

## APPETIZERS FROM SUSHI BAR

Tuna Taco	Crispy taco w. tuna, avocado, cherry tomato & light spicy vinegar sauce	9.95
Tuna or Salmon Tartare		10.50
Tuna Wasabi Dumpling	Tuna on the outside w. wasabi, caviar & avocado	10.95
Yellow Tail Jalapeno		11.50
Seafood Ceviche	Shell fish with cilantro, cucumber and mango	11.95
Salmon Ceviche		11.95
White Tuna New-Style Sashimi	Seared white tuna topped with truffle oil, served with Yuzu sauce	11.95
Citrus Carpaccio with Salmon or Tuna	Seared, wrap with spicy crunch crab, topped with jalapeno	12.50
Fresh Scallop Carpaccio		11.95

## DINNER ENTREES

Served with Choice of House Salad or Miso Soup

<b>TERIYAKI</b>		
Chicken <b>OR</b> Salmon	14.95 / 19.95	
New York Strip Steak	22.95	
Chilean Seabass Fillet	26.95	
<b>TEMPURA</b>		
Vegetable <b>OR</b> Chicken Vege.	10.95 / 14.95	
<b>OR</b> Shrimp Vege.	17.95	
Chicken Katsu <b>OR</b> Pork Katsu	14.95 / 13.95	
Shogayaki	Sliced chicken sautéed with ginger sauce	13.95

## SUSHI & SASHIMI ENTREES

Sushi Regular	18.95	Spicy Maki Comb	17.95
7 pcs. & California Roll		Spicy Tuna Roll, spicy Salmon roll, Spicy Yellowtail roll	
Sushi Deluxe	21.95	Tuna Dinner	24.95
9 pcs. & Tuna Roll		6 pcs Tuna Sashimi, 4 pcs. tuna Sushi & Tuna roll	
Sushi Trio	22.95	Love Boat <b>(for 2)</b>	52.95
3 pcs. of Salmon, Tuna & Yellowtail each & Crunchy Spicy Tuna Roll		Sushi & Sashimi & 2 special roll	
Sashimi Regular	21.95	Chirashi	21.95
5 Different Kinds		An assortment of sashimi on Bed of Seasoned Rice	
Sashimi Deluxe	24.95	Una - Ju	21.95
6 Different Kinds		Broiled Eel with Eel Sauce Served w. Rice	
Sashimi Trio	24.95	Omakase	30/40/50
5 pcs of Salmon, Tuna & Yellowtail		Allowing the chef to present you a sampling of his favorite selections	
Sushi & Sashimi Combo	25.95	Supreme Omakase	40/50/60
Maki Combination	15.95	Special fresh Japanese seafood air shipped from Japan!	
California Roll, Tuna roll Yellowtail Roll			

## SUSHI & SASHIMI SELECTION

<b>Tuna</b>		<b>Salmon</b>	
Blue Fin Tuna	3.95	Fresh Salmon	2.95
Big Eye Tuna	2.95	Wild King Salmon	3.95
White Tuna	2.95	Smoked Salmon	2.95
Albacore Tuna	2.95	<b>Mackerel</b>	
Toro	M/P	Spanish Mackerel	2.75
<b>White Fish</b>		Norwegian Mackerel	2.75
Fluke	2.95	<b>Fish Roe</b>	
Stripe Bass	2.95	Flying Fish Roe	2.75
<b>Yellowtail</b>		Salmon Roe	3.50
Yellowtail	2.95	Sea Urchin	5.50
<b>Shell Fish</b>			
Shrimp	2.75	Eel	3.25
Sweet Shrimp	4.50	Squid	2.75
Sea Scallop	3.50	Octopus	2.95
Live Scallop	M/P	Egg	2.50
Japanese Clam	2.75		
Crab	2.75		

