



TAKEOUT DELIVERY MENU
 V2016.8

Mississauga Premium Teppanyaki & Sushi Restaurant



Mon-Thu 11:30am – 3:00pm 5:00pm – 10:00pm
 Friday 11:30am – 3:00pm 5:00pm – 11:00pm
 Saturday CLOSE 4:00pm – 11:00pm
 Sunday 12:pm - 10:00pm



905-212-9998 www.ironchef.ca

4920 Tomken Road, Unit 5, Mississauga, ON, L4W 1J8



SOUP, SALAD & RICE

- 1 **Miso Soup** 2.3
Soya bean soup with tofu, wakame and green onion
- 2 **Garden Salad** 3.2
Tossed green with house dressing
- 3 **Sunomono Salad** 7.2
Assorted seafood with fresh seaweed and thinly sliced cucumber
- 4 **Seaweed Salad** 5.2
Sesame flavoured with seaweed and agar agar
- 5 **Avocado Salad** 5.2
Fresh avocado and tossed green with house dressing
- 6 **Octopus Salad** 9.2
Octopus, sliced cucumber and sesame with ponzu sauce
- 7 **Steam Rice** 2.0
- 8 **Egg Fried Rice** 6.0
- 9 **Veggie Fried Rice** 7.0
- 10 **Chicken Fried Rice** 7.2
- 11 **Beef Fried Rice** 8.2
- 12 **Shrimp Fried Rice** 9.3
- 13 **Seafood Fried Rice** 10.3

APPETIZERS

- 20 **Edamame** 4.8
Boiled soya bean
- 21 **Age Gyoza** 5.2
Deep fried beef dumpling
- 22 **Veggie Spring Roll** 5.2
Mixed vegetables
- 23 **Agedashi Tofu** 5.2
Deep fried tofu
- 24 **Yam Tempura** 5.6
Deep fried yam
- 25 **Veggie Tempura** 5.6
Deep fried mixed vegetables
- 26 **Yakitori** 5.7
Skewered BBQ chicken
- 27 **Tempura** 6.6
Deep fried shrimps and vegetables
- 28 **Beef Kushiyaki** 6.7
Skewered beef with teriyaki sauce
- 29 **Cherry Blossom Mushrooms** 6.8
Stuffed mushroom baked with creamy crab meat
- 30 **Tori Tatsuta** 6.8
Deep fried Japanese style chicken
- 31 **Seafood Spring Roll** 7.2
Deep fried seafood spring roll

- 32 **Calamari** 7.5
Deep fried calamari
- 33 **Sushi Sampler** 7.5
Chef's choice of 4 kinds sushi
- 34 **Chicken Katsu** 8.3
Lightly buttered chicken cutlet
- 35 **Yakitori Moriawase** 8.8
Skewered BBQ chicken, shrimp and scallop
- 36 **Tempura Moriawase** 9.0
Deep fried seafood and vegetables
- 37 **Sumo Sampler** 9.3
Spring roll, chicken yakitori, salmon tartar and California roll
- 38 **Sushi Pizza** 9.3
Choice of spicy salmon, spicy tuna or eel
- 39 **Sashimi Sampler** 9.3
7 pcs tender seafood
- 40 **Beef Sashimi** 10.3
Lightly grilled New York steak
- 41 **Tuna Tataki** 10.3
Lightly grilled tuna with ponzu sauce
- 42 **Kalbi** 10.3
Korean style BBQ ribs
- 43 **Soft Shell Crab** 11.5
Delicacy with ponzu sauce
- 44 **Tuna Spring Roll** 11.5
Lightly fried tuna wrapped with nuts and special sauce
- 45 **Lamb** 12.0
Grilled lamb with Cajun
- 46 **Black Cod** 18.8
Grilled black cod with miso paste

ENTRÉES

- Lunch served with salad, mixed vegetables and rice
 Dinner served with soup, salad, mixed vegetables and rice*
- 60 **Yasai Tempura** Lunch 8.8 | Dinner 13.8
Deep fried mixed vegetables
 - 61 **Mixed Veggie** Lunch 9.0 | Dinner 14.0
Stir fried vegetables
 - 62 **Chicken Teriyaki** Lunch 9.8 | Dinner 14.8
Grilled chicken with teriyaki sauce
 - 63 **Kung Pao Chicken** Lunch 10.3 | Dinner 16.3
Stir fried chicken with seasonal vegetables, cashew nut, and chili peppers
 - 64 **Tempura** Lunch 10.8 | Dinner 16.8
Deep fried shrimp and vegetables
 - 65 **Chicken Katsu** Lunch 10.8 | Dinner 16.8
Chicken cutlet with tonkatsu sauce
 - 66 **Steak Katsu** Lunch 13.8 | Dinner 16.8
Steak cutlet with tonkatsu sauce
 - 67 **Beef Teriyaki** Lunch 11.3 | Dinner 17.8
Sliced ribeye with teriyaki sauce
 - 68 **Bulgogi** Lunch 11.3 | Dinner 17.8
Korean BBQ flank meat marinated in soy sauce

