

## Appetizer

 Edamame	Steamed Japanese soybean	\$9.95
Tako Wasabi	Chopped fresh octopus in a pickled wasabi marinade	\$9.95
Stamina Scallop	Umami rich & tender scallop trim meat with garlic stem	\$9.95
 Gyoza	Crispy Japanese vegetable dumplings (5pcs)	\$8.95
 Harumaki	Crispy Japanese vegetable spring rolls (6pcs)	\$8.95
 Agedashi Tofu	Crispy soft tofu with teriyaki sauce (4pcs)	\$7.95
 Spicy Tofu	Crispy soft tofu with spicy sauce (4pcs)	\$9.95
Ebi Shumai	Steamed shrimp dumplings (6pcs)	\$9.95
 Chap Che	Stir fry glass noodles with vegetables in sweet soy sauce	\$13.95
 Yam (Sweet Potato) Tempura	Crispy sweet potato	\$10.95
 Broccoli Tempura	Crispy broccoli	\$10.95
 Avocado Tempura	Crispy avocado	\$12.95
 Veggie Tempura	Assortment of crispy vegetables	\$14.95
 Shrimp & Veggie Tempura	Crispy shrimp (2pcs) and vegetables (5pcs)	\$15.95
Shrimp Tempura	Crispy black tiger shrimp (5pcs)	\$18.95
Shrimp Tempura Moriawase	Crispy black tiger shrimp (5pcs) and vegetables(10pcs)	\$29.95
Soft Shell Crab	Crispy softshell crab	\$19.95
 Ebi Mayo	6pcs crispy jumbo tiger shrimps served with a sweet chilli garlic mayo	\$20.95
Calamari	Crispy squid rings	\$13.95
 Chicken Kara-a-ge	Japanese style crispy boneless chicken	\$14.95
Chicken Katsu	Japanese breaded chicken cutlet	\$15.95
Sashimi Appetizer	8pcs of assorted sashimi	\$16.95
Salmon Sashimi Appetizer	8pcs of salmon sashimi	\$20.95
Beef Tataki Sashimi	Lightly seared on top strip loin with ponzu sauce	\$17.95
Tuna Tataki Sashimi	Peppercorn encrusted tuna thinly sliced, slightly seared	\$22.95
 Tuna Tartare	Diced tuna, avocado, tomato with garlic ponzu drizzle	\$22.95
Grilled Salmon Kama	Grilled salmon collar	\$15.95
Grilled Hamachi Kama	Grilled yellowtail collar	\$21.95
 Kalbi	Grilled marinated beef short ribs	\$18.95

## Sushi Pizza

-  **Shitake Sushi Pizza** Shitake mushroom, crunch, mayo on crispy rice patty \$14.95
- Salmon Sushi Pizza** Salmon, crunch, mayo on crispy rice patty \$15.95
-  **Spicy Salmon Sushi Pizza** Salmon, crunch, spicy mayo on crispy rice patty \$16.95
-  **Spicy Tuna Sushi Pizza** Tuna, crunch spicy mayo on crispy rice patty \$18.95
-  **Spicy Crab Pizza** Crab, crunch, spicy mayo on crispy rice patty \$15.95

## Soup

-  **Miso Soup** Japanese soybean paste soup \$3.95
- Wonton Soup** Japanese vegetable dumpling soup \$6.95
- Ebi Shumai Soup** Shrimp dumpling soup \$7.95

## Salad

-  **Moto Garden Salad** Green salad with moto dressing \$6.95
-  **Avocado Salad** Avocado, green salad with moto dressing \$11.95
-  **Seaweed Salad** Seasoned seaweed salad \$10.95
- Sunomono Salad** Crabmeat, tamago, shrimp, octopus, seaweed with ponzu sauce \$15.95
- California Salad** Crabmeat, avocado, fish egg, crunch, mayo, green salad with moto dressing \$16.95
-  **Spicy Salmon Salad** Salmon, crunch, green salad with spicy mayo \$17.95
-  **Spicy Tuna Salad** Tuna, crunch, green salad with spicy mayo \$19.95
-  **Spicy Sashimi Salad** Bite-sized sashimi, green salad with spicy sauce \$20.95
- Chef Special Salad (Small)** Assorted sashimi and chef's choice of salads \$24.95
- Chef Special Salad (Large)** Assorted sashimi and chef's choice of salads \$49.95

