

<u>Soup & Salad</u>	
<i>*w/Ginger dressing</i>	
Miso soup	3.00
Clear Soup	3.00
Shumai Soup	4.95
Garden salad*	3.95
Sogo special salad*	8.50
<i>Asparagus, avocado, baby spinach and romaine lettuce</i>	
California salad*	8.50
<i>Crab meat, avocado & romaine lettuce</i>	
Seaweed salad	6.95
Kani salad	6.95
<i>Crabmeat, cucumber, spicy sauce, fish roe</i>	
Avocado Salad*	7.95
<i>Avocado & romaine lettuce</i>	
<u>Appetizer</u>	
Hibachi Noodle	6.95
Edamame	6.95
Gyoza /Vegetable Gyoza	6.95
<i>5 pcs. pan fried pork or vegetable dumpling</i>	
Shumai	7.50
Harumaki	6.95
Rock Shrimp	11.95
<i>Rock shrimp with special sauce (mixed w/peanut butter)</i>	
Agedashi Tofu	6.95
Chicken Teriyaki	9.95
Yam Yam Noodle	8.95
<i>Stir fry vegetable yam noodle **Gluten free**</i>	
Tempura	10.95
Seafood Taco	12.95
<i>Diced tuna, Salmon in wonton taco with chili sauce and scallion</i>	
Tuna Tataki	14.95
Treasure Island	14.95
<i>Avocado boat w/ chopped tuna, spicy sauce, w/tobiko</i>	
Tako Su	14.95
<i>Octopus, and cucumber w/ ponzu sauce</i>	
Yellowtail Jalapeno	14.95
<i>Yellowtail sashimi with special jalapeno sauce</i>	
Salmon Pizza	15.95
<i>Pan fried pancake topped w/ salmon, chef's special salsa, spicy mayo, crunch chip (Tuna Pizza add \$1)</i>	
Crispy Spicy Tuna Dumpling	12.95
<i>Spicy tuna, wrapped in wonton skin</i>	
<i>*Please notify an employee if you have any food allergies *</i>	

<u>Special Rolls</u> **Cooked**	
* Sogo Special	14.95
<i>Shrimp tempura, fish roe and avocado topped w/ spicy crab meat and chopped shrimp.</i>	
* Black Pearl	13.95
<i>Shrimp and crabmeat, mixed w/ spicy mayo, wrapped w/ avocado</i>	
* Red Bank Roll	16.95
<i>Soft shell crab tempura inside, topped w/ eel and avocado & tobiko (or Shrimp tempura inside \$14.95)</i>	
* Golden Roll	13.95
<i>Shrimp tempura, cucumber wrapped in avocado w/amazing sauce</i>	
* Dragon Roll	14.95
<i>Eel, cucumber inside topped w/avocado and tobiko</i>	
* Veggie Dragon	9.50
<i>Sweet potato tempura wrapped in avocado, passion sauce</i>	
* Sakura Roll	13.95
<i>Hot crunch crab topped w/cooked shrimp & avocado</i>	
* Summer Roll	13.95
<i>Shrimp tempura, lemon, cucumber top with mango</i>	
* Shiitaki Roll	12.95
<i>Fried plantain topped with grilled Shiitake mushroom (baked plantain optional)</i>	
* Lava Roll (Baked)	14.95
<i>Avocado, cucumber and cooked shrimp topped with salmon</i>	
* Lobster Roll	16.95
<i>Spicy cooked shrimp and cucumber topped with Maine lobster meat and avocado</i>	
* Iris Roll	11.95
<i>Mix vegetable top with Purple Yam</i>	
* Meadow Roll CF add salmon \$4.00	11.95
<i>Avocado, cucumber, asparagus, oshinko, mango , lemon, pickled ginger wrap in soy paper</i>	
* Emerald Roll (no rice)	14.95
<i>Cooked shrimp, spicy crabmeat, avocado, mango, lemon wrap in soy paper topped with crunchy crabstick</i>	
* Aburi (flame seared) Roll *new roll*	14.95
<i>Crab stick tempura, avocado, cucumber topped with torched white fish, eel sauce and scallion.</i>	
* Blaze Salmon Roll *new roll*	14.95
<i>Avocado, cucumber and cream cheese top with torched salmon, caramelized soy sauce</i>	
<u>Special Rolls</u> **Raw**	
* Orchid (no rice)	15.95
<i>Spicy crunch tuna, shrimp, crabmeat, inari & tamago wrapped in soy bean paper topped with basil, fluke and tuna **no rice</i>	
* Diamond	14.95
<i>Spicy yellowtail, crunch and avocado topped w/ sliced fluke and caviar</i>	

