli. 34
- chilean sea bass dumplings** buttery sea bass fillets wrapped in napa, tied with garlic chives & served w/ a creamy seafood noodle. 33
-  **yellowtail jalapeno & mash** citrus marinated hamachi sashimi tossed with, ikura, extra virgin olive oil, & sliced jalapeno. 33 (served w/ creamy jalapeno mash & bouquet of frisee slaw)
- miso glazed cod blaque** tender white, broiled & lacquered, w/ lemon. 33
- hiros fish & chips** Crispy fish fillets, golden. Accompanied by our asian slaw, lemon, tartar sauce & seasoned fries. 18

sushi specials

* served w/ miso soup

- spicy tuna tartare** diced tuna in a spicy sesame soy aioli, layered with tobiko, avocado & mango. 18
- citrus marinated ceviche** assorted sliced sashimi in a citrus yuzu vinaigrette over crunchy cucumber sticks. 21
- uzuzukuri with cilantro** thin sliced izumidai presentation dotted with a cilantro sauce, lemon slices & ponzu sauce. 21
-  **ume tuna sashimi** slices atop tangy plum sauce, jalapeno & sesame 18
-  **spicy t...unwrapped** spicy t rice mix w/ avo & nori. roll'em yourself 18
- *chirashi** chefs choice sashimi & garnish atop sushi rice 25
- *tekka don** 9 slices of sashimi tuna atop sushi rice 28
- *sushi for u** California Roll + 7 or 10 pcs chefs choice nigiri accompanied by pickled ginger & wasabi 29/37
- *sashimi for u** Five Towns Roll + 10 or 14 pcs chefs choice sashimi accompanied by rice, pickled ginger & wasabi. 37/42
- *omakase sushi presentation** our chef's custom sushi presentation of the finest combination of market availability & creativity. 50+

SUSHI

METSUYAN



Vegetable Rolls

Kyuri (Cucumber)	4.50
Avocado	5.00
Kyuri Avocado	5.00
Mexican (Tomato,Avo,Cuc & Mexican Sauce)	5.50
Yama Gobo Avo	5.25
Shibazuke Avocado	5.25
Horenso Avocado	6.25
Tamago (Egg Custard)	6.75
Crunch (Pear, Crunch, Cuc & Mayo)	6.75
Tropical (Mango, Shitake, Avo,Cuc,Crunch).	7.25
Sweet Potato (Seaweed outside)	8.50
Veggie Futo (Cuc,Avo,Shitake,Gobo,Shibazuke,Spinach)	9.75
Veggie Rainbow (Tom,Pear,Cuc,Crunch,Avo,Mango,Shitake)	9.75
Mango Maki	5.00
Cuc/Avo/Carrot	5.25
Grilled Bella Avocado	6.95
Tamanegi Maki (Red Onion Tempura Style)	6.95
Horenso Shitake (Spinach & Mushroom)..	6.50

Sushi & Sashimi

Kanikama (Crab Stick)	2.50
Hirame (Fluke)	3.25
Sake (Salmon)	3.25
Smoked Salmon	3.25
Maguro (Tuna)	3.75
Maguro Tatake (Pepper Tuna)	3.75
Toro (Fatty Tuna)	*MP*
Hamachi (Yellowtail)	3.75
Sawara (Spanish Mackarel)	3.75
Tai (Red Snapper)	3.25
Suzuki (Sea Bass)	3.25
Tobiko (Flying Fish Roe)	4.25
Ikura (Salmon Roe)	4.50
Tamago (Egg Custard)	2.50
Shiitake (Sweet Mushroom)	2.75

Specialty Fish Rolls

Tekka Maki Tuna seaweed outside (reverse +\$0.50).....	5.75
Salmon Makiseaweed outside (reverse +\$0.50).....	5.50
California Roll Kani, avocado & cuc	5.00
Yellowtail Scallion .seaweed outside (reverse +\$0.50).....	5.75
Spicy Tuna Tuna, scallion, tobiko & spicy sauce.....	5.75
Fuzzy Tuna Spicy Tuna futo, reverse + tobiko & crunch....	10.95
Tai Lemon Maki Whitefish, scallion & thinly slice lemon...	5.50
Fuentes Roll Salmon skin & avo w/ spicy t outside	12.50
Dragon Roll Spicy tuna inside with avocado outside.....	9.95
Spicy Salmon Roll Chop salmon, negi, tobiko & sp sauce.	5.75
Bagel Roll Smoked salmon, tofutti cream cheese & red onion.	6.00
Alaska Maki Smoked salmon & avocado	6.00
Rock n Roll Salmon skin, kani & cucumber	6.75
American Dream Tuna, salmon, avocado & cucumber	15.00
Peanut Crunch crushed peanuts, cuc, mango, kani (S.O.)...	10.25
Tuna Sashimi Maki Sliced tuna around avo & cc./no rice..	14.50
Rainbow Roll Kani & cuc w/tuna, salm, yt & avo outside....	10.25
Kiwi Tuna Tuna & avocado w/ kiwi outside	10.25
Outta Control Shitake,cuc,mango w/tuna & yt outside....	11.25
Honada Spicy peanut & Kani w/mango, avo, tuna & yt out ..	11.75
Ume Tuna Kani, cuc, avo & salm w/ tuna & umé spice out ..	11.25
Kawasaki Peppered tuna & avocado w/ spicy salmon out ..	13.50
Madame Butterfly Tuna, salm, yt, kani, cuc. Seaweed out.	14.50
Red Dragon Tomato, avo, cuc w/ blk pep tuna & sp sauce	12.50
Lalute Smoked salmon, tamago & asian pear in cuc skin	11.50
Zata Salmon Mango, pear, avo w/salm, shitake, zatar out .	12.50
Sawara Ganja Spicy t, cuc & avo w/ span mackarel out ..	13.50
SBJ Overload SpT,tuna,yt,car,avo,shitake,mango &SpT out.	14.00
5 Towns Maki 5 Sashimi & tobiko in cuc skin, NO RICE....	15.50
Teaneck Maki Mango,cuc,avo,shitake,crunch,red snapper lemon, scallion & tobiko outside	11.50
Five Alarm Roll Spicy kani salad, rolled reverse topped w/ spicy t, red onion, sliced jalapeno & crunch..	12.95
Black Dragon Maki Spicy t, red onion & crunch, reverse, topped w/avo, eel sauce, tobiko & scallion..	12.95

