

BEEF & PORK

BEEF TERIYAKI

Thin strips of beef top sirloin sizzled in ginger and teriyaki sauces. 16.95

SWEET AND SOUR PORK

Strips of pork deep-fried to a golden brown and topped with pineapple and sweet and sour sauce. 14.95

BEEF AND BROCCOLI

Beef tenderloin stir-fried with broccoli and other fresh vegetables in oyster sauce. 16.95

ASIAN-GLAZED PORK RIBS

Oven-roasted and glazed with hoisin barbecue sauce. 17.95

SIZZLING SZECHUAN BEEF

Beef tenderloin stir-fried with mushrooms and fresh tomatoes. Served over yakisoba noodles. 16.95

MUSHROOM BEEF

Beef tenderloin wok-seared with mushrooms and fresh vegetables in a black bean garlic sauce. 16.95

HOT AND SPICY PORK & PEPPERS

Pork and fresh green and red bell peppers stir-fried in a hot chili and sesame sauce. 14.95

CHICKEN

MAUI CHICKEN

Deep-fried chicken breast topped with sweet and sour sauce, mandarin oranges, pineapple and coconut. 14.95

CHICKEN OSAKA

Chicken breast sautéed in ginger sauce and fresh lemons. Served with a tangy mustard sauce. 15.95

BONG BONG CHICKEN

Chicken breast stir-fried with fresh vegetables in a light wine sauce. 14.95

CHICKEN TERIYAKI

Chicken breast grilled in our teriyaki and ginger sauces. 15.50

ASIAN SEARED CASHEW CHICKEN

Diced chicken breast, mushrooms, pea pods, green and red bell peppers and roasted cashew nuts in a wine sauce. 14.95

SPICY CARAMEL GINGER CHICKEN

Deep-fried chicken breast topped with a sweet chili caramel-ginger sauce garnished with crushed peanuts. 15.50

HOT AND SPICY CHICKEN & PEPPERS

Chicken breast and fresh green and red bell peppers stir-fried in a hot chili and sesame sauce. 14.95

ALMOND CHICKEN

Our version of this traditional Chinese dish is a deep-fried chicken breast topped with a light brown gravy and roasted almonds. 14.95

FIREWORKS CHICKEN

Deep-fried boneless breast of chicken topped with a spicy hot tomato sauce flavored with sherry and Asian chilies. 14.95

GENERAL MUSTARD'S CHICKEN

Our version of the Chinese classic dish: General Tso's Chicken. 15.95

GLUTEN FREE MENU

(Served with choice of white or brown rice.)

(Always inform your server of your gluten allergy before ordering.)



APPETIZERS

ASIAN GREEN BEANS

Spicy Thai-style sauteed in a wheat free soy sauce glaze with chopped garlic and chili paste. 9.95

CHINESE CHOPPED CHICKEN IN CRISP LETTUCE CUPS

Seasoned chicken, mushrooms and water chestnuts. Served with crisp lettuce cups. Eat these like a taco! 10.50

CALIFORNIA ROLL

(Limited availability)
Avocado, crab and cucumber. Wrapped in rice and seaweed.
2 pc / 6.50
4 pc / 9.50
8 pc / 13.50

SALADS

ASIAN CHICKEN SALAD

Fresh greens with chicken, mushrooms, green onions, red bell peppers, and tomato wedges tossed with wheat free ginger, honey mustard or oil & vinegar dressing. 11.50

HALIBUT CAESAR SALAD

Cooked in lemon and minced garlic on top of romaine lettuce sprinkled with parmesan cheese 11.50

CALIFORNIA CHINESE CHICKEN SALAD

Fresh greens with chicken, green onions, avocados, mandarin oranges and chopped peanuts with your choice of gluten free dressing. 11.50

ENTRÉES

HOT AND SPICY SHRIMP & PEPPERS

Shrimp and bell peppers stir-fried in a mildly spicy chili and sesame sauce.

Style	Lunch	Family
Shrimp	11.95	18.95
Chicken	10.50	14.95
Pork	10.50	14.95
Tofu	9.95	13.95

SPICY CARAMEL GINGER CHICKEN

Grilled chicken breast topped with a sweet black chili, caramel, ginger sauce. Garnished with crushed peanuts.