* Ruby	14.95
<i>Spicy tuna w/ scallion, tempura crunch topped w/ seared pepper tuna</i>	
* Spicy & Spicy	13.95
<i>Spicy tuna, avocado topped w/spicy crabmeat and spicy mayo.</i>	
* Alaska Beauty	13.95
<i>Salmon tempura, and asparagus, topped w/ fresh salmon</i>	
* Candy Cane	13.95
<i>Red and white tuna striped on top of spicy tuna .</i>	
* Fantastic	13.95
<i>Shrimp tempura and avocado, topped w/ spicy tuna</i>	
* Salmon Lover	13.95
<i>Salmon, smoked salmon & avocado w/eel sauce & spicy mayo</i>	
* Rainbow	13.95
<i>Crabstick and cucumber inside topped w/ tuna, salmon, yellowtail, avocado</i>	
* Naruto	14.95
<i>Tuna, salmon, yellowtail & avocado wrapped in cucumber</i>	
* Hana Roll	13.95
<i>Tuna, yellowtail, salmon, avocado wrapped in soy paper</i>	
* Fire Island	13.95
<i>Spicy crunch crabmeat, cucumber topped w/sliced yellowtail, jalapeno & chili sauce</i>	
* Yuzu Roll	14.95
<i>Yellowtail scallion crunch mix w/yuzu citrus sauce topped w/sliced tuna and salmon</i>	
* Tropical Roll *new roll*	14.95
<i>Spicy salmon, mango, jalapeno, cilantro topped w/salmon and avocado</i>	
* Yummy Roll	14.95
<i>Tuna, yellowtail, mango topped salmon, crabmeat, fish roe w/honey wasabi sauce</i>	
* Phoenix Roll	14.95
<i>Spicy tuna, seared Cajun tuna, asparagus topped w/ salmon, tuna, fish roe w/eel sauce, honey miso sauce</i>	
* Blossom Roll	14.95
<i>White tuna, spicy tuna, mango in tempura style with avocado salsa topped with crawfish salad</i>	
* Rocking Roll	13.95
<i>Rock shrimp, cucumber topped w/salmon, and avocado</i>	
* Dahlia Roll	13.95
<i>Yellowtail, Scallion, seaweed salad topped with salmon and lime zest</i>	
* Spring Mist Roll	14.95
<i>White tuna, avocado, cucumber topped with salmon, tuna, red snapper and special jalapeno sauce</i>	
* Sumo Roll	16.95
<i>Real crabmeat, shrimp tempura, spicy tuna and avocado wrapped in soy paper</i>	

<u>Dinner</u>	
<i>Served w/ soup</i>	
* Sushi Regular	22.95
<i>8 pcs. assorted sushi and tuna roll</i>	
* Sushi Deluxe	26.95
<i>10 pcs. assorted sushi and spicy tuna roll</i>	
* Sashimi Dinner	27.95
<i>Assorted slices of fresh sashimi w/ bowl of rice</i>	
* Sushi Sashimi Combination	30.95
<i>6 pieces of assorted sushi and 10 pcs. assorted sashimi w/spicy tuna roll</i>	
* Maki Combination	19.95
<i>Spicy crunch tuna, eel special and yellowtail Scallion roll</i>	
* Tempura Maki	19.95
<i>Shrimp tempura, salmon tempura, sweet potato tempura roll</i>	
* Chirashi	24.95
<i>Assorted sashimi over brown rice</i>	
* Tuna Lover	25.95
<i>4 pieces red tuna, 4 pieces white tuna, and 1 spicy crunch tuna roll</i>	
* Sogo Delight	25.95
<i>2 pcs. tuna, 2 pieces yellowtail, 2 pcs. salmon, and a Spicy and Spicy roll</i>	
* Vegetable Maki	16.95
<i>1 roll green spring, 1 roll potato tempura, and 1 roll mixed vegetables</i>	
* Sushi for Two	51.95
<i>14 pcs. of assorted sushi, Fantastic roll & eel special roll</i>	
* Sushi/Sashimi for Two	69.95
<i>10 pcs. of sushi, and 12 pcs of assorted sashimi, Sogo special roll and Hana roll</i>	
<u>Poke Bowl</u>	
* Sogo Poke	15.95
* Rose Poke	15.95
<i>**Cauliflower rice add \$2.00</i>	

