

# SEVEN SUSHI

THE WAY SUSHI WAS MEANT TO TASTE!

## TAKE – OUT MENU

Sushi  
Appetizers  
Soups and Salads  
Donburi  
Tempura  
Teriyaki  
Party Trays  
and much more...

### OPEN SEVEN DAYS A WEEK!

Sunday to Thursday  
11:30am – 9:00pm  
Friday and Saturday  
11:30am – 9:30pm  
Closed Statutory Holidays

150-45428 Luckakuck Way  
Chilliwack BC V2R 3S9  
Phone: (604) 824-7710

#### APPETIZERS

Edamame ~ Salted steamed green beans	3.95
Agadashi Tofu ~ Deep fried tofu	3.95
Veggie Gyoza ~ Vegetable dumplings	3.95
Pork Gyoza ~ Pork dumpling	4.25
Ebi Gyoza ~ Shrimp dumpling	6.95
Yakitori ~ Grilled chicken on a skewer	4.95
Spicy Yakitori ~ Spicy grilled chicken	5.25
BBQ. Chicken ~ Korean style yakitori	5.50
Chicken Karage (6 pc) ~ Deep fried wings in peanut sauce	5.95
Oyster Motoyaki ~ Baked oyster	5.95
Scallop Motoyaki ~ Baked scallops	6.25
Kaki Fry ~ Deep fried oyster	5.95
Salmon Fry (6 pc) ~ Deep fried salmon	6.95
Salmon Kama Shioyaki ~ BBQ salmon head	9.95
Hamachi Kama Shioyaki ~ BBQ yellowtail head	9.95
Soft Shell Crab ~ Deep fried Crab with sauce	9.95
Chef's Recommendation ~ Deep fried mushroom, smoke salmon, cream cheese & avocado, topped with BBQ sauce	5.95

#### SOUPS AND SALADS

Miso Soup ~ Bean Soup	1.00
Dumpling Soup ~ Pork Dumplings in soup	4.95
Ebi Sunomono ~ Noodle salad in a sweet and vinaigrette sauce topped with shrimp	4.25
Vegetable Sunomono ~ Noodle salad in a sweet and vinaigrette sauce topped with vegetables	3.95
Kani Sunomono ~ Noodle salad in a sweet and vinaigrette sauce topped with crab	4.25
Tako Sunomono ~ Noodle salad in a sweet and vinaigrette sauce topped with octopus	4.95
Gomae ~ Cooked spinach topped with a sweet sesame sauce	3.50
Green salad ~ Fresh veggies with special sauce	3.95
Seven special salad ~ Raw fish with special sauce	12.95

#### DONBURI

Oyako or Gyu Don ~ Chicken or beef on rice	8.50
Chicken or Beef Teriyaki Don ~ Chicken or beef teriyaki on rice	8.50
Seafood ~ Cooked assorted seafood on rice	12.95
Unagi ~ Freshwater Eel on rice	12.95

#### PRICE

#### TEMPURA (Deep Fried)

Appetizer Tempura (5 pc) ~ Prawn and Veggies	4.95
Yam Tempura (5pc) ~ Yam	4.95
Sweet Potato Tempura (5 pc) ~ Sweet Potatoes	4.95
Vegetable Tempura (9 pc) ~ Veggies	5.95
Assorted Tempura (8 pc) ~ Prawn and Veggies	7.95
Seafood Tempura (5pc) ~ Assorted Seafood	7.95
Prawn Tempura (8 pc) ~ Prawn	9.95
Deluxe Tempura (15 pc) ~ Seafood & Veggies	12.95

#### UDON (Noodles in Soup)

Chicken or Beef ~ Chicken or beef noodle soup	7.95
Tempura ~ Mixed veggies and 2 pc prawn	7.95
House ~ Mixed seafood and veggies	8.95