Style	Lunch	Family
Chicken	10.50	15.50
Tofu	9.95	13.95

ORANGE CHICKEN

Grilled chicken breast topped with a sweet orange marmalade. Garnished with mandarin oranges.

Style	Lunch	Family
Chicken	10.50	14.50

BLACK BEAN & LIME HALIBUT

Filet of halibut sautéed in a light tangy black bean and lime sauce.

Style	Lunch	Family
Halibut	13.50	20.50

CHICKEN OSAKA

Chicken breast sautéed in a light ginger sauce with fresh lemons. Served with a side of our Osaka (tangy mustard) sauce.

Style	Lunch	Family
Chicken	10.50	15.95
Shrimp	11.50	18.95
Halibut	13.50	20.50
Tofu	9.95	13.95

VEGETABLES

A variety of fresh vegetables stir-fried with your choice of gluten free sauce. Ask your server about adding chicken, shrimp, or tofu.

Style	Lunch	Family
	9.50	10.95

DESSERT

CHOCOLATE DEcadence

A very dense dark chocolate dessert. Topped with whipped cream. 7.50

MUSTARD SEED NORTHTOWN MALL

Division Street Entrance

Take Out and Delivery Service call: 483-1500

Restaurant: 483-1500

To Go available during business hours,
Delivery 5-9 PM, Monday - Saturday
Delivery 4-8 PM, Sunday.

483-1500



Notes About the Menu
These menu items are either gluten free as prepared or are modified to be gluten free. We can cook many of our main menu entrees without the sauce, sub minced garlic, lemon, and wheat free soy or your choice of gluten free sauce. Our seasoned rice contains soy and must be substituted with our white or brown rice. The soy that you have on your table is not gluten free. Please ask your server for our gluten free soy.

STARTERS & SMALL PLATES

ASIAN-GLAZED PORK RIBS

Oven-roasted and glazed with hoisin barbecue sauce.
Appetizer portion. 10.95

CHINESE ROAST PORK

Pork tenderloin slow-roasted in Chinese spices.
Served with hot mustard, hot red sauce
and sesame seeds. 9.50

TERIYAKI GRILLED SHRIMP

Shrimp grilled in teriyaki sauce and ginger. Served with
hot mustard, hot red sauce and sesame seeds. 10.95

CHINESE CHOPPED CHICKEN IN CRISP LETTUCE CUPS

Seasoned chicken, mushrooms and water chestnuts.
Served with crisp lettuce cups. Eat these like a taco! 10.50

BIG ISLAND WINGS

Chicken wings tossed in a spicy hot, tangy sauce.
Served with ranch dressing. 10.50

DYNAMITE SHRIMP

Tail off shrimp lightly battered,
tossed in our spicy chipotle sauce. 10.95

SPRING ROLLS (2 PIECE)

Pork and vegetables. 7.50

COCONUT CRUNCH SHRIMP

Tail on shrimp, rolled in a coconut
batter and lightly deep-fried. 10.95

GYOZAS (Japanese Pot Stickers)

Chicken and vegetable filling. 9.95

SHRIMP WONTONS

Shrimp, cream cheese and green onion filling.
Served with sweet and sour sauce and hot mustard. 10.50

PORK WONTONS

Served with sweet and sour sauce. 7.95

FRIED SHRIMP

Shrimp deep-fried in light batter. Served with hot
mustard, hot red sauce and sesame seeds. 10.95

EDAMAME

Steamed green soybean in pod,
served warm,
seasoned with sea salt. 6.50

CALIFORNIA ROLL

(Limited availability)
Avocado, crab and cucumber.
Wrapped in rice and seaweed.
2 pc / 6.50
4 pc / 9.50
8 pc / 13.50

FRESH GREEN BEANS

Spicy Thai-style sauteed in a soy sauce glaze
with chopped garlic and chili paste. 9.95

*** SEARED AHI**

Sesame seed encrusted Ahi tuna seared and sliced thin.
Served rare with a creamy wasabi sauce 15.50

* 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 food borne illness.

