

LUNCH TIME

Available daily 11am - 3pm

Bowls are served with Mustard Seed seasoned rice and Asian slaw

LUNCH BOWLS

OSAKA BOWL (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.

<i>CHICKEN</i>	11.95
<i>SHRIMP</i>	12.50
<i>HALIBUT</i>	15.95
<i>TOFU (V)</i>	10.95

TERIYAKI BOWL

Your choice of protein sautéed in our ginger teriyaki sauce and garnished with toasted sesame seeds.

<i>CHICKEN</i>	11.95
<i>SIRLOIN</i>	12.50
<i>SHRIMP</i>	12.50
<i>TOFU (V)</i>	10.25

MAUI CHICKEN

11.95

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

SWEET AND SOUR

Your choice of strips of pork, shrimp in light batter or tofu deep-fried to a golden brown and topped with pineapples and sweet and sour sauce and sesame seeds.

<i>PORK</i>	11.95
<i>SHRIMP</i>	12.50
<i>TOFU</i>	10.95

SPICY CARAMEL CHICKEN (GFA)

11.95

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

ALMOND CHICKEN

11.95

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

LEMON AND PEPPER HALIBUT (GFA)

15.95

Halibut sautéed in lemon and pepper.

DEEP-FRIED HALIBUT

15.95

Halibut deep-fried to a golden brown with your choice of sweet and sour sauce, tartar sauce, or malt vinegar.

WOK-FIRED BOWLS

Bowls are served with Mustard Seed seasoned rice

GENERAL MUSTARD'S

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

CHICKEN 11.95
HALIBUT 15.95

ASIAN-SEARED CASHEW CHICKEN 11.95

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

BONG BONG CHICKEN 11.95

Chicken breast stir-fried with broccoli, zucchini, onions, cabbage, carrots, tomatoes and mushrooms in a light wine sauce.

SPICY CHICKEN PEANUT 11.95

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

SINGAPORE BEEF (GFA) 12.50

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

BEEF AND BROCCOLI 12.50

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

MUSHROOM BEEF 12.50

Beef tenderloin stir-fried with mushrooms and fresh vegetables, red peppers, bok choy and pea pods.

WOK SEARED GARLIC SHRIMP 12.50

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

PEPPER SEARED HALIBUT WITH ASIAN SALSA (GFA) 15.95

Halibut sautéed in lemon and chilies, coated in a mild salsa of bell peppers, garlic, onions, black beans and sesame seeds.

FOOD 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

E=Contains egg

GFA= Gluten Free Available



MUSTARD SEED

www.mustardseedweb.com

*All proteins can be substituted with Tofu