## Noodle

-  **Moto Crunch Noodle Soup** Crunch, seaweed, noodle in moto broth \$11.95
-  **Crunch Udon Soup** Tempura bits, seaweed, udon noodle in moto broth \$14.95
- Beef Udon Soup** Beef rib-eye, vegetables, seaweed, udon noodles in moto broth \$18.95
-  **Shrimp & Veggie Tempura Udon** Udon noodle in moto broth and a side of shrimp & vegetable tempura \$23.95
- Nabeyaki Udon Soup** Seafood, shrimp tempura, vegetables, udon noodle in moto broth \$19.95
-  **Spicy Seafood Udon Soup** Seafood, vegetables, udon noodle in spicy broth \$21.95
-  **Vegetable Yaki Soba/Udon** Stir fry noodle with vegetables (+\$3 for Udon Noodles) \$15.95
- Chicken Yaki Soba/Udon** Stir fry noodle with chicken and vegetables (+\$3 for Udon Noodles) \$17.95
- Beef Yaki Soba/Udon** Stir fry noodle with beef and vegetables (+\$3 for Udon Noodles) \$19.95
- Seafood Yaki Soba/Udon** Stir fry noodle with seafood and vegetables (+\$3 for Udon Noodles) \$21.95
-  **Zaru Soba** Cold buckwheat noodle with soba sauce \$19.95
-  **Cold Spicy Sashimi Maze-Udon** Cold-bite sized sashimi, green salad, and udon with spicy sauce \$23.95

## Donburi (Rice Bowl)

- Chicken Terriyaki Donburi** Chicken Teriyaki with vegetables and egg omelette on rice \$17.95
- Chicken Katsu Donburi** Chicken katsu with vegetables and egg omelette on rice \$17.95
- Yakiniku (Beef) Donburi** Beef with vegetables and egg omelette on rice \$17.95
- Tempura Donburi** Shrimp and vegetables tempura and egg omelette on rice \$17.95
- JFC Karaage Donburi** Japanese Fried Chicken with vegetables and egg omelette on rice \$17.95
- Unagi Donburi** BBQ unagi with vegetables and egg omelette on rice \$19.95

## Sushi Combo

\$5/serving for miso soup and salad

Take Sushi (16pcs)	10pcs nigiri sushi, 6pcs maki	\$26.95
Matsu Sushi (27pcs)	15pcs nigiri sushi, 12pcs maki	\$44.95
Small Sushi (44pcs)	24pcs nigiri sushi, 20pcs maki	\$68.95
Medium Sushi (62pcs)	38pcs nigiri sushi, 24pcs maki	\$102.95
Large Sushi (82pcs)	52pcs nigiri sushi, 30pcs maki	\$132.95
Extra Large Sushi (102pcs)	60pcs nigiri sushi, 42pcs maki	\$172.95

## Sashimi Combo

\$5/serving for miso soup and salad

Small Sashimi (30pcs)	\$51.95
Medium Sashimi (45pcs)	\$75.95
Large Sashimi (65pcs)	\$111.95
Extra Large Sashimi (95pcs)	\$165.95

## Sashimi Sushi Maki Combo

\$5/serving for miso soup and salad

Small Combo (45pcs)	20pcs sashimi, 13pcs nigiri sushi, 12pcs maki	\$72.95
Medium Combo (75pcs)	35pcs sashimi, 22pcs nigiri sushi, 18pcs maki	\$125.95
Large Combo (95 pcs)	45pcs sashimi, 26pcs nigiri sushi, 24pcs maki	\$155.95
Extra Large Combo (125pcs)	65pcs sashimi, 30pcs nigiri. 30pcs maki	\$205.95

## Maki Combo

\$5/serving for miso soup and salad

Maki Combo 1 (34pcs)	California, dynamite, fire, cowboy, spicy salmon	\$63.95
Maki Combo 2 (36pcs)	California, red dragon, rainbow, spider, spicy tuna	\$73.95