Entrees		
<i>*served w/miso soup and bowl of brown rice</i>		
Hibachi Chicken/Shrimp or Beef	18.95/25.95	
Crispy Hibachi Tofu	16.95	
<i>(Hibachi comes with fried rice)</i>		
Veggie Delight	16.95	
<i>Eggplant, string bean & zucchini</i>		
<i>(add shrimp or tofu or chicken extra)</i>		
Beef/Salmon or Shrimp Teriyaki	25.95	
Chicken Teriyaki	18.95	
Tempura	<i>(shrimp & vegetable,)/(veg)</i>	18.95/15.95
Fried Brown Rice	<i>(chicken or veg) /(Shrimp or beef)</i>	
	14.95/15.95	
Stir Fry Udon	<i>(chicken or veg)/(shrimp or beef)</i>	15.95/17.95
Hibachi Noodle w/Chicken	15.95	
Shrimp Tempura Udon Soup	16.95	
Yaki Soba (buckwheat noodle)	17.95/15.95	
<i>Stir fry soba w/choice (shrimp, beef,)/(chicken or Vegetable)</i>		
Lemon Grass Chicken/Beef or Shrimp	19.95/24.95	
<i>Stir fry shrimp or beef ,basil, mango with vegetable</i>		
Bento Box <i>(pick one roll from Maki roll*, harumaki and kani salad)</i>		
Box A	Chicken Teriyaki	21.95
Box B	Salmon Teriyaki	24.95

Sushi or Sashimi A La Carte		
	Sushi: one piece	Sashimi: 3 pieces
Tuna (Maguro)	3.50	8.95
Yellowtail (Hamachi)	3.50	8.95
White tuna	3.50	8.95
Salmon (Sake)	3.50	8.95
Fluke (Hirame)	3.50	8.95
Striped Bass (Suzuki)	3.50	8.95
Red snapper (Tai)	3.50	8.50
Mackerel (Saba)	2.95	6.95
Smoked Salmon	3.50	8.95
Flying Fish Roe (Tobiko)	4.50	4.50*
Salmon Roe (Ikura)	6.50	6.50*
Eel (Unagi)	3.50	8.95
Octopus (Tako)	3.50	8.95
Scallop (Hotategai)	4.50	8.95
Shrimp (Ebi)	2.95	5.95
Egg (Tamago)	2.00	4.50
Crab Stick (Kani)	2.95	6.95
Bean Curd (Inari)	2.00	4.50
* per pierce		

Roll or Hand Roll	
<u>Cooked Roll</u>	
Boston	7.95
California	7.95
Eel Cucumber or avocado	7.95
Eel Special <i>(Eel, avocado, cucumber, and fish roe)</i>	8.50
Hot Crunch Crab Roll	7.95
Cooked Salmons w/avocado	8.95
Salmon Skin Roll	6.95
Shrimp Tempura w/ avocado	8.95
Chicken Tempura w/avocado	8.50
Spicy Cooked Shrimp w/cucumber	7.95
Spider Roll <i>Soft shell crab, avocado, and fish roe</i>	11.95
Mango Roll <i>cooked shrimp, mango, avocado</i>	7.95
Real Crab California Roll	8.95
<u>Raw Roll</u>	
Alaska <i>(Salmon, avocado, & cucumber w/ fish roe)</i>	7.95
Philadelphia <i>(Smoked salmon w/cream cheese)</i>	8.95
Red Snapper	7.95
<i>(red snapper w/chili sauce, fish roe, cilantro & avocado)</i>	
Salmon Avocado or Tuna Avocado	7.95
Tuna Roll or Salmon Roll	7.50
Peppered Tuna <i>(pepped tuna, mango, avocado)</i>	8.50
Spicy Crunch <i>(tuna, salmon, or yellowtail)</i>	7.95
Spicy Salmon or Spicy Tuna w/avocado	7.95
Spicy Salmon or Spicy White Tuna w/ Jalapeno	7.95
Yellowtail w/ Jalapeno	7.95
Spicy Scallop w/ Jalapeno or Avocado	8.95
Spicy Yellowtail w/ scallion	7.95
Yellowtail w/scallion	7.50
<u>Vegetarian Roll</u>	
Asparagus or Cucumber	6.50
Avocado or Avocado & Cucumber	6.50
Sweet potato tempura	6.50
Avocado Mango	6.50
Mix Vegetable <i>(avocado, Cucumber and asparagus</i>	6.50
Tofu Roll <i>(seasoning bean curd and baby spinach)</i>	6.50
Garden Roll	6.95
<i>(bell pepper, avocado, asparagus wrap w/soy bean paper)</i>	
Sunflower Roll <i>(Sweet potato, avocado & cream cheese)</i>	7.50
Spirit Roll <i>(lemon, avocado & cucumber)</i>	6.50
Veggie Dragon	9.50
Avocado & peanuts	6.50
Shiitaki Roll	12.95
Iris Roll <i>(mix vegetable top w/purple yam)</i>	11.95
Meadow Roll	11.95

