

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

GF	GLUTEN-FREE	VG	VEGETARIAN
GFA	GF AVAILABLE	VGA	VEGETARIAN AVAILABLE
N	CONTAINS NUTS	P	PALEO-FRIENDLY
V	VEGAN	K	KETO-FRIENDLY
VA	VEGAN AVAILABLE	D	CONTAINS DAIRY

SHARED PLATES

SIGNATURES

CRISPY PORK DUMPLING	16
sweet soy scallions pickled cabbage togarashi	
PASTURE PORK BAO BUNS	15
togarashi aioli red cabbage slaw jalapeño eel sauce	
ORGANIC CRISPY WINGS GF	14
gochugang glaze sesame seeds	
CRUNCHY SPICY TUNA GF	24
crispy sushi rice spicy wild tuna jalapeño	
STEAK BITES GF	22
grass-fed tenderloin mirin, honey + tamari glaze	
GRASS-FED STEAK TARTARE * GFA / KA	21
smoked aioli egg yolk jam crostinis sherry vinegar	
WILD BANG BANG SHRIMP GF	22
spicy mayo ginger chives	
HUMMUS + LABNE MEZZA D	15
chickpea puree with tahini + pesto tangy yogurt with zaatar cucumber naan sweet pepper	
CRISPY PORK BELLY GF / K / P	19
baker's bacon sweet peppers maple chili reduction chive	

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

SALADS

SPICED PEAR SALAD GF / VG / VA / N / D	16
poached pears candied pecans butternut squash pomegranate molasses goat cheese	
FALL HARVEST SALAD GF / N / D / VA	16
organic greens medjool dates fig organic chicken bacon goat cheese honey sumac macadamia nut blueberry vin	
GRASS-FED WAGYU STEAK * GF / K / P / D	41
herb butter roasted garlic	
LAMB CHOPS * GF / K / P / N / D	38
roasted red peppers romesco	
WILD CAUGHT SALMON GF / KF / P / D	36
big glory salmon daikon-pickled beet scallion dust parsnip wasabi mash maldon uni white miso shoyu	
WILD LOBSTER MAC & CHEESE D	45
organic gruyère cavatappi wild-caught lobster	

FEATURES

SMALL BITES + SIDES

intriguing tapas-style sides suitable for mixing and mingling.
we recommend ordering a few for the table.

HOT STONE RICE * GF / VA	13	STREET CORN GF / VG / VA / D	11
duck egg furikake crispy shallot tamari		organic corn cotija cheese	
SICHUAN ORGANIC GREEN BEANS GF / K / VG / V / N	11	ZAATAR FRITES GF / VA	14
crispy peanut tamari shallot lemongrass		pomme frites zaatar spice garlic aioli blueberry catsup	
CRISPY BRUSSELS SPROUTS GF / P / VG / VA	10	ORGANIC CHARRED EDAMAME GF / VG / V	9
garlic chili oil sichuan honey lime		maldon salt lemon	
		ORGANIC MAC & CHEESE D	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 | tobiko | scallions

CHEF SPECIAL ROLL * 29

spicy crab | shrimp tempura | wild salmon | 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	
HAMACHI JALAPEÑO* GF	21
wild yellowtail yuzu jalapeño	
TUNA TATAKI* GF	30
seared blue fin tuna miso & chipotle sauce micro cilantro	

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