

Omakase おまかせコース

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Omakase means entrusting the chef to draw upon the best and freshest ingredients today to prepare a special dinner featuring both cold and hot dishes.

The meal will be reflective of our natural surroundings and, as much as possible, use local produce and seafood to embody the essence of Tojo's culinary perspective.

Omakase can be enjoyed **per person** at:

80 Five Courses

120 Six Courses and up

225 Wagyu Dinner (Featuring Japanese marbled beef)

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おまかせコースでは、バンクーバーならではの食材をふんだんに取り入れ、シェフの創造性を活かしたお料理を楽しんでいただけます。

厳選された、天然の食材から、刺身、寿司、温かいお料理などを含むバランスの取れたディナーをご用意いたします。

おまかせコースはお一人様以下の値段からお楽しみいただけます。

80 5コース

120 6コース

ご予算に合わせたコースもご用意できます (\$120~)

225 和牛コース

アレルギーや好き嫌いのある方は、前もってお申し付けください



Vegetarian Food
ベジタリアン



All Cooked
生もの抜き



Contains Shell Fish
貝類入り

*If you have allergies or dietary restrictions, please inform your server
Our sushi contains wasabi and mayonnaise. If you prefer your sushi without these items, please inform your server*

APPETIZERS 前菜

		Edamame Boiled soybeans	枝豆	Small 5	Regular 8
		Agedashi Tofu Lightly deep-fried tofu with special sauce	揚げだし豆腐		8
		Baked Oysters Pacific Oysters baked in our special sauce	カキのスペシャル焼き		10
		Tojo's Tuna Chef's Signature Dish - Tuna sashimi with special sesame and wasabi sauce	マグロのごまあえ	Small 10	Regular 20
		Tuna Tataki Lightly seared marinated local wild albacore tuna with ponzu sauce	マグロのたたき	Small 12	Regular 24
		Gyu Sashi (beef sashimi) Organic tenderloin thinly sliced and served with chili and ponzu sauce	牛刺し		24
		Shiitake Shinjo Organic shiitake stuffed with a whitefish mousse, deep-fried and served with special sauce	椎茸しんじょ		24

SALADS サラダ

		Goma-ae Blanched spinach with creamy sesame sauce	ほうれん草のごまあえ		7
		Green Salad Organic greens with house dressing	有機野菜サラダ		16
		Wakame Salad Wakame (seaweed) and organic greens with house dressing	わかめサラダ		18
		Smoked Salmon Salad Smoked wild Pacific salmon and organic greens with Tojo's special dressing	自家製スモークサーモンサラダ		28
		Seafood Salad Ceviche style salad served with smoked wild Pacific salmon and other delicious tastes from the sea	海鮮サラダ		28

HOT DISHES 温かいお料理

		Wild Pacific Salmon Wild Pacific Salmon prepared with the best available seasonal ingredients. Ask your server for today's preparation.	天然サーモン		28
		Canadian Sablefish Baked sablefish with Tojo's secret marinade	銀ダラ		34
		Halibut Cheek Halibut Cheek, sautéed in a crème garlic teriyaki sauce	おひょうのほほ肉		34
		Suntan Tuna Red tuna wrapped in nori with a light tempura crust and served with sour plum sauce	赤マグロの梅肉ソース仕立て		36
		Hamachi Kama Broiled yellowtail shoulder	ハマチカマ	Daily	
		Tojo's Chicken Organic chicken prepared with the best available seasonal ingredients. Ask your server for today's preparation.	オーガニック地鶏グリル焼き		34
		Tojo's Tenderloin Organic tenderloin prepared with the best available seasonal ingredients. Ask your server for today's preparation.	オーガニックテンダーロイン		45
		Wagyu Marbled Japanese Beef with Tojo's original special sauce	和牛		175

TEMPURA 天ぷら

		Seasonal Vegetables Seasonal vegetables tempura	季節の野菜天ぷら		18
		Wild Prawn Natural prawns tempura	天然えびの天ぷら		30
		Assorted Wild prawns and seasonal vegetables	天然えびと野菜の盛り合わせ		30
		Seafood Fresh seasonal seafood	シーフード天ぷら		34

SASHIMI 刺身

	Tai Usuzukuri Petals of thinly-sliced red snapper with chili and ponzu sauce	タイの薄造り		24			
	Tojo's Selection - fresh catches of the day Sashimi assortment	刺身の盛り合わせ		38			
	Hamachi (Yellowtail) Sashimi	はまち	24		Tai (Red Snapper) Sashimi	タイ	24
	Sake (Wild Pacific Salmon) Sashimi	サーモン	24		Red Tuna Sashimi	マグロ赤身	26
	Toro (Tuna Belly) Sashimi	トロ	28		Mirugai (Geoduck) Sashimi	みる貝	28
	Ama ebi (Sweet Prawn) Sashimi	甘えび	28		Uni (Sea Urchin) Sashimi	うに	28

Please ask your server for today's specials.

