

CREATE YOUR OWN LUNCH GYU-COMBO

AVAILABLE MON-FRI
DURING SELECT HOURS
EXCLUDING HOLIDAYS

2 BBQ ITEMS FOR 1 PERSON \$13.95

3 BBQ ITEMS FOR 1 PERSON \$17.95

Single BBQ item portions are about 3.5 oz unless specified | Served with Miso Soup, Lunch Salad, and Rice

STEP 1 CHOOSE 2 OR 3 BBQ ITEMS

Upgrade to a **DOUBLE** portion at a **VALUE!**

BEEF



SINGLE +\$0 DOUBLE +\$4

Angus Beef Rib*
Sweet Soy Tare
250 Cal



SINGLE +\$0 DOUBLE +\$4

Umakara Ribeye*
160 Cal



SINGLE +\$0 DOUBLE +\$4

Toro Beef*
Sweet Soy Tare
260 Cal



SINGLE +\$0 DOUBLE +\$4

Yaki-Shabu Beef*
Miso
230 Cal



SINGLE +\$3 DOUBLE +\$8

Filet Mignon*
Salt & Pepper
250 Cal



SINGLE +\$3 DOUBLE +\$8

Kalbi Chuck Rib*
Sweet Soy Tare
270 Cal



SINGLE +\$3 DOUBLE +\$8

Bistro Hanger Steak*
Miso
270 Cal



SINGLE +\$3 DOUBLE +\$8

Premium Sirloin*
Sweet Soy Tare
150 Cal



SINGLE +\$5 DOUBLE +\$12

Harami Skirt Steak*
Miso
250 Cal



SINGLE +\$6 DOUBLE +\$13

Beef Tongue* 3 oz
190 Cal



SINGLE +\$6 DOUBLE +\$13

Prime Kalbi Short Rib*
Sweet Soy Tare
420 Cal

POULTRY



SINGLE +\$0 DOUBLE +\$4

Chicken*
Basil / Teriyaki
110 Cal / 120 Cal



SINGLE +\$0 DOUBLE +\$4

Garlic Shoyu Chicken Thigh*
130 Cal



SINGLE +\$3 DOUBLE +\$8

Duck Breast*
Shio
120 Cal

PORK



SINGLE +\$0 DOUBLE +\$4

Spicy Pork*
Spicy Jalapeño Miso
280 Cal



SINGLE +\$0 DOUBLE +\$4

Umakara Pork*
180 Cal

SEAFOOD



SINGLE +\$0 DOUBLE +\$4

Shrimp Garlic*
150 Cal



SINGLE +\$3 DOUBLE +\$8

Miso Butter Salmon*
250 Cal

STEP 2 RICE OPTIONS



+\$0 Regular White Rice 340 Cal

+\$1.50 Large White Rice 510 Cal

+\$3 Extra-Large White Rice 680 Cal

+\$2 Organic Brown Rice 280 Cal



+\$5 **Beef Sukiyaki Fried Rice Bowl** 740 Cal

+\$2 **Garlic Fried Rice Bowl** 660 Cal

STEP 3 ADD-ONS



+\$3

Gyu-Sushi 2 pcs
165 Cal



+\$2

Garlic Shio Cabbage
60 Cal



+\$2

Garlic Mushroom
150 Cal



+\$2

Spinach Garlic
110 Cal



+\$2

Broccoli
110 Cal



+\$2

S'mores
220 Cal



+\$2

Ice Cream
220 Cal

STEP 4 BBQ BOOSTERS



Original Garlic Butter
\$1.95 180 Cal



Herb Garlic Butter
\$1.95 140 Cal



Cheese Fondue
\$2.45 200 Cal



Scallion Sauce
\$1.00 110 Cal



Spicy Umami Chili
\$1.00 15 Cal



Spicy Miso Garlic Butter
\$1.95 210 Cal



Crunchy Chili Garlic Sauce
\$1.50 130 Cal



Spicy Jalapeño Miso
\$1.00 20 Cal

Before placing your order, please inform your server if a person in your party has a food allergy.

*These items may be served raw or undercooked, or contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness • 2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request • Calorie information is based on standard recipes and product formulations. Variations may occur due to differences in preparation, serving sizes, ingredients, or special orders • Our food may contain MSG, soy, milk, wheat and/or nuts • No item substitutions allowed for lunch specials • Other restrictions may apply.

QUICK & EASY BOWL & NOODLE SETS

AVAILABLE MON-FRI
DURING SELECT HOURS
EXCLUDING HOLIDAYS

GYU-BOWLS

SIGNATURE RICE AND NOODLE BOWLS WITH MIXED GREENS, SERVED WITH MISO SOUP



Roast Beef
Rice Bowl
955 Cal

\$13.95



Beef Sukiyaki
Fried Rice
Bowl
775 Cal

\$12.95



Crunchy Garlic
Shrimp Noodles
1015 Cal

\$13.95



Spicy Beef
Rice Bowl
925 Cal

\$12.95



Beyond Beef
Rice Bowl
695 Cal

\$12.95



Garlic Shoyu
Chicken Noodles
995 Cal

\$12.95



Umakara Beef
Rice Bowl
855 Cal

\$12.95



Garlic Fried
Rice Bowl
695 Cal

\$10.45



Fried Chicken
Karaage
Rice Bowl
895 Cal

\$12.95

RAMEN

SERVED WITH LUNCH SALAD



Spicy Beef
Ramen
1125 Cal

\$11.95

▲ SODIUM WARNING



Tonkotsu
Ramen
975 Cal

\$11.95

▲ SODIUM WARNING



Goma Negi
Shio Ramen
1095 Cal

\$11.95

▲ SODIUM WARNING

VALUE COURSE FOR 2



2790 Cal

STARTERS

- Gyu-Kaku Salad
- Miso Soup x2
- White Rice x2
- Edamame

BBQ ITEMS

- Bistro Hanger Steak* Miso
- Yaki-Shabu Beef* Miso
- Toro Beef* Sweet Soy Tare
- Angus Beef Rib* Sweet Soy Tare
- Umakara Pork*
- Chicken Basil*
- Assorted Vegetables

\$55

FOR 2 PEOPLE

SMALL PLATES

- Fried Pork Gyoza Dumpling
\$6.45 | **\$5.45 HH** 230 Cal
- Japanese Chicken Karaage
\$6.45 390 Cal
- Black Pepper Wings
\$8.45 | **\$7.45 HH** 330 Cal
- Miso Chili Wings
\$9.00 580 Cal
- Fried Cheese Wontons
\$5.45 | **\$4.45 HH** 360 Cal
- Takoyaki
\$6.95 | **\$5.95 HH** 530 Cal
- Vegetable Spring Rolls
\$7.45 | **\$6.45 HH** 450 Cal
- Edamame
\$4.00 | **\$3.50 HH** 200 Cal
- Spicy Addicting Cucumber
\$5.45 | **\$4.45 HH** 250 Cal
- Yuzu Shishito Peppers
\$6.95 | **\$5.95 HH** 280 Cal
- Napa Kimchi
\$5.00 | **\$4.00 HH** 35 Cal
- Gyu-Kaku Salad
\$7.45 | **\$6.45 HH** 310 Cal
- S'mores
\$3.50 | **\$2.50 HH** 220 Cal
- Ice Cream
Vanilla or Green Tea
\$2.50 220 Cal

HH = Happy Hour Price

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Gyu-Kaku
Japanese BBQ



NEW MEMBERS **GET \$10 OFF**
ON YOUR NEXT VISIT!



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AND EARN POINTS!