## SUSHI ROLL (MAKI) SELECTION

Alaska	Salmon, Avocado, Cucumber	7.50	Spicy Crunchy Tuna	7.75	
Ridgefield	Smoked Salmon, Avocado, Caviar	7.95	Tuna	6.50	
Mannen	Eel, Avocado, Caviar	7.95	Yellow Tail & Scallions	6.95	
Christmas	Tuna, Avocado, Caviar	7.95	Shrimp & Cucumber	6.50	
Spicy Tuna		7.50	Cucumber	3.95	
Fresh Salmon		6.50	Spicy Salmon	7.50	
Salmon Skin		4.95	Vegetables	4.95	
Spicy Yellow Tail		7.50	Eel & Cucumber	7.50	
Asparagus		4.50	Salmon Avocado	7.25	
Shrimp Tempura		7.95	Smoked Salmon & Cream Cheese	6.95	
Soft Shell Crab		9.95	Dynamite	Spicy Eel, Avocado	7.95
California		5.75	Tuna Avocado	7.50	

## CHEF'S SPECIALS

Yankee Roll	14.50	Dragon Roll	13.95
Spicy tuna roll w. eel and salmon		Eel w. cucumber, topped w. avocado & caviar	
Mets Roll	13.95	Spicy Blue Crab Roll	14.50
Shrimp tempura roll w. salmon		Spicy blue crab & avo inside, crunchy spicy tuna on top	
Rainbow Roll	13.95	Yummy Yummy Roll	14.50
California roll with 5 kinds of fish		Shrimp tempura roll topped w. eel & avocado	
Amazing Roll	13.95	Crazy Roll	14.50
Shrimp tempura roll topped w. minced tuna & cilantro		Spicy crunchy tuna inside, outside w. yellow tail & jalapeno	
Dancing Roll	13.95	Dinosaur Roll	13.95
Spicy crunchy, yellowtail topped w. eel & avocado		A whole tempura lobster tail w. three different kinds of caviars in our chef's special sauce	
Volcano Roll	13.95	Lobster Roll	15.95
Tuna salmon & yellow tail topped w. masago & spicy sauce		Fresh steamed lobster with cucumber inside, outside w. fresh mango & avocado	
Beach Boy Roll	13.95	Red Tiger Roll	14.50
Crunchy eel inside & topped w. spicy tuna & white tuna		Shrimp tempura & spicy tuna inside, topped w. spicy tuna & salmon	
American Idol Roll	13.95	Chilean Roll	14.95
Cajun tuna, asparagus topped w. yellow tail, salmon, eel, caviar w. chef's special crunchy sauce		Grilled Chilean sea bass w. edamame & avocado, white seaweed	
King of the Roll	15.95	Salmon Lover Roll	13.95
Chopped blue fin toro, tempura flakes, scallion avocado topped w. blue fin tuna w. truffle youzu sauce		Salmon avocado inside torched spicy salmon on top	
Iron Chef Roll	15.95	Surprise Roll	15.95
Spicy tuna, salmon yellowtail top with crunch blue crab, avocado & salmon, roe on the top (no seaweed)		Soy paper rolled w. spicy crunchy, tuna, asparagus, tuna, salmon, eel & yellowtail on top (No rice)	
Ichiban Roll	13.95	American Dream	15.95
Thinly sliced cucumber rolled in salmon, tuna, crab, avocado, caviar without rice		Grilled Chilean sea bass, avocado inside, topped w. spicy crunchy crab & fresh tuna	

## HIBACHI DINNER

Prepared and cooked before your eyes at the HIBACHI table by Experts. Served with miso soup, house salad, ginger dressing, 2pcs hibachi shrimp, veg. & noodle. \$2.5 Extra for fried rice

Vegetable	15.95	Scallop	22.95
Shrimp not included		Salmon	21.95
Chicken	17.95	Chilean Sea Bass	27.95
Steak	23.95	Filet Mignon	25.95
Shrimp	22.95	Lobster Tail	29.95
<b>Always A Plus</b>			
Chicken & Steak	24.95	Shrimp & Scallop	24.95
Chicken & Shrimp	23.95	Ocean Delight	32.95
Chicken & Salmon	23.95	Lobster tail, scallops & shrimp	
Chicken & Scallop	23.95	Filet Mignon & Chicken or Shrimp or Scallop	26.95
Steak & Shrimp	24.95		
Steak & Scallop	24.95	Filet Mignon & Lobster Tail	31.95
Steak & Salmon	24.95		

Item consists of Fish that are Raw or not cooked to proper temperature to destroy harmful bacteria and/ or virus. Consuming raw or undercooked Fish may increase your risk of food borne illness, especially if you have certain medical conditions.