## Maki & Hand Roll

		maki (6pcs)	hand roll (1 pc)
 Avocado		Avocado	\$7.95 \$6.95
 Kappa		Cucumber	\$6.95 \$5.95
 Avocado Kappa		Avocado, cucumber	\$8.95 \$7.95
 Shitake		Wild mushroom	\$9.95 N/A
 Yummy Yam		Crispy sweet potato	\$9.95 N/A
 Avocado Yam		Avocado, crispy sweet potato	\$11.95 N/A
Crab		Crab	\$8.95 N/A
 Spicy Crab		Crab, crunch, spicy mayo	\$10.95 \$9.95
 California		Avocado, crab, cucumber, fish egg	\$9.95 \$8.95
Salmon		Salmon	\$10.95 \$9.95
Salmon Avocado		Salmon, avocado	\$12.95 \$11.95
 Spicy Salmon		Salmon, crunch, spicy mayo	\$12.95 \$10.95
Philadelphia		Smoked salmon, green onion, cream cheese	\$13.95 N/A
Tuna		Tuna	\$11.95 N/A
Tuna Avocado		Tuna, avocado	\$13.95 \$12.95
 Spicy Tuna		Tuna, crunch, spicy mayo	\$13.95 \$11.95
 Fire	Crispy (avocado, crab, cucumber, fish egg, shrimp, cream cheese)		\$14.95 N/A
Hamachi Negi		Yellowtail, green onion, crunch, mayo	\$14.95 \$13.95
 Spicy Scallop		Scallop, crunch, spicy mayo	\$14.95 \$13.95
Unagi		Freshwater eel, cucumber	\$13.95 \$12.95

## Special Maki

-  **Avocado Crunch** \$13.95  
Crunch, mayo inside with avocado on top
- Tempura California** \$13.95  
Crispy California
-  **Funky Veggie** \$16.95  
Crispy (assorted vegetables)
-  **Dynamite** \$15.95  
Avocado, cucumber, fish egg, shrimp tempura
- Cowboy** \$16.95  
Crispy sweet potato inside with torched striploin beef on top with teriyaki sauce
-  **Eskimo** \$15.95  
Salmon, crunch, spicy mayo inside with avocado on top
-  **Kamikaze** \$16.95  
Tuna, crunch, spicy mayo inside with avocado on top
-  **Tiger's Tail** \$17.95  
Shrimp tempura inside with avocado, shrimp on top
-  **Hot Night** \$17.95  
California maki base with salmon, crunch, spicy mayo on top
-  **Rainbow** \$18.95  
California maki base with salmon, tuna, tilapia, avocado, eel, shrimp on top
- Spider** \$18.95  
Avocado, cucumber, fish egg, soft shell crab
-  **Spicy Killer** \$18.95  
Crispy (spicy tuna, avocado, red chilli pepper flakes)
-  **Veggie Dragon** \$16.95  
Crispy sweet potato, asparagus inside with avocado on top
-  **Golden Tiger** \$19.95  
Salmon, crunch, spicy mayo inside with torched salmon, red chilli pepper flakes on top
-  **Tataki Attack** \$17.95  
Scallop, crunch, mayo inside with escolar on top
- The Beautiful** \$19.95  
Scallop, crunch, mayo inside with smoked salmon, avocado on top

## Special Maki

- Caterpillar** \$17.95  
Freshwater eel, cucumber inside with avocado on top
-  **Sun Kissed** \$19.95  
Tuna, crunch spicy mayo inside with salmon on top
-  **Lion Head** \$19.95  
Salmon, crunch, spicy mayo inside with tuna and avocado on top
-  **Protein Mania** \$19.95  
Albacore tuna, crunch, spicy mayo, shrimp tempura, avocado wrapped with pink soy paper
- Green Dragon** \$16.95  
Shrimp tempura, cucumber inside with avocado on top
-  **Hungry** \$20.95  
Crispy (shrimp tempura, cream cheese, avocado) with spicy crab meat, green onion on top
-  **Super Bowl** \$19.95  
Tuna, crunch, spicy mayo inside with salmon, tuna, shrimp, avocado on top
-  **Fire Cracker** \$20.95  
Scallop, crunch, mayo inside with tuna, crunch, spicy mayo on top
-  **Crazy** \$18.95  
Scallop, crunch, mayo inside with torched escolar, green onion, red chilli pepper flakes on top
- Sexy Sexy** \$20.95  
Shrimp tempura, avocado inside with salmon, tuna on top
- Red Dragon** \$18.95  
Shrimp tempura, cucumbers inside with avocado, salmon on tops
-  **Penthouse** \$21.95  
Tuna, crunch, spicy mayo inside with yellowtail, green onion on top
- Black Dragon** \$20.95  
Shrimp tempura, cucumber inside with avocado, freshwater eel on top
-  **Flying Tiger Roll** \$21.95  
Shrimp tempura, avocado inside with tuna, crunch, spicy mayo, freshwater eel on top.
-  **Moto Legend Roll** \$22.95  
California maki base with torched salmon, scallop and spicy mayo
-  **Red Carpet** \$22.95  
Shrimp tempura, avocado, crab meat inside with tuna, crunch, spicy mayo wrapped with pink soy paper (no rice)