#### YAKI (Fried Noodles)

Chicken or Beef Yakisoba ~ Chicken or beef on fried noodles	8.95
Veggie Yakisoba ~ Fried veggies on frd noodles	7.95
Seafood Yakisoba ~ Seafood on fried noodles	12.95
Veggie Yaki Udon ~ Veggies on fried noodles	8.95
Chicken or Beef Yaki Udon ~ Chicken or beef on fried udon noodles	9.95
Seafood Yaki Udon ~ Seafood on fried noodles	13.95

#### TERIYAKI (Stir Fried in Sweet Soy Sauce)

<i>Served with miso soup, green salad &amp; rice</i>	
Tofu ~ Tofu on veggies	9.95
Veggie ~ Only veggies	8.95
Chicken ~ Chicken (breast) on veggies	13.95
Salmon ~ BBQ Salmon on veggies	14.95
Beef ~ Beef on veggies	12.95
Sirloin ~ Beef (sirloin) on veggies	15.95
Tenderloin ~ Beef (tenderloin) on veggies	19.95
Seafood ~ Seafood on veggies	16.95
Kalbi ~ Marinated ribs (Korean style)	14.95

#### PRICE

#### PRICE

#### LUNCH SPECIALS 11:30am – 3:00pm

<i>Served with Rice &amp; Miso Soup</i>	
Teriyaki Box ~ Chicken or beef teriyaki, green salad, tempura, daily special and fruit	8.95
Vegetarian Box ~ Veggie roll, green salad, veggie tempura, daily special and fruit	8.95
California Box ~ California roll, green salad, tempura, daily special and fruit	8.95
Sushi Box ~ 5 pc sushi, green salad, tempura, daily special and fruit	10.95
Sashimi Box ~ 3 pc tuna sashimi, 2 pc salmon sashimi, green salad, tempura, daily special,fruit	12.95
Sushi & Sashimi Box ~ 3 pc sushi, 5 pc sashimi, green salad, tempura, daily special and fruit	15.95
Seven Box ~ Chicken or beef teriyaki, tempura, California Roll, green salad, daily special, fruit	9.95

#### DON (Rice Bowls)

Sake (6 pc) ~ Salmon sashimi on rice	8.95
Tekka (6 pc) ~ Tuna sashimi on rice	8.95
Chirashi ~ Sashimi on rice	14.95
Korean Chirashi ~ Sashimi on Rice, Korean style	15.95

#### DINNER SPECIALS

<i>Served with rice and miso soup or green salad</i>	
Vegetarian Dinner ~ Tofu teriyaki, sunomono salad, gomae, veggie roll and veggie tempura	12.95
Seven Dinner ~ Chicken or beef teriyaki, salmon fry, appy tempura, California Roll & 3 pc gyoza	15.95
Ladies Dinner ~ Chicken teriyaki, 3 pc sushi, 3 pc California Roll, agedashi tofu, 2 pc ebi gyoza and sunomono salad	16.95
Seafood Dinner ~ Seafood teriyaki, seafood tempura, 3 pc sushi, 2 pc salmon fry and appetizer sashimi	23.95

<u>SASHIMI (Raw)</u>	<u>PRICE</u>
Appetizer (5 pc) ~ 3 pc Tuna and 2 pc Salmon	6.95
Sake (7 pc) ~ Atlantic Salmon	9.95
Sake (7 pc) ~ Sockeye Salmon	11.95
Tuna (7 pc) ~ Tuna	9.50
Tuna & Salmon (10 pc) ~ Tuna/Atlantic Salmon	14.95
Toro (7 pc) ~ Tuna belly	12.95
Spicy Salmon (8 pc) ~ Atlantic salmon, spicy	12.95
Spicy Tuna (8 pc) ~ Tuna in a spicy sauce	12.50
Tuna Tataki ~ Grilled tuna on the outside only	7.95
Hamachi (7 pc) ~ Yellowtail	18.95
Blue Fin (7 pc) ~ Red tuna	23.95
Assorted (10 pc) ~ Mixed sashimi	13.95
Deluxe (19 pc) ~ Mixed sashimi	21.95

