

Gluten Free Menu

Appetizers

Sautéed Calamari \$ 13

thai lime vinaigrette, glass noodles

Shishito Peppers \$9

tamari, bonito shavings

Fire Roasted Oysters \$9

lemongrass beurre blanc, braised leeks, flying fish caviar, tamari.

Soups and Salads

Seared Ahi Salad \$22

baby greens, tatsoi, pear tomatoes

green papaya & enoki mushrooms

Mushroom & Tofu Soup \$ 7

maitake mushrooms, glass noodles,

scallions, toasted sesame oil

Organic Chicken Salad \$18

arugula, enoki mushroom, edamame

daikon sprouts, lemon-olive oil & vinegar

Grilled Prawn Salad \$19

tatsoi, edamame, daikon sprouts

roasted peppers, miso ginger dressing

Tengu Specialties

Sweet & Sour Chicken \$ 21

broccoli, carrots, peppers,

& steamed brown rice

Organic Salmon \$ 30

wilted swiss chard, organic potatoes

tomatoes, lemongrass beurre blanc

Miso Butterfish \$ 26

sautéed vegetables, truffle miso broth

micro basil and tobiko

Seared Jumbo Scallops \$32

sweet potato & jemiiji mushroom hash,

choy sum, leek confit, red wine syrup,

Japengo Fried Rice \$20

chicken, egg, ginger, garlic, tamari

mushroom & vegetables

Filet Mignon and Prawns \$48

roasted garlic mash, choy sum,

lemongrass beurre blanc

Any items from the sushi menu can be gluten free if served with organic tamari instead of soy sauce & no tempura breading or soy sauce based condiments. Please ask your server if you have questions.

