

STARTERS

FRESH GREEN BEANS (V, S, GFA)

Spicy green beans sautéed in a soy sauce glaze with chopped garlic and chili paste. SM 21.00 LG 42.00

GYOZAS - JAPANESE POT STICKERS

Seasoned chicken and vegetable, wrapped in an Asian pastry. Served with a soy based sauce and a sweet chili sauce. SM 21.00 LG 42.00

EDAMAME (V, GFA)

Steamed green soybean pods served warm, seasoned with sea salt. SM 15.90 LG 31.80

BIG ISLAND WINGS

Chicken wings tossed in a spicy hot, tangy sauce. Served with ranch dressing. SM 25.90 LG 51.80

SPRING ROLLS

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

VEGETABLE SM 15.90 LG 31.80
SEASONED PORK SM 17.00 LG 34.00

CHINESE CHICKEN LETTUCE CUPS

Seasoned chicken, mushrooms and water chestnuts. Served with crisp lettuce cups. Eat these like a taco! SM 23.90 LG 47.80

CHINESE ROAST PORK

Pork tenderloin slow roasted in Chinese spices. Served cold with hot mustard, hot red sauce and sesame seeds. SM 21.00 LG 42.00

ASIAN-GLAZED PORK RIBS

Oven-roasted and glazed with hoisin barbecue sauce, garnished with fresh green onion. SM 23.90 LG 47.80

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 SM 19.00 LG 38.00
SHRIMP AND CREAM CHEESE SM 23.90 LG 47.80

WASABI SHRIMP COCKTAIL

Giant prawns, served cold with a very hot cocktail sauce containing wasabi, lime juice and a hot chili sauce to give it an Asian twist. SM 23.90 LG 47.80

DYNAMITE SHRIMP

Lightly battered shrimp tossed in an amazing East meets West triple chili aioli sauce. SM 23.90 LG 47.80

SEARED AHI TUNA

Lightly seared Ahi Tuna with a sesame seed crust. Served with a creamy wasabi aioli. SM 31.00 LG 62.00

SALADS & VEGETABLES

TOSSED GREEN SALAD (V, vg)

Fresh greens tossed with cucumbers, and tomatoes, and croutons and choice of dressing. SM 11.90 LG 23.80

RED GRAPES AND WALNUT SALAD (V)

Fresh greens with red grapes, glazed walnuts and red onion tossed in a cucumber vinaigrette. SM 23.90 LG 47.80
WITH AHI TUNA SM 33.90 LG 67.80

THAI CHICKEN CAESAR SALAD

Try our Thai version of this classic salad. SM 17.90 LG 35.80
WITH CHICKEN SM 25.90 LG 51.80

CALIFORNIA CHINESE CHICKEN SALAD

Fresh greens with green onions, tomatoes, avocados, mandarin oranges and chopped peanuts with miso vinaigrette and rice sticks. SM 25.90 LG 51.80

TERIYAKI SALAD

Your choice of protein glazed in teriyaki on a bed of fresh greens and vegetable, pineapple, mandarin oranges, cucumbers and tomatoes. Served with Ginger dressing. CHICKEN SM 25.90 LG 51.80
SHRIMP SM 27.90 LG 55.80

ASIAN CHICKEN SALAD (F)

Fresh greens with mushrooms, green onions, red peppers, crunchy wonton strips, cucumbers, sesame seeds and tomato wedges tossed in a honey mustard dressing. SM 25.90 LG 51.80

ASIAN SLAW

A fresh slaw of cucumber, cabbage, celery and carrots tossed in our Asian vinaigrette. SM 7.50 LG 15.00

WOK FIRED VEGETABLES

Broccoli, zucchini, onions, cabbage and carrots stir-fried in our ginger-teriyaki sauce. SM 21.90 LG 43.80

Our salad dressings include Ginger, Japanese Oil and Vinegar, Miso Vinaigrette, Cucumber Vinaigrette, Honey Mustard, Ranch, Bleu Cheese and Thousand Island.

ENTREÉS

Entrees come with a choice of Mustard Seed seasoned, white or whole-grain rice.

● OSAKA

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 (GFA) SM 33.00 LG 66.00
SHRIMP (GFA) SM 39.90 LG 79.80
HALIBUT (GFA) SM 45.90 LG 91.80
TOFU (V, GFA) SM 31.90 LG 63.80

● TERIYAKI

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

CHICKEN SM 33.00 LG 66.00
BEEF SM 35.90 LG 71.80
SHRIMP SM 39.90 LG 79.80
TOFU (V) SM 31.90 LG 63.80

MAUI CHICKEN

Deep-fried chicken breast topped with sweet and sour sauce, mandarin oranges, pineapple and coconut. SM 31.90 LG 63.80

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.

