

MAKI CONES

A type of sushi rolled by hand, forming into a cone shape.



- Spicy Tuna (F1) \$6.5
Spicy marinated tuna and cucumber.
- Spicy Salmon (F2) ... \$6.5
Spicy marinated salmon and cucumber.
- Spicy Scallops (F3) .. \$6.5
Scallops, avocado, spicy sauce and fish roe.

- Spicy Cone Family (F4) \$17.5
Spicy tuna, spicy salmon and spicy scallop cone trifecta.
- California (F5) \$6.5
Crab, avocado, cucumber and fish roe.
- Dynamite (F6) \$6.5
Tempura prawns, avocado, cucumber, lettuce and fish roe.

- Unagi (F7) \$7.5
BBQ eel and cucumber.
- Fusion (F8) \$7.5
Crab, tempura prawn, carrots, lettuce, avocado, cucumber and spicy honey sauce. Wrapped in soybean sheet.

BENTO BOX

A decorated Japanese lunchbox served with rice, house salad and miso soup.



- Vegetarian (H1) \$18
Grilled tofu/vegetables; 3 vegetable rolls; 3 avocado rolls; 4 assorted vegetable tempura
- Teriyaki (H2) \$19
Teriyaki chicken/beef; 3 house rolls; 3 california rolls; 4 assorted tempura
- Taste of Ginger (H3) ... \$19
Ginger chicken/beef; 3 house rolls; 3 california rolls; 4 assorted tempura

- Chicken Katsu (H4) ... \$20
Japanese styled fried breaded chicken; 3 house rolls; 3 california rolls; 4 assorted tempura
- Seafood (H5) \$20
Grilled salmon/red snapper/shrimps/scallops; 3 house rolls; 3 california rolls; 4 assorted tempura
- New York (H6) \$21.5
4 oz. sliced steak with onions and mushrooms; 3 house rolls; 3 california rolls; 4 assorted tempura

- BBQ Eel (H7) \$21.5
BBQ Eel; 3 house rolls; 3 california rolls; 4 assorted tempura
- Sushi & Sashimi (H8) .. \$23.5
2 tuna sashimi; 2 salmon sashimi; 2 surf clam sashimi; 1 tuna nigiri; 1 salmon nigiri; 1 sweet egg nigiri; 3 house rolls; 3 california rolls; 4 assorted tempura. Not served with rice.

BOATS

Served with miso soup and house salad.



- Vegetarian (J1) \$19.5
4 agedashi tofu, 6 vegetable roll, 2 sweet fried tofu nigiri, 4 assorted vegetable tempura
- Spicy (J2) \$23
3 spicy gyoza, 4 spicy prawns, 3 spicy tuna roll, 3 spicy salmon roll, 4 assorted vegetable tempura
- Deluxe (J3) \$23
Chicken/beef teriyaki, 2 tuna sashimi, 2 salmon sashimi, 3 house rolls, 3 dynamite rolls, 4 assorted tempura
- New York (J4) \$23
4 oz. New York Steak with onions and mushrooms, Japanese style popcorn chicken, 3 house rolls, 3 dynamite rolls, 4 assorted tempura

- Sushi and Sashimi (J5) \$24
2 tuna sashimi, 2 salmon sashimi, 1 tuna nigiri, 1 salmon nigiri, 1 tamago (sweet egg) nigiri, 3 house rolls, 3 dynamite rolls, 2 orange pieces
- BBQ Eel (J6) \$24
BBQ Eel Rice, 2 tuna sashimi, 2 salmon sashimi, 3 house rolls, 3 dynamite rolls, 4 assorted tempura

RICE BOWLS

Served with miso soup.



- Teriyaki Tofu (K1) \$15.5
- Teriyaki Beef (K2) \$17
- Teriyaki Chicken (K3) \$17
- Chicken Katsu (K4) \$17.5
Japanese style fried breaded chicken with teriyaki sauce.

- Teriyaki Prawn (K5) \$18.5
- Teriyaki Salmon (K6) \$19
- BBQ Eel (K7) \$19

ASIAN FUSION

Served with miso soup and rice.

- Lemon Chicken (L2) \$17.5
- Japanese Style Crispy Ginger Beef/Chicken (Spicy) (L3) \$17.5
- Sizzling Pepper Platter (L4) \$22/\$20/\$22
Choice of steak, chicken or shrimp.

