

**your health matters here.** We exclusively feature 100% non-gmo, chef-inspired shareable plates, small bites, and the only truly healthy sushi in the world. We use organic produce, cook in non-toxic + clean cooking oils, and feature zero-refined sugars. **exactly like nothing and no one else. we are mandrake.**

## DIETARY KEY

|           |                 |           |                |
|-----------|-----------------|-----------|----------------|
| <b>GF</b> | GLUTEN-FREE     | <b>VG</b> | VEGETARIAN     |
| <b>N</b>  | CONTAINS NUTS   | <b>P</b>  | PALEO-FRIENDLY |
| <b>VA</b> | VEGAN AVAILABLE | <b>K</b>  | KETO-FRIENDLY  |

## SHARED PLATES

**awe-inspiring dishes meant to be shared.** we recommend ordering one for every two people at the table.

### SIGNATURES

|   |    |
|---|----|
| <b>GRASS-FED STEAK TARTARE</b> * GFA / KA                 | 21 |
| smoked aioli   egg yolk jam   crostinis   sherry vinegar  |    |
| <b>SIETE ALMOND FLOUR TOSTADA</b> GF / K / N              | 18 |
| yellowtail ceviche   crema   cabbage slaw   lime kosho    |    |
| <b>PASTURE PORK BAO BUNS</b>                              | 15 |
| togarashi aioli   red cabbage slaw   jalapeño   eel sauce |    |
| <b>ORGANIC CRISPY WINGS</b> GF                            | 14 |
| gochugang glaze   sesame seeds                            |    |
| <b>WILD BANG BANG SHRIMP</b> GF                           | 22 |
| spicy mayo   ginger   chives                              |    |
| <b>GRILLED ORGANIC CAULIFLOWER</b> GF / K / VG / VA       | 17 |
| vadouvan oil   date puree   whipped yogurt                |    |
| <b>CRISPY PORK DUMPLING</b>                               | 16 |
| sweet soy   scallions   pickled cabbage   togarashi       |    |
| <b>GRILLED SPANISH OCTOPUS</b> GF                         | 19 |
| whipped hummus   olive oil   herb chimichurri             |    |
| <b>CRUNCHY SPICY TUNA</b> GF                              | 24 |
| crispy sushi rice   spicy wild tuna   jalapeño            |    |

|                                   |    |
|-----------------------------------|----|
| <b>HAMACHI JALAPEÑO</b> GF        | 21 |
| wild yellowtail   yuzu   jalapeño |    |

|   |    |
|---|----|
| <b>TUNA TATAKI</b> GF   | 30 |
| seared blue fin tuna   miso & chipotle sauce   micro cilantro |    |

### SALADS

|  |    |
|--|----|
| <b>WATERMELON SALAD</b> GF / VG / VA / K             | 14 |
| organic watermelon   basil   olive oil   goat cheese |    |
| <b>BEET &amp; RICOTTA</b> GF / VG / VA / K / N       | 16 |
| red + golden beets   ricotta   citrus   pistachio    |    |

### FEATURES

|                                    |    |
|------------------------------------|----|
| <b>LAMB CHOPS</b> * GF / K / P / N | 38 |
| roasted red peppers   romesco      |    |

|   |    |
|---|----|
| <b>GRASS-FED CAP STEAK</b> * GF / K / P | 32 |
| herb butter   roasted garlic            |    |

|   |    |
|---|----|
| <b>WILD LOBSTER MAC &amp; CHEESE</b>              | 45 |
| organic gruyère   cavatappi   wild-caught lobster |    |

|   |    |
|---|----|
| <b>CITRUS PACU RIBS</b> GF  | 34 |
| wild pacu   citrus bbq   watercress salad   cucumber radish   lemon vin |    |

## SMALL BITES + SIDES

**intriguing tapas-style sides suitable for mixing and mingling.**

we recommend ordering a few for the table.