<u>MAKI &amp; TEMAKI (Rolled Sushi/Sushi in a cone)</u>	<u>PRICE</u>
Sake ~ Salmon	2.50
Tekka ~ Tuna	2.25
Deep Fried Tekka ~ Deep fried tuna	3.95
Oshinko ~ Pickled Radish	2.25
Kappa ~ Cucumber	2.25
Tamago ~ Sweet Egg	2.25
Kampyo ~ Pickled Squash	2.25
Avocado ~ Avocado	2.25
California ~ Crabmeat and avocado	3.25
Boston ~ Tuna & avocado	3.50
Vegetable ~ Fresh veggies	3.50
Negitoro ~ Tuna belly & green onions	3.95
Deep Fried California Roll ~ Fried in canola oil	3.95
Spicy Tuna ~ Tuna in a spicy sauce	3.95
Beef ~ Sliced beef with teriyaki sauce	3.95
Chicken ~ Chicken breast with teriyaki sauce	3.95
BC ~ BBQ Salmon skin	3.95
Yam ~ Deep fried yam	3.95
Sweet Potato ~ Sweet potato	3.95
Spicy Salmon ~ Salmon in a spicy sauce	4.25
Chopped Scallop ~ Scallops in a mayo sauce	4.50
Futomaki ~ Veggies and egg	4.95
Avocado with Unagi ~ Avocado with eel	4.95
Spicy Chopped Scallop	4.95
Dynamite ~ Prawn tempura, avocado, cucumbers and crab	4.95
Ebi ~ Raw prawn	4.95

<u>MAKI &amp; TEMAKI (...cont'd)</u>	<u>PRICE</u>
Unagi ~ Freshwater eel	4.95
Deep Fried Dynamite Roll ~ Prawn tempura, avocado, cucumbers and crabmeat	5.50
Spider ~ Soft shell crab	6.95
Philadelphia ~ Salmon, avocado & cream cheese	7.50
Alaska ~ Smelt roe, avocado, salmon, special sauce	7.50
Rainbow ~ Crabmeat, avocado, salmon, tuna, red snapper and prawn	12.95
Evolutionary ~ Deep fried tuna, avocado, cucumber, garlic cream sauce, unagi sauce	9.95
Chilliwack ~ Deep fried cali with smoked salmon, chopped salmon topped with spicy BBQ sauce	12.95
Moxie ~ 2 prawn tempura, yam tempura, avocado, cucumber, 3 pc unagi, unagi sauce	12.95
Volcanic *NEW ~ 2 prawn tempura, yam tempura, avocado, cucumber, crab. Topped with crab, salmon, snapper, tuna with Volcanic sauce, a traditional blend of Korean hot sauce and special 'secret' ingredients.	12.95

<u>NIGIRI (Fish on Rice)</u>	<u>PRICE</u>
Sake ~ Atlantic Salmon	1.25
Maguro ~ Tuna	1.25
Tamago ~ Sweet Egg	1.25
Inari ~ Bean Curd	1.25
Kani ~ Crab meat	1.25
Tai ~ Snapper	1.25
Ebi ~ Prawn	1.50
Ika ~ Squid	1.50
Masago ~ Smelt roe	1.50
Saba ~ Mackerel	1.50
Sake ~ Sockeye Salmon	1.50
Ama Ebi ~ Sweet Shrimp	1.95
Toro ~ Tuna Belly	2.95
Hokigai ~ Surf Clam	1.95
Tako ~ Octopus	1.95
Unagi ~ BBQ Eel	1.95
Smoked Salmon ~ Smoked salmon	1.95
Tobiko ~ Flying fish eggs	1.95
Chopped Scallop ~ Chopped scallop with mayo	1.95
Hamachi ~ Yellow Tail	1.95
Ikura ~ Salmon Eggs	2.50
Yellow fin ~ Red Tuna	2.50
Uni ~ Sea Urchin	2.95
	3.95

[www.sevensushi.com](http://www.sevensushi.com)