- 69 **Salmon Teriyaki** Lunch 11.8 | Dinner 18.8
Grilled salmon with garlic butter
- 70 **Kung Pao Beef** Lunch 12.3 | Dinner 19.3
Stir fried beef with seasonal vegetables, cashew nut, and chili peppers
- 71 **Shrimp** Lunch 13.3 | Dinner 20.8
Grilled shrimp with garlic butter
- 72 **Kung Pao Shrimp** Lunch 13.8 | Dinner 20.8
Stir fried shrimp with seasonal vegetables, cashew nut, and chili peppers
- 73 **Sirloin** Lunch 15.3 | Dinner 21.8
New York cut choice sirloin
- 74 **Kalbi** Lunch 15.8 | Dinner 23.8
Korean BBQ short ribs marinated in soy sauce
- 75 **Duck Teriyaki** Dinner 24.3
Sliced duck with teriyaki sauce
- 76 **Iron Chef Combo** Dinner 24.3
Two choice of chicken, beef, sirloin, salmon, or chicken katsu
- 77 **Grilled Lamb** Dinner 26.3
Grilled lamb with Cajun
- 78 **Premier Combo** Dinner 29.3
Two choice of black cod, lamb, filet mignon, chicken, beef, sirloin, salmon, and chicken katsu
- 79 **Black Cod** Dinner 32.3
Served with Japanese soy bean base
- 80 **Surf and Turf** Dinner 40.8
Grilled lobster tail(5oz) and sirloin(4oz)
- 81 **Lobster Tails** Dinner 52.8
Grilled lobster tails(10oz)

BENTO BOXES

Served with soup, salad, mixed vegetables, shrimp tempura, spring roll, California rolls, and steamed rice

- 90 **Chicken Teriyaki** Lunch 14.3 | Dinner 20.5
- 91 **Beef Teriyaki** Lunch 15.3 | Dinner 21.5
- 92 **Salmon Teriyaki** Lunch 15.3 | Dinner 21.5
- 93 **Grilled Shrimp** Lunch 16.3 | Dinner 25.3
- 94 **Sirloin Steak** Lunch 17.5 | Dinner 25.5
- 95 **Kalbi** Lunch 19.5 | Dinner 27.5
- 96 **Duck Teriyaki** Lunch 19.8 | Dinner 27.5
- 97 **Grilled Lamb** Lunch 21.8 | Dinner 29.5
- 98 **Black Cod** Lunch 30.3 | Dinner 35.3

Gift certificates available

Reservation/Order 905-212-9998

Delivery fee: \$3, Free delivery over \$50

Prices are subjected without notice

YAKI UDON & PAD THAI

Stir fried thick white noodles with mixed vegetables

- 100 **Plain Yaki Udon** 7.5
- 101 **Plain Pad Thai** 7.5
- 102 **Vegetable Pad Thai** 10.2
- 103 **Vegetable Yaki Udon** 10.2
- 104 **Chicken Yaki Udon** 11.2
- 105 **Chicken Pad Thai** 11.2
- 106 **Beef Pad Thai** 12.2
- 107 **Beef Yaki Udon** 12.2
- 108 **Shrimp Yaki Udon** 13.3
- 109 **Shrimp Pad Thai** 13.3
- 110 **Seafood Pad Thai** 14.3
- 111 **Seafood Yaki Udon** 14.3

MAKIMONO & HAND ROLLS

8 pcs per roll

- 120 **Avocado Maki** Roll 4.0 | Handroll 3.2
Fresh avocado
- 121 **Kappa Maki** Roll 4.0 | Handroll 3.2
Fresh cucumber
- 122 **AC Roll** Roll 4.2 | Handroll 3.2
Avocado and cucumber
- 123 **Crab Meat Maki** Roll 4.7 | Handroll 3.2
Imitation crab meat
- 124 **Salmon Maki** Roll 4.8 | Handroll 3.7
Fresh salmon
- 125 **Vegetarian** Roll 5.2 | Handroll 4.2
Inari, cucumber and avocado
- 126 **Yam** Roll 5.2 | Handroll 4.2
Deep fried yam
- 127 **Philadelphia** Roll 5.5 | Handroll 4.2
Smoke salmon, avocado and cream cheese
- 128 **Negihama** Roll 5.7 | Handroll 4.2
Hamachi and green onion
- 129 **California** Roll 5.7 | Handroll 4.2
Cucumber, avocado, crab and flying fish roe
- 130 **Spicy Crab** Roll 5.7 | Handroll 4.2
Spicy crab meat and avocado
- 131 **Spicy Salmon** Roll 5.8 | Handroll 4.2
Spicy salmon and avocado
- 132 **Spicy California** Roll 6.3 | Handroll 4.7
- 133 **Futo Maki** Roll 6.7
Crab meat, egg and Japanese assorted pickles