SALADS & VEGETABLES

(Big enough to share)

TOSSED GREEN SALAD

(Individual salad)

Topped with ginger, ranch, bleu cheese,
Japanese oil and vinegar, honey mustard
or Thousand Island dressing. 4.95

TERIYAKI SHRIMP SALAD

12.95

THAI-STYLE CAESAR SALAD

Try our Thai version of this classic salad. 8.95

With chicken 11.50

With halibut 16.50

With seared ahi 15.50

CHICKEN TERIYAKI SALAD

Teriyaki-glazed chicken breast
on a bed of fresh greens and vegetables.
Served with ginger dressing. 11.95

CALIFORNIA CHINESE CHICKEN SALAD

Fresh greens with chicken, green onions,
avocados, mandarin oranges and chopped peanuts
with miso vinaigrette and rice sticks. 11.50

ASIAN CHICKEN SALAD

Fresh greens with chicken, mushrooms, green onions, green and red bell
peppers, crunchy wonton strips and tomato wedges tossed with honey
mustard dressing. 11.50

WOK-FRIED VEGETABLES

A variety of fresh vegetables quickly
stir-fried and lightly seasoned. 10.95

ASIAN TACOS

Chicken and vegetables in a
curry sauce with warm tortillas
and peanut sauce. 12.95

NOODLE BOWLS

PORK AND CHICKEN FRIED NOODLES

Pork and chicken stir-fried with fresh vegetables
and soft Japanese noodles. 12.50

THAI CHICKEN CURRY NOODLES

Chicken with udon noodles stir-fried in Thai coconut
curry sauce with pea pods, broccoli, bok choy,
red bell peppers and mushrooms. 13.50

SHRIMP FRIED NOODLES

Shrimp and fresh vegetables stir-fried
with Japanese noodles. 13.95

SHANGHAI BEEF NOODLES

Beef tenderloin, stir fried vegetables &
udon noodles in a mushroom beef sauce. 14.50

SHRIMP AND NOODLES IN PEANUT SAUCE

Shrimp with udon noodles stir-fried in peanut sauce
with pea pods, broccoli, bok choy,
red bell peppers and mushrooms. 14.50

KUNG PAO CHICKEN NOODLES

Chicken, vegetables and peanuts with
udon noodles in a spicy brown sauce.
Don't bite into the chilies. They are very hot! 13.50

VEGETABLE FRIED NOODLES

Fresh vegetables stir-fried with soft Japanese noodles 10.95

SOUPS

Made with chicken broth, miso,
Japanese noodles and green onions.

CUP OF SOUP

3.50

LARGE BOWLS OF SOUP

7.50

With roast pork tenderloin 7.50

8.50

With 3 potstickers 8.50

8.50

SMALL WONTON SOUP

6.50

LARGE WONTON SOUP

8.50

FRIED RICE

PORK FRIED RICE

10.95

SHRIMP FRIED RICE

12.95

VEGETABLE FRIED RICE

10.95

CHICKEN FRIED RICE

11.50

BIG PLATES

(Served with Mustard Seed seasoned rice)

SHRIMP / SEAFOOD

WOK-SEARED GARLIC SHRIMP

Shrimp stir-fried with mushrooms, tomatoes, onions
and pea pods mixed with a spicy black bean sauce. 18.95

SHRIMP OSAKA

Shrimp sautéed in ginger sauce and fresh lemons.
Served with a tangy mustard sauce. 18.95

SWEET AND SOUR SHRIMP

Shrimp deep-fried in light batter and topped with
pineapple and sweet and sour sauce. 18.95

SEAFOOD STIR-FRY

Scallops, halibut, shrimp and fresh vegetables stir-fried
in a light seafood sauce. 18.95

HALIBUT OSAKA

Filet of halibut sautéed in ginger sauce and fresh lemons.
Served with a tangy mustard sauce. 20.50

HOT AND SPICY SHRIMP & PEPPERS

Shrimp and bell peppers, stir-fried in a
hot chili and sesame sauce. 18.95

SHRIMP GINZA

Shrimp and fresh vegetables stir-fried
in a savory mild hot sauce. 18.95

BLACK BEAN & LIME HALIBUT

Filet of halibut sautéed in a light tangy
black bean and lime sauce. 20.50

Call 483-1500

MS@NTM 12/01/18