## Dinner

Served with miso soup and garden salad

-  **Tofu Teriyaki Dinner** \$22.95  
Crispy soft tofu, vegetables with teriyaki sauce on sizzling plate, rice
- Chicken Teriyaki Dinner** \$27.95  
Grilled chicken breast, vegetables with teriyaki sauce on sizzling plate, rice
- Beef Teriyaki Dinner** \$34.95  
Grilled striploin steak, vegetables with teriyaki sauce on sizzling plate, rice
- Salmon Teriyaki Dinner** \$32.95  
Grilled salmon, vegetables with teriyaki sauce on sizzling plate, rice
- Bulgogi (Beef) Dinner** \$28.95  
Stir fried marinated sliced beef rib-eye, vegetables on sizzling plate, rice
-  **Spicy Bulgogi (Beef) Dinner** \$29.95  
Stir fried marinated sliced beef rib-eye, vegetables on sizzling plate, rice
- Kalbi Dinner** \$35.95  
Grilled marinated beef short ribs, vegetables on sizzling plate, rice
- Shrimp and Vegetable Tempura Dinner** \$29.95  
Crispy black tiger shrimp (5pcs) and vegetables, rice
- Chicken Katsu Dinner** \$27.95  
Japanese style crispy chicken cutlets coated with Panko bread crumbs, rice
- Sashimi Dinner** \$31.95  
18pcs of sashimi, rice
- Premium Sashimi Dinner** \$46.95  
Chef choice premium assorted sashimi, rice
- Sushi Dinner** \$29.95  
10 pcs nigiri sushi, 6 pcs California maki
-  **Premium Sushi Dinner** \$45.95  
10 pcs of Chef choice premium nigiri sushi, 6 pcs of Hamachi Negi Maki
- Chirashi Dinner** \$33.95  
Assorted sashimi on seasoned rice
- Salmon Chirashi Dinner** \$34.95  
Salmon sashimi on sushi rice
-  **Hae-Dup-Bap Dinner** \$25.95  
Bite-sized sashimi, green salad, rice with spicy sauce (salad not included)
- Unagi Dinner** \$32.95  
BBQ freshwater eel on rice

## Dinner Bento

Served with miso soup, garden salad, and steamed rice

-  **Tofu Teriyaki Dinner Bento** \$26.95  
 Crispy tofu with teriyaki sauce, vegetable tempura, 6pcs avocado cucumber maki
- Chicken Teriyaki Dinner Bento** \$33.95  
 Grilled chicken with teriyaki sauce, shrimp & vegetable tempura, 6pcs California maki
-  **Beef Teriyaki Dinner Bento** \$36.95  
 Grilled striploin with teriyaki sauce, shrimp & vegetable tempura, 6pcs California maki
- Salmon Teriyaki Dinner Bento** \$35.95  
 Grilled salmon with teriyaki sauce, shrimp & vegetables tempura, 6pcs California maki
- Bulgogi (Beef) Dinner Bento** \$33.95  
 Grilled marinated sliced beef rib-eye, shrimp & vegetable tempura, 6pcs California maki
- Kalbi Dinner Bento** \$37.95  
 Grilled marinated beef short ribs, shrimp & vegetable tempura, 6pcs California maki
- Sushi Sashimi Dinner Bento** \$36.95  
 5pcs sashimi, 4pcs sushi, shrimp & vegetable tempura, 6pcs California maki (rice not included)