- 134 **Tekka Maki** Roll 6.8 | Handroll 5.5
Fresh tuna

- 135 **Unagi** Roll 7.0 | Handroll 4.5
BBQ eel, cucumber and avocado

- 136 **Spicy Tuna** Roll 7.8 | Handroll 5.0
Spicy tuna and avocado

- 137 **Spicy White Tuna** Roll 7.8 | Handroll 5.0
Spicy white tuna and avocado

- 138 **Spicy Scallop** Roll 8.2 | Handroll 5.2
Spicy scallop and avocado

SIGNATURE ROLLS & COMBOS

8 pcs per roll

Combo served with soup, salad, 6 pcs nigiri sushi

- 140 **Tempura** Roll 5.8 | Combo 17.5
Deep fried shrimp wrapped with rice and seaweed

- 141 **Crunch** Roll 10.3 | Combo 22.3
Shrimp tempura, crab meat, avocado

- 142 **Dynamite** Roll 10.3 | Combo 22.3
Shrimp tempura, avocado, cucumber, crab cake with spicy sauce

- 143 **Smoked Salmon** Roll 10.3 | Combo 22.3
Crab meat, cucumber, avocado topped with smoked salmon and avocado

- 144 **Green Dragon** Roll 10.3 | Combo 22.3
Shrimp tempura, cucumber, crab cake topped with avocado

- 145 **Alaska** Roll 11.3 | Combo 23.3
Crab meat, cucumber, avocado topped with fresh salmon and avocado

- 146 **Caterpillar** Roll 11.3 | Combo 23.3
Eel, cucumber topped with avocado slices

- 147 **Ichi** Roll 11.3 | Combo 23.3
Crab meat, cucumber, avocado topped with shrimp and avocado

- 148 **Rainbow** Roll 11.5 | Combo 23.5
Crab meat, cucumber topped with assorted seafood

- 149 **Dragon** Roll 12.3 | Combo 24.3
Crab meat, avocado, cucumber topped with BBQ eel and avocado

- 150 **Geisha** Roll 12.3 | Combo 24.3
Shrimp tempura, spicy salmon, avocado topped with fresh salmon

- 151 **Greenwich** Roll 12.6 | Combo 24.6
Shrimp tempura, spicy tuna, cucumber topped with avocado slices

- 152 **Sakura** Roll 12.6 | Combo 24.6
Shrimp tempura, cucumber, avocado topped with white fish and avocado

- 153 **Samurai** Roll 12.6 | Combo 24.6
Shrimp tempura, avocado topped with salmon

- 154 **Kelowna** Roll 12.6 | Combo 24.6
Shrimp tempura, spicy white tuna, avocado topped with fresh white tuna

- 155 **Hawaiian** Roll 12.6 | Combo 24.6
Crab meat, cucumber, avocado topped with tuna and avocado

- 156 **Hot Night** Roll 12.6 | Combo 24.6
Shrimp tempura, crab meat, avocado topped with spicy tuna

- 157 **Spider** Roll 12.8 | Combo 24.8
Deep fried soft shell crab, crab meat, avocado and cucumber

- 158 **Hiroshima** Roll 13.6 | Combo 25.6
Shrimp tempura, spicy meat, avocado topped with fresh tuna

- 159 **Hamachi** Roll 13.6 | Combo 25.6
Crab meat, cucumber, avocado topped with yellowtail and avocado

- 160 **Lobster** Roll 15.5 | Combo 28.8
Lobster tempura, avocado, cucumber topped with tobiko

SUSHI BAR ENTRÉES

Lunch served with salad, and dinner served with salad and soup

- 170 **Vegetarian Maki** Lunch 11.2 | Dinner 12.5
8 pcs cucumber/avocado roll, seaweed roll, 6 pcs cucumber roll

- 171 **Maki** Lunch 12.2 | Dinner 13.2
8 pcs California roll, spicy tuna or salmon roll

- 172 **Deluxe Maki** Lunch 13.6 | Dinner 15.6
8 pcs California roll, 8 pcs spicy tuna roll or shrimp tempura roll

- 173 **Temaki** Lunch 13.8 | Dinner 15.8
Assorted hand rolls: California, spicy salmon, tuna, shrimp tempura