SUSHI 寿司

	Assorted Sushi (Nigiri) Assortment of Nigiri made with the freshest local fish and seafood	にぎりの盛り合わせ		34
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ORIGINAL ROLLS 巻き寿司

		Celebration 2010 Roll Inside-out roll containing crab, pineapple and asparagus with tuna, wild Pacific salmon, red snapper, spinach and egg on top	セレブレーション2010ロール		26
		Pacific Northwest Roll Inside-out west coast dungeness crab roll with avocado, scallop and fish roe on top	ノースウェストロール		26
		Great Canadian Roll East Meets West - Inside-out Atlantic lobster roll with asparagus and smoked Pacific salmon on top	カナディアンロール		26
		Golden Roll Crab, scallop, wild Pacific salmon, and sweet shrimp rolled in an egg crepe with fish roe on top	ゴールドデンロール		26
		Great BC Roll Inside-out barbecued salmon skin roll with cucumber, sesame seeds and more salmon skin on top	BCロール		20
		Spicy Tuna Roll Inside-out spicy tuna roll with more tuna on top	スパイシーツナロール		20
		Great Pacific Roll Inside-out wild Pacific salmon roll with avocado and more salmon on top	パシフィックロール		20
		Spider Roll Deep-fried soft shell crab, asparagus and avocado rolled in a cucumber crepe	スパイダーロール		18
		Northern Light Roll Wild prawn tempura, avocado and seasonal fruit rolled in a cucumber crepe. Inspired by The Canadian Northern Lights!	ノーザンライトロール		18
		Tojo Roll West coast dungeness crab, avocado, spinach and egg rolled inside-out with sesame seeds on top	トージョーロール		14
		Vegetable Roll Fresh seasonal vegetables rolled inside-out with sesame seeds on top	ベジタブルロール		12

NIGIRI 握り寿司

Tuna	West Coast Albacore	3
Ebi	Boiled Wild Shrimp	3
Masago	Smelt Roe	3
Tobiko	Flying Fish Roe	3
Sake	Wild Pacific Salmon	4
Ikura	Wild Pacific Salmon Roe	4
Hotate	Scallop	4
Tuna Tataki	Seared Tuna	4
Anago	Barbecued Sea Eel	4
Unagi	Barbecued Freshwater Eel	4
Tai	Red Snapper	5
Mirugai	Geoduck	5
Toro	Tuna Belly	5
Akami	Red Tuna	5
Smoked Salmon	Wild Pacific Salmon smoked in-house	5
Hamachi	Yellowtail	Daily
Isaki	Three Line Grunt	Daily
Uni	Sea Urchin	Daily
Amaebi	Raw Sweet Prawn	Daily

TEMAKI (Sushi in a Cone) 手巻き寿司

Magnum P.I.	Tom's Favourite! Crab, sweet shrimp, avocado, geoduck and fish roe	9
Lobster	Atlantic lobster, avocado and fish roe	9
Dynamite	Wild prawn tempura and avocado with spicy sauce	8
Uni	Sea Urchin	8
Scallop and Asparagus	Scallop, asparagus and fish roe	7
Kani	West coast dungeness crab, avocado and fish roe	7
Anakyu	Barbecued sea eel and cucumber	7
Unakyu	Barbecued fresh water eel and cucumber	7
Spicy Tuna		5
Tuna		5
Salmon		5
Vegetable	Fresh seasonal vegetables	5
Umejiso	Japanese sour plum with shiso mint	5

Quotes

“Tojo is a force behind the counter, shouting rapid-fire orders in Japanese, slicing fish with aplomb and sipping what may well be sake from his bamboo cup.”
The Washington Post (July 2009)

“Tojo’s is Japanese but so suffused with Vancouver’s multi-ethnic sensibility...”
Financial Times (Sept 2009)

“Chef Hidekazu Tojo is known for his high-energy, celebrity-courting style.”
The Wall Street Journal (Oct 2008)

“With Tojo, expect the unexpected and expect it to be brilliant.”
Vancouver Sun (Feb 2009)

“At the center of it all is the beaming and energetic Tojo, who performs his magic with the precision of a surgeon and the faiest Vagas swagger.”
1000 Places to See Before You Die (2007)

“Some foodies say they’d die for a plate of Hidekazu Tojo’s exquisite sashimi..”
Naked Eye (Spring 2008)

“Many notable celebrities, including the Rolling Stones and Harrison Ford, are ardent Tojo fans”
Nuvo (Spring 2008)

“Tojo’s is where you should surrender yourself to unsurpassed culinary skills, and be rewarded with great favourites such as Canada’s famous sable fish.”
World Luxury Collections (Winter 2008)

Awards

A Canadian Food & Wine Affair **Peoples’ Choice Award, 2010**
Vancouver Magazine’s **Lifetime Achievement Award, 2009**
City of Vancouver Mayor’s **Award for Culinary Arts, 2009**
Vancouver Magazine’s **Best Japanese Award, 1988-2011**
Zagat Rated Extraordinary, **2007-2011**
British Columbia **Restaurants Hall of Fame, 2006**

