

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
N	CONTAINS NUTS	P	PALEO-FRIENDLY
VA	VEGAN AVAILABLE	K	KETO-FRIENDLY

SHARED PLATES

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

SIGNATURES

GRASS-FED STEAK TARTARE * GFA / KA smoked aioli egg yolk jam crostinis sherry vinegar	21
WILD SALMON ROE RICE CRISPS GF avocado radish wasabi shallot cilantro	18
PASTURE PORK BAO BUNS togarashi aioli red cabbage slaw jalapeño eel sauce	15
ORGANIC CRISPY WINGS GF gochugang glaze sesame seeds	14
WILD BANG BANG SHRIMP GF spicy mayo ginger chives	22
GRILLED ORGANIC CAULIFLOWER GF / K / VG / VA vadouvan oil date puree whipped yogurt	17
CRISPY PORK DUMPLING sweet soy scallions pickled cabbage togarashi	16
GRILLED SPANISH OCTOPUS GF whipped hummus olive oil herb chimichurri	19

SALADS

SPICED FALL SALAD GF / VG / VA / N poached pears candied pecans butternut squash pomegranate molasses goat cheese	16
BEET & RICOTTA GF / VG / VA / K / N red + golden beets ricotta citrus pistachio	16

FEATURES

LAMB CHOPS * GF / K / P / N roasted red peppers romesco	38
GRASS-FED CAP STEAK * GF / K / P herb butter roasted garlic	32
WILD LOBSTER MAC & CHEESE organic gruyère cavatappi wild-caught lobster	45
WILD WHOLE BRANZINO GF / K / P curry chimichurri mint	34

SMALL BITES + SIDES

intriguing tapas-style sides suitable for mixing and mingling.

we recommend ordering a few for the table.

HOT STONE RICE * GF duck egg furikake crispy shallot tamari	13	STREET CORN GF / VG organic corn cotija cheese	11
SICHUAN ORGANIC GREEN BEANS GF / K / VG / VA / N crispy peanut tamari shallot lemongrass	11	CRISPY POTATO CAKE GF / VG poblano crema cotija cheese whipped yogurt cilantro	10
CRISPY BRUSSELS SPROUTS GF / P / VG garlic chili oil sichuan honey lime	10	ORGANIC CHARRED EDAMAME GF / VG maldon salt lemon	9
		SPICED BUTTERNUT SQUASH SOUP VG / VA / GFA crispy zataar crouton goat cheese honey harissa oil	11

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 salmon
gold flake | 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 SALMON ROLL * 24

spicy salmon | panko asparagus | seared salmon
yuzu kosho | eel sauce | scallion

SASHIMI*

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

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

TUNA	20	FLUKE	15
SALMON	14	SEA BASS	13
YELLOW TAIL	15	OCTOPUS	15
RED SNAPPER	16	SWEET SHRIMP	16
FATTY TUNA	MK	AMBER JACK	16

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

CHEF'S SPECIALTIES*

CRUNCHY SPICY TUNA GF crispy sushi rice spicy wild tuna jalapeño	24
HAMACHI JALAPEÑO GF wild yellowtail yuzu jalapeño	21
TUNA TATAKI GF seared blue fin tuna miso & chipotle sauce micro cilantro	30
OMAKASE – SMALL chef's selection of our highest quality fish sashimi & nigiri serves 1-2	75
OMAKASE – LARGE chef's selection of our highest quality fish sashimi & nigiri serves 3-4	120
NIGIRI COMBO chef's selection of our highest quality fish 8 pieces	50

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