- 174 **Sushi** Lunch 13.8 | Dinner 18.8
6 pcs chef's choices, 3 pcs tuna roll, 3 pcs salmon roll

- 175 **Una Lyn** Lunch 15.8 | Dinner 18.8
BBQ eel served on a bed of rice

- 176 **Sashimi** Lunch 15.8 | Dinner 19.8
12 pcs chef's choice assorted seafood

- 177 **Chirashi** Lunch 15.8 | Dinner 21.8
Assorted tender seafood with egg, Japanese pickles served on a bad of sushi rice

- 178 **Sake Don** Lunch 16.0 | Dinner 18.8
Tender salmon with egg, Japanese pickles served on a bad of sushi rice

- 179 **Deluxe Sushi** Lunch 17.8 | Dinner 21.8
8 Pieces of Chef's Choice & 8 Pieces of California Roll

- 180 **Sushi & Sashimi** Lunch 18.8 | Dinner 20.8
3 pcs sushi, 8 pcs sashimi, 8 pcs California roll

- 181 **Salmon Sushi** Lunch 18.8 | Dinner 23.8
6 pcs salmon sushi, 8 pcs spicy salmon roll

- 182 **Salmon Sashimi** Lunch 20.8 | Dinner 22.8
12 pcs fresh salmon

- 183 **Deluxe Sushi & Sashimi** Lunch 20.8 | Dinner 24.8
4 pcs sushi, 9 pcs sashimi, 8 pcs California roll

- 184 **Tekka Don** Lunch 21.8 | Dinner 23.8
Tender tuna with egg, Japanese pickles served on a bad of sushi rice

- 185 **Tuna Sushi** Lunch 21.8 | Dinner 27.8
6 pcs tuna sushi, 8 pcs spicy tuna roll

- 186 **Deluxe Sashimi** Lunch 24.6 | Dinner 26.6
18 pcs chef's choice assorted seafood

- 187 **Tuna Sashimi** Lunch 24.8 | Dinner 26.8
12 pcs fresh tuna

SUSHI & SASHIMI PLATTERS

Assorted seafood roll

- 188 **Small Maki Tray (44 pcs)** 32.8
6 pcs cucumber roll, tuna roll. 8 pcs avocado & cucumber roll, California roll, green dragon roll, spicy salmon roll

- 189 **Small Sushi Tray (20 pcs)** 37.8
2 pcs crab cake, salmon, shrimp, tuna, white tuna, yellowtail sushi. 8 pcs California roll

- 190 **Small Sashimi Tray (21 pcs)** 37.8
3 pcs octopus, salmon, scallop, squid, tuna, white fish, white tuna sashimi

- 191 **Small Sushi/Sashimi Tray (24 pcs)** 39.8
Sushi: 2 pcs shrimp, crab cake, salmon. Sashimi: 2 pcs salmon, tuna, white tuna, octopus, squid. Roll: 8 pcs California roll

- 192 **Medium Maki Tray (64 pcs)** 49.8
8 pcs green dragon roll, geisha roll, spicy tuna roll, unagi roll. 16 pcs avocado & cucumber roll, California roll

- 193 **Medium Sushi Tray (34 pcs)** 57.8
3 pcs salmon, scallop, shrimp, tuna, white tuna, yellow tail sushi. 8 pcs California roll, green dragon roll

- 194 **Medium Sashimi Tray (35 pcs)** 57.8
5 pcs octopus, salmon, scallop, squid, tuna, white fish, white tuna sashimi

- 195 **Medium Sushi/Sashimi Tray (39 pcs)** 59.8
Sushi: 2 pcs shrimp, crab cake, salmon, yellowtail. Sashimi: 3 pcs salmon, tuna, white tuna, octopus, squid. Roll: 8 pcs California roll, Geisha roll

- 196 **Large Maki Tray (88 pcs)** 71.8
8 pcs geisha roll, Greenwich roll, Hiroshima roll, salmon skin roll, spicy salmon roll, spicy tuna roll, unagi roll. 16 pcs avocado & cucumber roll, California roll

- 197 **Large Sushi Tray (54 pcs)** 77.8
5 pcs salmon, scallop, shrimp, tuna, white tuna, yellowtail sushi. 8 pcs California roll, geisha roll, green dragon roll

- 198 **Large Sashimi Tray (49 pcs)** 77.8
7 pcs octopus, salmon, scallop, squid, tuna, white fish, white tuna sashimi

- 199 **Large Sushi/Sashimi Tray (60 pcs)** 79.8
Sushi: 2 pcs shrimp, crab cake, tuna, salmon, yellowtail, white tuna. Sashimi: 6 pcs salmon, 3 pcs tuna, white tuna, yellow tail, octopus, squid, scallop. Roll: 8 pcs spicy tuna roll, California roll, Geisha roll

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