LUNCH ALL YOU CAN EAT

MON–FRI ONLY
DURING SELECT HOURS

35 ITEMS • 70 MINUTES

$35 PER GUEST AGES 13 & UP

$28 PER KID AGES 6–12

Miso Soup
35 Cal

Seaweed Soup
190 Cal

White Rice
340 Cal

Gyu-Kaku Salad
310 Cal

Edamame
200 Cal

Garlic Edamame
260 Cal

Spicy Jalapeño Edamame
300 Cal

Shio Negi Cold Tofu
170 Cal

Vegetable Spring Rolls
450 Cal

Fried Pork Gyoza Dumplings
230 Cal

Spicy Cabbage Salad
170 Cal

Garlic Shio Cabbage
60 Cal

Spicy Addicting Cucumber
250 Cal

Napa Kimchi
35 Cal

Toro Beef*
Sweet Soy Tare
260 Cal

Toro Beef*
Miso
320 Cal

Toro Beef*
Shio
360 Cal

Yaki-Shabu Beef*
Miso
230 Cal

Yaki-Shabu Beef*
Spicy Jalapeño Miso
190 Cal

Yaki-Shabu Beef*
Shio
330 Cal

Umakara Yaki-Beef*
230 Cal

Chicken Basil*
110 Cal

Chicken Teriyaki*
120 Cal

Spicy Chicken*
Spicy Jalapeño Miso
120 Cal

Pork Belly*
Shio
510 Cal

Spicy Pork*
Spicy Jalapeño Miso
280 Cal

Pork Garlic*
370 Cal

Umakara Pork*
180 Cal

Broccoli
110 Cal

Spinach Garlic
110 Cal

Garlic Mushroom
150 Cal

Zucchini
25 Cal

Ice Cream
Vanilla
220 Cal

Ice Cream
Green Tea
220 Cal

S'more
1 pc
110 Cal

Before placing your order, please inform your server if a person in your party has a food allergy. *THESE ITEMS ARE COOKED TO ORDER AND MAY BE SERVED RAW OR UNDERCOOKED. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

Our food may contain MSG, eggs, soy, milk, wheat, sesame seeds, and/or nuts • 2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request • Calorie information based on standard recipes and product formulations. Variations may occur due to difference in preparation, serving sizes, ingredients, or special order • Actual presentation may differ from images on the menu • Other restrictions may apply.

HOW TO ENJOY LUNCH ALL YOU CAN EAT

Time Limit : 70 minutes (Starts with first order)
Last Call : 20 minutes prior to the time limit
Only 2 items will be served per person at a time

- Whole party must order the Lunch All You Can Eat course.
- All uneaten/unfinished items will be charged to your bill at à la carte menu prices. This will be judged at the manager's discretion.
- We will not provide takeout boxes for any leftover food.
- Substitutions for any items not included or listed in the Lunch All You Can Eat course will not be provided.
- Other rules and restrictions may apply.

FRIENDLY NOTICE: LAST SEATING FOR LUNCH ALL YOU CAN EAT IS TAKEN 70 MINUTES BEFORE LUNCH SERVICE'S LAST CALL

GYU AT HOME!

