

# CREATE YOUR OWN LUNCH GYU-COMBO

AVAILABLE MON-FRI  
DURING SELECT HOURS  
EXCLUDING HOLIDAYS

**2 BBQ ITEMS FOR 1 PERSON \$14.95**

**3 BBQ ITEMS FOR 1 PERSON \$18.95**

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 +\$9

**Filet Mignon\***  
Salt & Pepper  
250 Cal



SINGLE +\$3 DOUBLE +\$9

**Kalbi Chuck Rib\***  
Sweet Soy Tare  
270 Cal



SINGLE +\$3 DOUBLE +\$9

**Bistro Hanger Steak\***  
Miso  
270 Cal



SINGLE +\$3 DOUBLE +\$9

**Premium Sirloin\***  
Sweet Soy Tare  
150 Cal



SINGLE +\$5 DOUBLE +\$13

**Harami Skirt Steak\***  
Miso  
250 Cal



SINGLE +\$6 DOUBLE +\$14

**Beef Tongue\* 3 oz**  
190 Cal



SINGLE +\$6 DOUBLE +\$14

**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 +\$9

**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 +\$9

**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



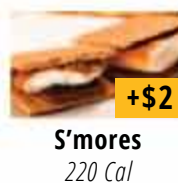
+\$2

**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**  
\$2.45 180 Cal



**Herb Garlic Butter**  
\$2.45 140 Cal



**Cheese Fondue**  
\$2.95 200 Cal



**Scallion Sauce**  
\$1.50 110 Cal



**Spicy Umami Chili**  
\$1.00 15 Cal



**Spicy Miso Garlic Butter**  
\$2.45 210 Cal



**Crunchy Chili Garlic Sauce**  
\$2.00 130 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

**\$14.95**



Beef Sukiyaki  
Fried Rice  
Bowl  
775 Cal

**\$13.95**



Crunchy Garlic  
Shrimp Noodles  
1015 Cal

**\$14.95**



Spicy Beef  
Rice Bowl  
925 Cal

**\$13.95**



Beyond Beef  
Rice Bowl  
695 Cal

**\$13.95**



Garlic Shoyu  
Chicken Noodles  
995 Cal

**\$13.95**



Umakara Beef  
Rice Bowl  
855 Cal

**\$13.95**



Garlic Fried  
Rice Bowl  
695 Cal

**\$11.45**



Fried Chicken  
Karaage  
Rice Bowl  
895 Cal

**\$13.95**

## RAMEN

SERVED WITH LUNCH SALAD



Spicy Beef  
Ramen  
1125 Cal

**\$12.95**

▲ SODIUM WARNING



Tonkotsu  
Ramen  
975 Cal

**\$12.95**

▲ SODIUM WARNING



Goma Negi  
Shio Ramen  
1095 Cal

**\$12.95**

▲ 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

**\$60**

FOR 2 PEOPLE

## SMALL PLATES

- Fried Pork Gyoza Dumpling  
\$6.95 | **\$5.95 HH** 230 Cal
- Japanese Chicken Karaage  
\$6.95 390 Cal
- Black Pepper Wings  
\$9.45 | **\$7.95 HH** 330 Cal
- Miso Chili Wings  
\$10.00 580 Cal
- Fried Cheese Wontons  
\$6.45 | **\$5.45 HH** 360 Cal
- Takoyaki  
\$7.45 | **\$6.45 HH** 530 Cal
- Vegetable Spring Rolls  
\$7.95 | **\$6.45 HH** 450 Cal
- Edamame  
\$4.50 | **\$3.50 HH** 200 Cal
- Spicy Addicting Cucumber  
\$5.95 | **\$4.95 HH** 250 Cal
- Yuzu Shishito Peppers  
\$7.45 | **\$6.45 HH** 280 Cal
- Napa Kimchi  
\$5.50 | **\$4.00 HH** 35 Cal
- Gyu-Kaku Salad  
\$8.95 | **\$7.95 HH** 310 Cal
- S'mores  
\$3.50 | **\$2.50 HH** 220 Cal
- Ice Cream  
Vanilla or Green Tea  
\$3.00 220 Cal

HH = Happy Hour Price

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 • ▲ SODIUM WARNING indicates that the sodium (salt) content of this item is higher than the total daily recommended limit (2,300 mg). High sodium intake can increase blood pressure and risk of heart disease and stroke • Our food may contain MSG, eggs, soy, milk, wheat and/or nuts • No item substitutions allowed for lunch specials • Other restrictions may apply.

MH



Gyu-Kaku  
Japanese BBQ



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



SCAN THE QR CODE TO  
DOWNLOAD THE APP  
AND EARN POINTS!