|   |    |
|---|----|
| <b>HOT STONE RICE</b> * GF                              | 13 |
| duck egg   furikake   crispy shallot   tamari           |    |
| <b>SICHUAN ORGANIC GREEN BEANS</b> GF / K / VG / VA / N | 11 |
| crispy peanut   tamari   shallot   lemongrass           |    |
| <b>CRISPY BRUSSELS SPROUTS</b> GF / P / VG              | 10 |
| garlic chili oil   sichuan honey   lime                 |    |

|                              |    |
|------------------------------|----|
| <b>STREET CORN</b> GF / VG   | 11 |
| organic corn   cotija cheese |    |

|   |    |
|---|----|
| <b>CRISPY POTATO CAKE</b> GF / VG                         | 10 |
| poblano crema   cotija cheese   whipped yogurt   cilantro |    |

|  |   |
|--|---|
| <b>ORGANIC CHARRED EDAMAME</b> GF / VG | 9 |
| maldon salt   lemon                    |   |

|                                 |    |
|---------------------------------|----|
| <b>ORGANIC MAC &amp; CHEESE</b> | 15 |
| organic gruyère   cavatappi     |    |

## WORLD'S HEALTHIEST SUSHI

**experience the world's only truly healthy sushi,** featuring wild-caught, low-mercury seafood with zero refined sugars non-gmo rice. all of our sushi is gluten-free.

### LAND AND SEA ROLL \* 35

spicy crab | salmon | shiso | seared wagyu  
house sweet lemon soy sauce | crunchy green onion

### SHORT NORTH ROLL \* 32

shrimp tempura | spicy tuna | avocado | seared tuna  
yellow tail | lemon | crunch | four kinds of tobiko | honey  
wasabi | eel sauce

### SUNSET ROLL \* 30

soft shell crab | avocado | cucumber | salmon  
salmon eggs | spicy crunch | honey wasabi | eel sauce  
micro greens

### DRAGON ROLL \* 24

salmon | avocado | cucumber | eel | eel sauce

### SPICY YELLOW TAIL AND SCALLOP ROLL \* 32

yellow tail | cucumber | avocado | seared scallop | miso  
tartar | gold flake | tobiko | scallions

### CHEF SPECIAL ROLL \* 29

spicy crab | shrimp tempura | asparagus | panko  
lemon | black tobiko | miso tartar | eel sauce

### ROCK AND ROLL \* 27

spicy tuna | yellow tail | cream cheese | jalapeño  
green onion | cilantro | spicy mayo | eel sauce  
honey wasabi

### WILD RAINBOW ROLL \* 32

spicy crab | cucumber | topped with: tuna | salmon  
yellowtail | shrimp | avocado | yuzu tobiko

## SASHIMI\*

[3] pieces of sashimi hand-cut to order.

**all sashimi is gluten-free, paleo-friendly, + keto-friendly—a perfect low-carb option.**

|               |    |              |    |
|---------------|----|--------------|----|
| BLUE FIN TUNA | 20 | FLUKE        | 15 |
| KING SALMON   | 18 | SEA BASS     | 13 |
| YELLOW TAIL   | 15 | OCTOPUS      | 15 |
| RED SNAPPER   | 16 | SWEET SHRIMP | 18 |
| FATTY TUNA    | 23 | AMBER JACK   | 16 |

**substitute [2] pieces of nigiri for any sashimi for no additional charge**

### OMAKASE – SMALL 90

chef's selection of our highest quality fish  
9 sashimi | 5 nigiri | hosomaki roll

### OMAKASE – LARGE 150

chef's selection of our highest quality fish  
18 sashimi | 5 nigiri | hosomaki roll

### OMAKASE – EXTRA LARGE 300

chef's selection of our highest quality fish  
21 sashimi | 10 nigiri | 4 special rolls

### NIGIRI COMBO 60

chef's selection of our highest quality fish + hosomaki roll  
8 pieces

\*\*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. items with asterisk contain raw or undercooked ingredients.\*\*



*Mandrake*