- General Tso's (Spicy) (L5) \$18
Choice of chicken or beef.
- Yakisoba Udon (L6) \$18.5
Japanese style noodles with teriyaki sauce. Choice of veggie, chicken, beef or shrimp. Not served with rice.

- Teppan Combo (L8) \$20
Choice of grilled chicken or beef on a bed of grilled cabbage, carrots and onion. Served with house salad and California roll instead of rice.



SUSHI PLATTERS



- Spicy Platter (M1) \$24
• Spicy tuna roll
• Spicy salmon roll
• Spicy diced scallop roll

- Assorted Platter (M2) \$35
• 3 salmon nigiri and 3 tuna nigiri
• California rolls
• Salmon rolls
• Tuna rolls

- Standard Platter (M3) \$38
• 3 salmon nigiri and 3 tuna nigiri
• California rolls
• Dynamite rolls

- Roll Platter (M4) \$44
• California rolls
• BC rolls
• Dynamite rolls
• Salmon rolls
• Tuna rolls
• Cucumber rolls

- Deluxe Platter (M5) \$51
• 2 salmon nigiri, 2 Ebi nigiri and 2 tuna nigiri
• 2 salmon sashimi, 2 surf clam and 2 tuna sashimi
• California rolls
• BC rolls
• Spicy tuna rolls

- Rising Sun Platter (M6) \$50
• 2 salmon nigiri, 2 Ebi nigiri and 2 tuna nigiri
• Captain crunch roll
• Spicy tuna roll
• Chopped scallop roll

- Sushi and Roll Platter (M7) .. \$64
• 3 salmon nigiri, 3 Ebi nigiri, 3 tuna nigiri and 3 tamago
• Salmon roll
• Dynamite roll
• Bob Marley roll
• Tuna Roll

- Titanic Platter (M8) \$63
• 2 salmon nigiri, 2 Ebi nigiri and 2 tuna nigiri
• 2 salmon sashimi, 2 surf clam and 2 tuna sashimi
• Captain crunch roll
• Mango tuna roll
• Spicy salmon roll

- Love Platter (M9) \$77
• Happy eel roll
• Tiger's eye roll
• Fancy roll
• Tuna tataki roll
• Male dragon roll

- Assembly Line Platter (M10) .. \$81
• Spicy trio roll
• Orange crush roll
• Greenie roll
• Las Vegas roll
• Spider roll
• Captain Crunch roll

- Penthouse Platter (M11) \$96
• Volcano roll
• Spicy trio roll
• Orange crush roll
• Devil's roll
• White ninja roll
• Bob Marley roll
• Fancy roll

DRINKS

- Bubble Tea \$7.5
Honeydew, Lychee, Mango, Papaya, Peach, Red Bean, Strawberry, Taro or Vanilla



TEPPANYAKI

Teppanyaki is a style of Japanese cuisine that uses an iron griddle to cook food. It is as much a performance art as it is delicious. This unique experience is one of a kind in Grande Prairie. For more information and Teppanyaki menu, please visit our website: SotoGrandePrairie.com.



SOTO

TEPPANYAKI - JAPANESE - FUSION



DINE IN – TAKE OUT – DELIVERY

Minimum order for delivery is \$50. Free delivery for orders over \$80.

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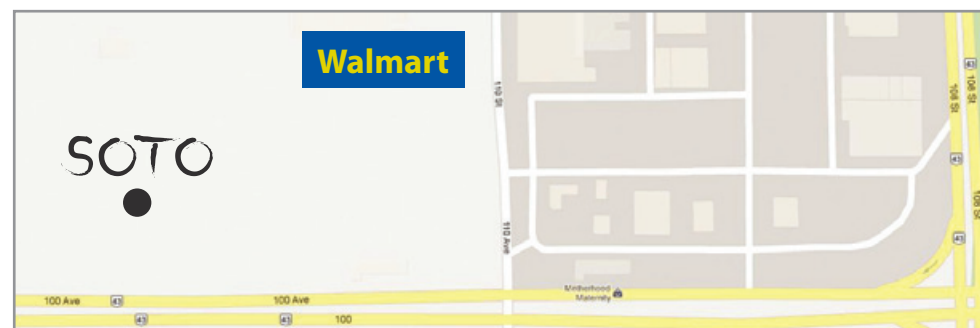
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*Prices subject to change without notice.