## LUNCH SPECIAL

Monday to Saturday  
Served with choice of Miso Soup or House Salad

### Sushi & Sashimi Entrees

No Substitutions Please

Sushi Lunch Special.....	10.50
4 Pieces of Sushi & 1 California Roll	
Sashimi Lunch Special .....	14.50
Sushi Sashimi Combination .....	16.95
Tekka Don Tuna Sashimi over Seasoned Rice .....	15.95
Chirashi.....	15.95
An Assortment of Sashimi on Bed of Seasoned Rice	

### Entrees

Chicken Teriyaki .....	9.95
Salmon Teriyaki.....	11.95
Tempura-Shrimp & Vegetable.....	9.95
Vegetable Tempura .....	7.95
Yaki Udon .....	8.95
Chicken Katsu Deep fried with Katsu sauce .....	9.95

### Lunch Box

(Served with miso soup, salad, shumai. California Roll)

Chicken Teriyaki	11.95	Thai Coconut	12.95
Salmon Teriyaki	12.95	Curry Shrimp	12.95
Chicken w. Vegetable	11.95	Wok Sautéed Basil	12.95
Tempura	11.95	Shrimp	12.95

### Roll Special Any Two Rolls Below \$8.95

California • Vegetable • Alaska • Tuna • Cucumber
Eel Cucumber • Tuna Avocado • Spicy Tuna • Yellowtail
Crunchy Spicy Salmon • Salmon Skin • Salmon Avocado
Smoked Salmon & Cream Cheese • Sweet Potato
Shrimp with Asparagus • Spicy Crunchy Tuna

### Hibachi Lunch Monday to Friday

Served w. miso soup, vegetable & noodles (\$2.5 extra for fried rice)

Vegetable	9.95	Filet Mignon	14.95
Chicken	11.95	Chicken & Shrimp	14.95
Steak	13.95	Chicken & Steak	14.95
Shrimp	12.95	Steak & Shrimp	15.95
Salmon	12.95		

### Hibachi Kids Menu (Dine in ONLY)

For only children 10-year old & under

Served with miso soup, 1 pc hibachi shrimp, vegetable, noodles (\$2.5 extra for fried rice)

Vegetable Junior	11.95	Shrimp Junior	14.95
Chicken Junior	13.95	Scallop Junior	14.95
Steak Junior	14.95	Filet Mignon Junior	16.95

### Special Combo for Two

Chicken, Shrimp & NY Strip Steak & Scallop	49.95
Lobster, Filet Mignon & Shrimp & Scallop	59.95

Designed & Printed by Blink Marketing 長城印刷 Copyright © 718-460-1590 All Rights Reserved 2/2019

**Mannen** JAPANESE & CHINESE CUISINE  
sushi bar & Hibachi



**'19 WINNER**  
Statewide Runner-up  
\*Best Sushi\* \*Best Chinese\*  
\*Best Japanese\*  
\*2019 Reader's Choice\*

**WINNER** '16 '17 '18  
\*Best Asian\*  
State Wide Runner Up  
& Fairfield County

**VOTED** '16 '17 '18  
\*Best Sushi\*  
of Connecticut Magazine  
Reader's Choice Poll

This year Mannen is celebrating its  
**18<sup>th</sup> Anniversary.**

Mannen started off as the first sushi restaurant in Ridgefield. Since then, we have opened a second location in Newtown called Toro. We have been voted "Best Sushi", "Best Asian", and "Best Calamari" in Connecticut by Zagat's and the Connecticut Magazine.

We take pride in providing the highest quality and freshest ingredients to our customers. We have an extensive menu selection from classic Japanese & Chinese dishes to the best Hibachi around town. Each & every dish can be customized to meet any preference or dietary restriction. We also offer local complimentary delivery!