## Dinner Combination

Served with miso soup and garden salad

-  **Dinner Combo 1** \$38.95  
 8pcs spicy dynamite, 6pcs spicy tuna maki, 6pcs spicy salmon maki
- Dinner Combo 2** \$34.95  
 5pcs salmon sashimi, 5pcs salmon sushi, shrimp and vegetable tempura
-  **Dinner Combo 3** \$35.95  
 9pcs salmon sushi, 6pcs spicy salmon maki

## Kid's Meals

- Kids Katsu, Kappa Roll** \$16.95  
 Chicken katsu, 6pcs kappa maki, rice
- Kids Chicken, Kappa Roll** \$16.95  
 Chicken teriyaki, 6pcs kappa maki, rice
- Kids Salmon, Kappa Roll** \$18.95  
 Salmon teriyaki, 6pcs kappa maki, rice

 Favourites

 Vegetarian Friendly

 Spicy

## A La Carte

based on availability; please inquire from server

	sushi (2pc)	sashimi (5pcs)
<b>Inari</b> Tofu fillet	\$4.95	N/A
<b>Tamago</b> Egg omelette	\$5.95	\$9.95
<b>Hokkigai</b> Surf clam	\$6.95	\$11.95
<b>Kani</b> Crab	\$6.95	\$10.95
<b>Saba</b> Blue mackerel	\$8.95	\$12.95
<b>Tako</b> Octopus	\$8.95	\$12.95
<b>Ika</b> Squid	\$8.95	\$12.95
<b>Hirame</b> Fluke	\$11.95	\$15.95
<b>Masago</b> Smelt roe	\$8.95	N/A
<b>Sake</b> Salmon	\$8.95	\$14.95
<b>Sake Kunsei</b> Smoked salmon	\$9.95	\$14.95
<b>Ebi</b> Shrimp	\$8.95	\$14.95
<b>Escolar</b> Butter fish	\$8.95	\$14.95
<b>Tobiko</b> Flying fish egg	\$11.95	N/A
<b>Albacore Tuna</b> BC Albacore tuna	\$10.95	\$16.95
<b>Tuna</b> Tuna	\$10.95	\$16.95
<b>Ikura</b> Salmon roe	\$12.95	\$22.95
<b>Unagi</b> Freshwater eel	\$11.95	\$21.95
<b>Hamachi</b> Yellowtail	\$12.95	\$24.95
<b>Hotategai</b> Scallop	\$12.95	\$24.95
<b>Kazunoko Nishin</b> Herring Fillet with Roe	\$12.95	\$24.95
<b>Botan Ebi</b> BC botan shrimp	\$14.95	\$28.95
<b>Uni</b> Sea Urchin	\$16.95	\$29.95
<b>O Toro</b> Blue fin tuna belly	\$26.95	\$65.95

## Happy Hour + Late Night

Every day 2:00 PM - 5:00 PM and 9:00 PM - close  
(dine-in only; with a purchase of a beverage)

 Edamame	\$6.95
Ebi Shumai	\$6.95
 Gyoza	\$6.95
Tako Wasabi	\$7.95
Stamina Scallop	\$7.95
 Sweet Potato Fries	\$8.95
Japanese Fried Chicken (JFC)	\$9.95
Shrimp & Veggie Tempura	\$9.95
 Spicy Salmon Pizza	\$9.95
Chicken Katsu	\$9.95
Sashimi Appetizer (6pcs)	\$12.95

## Drinks

Sapporo or Sapporo Black Draft (Pint)	\$6.00
Moto House Sake (Cold/Hot) (5oz)	\$7.00
Moto House Wine (Red/White) (6oz)	\$7.00
All Soju	\$19.95
Makguli	\$19.95
Highball (All Bar Rail)	\$6.00
Shot (All Bar Rail)	\$5.00
Moto Caesar	\$6.00
Lemon Sour (Japanese)	\$8.00
Chuhai (Japanese)	\$8.00