TAKEOUT AND DELIVERY MENU

Uber Eats DOORDASH

GYU-KAKU.COM/ORDER

Gyu-Kaku Japanese BBQ

LUNCH MENU

AVAILABLE MON–FRI DURING SELECT HOURS EXCLUDING HOLIDAYS

NON-GRILL QUICK VALUE

SERVED WITH MISO SOUP

$10.99
UMAKARA RIBEYE VALUE BOWL *705 Cal*

$8.99
CHICKEN TERIYAKI VALUE BOWL *630 Cal*

$9.99
YAKI-SHABU MISO VALUE BOWL *755 Cal*

$11.99
BEEF CURRY VALUE PLATE *890 Cal*

$12.99
BISTRO MISO VALUE BOWL *825 Cal*

QUICK VALUE BBQ GRILL SETS

SERVED WITH MISO SOUP, LUNCH SALAD, RICE, & KIMCHI

$8.99
CHICKEN TERIYAKI VALUE TEISHOKU* *660 Cal*

$9.99
YAKI-SHABU MISO VALUE TEISHOKU* *790 Cal*

$10.99
UMAKARA RIBEYE VALUE TEISHOKU* *740 Cal*

$12.99
BISTRO MISO VALUE TEISHOKU* *860 Cal*

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QUICK & EASY

BOWL & NOODLE SETS

GYU-BOWLS

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

Roast Beef Rice Bowl
955 Cal
$15.95

Beef Sukiyaki Fried Rice Bowl
775 Cal
$14.95

Spicy Beef Rice Bowl
925 Cal
$14.95

Beyond Beef Rice Bowl
695 Cal
$14.95

Garlic Fried Rice Bowl
695 Cal
$12.45

Fried Chicken Karaage Rice Bowl
895 Cal
$14.95

Crunchy Garlic Shrimp Noodles
1015 Cal
$15.95

Garlic Shoyu Chicken Noodles
995 Cal
$14.95

RAMEN

SERVED WITH LUNCH SALAD

Spicy Beef Ramen
1125 Cal
$13.95
⚠ SODIUM WARNING

Tonkotsu Ramen
975 Cal
$13.95
⚠ SODIUM WARNING

Goma Negi Shio Ramen
1095 Cal
$13.95
⚠ SODIUM WARNING

CREATE YOUR OWN

LUNCH GYU-COMBO

2 BBQ ITEMS FOR 1 PERSON $15.95

3 BBQ ITEMS FOR 1 PERSON $19.95

STEP 1

CHOOSE 2 OR 3 BBQ ITEMS

DOUBLE MEAT UPGRADE +$4 EACH ITEM

Angus Beef Rib*
Sweet Soy Tare
250 Cal

Angus Beef Rib*
Spicy Jalapeño Miso
220 Cal

Umakara Ribeye*
160 Cal

Umakara Yaki Beef*
230 Cal

Toro Beef*
Sweet Soy Tare
260 Cal

Toro Beef*
Miso
320 Cal

Yaki-Shabu Beef*
Miso
230 Cal

Yaki-Shabu Beef*
Spicy Jalapeño Miso
190 Cal

Chicken Basil*
110 Cal

Chicken Teriyaki*
120 Cal

Spicy Chicken*
Spicy Jalapeño Miso
120 Cal

Garlic Shoyu Chicken Thigh*
130 Cal

Spicy Pork*
Spicy Jalapeño Miso
280 Cal

Pork Garlic*
370 Cal

Umakara Pork*
180 Cal

Shrimp Garlic*
150 Cal

Spicy Shrimp*
Spicy Jalapeño Miso
100 Cal

PREMIUM MEAT UPGRADES
Double Meat Upgrade Not Available

Filet Mignon*
Salt & Pepper
250 Cal

Kalbi Chuck Rib*
Sweet Soy Tare
270 Cal

Bistro Hanger Steak*
Miso
270 Cal

Premium Sirloin*
Sweet Soy Tare
150 Cal

Harami Skirt Steak*
Miso
250 Cal

Beef Tongue* 3 oz
190 Cal

Prime Kalbi Short Rib*
Sweet Soy Tare
420 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

+$2
Garlic Fried Rice*
630 Cal

+$5
Beef Sukiyaki Bibimbap *710 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
Green Tea / Vanilla
220 Cal

EAT, EARN, and ENJOY!

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**Rules and restrictions may apply.

TO MITIGATE FIRE RISKS IN THE RESTAURANT, WE KINDLY ASK FOR YOUR COOPERATION:

- We will limit the number of fatty BBQ dishes served to each grill table.
- It is best to COOK UP TO ONLY A COUPLE PIECES AT A TIME on the outer edge of the grill.
- Monitor the grill's flame and LOWER THE HEAT DIAL IF A FLARE-UP OCCURS.
- Move pieces to THE OTHER SIDE OR OFF GRILL BRIEFLY to diminish any flare-ups.
- NOTIFY A TEAM MEMBER IMMEDIATELY if any flare-up continues.
- Our servers may intervene if they deem a potential risk of fire outbreak.

IN CASE A FIRE OCCURS — REMAIN CALM — CALL A SERVER

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