

MUSTARD SEED

ASIAN CUISINE + BAR

STARTERS

FRESH GREEN BEANS (V,S,GFA)

Spicy green beans sautéed in a soy sauce glaze with chopped garlic and chili paste. **11.50**

GYOZAS - JAPANESE POT STICKERS

Seasoned chicken and vegetables, wrapped in an Asian pastry. Served with a soy based sauce and a sweet chili sauce. **10.50**

CALIFORNIA ROLLS (GFA)

Avocado, crab, and cucumber wrapped in rice and seaweed. Served with wasabi and pickled ginger. *(limited availability)*

4 PIECE | 9.45 8 PIECE | 14.50

EDAMAME (V, GFA)

Steamed green soybean pods, served warm and seasoned with sea salt. **7.95**

BIG ISLAND WINGS (S)

Chicken wings tossed in a spicy hot, tangy sauce. Served with ranch dressing. **14.95**

SPRING ROLLS

Wrapped in thin dough and deep-fried. Served with sweet and sour sauce.

Vegetable 8.95
Seasoned Pork 9.95

CHINESE CHICKEN LETTUCE CUPS

Seasoned chicken, mushrooms, water chestnuts, green onions, and sprouts. Served with crisp lettuce cups. **13.95**

CHINESE ROAST PORK (Char Siu)

Pork tenderloin slow roasted in Chinese spices. Served cold with hot mustard, hot red sauce and sesame seeds. **11.95**

ASIAN-GLAZED PORK RIBS

Oven-roasted and glazed with hoisin barbecue sauce, garnished with fresh green onion. **13.95**

WONTONS

Thin pillows of dough stuffed with green onions and Asian spices, deep-fried and served with house-made sweet and sour sauce. Shrimp wontons also come with hot mustard dipping sauce.

Pork 9.50
Shrimp and Cream Cheese 11.95

WASABI SHRIMP COCKTAIL (S, GFA)

Giant prawns, served cold with a spicy cocktail sauce made with wasabi, lime juice, and a hot chili sauce. **12.95**

DYNAMITE SHRIMP (S)

Lightly battered shrimp tossed in an amazing East meets West triple chili aioli sauce. **13.50**

SEARED AHI TUNA

Lightly seared ahi tuna with a sesame seed crust. Served with a creamy wasabi aioli. **16.50**

SALADS & VEGETABLES

1 PICK A SALAD 2 CHOOSE YOUR PROTEIN

CALIFORNIA CHINESE SALAD (GFA)

Fresh greens with green onions, tomatoes, avocados, mandarin oranges, and chopped peanuts with miso vinaigrette and rice sticks. **11.95**

ASIAN SALAD (E,GFA)

Fresh greens with mushrooms, green onions, red peppers, crunchy wonton strips cucumbers, sesame seeds and tomato wedges tossed in a honey mustard dressing. **10.95**

THAI CAESAR SALAD (GFA)

Try our Thai version of this classic salad. **10.95**

RED GRAPES AND WALNUT SALAD (GFA,V)

Fresh greens with red grapes, glazed walnuts and red onion tossed in a cucumber vinaigrette. **11.95**

TERIYAKI SALAD (GFA)

A bed of fresh greens and vegetables, pineapple, mandarin oranges, cucumbers, and tomatoes. Add your favorite teriyaki glazed protein. **10.95**

CHOICE OF PROTEIN

Chicken 4.50
Shrimp 5.95
Ahi 6.95
Tofu 4.50

Our salad dressing options include: Ginger | Japanese Oil and Vinegar | Miso Vinaigrette | Cucumber Vinaigrette | Honey Mustard | Ranch | Bleu Cheese | Thousand Island | Thai Caesar

WOK FIRED VEGETABLES

Broccoli, zucchini, onions, cabbage, and carrots stir-fried in our ginger-soy sauce. **11.95**

SOUPS

MUSTARD SEED SOUP

House soup made daily with miso and chicken stock, and fresh Japanese noodles. Garnished with green onion. **(SM) 3.95 (LG) 4.95**

CHOICE OF SOUP ADDITION

Wonton (Pork Char Siu) Sm 3.95 Lg 4.95
Gyoza (Pork Char Siu) Lg 5.95
Grilled Shrimp Lg 6.95

OUR STORY

Betty and Nancy Tokumoto grew up experiencing the diverse cultures of Japan, Thailand, and Hawaii. Both sisters loved to cook and shared a passion for fusing the flavors of their youth on the Pacific Rim with the West.

In 1978, this passion became a vision. With hard work, Nancy and Betty, along with Betty's husband, Dave Hall, saw their vision become a reality with the opening of the first Mustard Seed Asian Cafe in Missoula, Montana.

For more than 40 years, their culinary creations have delighted Mustard Seed fans. The inspiration and passion that Betty, Nancy and Dave began with is what drives Mustard Seed today.



ENTRÉES

We offer 3 styles of rice with your entrées:
Mustard Seed Seasoned | White Rice | Whole-Grain Rice.

OSAKA (GFA)

Your choice of protein sautéed in a light ginger sauce and garnished with fresh lemon. Served with a side of our Osaka (tangy mustard) sauce.