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APPETIZERS

- Edamame (A1) \$6
Lightly salted soybeans boiled in their shells.
- Agedashi Tofu (6) (A2) \$8
Tofu fried tempura style, topped with scallions and served with teriyaki sauce.
- Ebi Mayo (6) (A3) \$15.5
Tiger prawns tempura. Topped with spicy mayonnaise and scallions.
- Avocado Lover (A4) \$12
Avocado tempura, scallions, eel sauce, mayonnaise.
- Pork Spring Rolls (6) (A5) \$10.5
Spring rolls fried until golden crispy and served with plum sauce.
- Crab Cheese Parcels (6) (A7) \$9.5
Crab and cream cheese wrapped in crispy wonton shells. Served with plum sauce.
- Pork Gyoza (6) (A8) \$11
Pan fried japanese dumplings served with house spicy dip.
- Soto Rolls (2) (A9) \$9
Shrimp or chicken, carrots, cucumbers and lettuce wrapped in transparent rice paper and served with Hoisin peanut sauce.
- Japanese Style Popcorn Chicken (10 oz.) (A10) \$11.5
Marinated chicken breasts breaded and fried until golden. Served with plum sauce.
- Horse Mackerel (A11) \$10
Deep fried golden brown crispy and served with tartar sauce.
- BBQ Squid (A12) \$16
Grilled and brushed with teriyaki sauce.
- Ginger Beef/Chicken (A13) \$12
Fried Japanese style and served with our house made ginger sauce. Spicy!



- Lemon Chicken (A14) \$12
Fried Japanese style and served with our house made lemon sauce.
- Fried Oyster (A15) \$13
Breaded oyster deep fried golden brown crispy and served with tartar sauce.
- House Salad (A16) \$8
Cherry tomatoes, cucumbers, mixed greens and house made ginger dressing.
- Seaweed Salad (A17) \$7.5
- Deluxe Wonton Soup
- Pork (Medium) (A18) \$11
- Pork (Large) (A19) \$15
- Tako Yaki (A21) \$8.5
Traditional Japanese style mini squid deep fried golden brown crispy and served with mayonnaise.
- Yam "Bam-Bam" (A22) \$11.5
Fried yam with diced salmon, mango, avocado and house spicy sauce.
- Tempura Crab Sticks (A23) \$11.5
Served with plum sauce.
- Potato Croquettes (A24) \$7.5
Breaded potato croquettes deep fried golden brown crispy and served with spicy mayonnaise sauce..

TEMPURA

A Japanese dish of seafood or vegetables that have been battered and deep fried.

- Yam (B1) \$9
6 pieces of sweet potatoes.
- Vegetable (B2) \$10
7 pieces of a variety of vegetables.
- Prawn (B3) \$8
7 tiger prawns.
- Assorted (B4) \$18
4 tiger prawns and 6 pieces of a variety of vegetables.



SASHIMI

A Japanese dish of bite sized pieces of raw seafood. Usually eaten with soy sauce and wasabi. With Gari (marinated ginger slices) to cleanse the palate in between servings.

- Salmon (D1) (3p) \$9 / (6p) \$16.5
- Smoked Salmon (D2) .. (3p) \$9 / (6p) \$16.5
- Tuna (D3) (3p) \$9 / (6p) \$16.5
- Spicy Tuna (D4) (3p) \$9 / (6p) \$16.5
- Tuna Tataki (D5) (6p) \$17.5
- Toro - Fatty tuna belly (D6) (3p) \$9.5 / (6p) \$17.5
- Yellowtail (D7) .. (3p) \$9.5 / (6p) \$17.5
- Red Snapper (D8) (3p) \$9 / (6p) \$16.5
- Mackerel (D9) (3p) \$9 / (6p) \$16.5
- Octopus (D10) (3p) \$9 / (6p) \$16.5
- Surf Clam (D11) (3p) \$9 / (6p) \$16.5



- Pepper Tuna Tataki (D12) (8p) \$18
Thinly sliced peppered tuna seared and served with sweet citrus sauce and sprouts.
- Chili Shake (D13) (8p) \$18
Salmon, sprouts, jalapeno, sweet citrus sauce and hot sauce. (Spicy)
- Beef Tataki (D14) (8p) \$18
Sliced steak seared and served with scallions and ponzu sauce.