**Tel: (203) 438-8727**

**15 Danbury Road (RT. 35)  
Ridgefield, CT**

**WE DELIVER**

min \$30 • Fast Free Delivery

**www.mannenrestaurant.com**

## SOUP

Wonton Soup	3.25
Egg Drop Soup	2.95
Miso Soup	2.75
Hot and Sour Soup	3.25
Vegetable and Bean Curd Soup <i>(for 2)</i>	6.95
Hot and Sour Seafood Soup <i>(for 2)</i>	10.50
House Special Soup <i>(for 2)</i>	9.95
Chicken Corn Soup <i>(for 2)</i>	8.95
Tom Yum Soup <i>(for 2)</i> Thai seafood hot & sour	10.95

## APPETIZERS FROM KITCHEN

Asian Pork Belly Buns <i>(2)</i>	8.00
Egg Roll	2.95
Vegetable Spring Roll <i>(2)</i>	4.00
Crispy Duck Spring Roll <i>(2)</i>	6.95
Crab Rangoon	6.50
Chicken Fingers	8.50
Szechuan Wonton w. Spicy Sesame Sauce	7.50
B.B.Q Spare Rib / Boneless Spare Rib	11.50 / 8.95
Steamed or Fried Dumplings	7.95
Steamed Vegetable Dumpling	7.50
Scallion Pan-Cake	5.75
Fried Calamari Asian Style Voted for BEST Fried Calamari	10.95
Shu Mai Steamed Shrimp Dumplings	5.95
Gyoza Pan-Fried Shrimp Dumplings	7.50
Rock Shrimp Tempura	10.50
Edamame Soy Bean in Pods	5.50
Mix Tempura Appetizer	9.50
Peking Duck Wrap	8.00
The Slice of boneless duck, green onion, cucumber in Peking sauce wrapped with moo shu pancake	
Lettuce Wrap with Chicken	10.50
Indian Pancake	5.95
All-flavored Malaysian crispy style pancakes with curry dipping sauce	
Fried Chicken Wings	7.50
Sesame Tofu	6.50
Age Tofu Deep fired tofu with bonito flakes topping	7.00
Cold Sesame Noodle	6.95

## SALAD

House Salad	3.75	Sashimi Salad	12.95
Treasure Island	9.95	Tuna, Salmon, Yellowtail with mixed green	
Cucumber, seaweed salad, raw fish topped with house spicy sauce		Tofu Salad	6.00
Seaweed Salad	5.75	Kani Salad	7.95
		Crabmeat & julienne cucumber mixed w. flying fish roe	

## CHICKEN & PORK

Sweet and Sour Chicken	13.50
Diced Chicken and Cashew Nuts	13.50
Chicken with Broccoli	13.50
Chicken and Snow Peas	13.50
Chicken with Garlic Sauce	13.50
Ginger chicken with String Bean	13.50
Chicken with Mix Vegetable	13.50
Spicy Chicken with Peanuts	13.50
Chicken with Black Bean Sauce	13.50
Chicken with Eggplant	13.50
Chicken Chow Mein	12.50
Pork with Garlic Sauce	13.50
Pork with Black Bean Sauce	13.50
Moo Shu Chicken <i>(w. 4 pancakes)</i>	13.50
Moo Shu Pork <i>(w. 4 Pancakes)</i>	13.50

## BEEF

Beef and Snow Peas	14.95
Beef and Broccoli	14.95
Beef with Garlic Sauce	14.95
Beef with Mix Vegetable	14.95
Pepper Steak	14.95
Spicy Beef with Scallion and onion	14.95
Shredded Beef Szechuan Style	14.95
Moo Shu Beef <i>(w. 4 pancakes)</i>	14.95
Beef with Oyster Sauce	14.95
Beef Chow Mein	12.95

## SEAFOOD

Shrimp with Broccoli	15.95
Shrimp with Cashewnuts	15.95
Shrimp with Snow Peas	15.95
Shrimp with Garlic Sauce	15.95
Shrimp with Lobster Sauce	15.95
Shrimp with Mix Vegetable	15.95
Shrimp with Black Bean Sauce	15.95
Spicy Shrimp with Peanuts	15.95
Shrimp and Scallop with Garlic Sauce	15.95
Moo Shu Shrimp <i>(w. 4 pancakes)</i>	15.95
Shrimp Chow Mein	13.95