CHICKEN 17.95
SHRIMP 20.95
HALIBUT 28.95

TERIYAKI (GFA)

Your choice of protein grilled in our special ginger-teriyaki sauce. Topped with green onions and sesame seeds.

CHICKEN 17.95
BEEF 19.50
SHRIMP 20.95

SWEET AND SOUR

Your choice of protein deep-fried to a golden brown and topped with pineapples, green onions, sesame seeds, and sweet and sour sauce.

CHICKEN 17.95
PORK 16.95
SHRIMP 20.95
HALIBUT 28.95

*Ask your server to make it original maui style

SPICY CARAMEL GINGER CHICKEN (S,GFA)

Deep-fried chicken breast topped with a sweet chili caramel ginger sauce garnished with crushed peanuts. **17.50**

ALMOND CHICKEN

Our version of this traditional Chinese dish is deep-fried chicken breast topped with a light sauce and roasted almonds. **17.50**

LEMON AND PEPPER HALIBUT (GFA)

Halibut sautéed in lemon and pepper. **28.95**

ASIAN TACOS

Chicken and vegetables sautéed in a curry sauce with warm tortillas. Served with peanut dipping sauce.

VEGETABLE (vg) 14.50
CHICKEN 15.95

WOK-FIRED

We offer 3 styles of rice with your Wok-Fired Dishes:
Mustard Seed Seasoned | White Rice | Whole-Grain Rice.

GENERAL MUSTARDS

Your choice of protein deep-fried and tossed with stir-fried mushrooms, pea pods, red peppers, bok choy and green onions in a tangy sweet and sour glaze.

CHICKEN 17.50
HALIBUT 28.95

ASIAN-SEARED CASHEW CHICKEN

Chicken breast stir-fried with mushrooms, pea-pods, bell peppers and roasted cashew nuts in a wine sauce. **15.95**

BONG BONG CHICKEN

Chicken breast stir-fried with broccoli, zucchini, onion, cabbage, tomato, mushroom, and carrots in a light wine sauce. **16.50**

SPICY CHICKEN PEANUT (S)

Chicken breast sautéed with red peppers, mushrooms, and onions in a spicy peanut sauce. Served over white rice, garnished with peanuts and green onions. **16.50**

SINGAPORE BEEF

Beef tenderloin sautéed in a Singapore butter with mushrooms, onions, and bell peppers. **19.95**

BEEF AND BROCCOLI

Beef tenderloin stir-fried with broccoli, zucchini, onion, cabbage, carrots and celery in oyster sauce. **19.95**

MUSHROOM BEEF

Beef tenderloin wok-seared with mushrooms, red peppers, bok choy, and pea pods. **19.95**

WOK SEARED GARLIC SHRIMP

Shrimp stir-fried with mushrooms, tomatoes, onions, and pea pods mixed with a spicy black bean sauce. **20.50**

NOODLES & FRIED RICE

FRIED NOODLES

Soft Japanese noodles stir-fried with your choice of protein and broccoli, zucchini, onion, cabbage and carrots in our unique ginger-teriyaki sauce.

VEGETABLE (vg, E) 12.50
PORK AND CHICKEN 15.95
SHRIMP 17.95

SIZZLING SZECHUAN BEEF (S)

Beef tenderloin stir-fried with mushrooms, onions and fresh tomatoes. Served over fresh udon noodles and garnished with green onions. **19.95**

THAI CHICKEN COCONUT CURRY NOODLE BOWL

Chicken and noodles stir-fried in a Thai coconut curry sauce with pea pods, broccoli, bok choy, bell peppers, and mushrooms. **15.95**

KUNG PAO CHICKEN NOODLES (S)

Chicken, onions, zucchini, carrots, bell peppers, ginger, garlic, chili peppers and peanuts stir-fried with fresh udon noodles in a spicy sauce. Don't bite into the chilies, they are very hot! **15.95**

PHAD THAI (S,GFA)

Rice noodles and eggs cooked in a savory tamarind sauce, topped with peanuts, fresh cilantro, carrots, bean sprouts, fresh green onions, and a lime wedge.

CHICKEN 16.50
SHRIMP 18.50

SHRIMP AND NOODLES IN PEANUT SAUCE

Shrimp & noodles stir-fried in peanut sauce with pea pods, broccoli, bok choy, red peppers, bell peppers and mushrooms. **17.50**

BURMESE NOODLES (vg, E)

Udon noodles stir-fried with onions, bok choy, red peppers and pineapple in a spicy sauce with flavors of coconut milk, cilantro, thyme, citrus, garlic and hot chilies.

VEGETABLE (vg) 14.50
SHRIMP 17.50

FRIED RICE (GFA)

Stir-fried rice with broccoli, zucchini, onions, carrots and cabbage with your choice of seasoned white or brown rice. Flavored with a light soy ginger sauce.

VEGETABLE (vg) 12.50
CHICKEN 14.50
PORK 13.95
SHRIMP 15.95

FOOD RESTRICTIONS

Gluten free options available. Ask your server how we can accommodate your dietary restrictions.

Please refer to your server about any special request or accommodation. Items referring to a specific diet will be marked as follows:

vg=Vegetarian
V=Vegan

S=Spicy

GFA=Gluten Free
Available



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