 Favourites

 Vegetarian Friendly

 Spicy

## Lunch

Served with miso soup and garden salad / Served daily until 4pm

-  **Udon Noodle Soup Lunch** Crunch udon noodle with 3 pcs California Maki (Miso soup not included) \$17.95
-  **Tofu Teriyaki Lunch** Crispy tofu, vegetables with teriyaki sauce, rice \$14.95
- Chicken Teriyaki Lunch** Grilled chicken, vegetables with teriyaki sauce, rice \$17.95
- Beef Teriyaki Lunch** Grilled strip loin, vegetables with teriyaki sauce, rice \$21.95
- Salmon Teriyaki Lunch** Grilled salmon, vegetables with teriyaki sauce, rice \$19.95
- Kalbi Lunch** Grilled marinated beef short ribs, vegetables, rice \$22.95
- Bulgogi (Beef) Lunch** Stir fried marinated sliced beef rib-eye, vegetables, rice \$17.95
- Tempura Lunch** Crispy shrimp and vegetables, rice \$18.95
- Chicken Katsu Lunch** Japanese style crispy chicken cutlets coated with Panko bread crumbs, rice \$17.95
- Chicken Katsu Donburi Lunch** Chicken katsu with vegetables and egg omelette on rice \$19.95
- Sushi 11 (8,3) Lunch** 8pcs nigiri sushi with 3pcs salmon maki \$17.95
- Sushi 14 (8,6) Lunch** 8 pcs nigiri sushi with 6 pcs California maki \$20.95
- Salmon Sushi (9,6) Lunch** 9 pcs salmon sushi with 6 pcs salmon maki \$25.95
- Salmon (7) & Tuna (5) Sushi Lunch** 7pcs salmon sushi & 5pcs tuna sushi \$25.95
- Salmon Sashimi (12) Lunch** 12pcs salmon sashimi with a side of rice \$22.95
- Sashimi (15) Lunch** 15pcs sashimi with a side of rice \$22.95
- Salmon (12) Chirashi Lunch** 12pcs salmon sashimi on sushi rice \$25.95
-  **Chirashi Lunch (15)** 15 pcs assorted sashimi on sushi rice \$24.95
-  **Hae-Dup-Bap Lunch** Bite sized sashimi, green salad, rice with spicy sauce (salad not included) \$19.95

## Lunch

Served with miso soup, garden salad, steamed rice / Served daily until 4pm

-  **Tofu Teriyaki Lunch Bento** \$18.95  
 Crispy tofu, vegetables with teriyaki sauce, 5pcs vegetables tempura, 3pcs cucumber maki
- Chicken Teriyaki Lunch Bento** \$22.95  
 Grilled chicken with teriyaki, sauce, 3pcs shrimp tempura, 3pcs California maki
- Beef Teriyaki Lunch Bento** \$26.95  
 Grilled stir-fried striploin with teriyaki sauce, 3pcs shrimp tempura, 3pcs California maki
- Salmon Teriyaki Lunch Bento** \$24.95  
 Grilled salmon with teriyaki sauce, 3pcs shrimp tempura, 3pcs California Maki
- Bulgogi (Beef) Lunch Bento** \$22.95  
 Stir fried marinated sliced beef rib-eye, 3 pcs shrimp tempura, 3pcs California maki
- Kalbi Lunch Bento** \$27.95  
 Grilled marinated beef short ribs, 3pcs shrimp tempura, 3pcs California maki
-  **Sushi Sashimi Lunch Bento** \$25.95  
 5pcs salmon sashimi, 4 pcs nigiri sushi, 3pcs shrimp tempura, 6pcs California maki (rice not included)

## Lunch Combination

Served with miso soup, garden salad / Served daily until 4pm

-  **Lunch Combo 1** \$18.95  
 5pcs nigiri sushi, 6pcs spicy salmon maki
- Lunch Combo 2** \$22.95  
 5pcs salmon sashimi, 4pcs nigiri sushi, 6pcs California maki
- Lunch Combo 3** \$24.95  
 6pcs California maki, 8pcs dynamite maki
-  **Lunch Combo 4** \$28.95  
 6pcs spicy salmon maki, 6pcs spicy tuna maki, 6pcs spicy crab meat
-  **Lunch Combo 5** \$22.95  
 Shitake, avo kappa, yam maki

 Favourites

 Vegetarian Friendly

 Spicy