Lunch Menu 11:30am — 2:30pm		
<i>Served w/soup</i>		
<u>Sushi Bar Lunch</u>		
Sushi Regular	14.95	
<i>6 pieces sushi and one California roll</i>		
Sushi Deluxe	16.95	
<i>8 pieces sushi and one spicy crunch tuna roll</i>		
Sushi/Sashimi Combo	18.95	
<i>4 pieces sushi, 6 pieced sashimi, and one spicy crunch tuna roll</i>		
Sashimi Lunch	15.95	
<i>Assorted fresh fish served w/ bowl of brown rice</i>		
<u>Maki Roll Lunch</u>		
<i>(Any two rolls 13.50 Any three rolls 16.50)</i>		
<u>Cooked</u>		
California roll	Hot crunch crab roll	
Shrimp tempura roll	Sweet potato tempura roll	
Avocado cucumber roll	Spicy cooked shrimp roll	
Salmon skin roll	Eel cucumber or avocado	
Chicken Tempura	Avocado & peanuts	
<u>Raw</u>		
Salmon avocado		
Tuna avocado roll	Spicy crunch tuna roll	
Spicy crunch salmon roll	Spicy salmon avocado roll	
Spicy salmon w/ jalapeno roll	Yellowtail with scallion	
<i>Red snapper roll (red snapper w/chili sauce, fish roe, cilantro & avocado)</i>		
<u>Bento Box</u>		
Pick one roll from Maki roll lunch, Vegitable spring roll, soup & Kani salad		
Box A	Chicken Teriyaki	\$14.95
Box B	Salmon Teriyaki	\$15.95
<u>Lunch Entrees</u>		
<i>served w/soup,and brown rice</i>		
Hibachi Chicken <i>(with fried rice)</i>	12.95	
Veggie Delight	9.95	
Chicken Teriyaki	10.95	
Salmon Teriyaki	13.50	
Shrimp & Vegetable Tempura	10.95	
Stir fry udon <i>choice of chicken or vegetable</i>	11.95	



Mon - Thu 11:30-2:30 4:30-8:30

Fri 11:30-2:30 4:30-9:00

Sat 12:00-2:30 4:30-9:00

60 Monmouth St

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Delivery/Pick up

**The prices are subject to change without prior notice



NEW Roll

Aburi (flame seared) Roll

Crab stick tempura, avocado, cucumber topped with seared white fish, eel sauce and scallion.



Tropical Roll

Spicy salmon, mango, jalapeno, cilantro topped w/salmon and avocado



Blaze Salmon Roll

*Avocado, cucumber, cream cheese top
with torched salmon, caramelized soy sauce*



Meadow Roll (no rice) GF

*Avocado, cucumber, asparagus, oshinko,
mango, lemon, pickled ginger wrap in soy
paper*

Poke Bowl



Sogo Poke

\$ 15.95

Salmon, avocado, seaweed salad, marinated carrot, oshinko , cilantro, chef's special spicy sauce , brown rice

***cauliflower rice add \$ 2.00*



Rose Poke

\$ 15.95

Tuna, avocado, fish roe, sesame seed, baby spinach, shoyu & honey wasabi sauce , brown rice

***cauliflower rice add \$ 2.00*