NIGIRI

A Japanese dish of cooked vinegared rice with seafood or other ingredients. Usually eaten with soy sauce and wasabi. With Gari (marinated ginger slices) to cleanse the palate in between servings.

- Inari - Sweet Fried Tofu (E1) \$5.5
- Tamago - Sweet Egg (E2) \$5.5
- Salmon (E3) \$6.5
- Spicy Salmon (E4) \$6.5
- Smoked Salmon (E5) \$6.5
- Tuna (E6) \$6.5
- Spicy Tuna (E7) \$6.5
- Toro - Fatty Tuna Belly (E8) \$7.5
- Yellowtail (E9) \$7
- Red Snapper (E10) \$7
- Mackerel (E11) \$7
- BBQ Eel (E12) \$7.5
- Masago - Smelt Fish Roe (E13) \$7



- Tobiko - Flying Fish Roe (E14) \$7
- Ikura - Salmon Roe (E15) \$7
- Ebi - Cooked Prawn (E16) \$7
- Surf Clam (E17) \$7
- Octopus (E18) \$7
- Ika - Squid (E19) \$7
- Scallop (E20) \$7
- Chopped Scallops (E21) \$7

BEGINNER'S ROLLS

A Japanese dish consisting of sushi and raw vegetables wrapped in rice and seaweed.



- Salmon (G1) \$7
- Tuna (G2) \$7
- Negi Toro (G3) \$10
Fatty tuna belly and scallions.
- Tuna Crunch (G4) \$10
Tuna, tempura flakes, spicy mayonnaise and sesame seeds.
- Spicy Tuna (G5) \$9
Spicy marinated tuna, cucumber and sesame seeds.
- Spicy Salmon (G6) \$9
Spicy marinated salmon, cucumber and sesame seeds.
- Unagi (G7) \$9
BBQ eel, cucumber, eel sauce and sesame seeds.
- California (G8) \$9
Crab, avocado and mayonnaise.
- Dynamite (G9) \$10
Prawn tempura, avocado, cucumber, lettuce, eel sauce and fish roe.

- B.C. (G10) \$10
BBQ salmon skin, cucumber, lettuce, eel sauce and fish roe.
- Alaska (G11) \$14.5
Crab, smoked salmon, avocado and spicy mayonnaise.
- Philadelphia (G12) \$14.5
Smoked salmon, cucumber, cream cheese and scallions.
- Chopped Scallop (G13) \$11
Scallops, avocado, spicy mayonnaise and fish roe.
- Chicken Teriyaki (G14) \$12.5
Grilled chicken, cucumber, lettuce, eel sauce and sesame seeds.
- Stuffed Cucumbers (6) (G15) \$14.5
Crab, salmon, wasabi nori flakes, cucumbers, tempura flakes, honey sauce, spicy sauce, and sesame seeds.
- Salmon Avocado (G16) \$10

ADVENTURER'S ROLLS

- Spider (G25) \$15
Lightly battered soft shell crab, avocado, cucumber, lettuce, eel sauce and fish roe.
- Maki Maki (G26) \$15
Prawn tempura, crab, salmon, avocado, spicy honey sauce, sesame seeds and fish roe.
- Chef Sumal (G27) \$15
Prawn tempura, crab, salmon, scallions, lettuce, cusabi sauce, spicy sauce and sesame seeds.
- Benihana (G28) \$15
Tuna, jalapeno, cream cheese, eel sauce, hot sauce and volcano sauce topped with flying fish roe. Wrapped in soybean sheet.
- Crazy (G29) \$15
Prawn tempura, crab, salmon, avocado, cucumber and spicy sauce.
- Issa Mame (G30) \$15
Prawn tempura, crab, tempura flakes cucumber and spicy honey sauce.



- Captain Crunch (G31) \$15
California rolls battered and fried tempura style and topped with mayonnaise and eel sauce.
- Japanese Cowboy (G32) \$15
Beef teriyaki, asparagus, lettuce and eel sauce.
- Happy Eel (G33) \$16
Crab, BBQ eel, cream cheese and scallion. Battered and fried tempura style. Served with spicy mayonnaise, eel sauce and fish roe.
- Orange Crush (G34) \$17
Crab, salmon, asparagus, avocado, cream cheese and spicy mayonnaise topped with fish roe.