PORK SM 31.90 LG 63.80
SHRIMP SM 39.90 LG 79.80
TOFU (V) SM 31.90 LG 63.80

SPICY CARAMEL GINGER CHICKEN (GFA)

Deep-fried chicken breast topped with a sweet chili caramel ginger sauce garnished with crushed peanuts. SM 31.90 LG 63.80

ALMOND CHICKEN

Our version of this traditional Chinese dish is deep-fried chicken breast topped with a light sauce and roasted almonds. SM 31.90 LG 63.80

LEMON AND PEPPER HALIBUT (GFA)

Halibut sautéed in lemon and pepper. SM 45.90 LG 91.80

DEEP FRIED HALIBUT

Halibut deep-fried to a golden brown with your choice of sweet and sour sauce, tartar sauce, or malt vinegar. SM 45.90 LG 91.80

ASIAN TACOS

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

VEGETABLE SM 29.00 LG 58.00
CHICKEN SM 29.90 LG 59.80

WOK-FIRED

Wok fired dishes come with a choice of Mustard Seed seasoned, white or whole-grain rice.

GENERAL MUSTARDS

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

CHICKEN SM 33.00 LG 66.00
HALIBUT SM 45.90 LG 91.80

ASIAN-SEARED CASHEW CHICKEN

Chicken breast stir-fried with mushrooms, pea-pods, bell peppers and roasted cashew nuts in a wine sauce. SM 31.90 LG 63.80

BONG BONG CHICKEN

Chicken breast stir-fried with broccoli, zucchini, onion, cabbage, tomato, mushroom, and carrot in a light wine sauce. SM 31.90 LG 63.80

SPICY CHICKEN PEANUT

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)

Beef tenderloin sautéed in a Singapore butter with mushrooms, onions and bell peppers. SM 31.90 LG 63.80

BEEF AND BROCCOLI

Beef tenderloin stir-fried with broccoli, zucchini, onion, cabbage, carrots and celery in oyster sauce. SM 35.90 LG 71.80

MUSHROOM BEEF

Beef tenderloin wok-seared with mushrooms, red peppers, bok choy, and pea pods. SM 35.90 LG 71.80

WOK SEARED GARLIC SHRIMP

Shrimp stir-fried with mushrooms, tomatoes, onions, and pea pods mixed with a spicy black bean sauce. SM 39.90 LG 79.80

PEPPER SEARED HALIBUT WITH ASIAN SALSA (GFA)

Halibut sautéed in lemon and chilies, coated in a mild salsa of bell peppers, garlic, onions, black beans and sesame seeds. SM 45.90 LG 91.80



Gluten free option available. Ask us how we can accommodate your dietary restrictions.

NOODLES & FRIED RICE

FRIED NOODLE

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

VEGETABLE (vg, E)	SM 23.90	LG 47.80
PORK & CHICKEN	SM 27.90	LG 55.80
SHRIMP	SM 31.90	LG 63.80

SIZZLING SZECHUAN BEEF

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

SM 35.90 LG 71.80

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.

SM 29.00 LG 58.00

KUNG PAO CHICKEN NOODLES

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 chillies, they are very hot!

SM 29.00 LG 58.00

PHAD THAI (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	SM 29.90	LG 59.80
SHRIMP	SM 33.90	LG 67.80

SHRIMP AND NOODLES IN PEANUT SAUCE

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

SM 31.90 LG 63.80

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 chillies.

VEGETABLE (vg)	SM 25.90	LG 51.80
SHRIMP	SM 31.00	LG 62.00

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)	SM 23.00	LG 46.00
CHICKEN	SM 23.90	LG 47.80
PORK	SM 23.00	LG 46.00
SHRIMP	SM 25.90	LG 51.80

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 S=Spicy GFA= Gluten Free
V=Vegan E=Contains egg Available

*All proteins can be substituted with Tofu

FOR DELIVERY AND TAKE-OUT ONLY

EACH PAN SERVES:

Approximately

SMALL 3-4 PEOPLE

LARGE 6-8 PEOPLE

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.



MUSTARD SEED

www.mustardseedweb.com



CATERS

MUSTARD SEED