<u>SEVEN SUSHI SPECIAL ROLLS</u>	<u>PRICE</u>
House ~ Prawn tempura, spicy tuna, veggies, chopped scallops and smoked salmon	7.77
Super ~ Prawn tempura, salmon, veggies, yam, spicy sauce	7.77
Caterpillar ~ BBQ eel, cucumber and avocado	7.77
Las Vegas ~ Deep fried dynamite roll with cream cheese and unagi sauce	7.77
Paradise ~ California Roll, smoked salmon, mango	7.77
Tropical ~ Masago, cream cheese, avocado, smoked salmon, papaya & chef's special sauce	7.77
Lucky ~ Crabmeat, avocado, cucumber, tamago, cream cheese, mango and salmon	7.77
Rock'n' Roll ~ California Roll topped w BBQ eel	7.77
When Prawn Met Eel ~ Unagi, 2 pc prawn tempura, avocado, crabmeat, cucumber, topped with unagi and spicy sauces	7.77
Explosion ~ Prawn tempura, yam, spicy tuna, sweet potato, avocado, cucumber, crab, mayo, unagi sauce	7.77
Tiger ~ Crabmeat, avocado, cream cheese, cucumber, mango and ebi	7.77

<u>COMBOS (Served with Miso Soup)</u>	<u>PRICE</u>
Appetizer Sushi ~ 3 pc tuna & 2 pc salmon	5.95
Assorted Sushi ~ 7 kinds of sushi with tuna roll	12.95
Deluxe Sushi ~ 9 kinds of sushi with salmon roll	15.95
Cali Combo ~ Cali Roll & 5 kinds of nigiri sushi	9.95
Dyna Combo ~ Dyna roll, 5 kinds of nigiri sushi	10.95
BC Combo ~ BC Roll and 5 kinds of nigiri sushi	9.95
House Combo ~ House roll, 5 kinds nigiri sushi	14.95
Maki Sushi Combo A ~ California Roll, 1/2 kappa roll, 1/2 avocado roll	5.95
Maki Sushi Combo B ~ California Roll, dyna roll, tekka roll	9.95
Veggie Combo ~ Veggie roll, 1/2 kappa roll, 1/2 avocado roll	5.95
Deluxe Sushi Combo A ~ California Roll, dyna roll, 2 pc salmon, 2 pc tuna and 2 pc ebi	15.95
Deluxe Sushi Combo B ~ California Roll, dyna roll, yam roll, BC roll, 2 pc salmon, 2 pc tuna, ebi, tai	21.95
Kids' Combo (no miso soup) ~ California Roll, 1/2 kappa roll, 1/2 tamago roll & soft drink	5.95

PARTY TRAYS (for take-out only)  
**Maki Tray (50 pc)** ~ Salmon Roll, tuna roll, kappa roll, California Roll, dyna roll, chicken roll, spicy tuna roll, veggie roll ~ **24.95**

**Party A (60 pc)** ~ Salmon roll, tuna roll, kappa roll, California Roll, dynamite roll, BC roll, avocado roll, boston roll, 2 pc salmon nigiri, 2 pc tuna nigiri, 2 pc ebi nigiri, 2 pc tai nigiri, 1 pc tobiko nigiri, 1 pc ikura nigiri ~ **35.95**

**Party B (34 pc)** ~ 5 pc salmon sashimi, 5 pc tuna sashimi, 3 pc sockeye nigiri, 3 pc Atlantic nigiri, 3 pc tuna nigiri, 3 pc tai nigiri, 3 pc ebi nigiri, 2 pc amaebi nigiri, 2 pc tako nigiri, 2 pc hokigai nigiri, 1 pc unagi nigiri, 1 pc tobiko nigiri, 1 pc ikuro nigiri ~ **49.95**

**Party C** ~ Choose seven rolls from our 'Seven Sushi Special Rolls' menu ~ **49.95**



Visit our website to learn more  
 about Seven Sushi at  
[www.sevensushi.com](http://www.sevensushi.com)

*Thank you for your order.  
 Enjoy your meal!*