ADVENTURER'S ROLLS

- Mexi Cali (G35) \$17
Crab, diced salmon, avocado, cherry tomatoes, spicy mayonnaise, hot sauce, mayo sauce and fish roe.
- Red Ninja (G36) \$17
Spicy Tuna and tempura flakes. Topped with tempura salmon, tempura avocado, spicy mayonnaise and fish roe.
- White Ninja (G37) \$17
Spicy Tuna and tempura flakes. Topped with avocado, mayonnaise and eel sauce.
- Tiger's Eye (G38) \$17
Salmon, jalapeno and cream cheese. Battered and fried tempura style. Served with mayo sauce.
- Las Vegas (G39) \$17
Crab, BBQ eel, avocado and cream cheese. Battered and fried tempura style. Served with spicy mayonnaise and eel sauce.
- Tuna Tataki (G40) \$17
California rolls topped with seared tuna, mayonnaise and eel sauce.
- Miss Piggy (G41) \$17
Crispy bacon, scallop, asparagus, eel sauce and fish roe.
- Female Dragon (G42) \$18
Tempura shrimp, smoked salmon, BBQ eel, avocado, spicy mayonnaise, eel sauce and fish roe.
- Male Dragon (G43) \$18
Tempura Shrimp, tempura eel, avocado, cucumber, mayonnaise, eel sauce and fish roe.
- Devil (G44) \$18
Prawn tempura, tuna, avocado, cucumber, spicy sauce and hot sauce.
- Volcano (G45) \$18
Scallop, tuna and avocado. Battered and fried tempura style. Served on a bed of crab and spicy sauce, hot sauce and mayo sauce. Topped with fish roe.



- Spicy Trio (G46) \$18
Spicy salmon, spicy tuna, yellow tail, avocado and cream cheese. Battered and fried tempura style. Served with spicy mayonnaise.
- Found Nemo (G47) \$18
Soft shell crab tempura, seared salmon, asparagus, avocado and eel sauce.
- Crunchy (G48) \$18
Smoked salmon, crab, tempura flakes, cucumber and spicy mayonnaise. Topped with fish roe.
- Rainbow (G49) \$18
Crab, salmon, tuna, avocado, cucumber, mayonnaise and fish roe.
- Pacific (G50) \$18
Crab, eel tempura, tempura yam, cream cheese, avocado, cucumber, mayonnaise and eel sauce.
- Signature (G51) \$19.5
Tempura crab, salmon, tuna, sweet egg, lettuce, eel sauce, spicy mayonnaise and sesame seeds.
- Kiss Kiss Dragon (G52) \$34
Female (G42) and male dragon (G43) rolls formed into the universal symbol of love.
- Lobster (G53) \$36
Tempura lobster, tobiko, asparagus, avocado, cucumber, lettuce and spicy mayonnaise.

FRUITY ROLLS

- California Mango (G70) \$9.5
Crab, mango, cucumber and mango sauce.
- Mango Tuna (G71) \$9.5
Tuna, mango, avocado and mango sauce.
- Bob Marley (G72) \$16
Tuna, mango, avocado and mayo sauce.
- Electric Banana (G73) \$16
BBQ eel, banana tempura, avocado and eel sauce.



- Fancy (G74) \$15.5
Prawn tempura, mango, avocado, cream cheese, eel sauce and mayonnaise. Wrapped in soybean sheets.
- Greenie (G75) \$17
Prawn tempura, mango, eel sauce and mayonnaise. Wrapped in avocado.

VEGETARIAN ROLLS

- Cucumber (G76) \$6
- Avocado (G77) \$8.5
- Yam (G78) \$8
- Buddha (G79) \$10
Yam tempura, asparagus, avocado and lettuce.
- Vegetable (G80) \$10
Avocado, asparagus, cucumber, red pepper, carrots and lettuce.
- Mango Paradise (G81) \$10
Mango, avocado, fried tofu, cucumber and mango sauce.



- Spicy Banana (G82) \$11
Banana tempura, avocado, cream cheese and spicy mayonnaise.
- Sunshine (G83) \$11.5
Mango, avocado, cream cheese and mango sauce. wrapped in soybean sheets.
- Veggie Mame (G84) \$10
Avocado, cucumber, carrot and lettuce.