TV

Today (NBC), **2010**
Live telecast

Japan Allsters (TV Tokyo), **2010**

Bob Blumer’s Glutton for Punishment (Food Network), **2008**
Tojo mentors Bob the technique to detoxify blowfish, a deadly poisonous fish considered a delicacy in Japan

Anthony Bourdain: No Reservations (Travel Channel), **2008**
Tojo feeds Tony at the sushi bar and later parties with city’s top chefs

Michael Smith’s Chef at Large, 2004
Mentors Michael on making sushi

Martha Stewart Cooking Show, 2004
Mentors Martha on making sushi

Hidekazu Tojo

Hidekazu Tojo was born in post-war Japan (near the stunningly beautiful volcanic mountain named Sakurajima in Kagoshima, at the southernmost tip of Japan). As a young man he traveled to Osaka where he apprenticed at Ohnoya, a famed traditional Ryotei (traditional Japanese fine dine). During years of 16-hour days there he perfected his uncanny skill for selecting the best and freshest fish. At the Ohnoya he also developed an encyclopaedic repertoire of some 2000 traditional Japanese recipes, which even today he has fresh in his head.



Recognizing that his own passion for inventiveness was leading him beyond the conventional expectations of mainstream Japanese cuisine, Tojo chose to come to North America, where he felt that a multicultural population without preconceptions would be more receptive to his ideas. He found his perfect audience in Vancouver.

Vancouver in the early 1970s had only four Japanese restaurants, and Tojo's first original dishes were aimed at helping locals learn how to appreciate the world of Japanese cuisine. His ***Tojo tuna*** (maguro ae) made use of local albacore tuna, and his still-secret marinade solved the problem of westerners’ unfamiliarity with sashimi dipping sauces. For those who felt uneasy about eating raw fish, there was cooked crabmeat and avacodo, rolled “inside out” to hide the seaweed wrapper (another challenge for many). Thus was born what is now universally known as the ***“California roll”***—not for its land of origin, but for the avocado. Today this is the staple sushi for millions of North Americans who have no idea that it originated with Tojo, in Canada.

Increasingly, fresh local ingredients unknown or very rare in Japan found pride of place in his new recipes: Gindara (broiled black cod, now known as sablefish), baked local oysters, local albacore tuna, asparagus, and, famously, salmon. Tojo's barbecued salmon-skin roll, first created in 1974, was a response to the difficulty of obtaining eel (anago) on this side of the Pacific. It turned out to be one of those substitutes that is arguably better than the original. It can today be found in virtually every Japanese restaurant on the West Coast, under the name of ***"BC roll"***. Tojo was also the first to introduce smoked salmon into Japanese cuisine. He uses only wild salmon in his restaurant.

As the head chef of the tiny Jinya restaurant Tojo-san presided over Japanese food's phenomenal growth in popularity in the 1980s. As more and more diners appeared with expectations of the now-standard sushi repertoire, Tojo began to surprise them (and delight those less eager to eat raw fish) with a wider range of cooked dishes, and with traditional dishes that even Japanese visitors recognized as rare and special back home.

On October 6, 1988 Tojo opened Tojo's Restaurant. Here he welcomes the stars of Hollywood North, visiting executives of Japanese corporations, pilgrims who have read reviews of his restaurant in publications from around the world, and, as always, an expanding loyal community of Vancouver oldtimers and regulars. He treats each with respectful equanimity mixed with infectious laughter, assuming that each shares his appreciation of freshness and originality.

It is here at his own restaurant that Tojo has begun to train a new generation of chefs, sharing the discipline of his own training and the insights of a lifetime devoted to creativity. Today a tightly-knit team of gifted young chefs from around the world assist him behind the sushi counter and in the kitchen. They compete with one another to concoct new dishes, new sushi and deserts to match the example of their master. And the result is pure delight for those fortunate enough to eat here.



Tojo's

Welcome.

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We would like to thank you for visiting Tojo's Restaurant today. Here at Tojo's we make every effort to offer local seafood, meat and vegetables, purchasing the freshest of foods and preparing them for your enjoyment. Each and every item on our menu is selected and prepared using traditional Japanese methods, and on occasion, we offer new and modern selections. We use organic materials as much as we can and no instant food or M.S.G. For authentic Japanese cuisine Tojo's is exceptional. Please enjoy your meal....

Owner Chef

本日はご来店いただき誠にありがとうございます。
当店の材料はできるだけ地元で取れる魚介類、肉類や野菜を主としており、毎日新鮮な材料を仕入れて調理しております。日本料理の伝統をそのまま残し、さらに新しい調理法でも調理しております。また、インスタントやできあいの品、化学調味料などは一切使用しておりませんし、可能な限り有機野菜や天然の素材を使用しております。