

hapa umi

LUNCH FEATURES

EDAMAME

Dashi-marinated chilled edamame 5

SASHIMI SALAD

Organic mixed greens, assorted sashimi, citrus-soy dressing 16

TEMPURA UDON

Prawn and assorted vegetable tempura, udon soup 12

DAILY BENTO BOX

Traditional Japanese lunch box. Includes choice of daily features, miso soup, rice, and a selection of Hapa Umi specialties 19

CHICKEN KATSU DON

Panko-crusted chicken cutlet and egg on rice 14

DAILY FISH TACOS


Seasonal fish wrapped in a soft flour tortilla, guacamole, lettuce, cilantro, tomatoes, serrano tartar sauce, nori garnish, served with daily soup 14


KAISEN DON

Assorted sashimi on sushi rice 18

DAILY SUSHI SELECTION

4 pieces nigiri, 12 pieces maki 17

 Vegetarian option

 Hapa Umi is proud to offer ocean-friendly seafood choices as recommended by the Vancouver Aquarium

REIZEN-SAI

TROUT CARPACCIO 🌱

Gravlax style Lois Lake steelhead, crispy potato wedges, grainy mustard vinaigrette, wasabi sour cream 13

SCALLOP CEVICHE 🌱

Lemon-lime soy marinade, shiso-infused olive oil 12

TOFU SALAD 🌱

Tofu, butter lettuce, potato chips, ponzu dressing 12

HAINANESE-STYLE CHICKEN

Sous-vide Maple Hills chicken breast, soy-ginger dressing, chili sauce 12

BAGNA CAUDA

Warm anchovy dip, seasonal vegetables 9

ORGANIC MIDORI SALAD 🌱

Organic greens, citrus-soy dressing 6

SASHIMI

Five pieces

Aka maguro | Ahi tuna 12

Bincho maguro | Albacore tuna 🌱 9

Benijake | Sockeye salmon 🌱 11



Please notify your server of any food allergies
Parties of eight or more are subject to a 18% gratuity

🌱 Vegetarian option

🌱 Hapa Umi is proud to offer ocean-friendly seafood choices as recommended by the Vancouver Aquarium

ONZEN-SAI

EDAMAME RAVIOLI 🌿

Edamame and ricotta-stuffed housemade pasta, yuzu brown butter, truffle oil 12.5

FANNY BAY TEMPURA OYSTERS 🍷

Shiso tempura, miso vinaigrette, pickled shallots 11

SQUID AND SAUSAGE

Grilled sake sausage, soy seared squid, crispy squid legs, ume vinaigrette, spicy xo sauce 13

BC WILD SPRING SALMON 🍷

Grilled soy-maple salmon skewers 15

POLENTA FRIES

Polenta tempura, soy-balsamic reduction, arugula gel 8

SABLEFISH YUANZUKE 🍷

Yuzu-miso marinated broiled sablefish, pickled bok choy 15

HERITAGE ANGUS BAVETTE STEAK

Sake kasu marinade, miso barley, chili oil 14

CHICKEN KARAAGE

Maple Hills Organic chicken, soy-citrus marinade, cilantro 12

KAKUNI AND SCALLOP 🍷

Soy-braised pork belly, seared scallop 15

SHORTRIB LETTUCE WRAP

Braised shortribs, lettuce, crispy rice noodles, sweet Korean chili sauce 14

TRUFFLED TOFU 🌿

Tofu steak with crispy tofu, scallion-ginger soy, truffled hakusai, basil cream 15

BACON AND KIMCHI ISHIYAKI

Hot stone bowl rice with Fraser Valley organic bacon and house-made kimchi 12

YAKI UDON

stir-fried udon noodles, Maple Hills Organic chicken, vegetables 14

KANI PASTA

Spaghettini with dungeness crab, cream, peas 16



MAKI SUSHI

CALIFORNIA 🍣

Dungeness crab, avocado, mayonnaise, egg crepe wrapping 11.5

DYNAMITE

Tempura white prawn, green beans, kaiware, mayonnaise, teriyaki sauce 9.5

SPICY TUNA

Tuna, cucumber, kaiware (daikon sprouts) 8.5

SALMON 🍣

Wild salmon, avocado, kaiware 9

VEGETABLE 🌿

Avocado, cucumber, carrot, asparagus, kaiware 6.5

SPICY CHOPPED SCALLOP 🍣

Scallop, cucumber, egg crepe wrapping 11.5

LOBSTER TEMPURA ROLL

Lobster, mango, asparagus, mayonnaise 18.5

HAPA ROLL 🍣

Avocado, cucumber, carrot, asparagus, kaiware, topped with salmon, salmon roe, spicy mayonnaise 13

UMI ROLL

Dungeness crab, avocado, mayonnaise, topped with ahi tuna, pickled onion vinaigrette 15



CONES AND SPECIALTY SUSHI

SPICY SCALLOP CONE 🍣

Chopped scallop, spicy mayonnaise 7.5

EBI MAYO CONE

Tempura white prawn, chili mayonnaise, avocado, kaiware 7.5

SABA BATTERA SUSHI 🍣

Torched marinated mackerel, pickled ginger, mustard miso, shiso 9

HOSO-MAKI

NEGITORO

Chopped tuna belly, green onion 4.5

TEKKA

Tuna 4

UMESHISO

Pickled plum 3