Cooked Rolls

Godzilla Tuna, yt, salmon, kani, battered & tempura.....	14.75
Shogun Tuna, yt, kani, avocado, reverse, battered & tempura..	13.50
Main Street Maki Spicy T tempura/ avo out, chili sauce.....	13.00
Spicy T Negimaki Spicy tuna & scal battered in tempura....	11.50
Crispy Sea Bass Roll red onion, shibazuke, sp sauce, avo out	13.50
Tarantula Spider, spicy peanut, cucumber, carrot & lettuce	12.50
Yankee Tuna& yt tempura, mayo, carrots, lettuce, peanuts out.	13.50
Spider Panko crisped kani, avocado, cucumber & lettuce.....	6.50
Grilled Salm or Tuna	7.00
Grilled Yellowtail or Tai	7.00
Sakakawa Broiled salmon skin, cucumber & scallion	6.50
Kani Godzilla Same as Godzilla, except using kani for fish ..	9.95

substitute brown rice + \$1 per roll
side of spicy or eel sauce \$ 1.50

*** Free Iced Tea & Pink Lemonade refills ***
(inhouse lunch only)



www.metsuyan.com

*** Free Iced Tea & Pink Lemonade refills ***
(inhouse lunch only)



Salad & Grill

Weekdays till 3:30pm & Sunday till 3pm
(Holidays Excluded)

Salad Lunch Special

Order any entrée salad & receive choice of miso soup or soup of the day + 6pc California roll **FREE**.

Specialty Lunch Wraps **+\$4**

add Miso Soup, Asian Slaw, Hiro's Fries & Iced Tea/Lemonade

Chicken Teriyaki Wrap \$12

Grilled chicken breast, sliced and ladled in a generous pour of our home roasted teriyaki sauce.

Tropical Chicken Wrap \$12

Grilled chicken breast, sliced & accompanied by a julienne of mango in a curry mayo.

Malaysian BBQ Chick Wrap \$12

Tender baby chicken, marinated & seasoned in our secret blend of Malaysian spices.

Spicy Jerk Chicken Wrap \$12

Smokey baby chicken, roasted & pulled, then tossed in our signature Jamaican jerk sauce.

Bulgogi Wrap \$12

Thinly sliced rib eye, sauteed with steak onions, in a sweet sesame-*soy* reduction.

Steak Sambal Wrap \$13

Tender grilled hangar steak, marinated in our robust tequila-lime sauce.

Metsuyan Kalbi Wrap \$14

Our house specialty short rib steak, grilled & lacquered in a caramelized Korean bbq sauce.

BBQ Lamb Wrap \$16

Slow roasted tender lamb, shredded and basqued in our homemade bbq sauce.

Wild Mushroom Wrap \$12

Our blend of roasted kinoko mushrooms, drizzled w/ truffle essence & sprinkle of sea salt.

Steak Lunch Special

Served w/ Miso Soup & Metsuyan Salad & choice of side

Prime Rib / Steak Polynesia

Straight up Salt & Pepper or our Tropical Marinated rib steaks, char grilled to perfection. \$22

Sushi & Fish

Served w/ Miso Soup & Metsuyan Salad.
Accepted substitutions will be extra charge.

Sushi Lunch Combos

Veggie Combo

Cucumber Avo, Tropical & Mexican Rolls \$15

Maki Combo

California, Tuna & Cucumber Rolls \$15

Spicy Combo

Spicy Tuna, Spicy Salmon & Spicy Cali Rolls... \$18

Salmon Combo

Alaska, Spicy Salmon & Salmon Cuc Rolls... \$19

Tuna Combo

Tekka, Black Pepper T/Avo & Spicy T Rolls.. \$19

Cooked Combo

Grilled Salmon, Grilled Tuna & Grilled YT Rolls. \$20

Exotic Roll Combo

Five Alarm & Black Dragon Rolls..... \$25

Spicy Tuna...Unwrapped

Sp T rice mix, w/avo & nori. Roll'em yourself. \$18

Chirashi

Sashimi & garnish atop bed of sushi rice..... \$25

Sushi for U

Call Roll +7/10 pcs chefs choice nigiri. \$29/37

Sashimi for U

Five Towns roll +10/14pc chef sashimi. \$37/42

Lunch Fish Specialties

Served w/ Miso Soup & Metsuyan Salad.

Salmon in Tangy Jalapeño Sauce

Fresh salmon fillet broiled then basqued in a mild-med spicy jalapeno & cucumber salsa. \$16

Chilean Sea Bass Dumplings

Buttery white sea bass wrapped in napa then simmered in a flavourful seafood bouillon over noodles. \$16

Jerusalem Crab Cakes & Chips

Golden, light & flakey seafood cakes served with spicy mayo accompanied by a mango pepper relish. \$16

Hiro's Fish & Chips

Flakey white pacific cod fillets, panko crusted, golden. Served w/ Asian Slaw & Japanese tartar sauce. \$16