## VEGETABLE

Sauteed String Bean	9.95
Green Jade <i>(Broccoli, String Beans, Snow Peas)</i>	9.95
Tofu with Mix Vegetable	9.95
Assorted Vegetable in Garlic Sauce	9.95
Broccoli in Garlic Sauce	9.95
Moo Shu Vegetable <i>(w. 4 Pancakes)</i>	10.50
Eggplant in Garlic Sauce	9.95
General Tso's Tofu	10.50
Vegetable Chow Mein	9.95

## FRIED RICE

Hibachi Fried Rice	7.95	Beef or Shrimp Fried Rice	10.50
Vegetable Fried Rice	8.50	House Fried Rice	10.50
Chicken or Pork Fried Rice	9.50	Thai Pineapple Fried Rice	10.95

## NOODLE

Hibachi Noodle	8.95
Lo Mein <i>(Egg Noodle) w.</i>	
Vegetable, Chicken or Pork	9.50
Beef, Shrimp or House	10.50
Pad Thai Noodle w.	
Vegetable // Chicken, Beef or Shrimp	9.50 // 11.50
Chow Fen <i>(Flat Wide Rice Noodle) w.</i>	
Vegetable // Chicken, Beef or Shrimp	9.50 // 11.50
Mei Fun <i>(Angel Hair Rice Noodle) w.</i>	
Vegetable // Chicken, Beef or Shrimp	9.50 // 11.50
Udon <i>(An authentic Japanese Noodle)</i>	
Tempura Udon Soup	13.95
Seafood Udon Soup	14.95
Yaki (Stir-Fried w. Chicken & Veg)	12.95
Ramen Noodle Japanese Style <i>(Noodle Soup) w.</i>	
Roasted Pork // Seafood	13.95 // 14.95

## HOUSE SPECIALTIES

General Tso's	Chicken 13.95	Shrimp 17.95
Our most highly recommended dish, chicken or shrimp, deep fried & sauteed in our special, tangy, Hunan sauce		
Crispy Sesame	Chicken 13.95	Shrimp 17.95
Crispy Shrimp w. Walnuts		18.95
Tangerine	Chicken 13.95	Shrimp 17.95
Ma - La	Chicken 13.95	Seafood 17.95
Shitake mushroom, Red Onion, Red Pepper, Snow Peas in Hot Ma-La Sauce.		
Amazing	Chicken 13.95	Shrimp 17.95
Strips of lean chicken breast or shrimp sauteed w. garden vegetable in a brown and red spicy sauce		
Shrimp Royal		17.95
Triple Delight		17.95
Jumbo Shrimp chicken & Beef Sauteed w. Chinese Veg. are Delightful Served in Our Special Sauce.		
Seafood Basket		22.95
Broccoli, Shitake Mushroom Red Pepper, Baby Corn, Lobster Tail, Shrimp & Scallops		
Fillet Mignon Stir-Fried		22.95
Cubed Size Fillet Mignon Stir-Fried with Red Onion, Red Pepper & Asparagus.		
Green Jade w. Shrimp & Chicken		17.95
Broccoli, snow Peas, String Beans Sauteed w. Jumbo Shrimp & Sliced White Meat Chicken w. House Brown Sauce.		
Crispy duck		20.95
Crispy Duck Served with Baby Bok Choy & Vegetable		
Surf & Turf		22.95
Two Separate Dishes Featuring Crispy Shrimp on One Side & Fillet Mignon chunks Sauteed w. mix Vege. on the Other Side.		
Hunan Spicy Whole Crispy Fish		S.P
A Fresh, Whole Fish Deep Fried Until Crispy Brown on the Outside & Tender & Flaky on the Inside. Topped with Our Special Hunan Sauce. Crispy Fish is Always a Favorite.		
Stir-Fried Chinese Baby Bok Choy		
Chicken 13.95	Beef 14.95	Shrimp 16.95
Hong Kong Style Cubed Filet Mignon		22.95
Stir Fried with fresh onion, asparagus, mushroom & red pepper in chef's special black pepper sauce.		
Crispy Chilean Sea Bass Fillet		S.P
Crispy Chilean Sea Bass W. Soba Noodle		S.P
w. baby bok choy & edamame		

## TASTE OF SOUTH EAST ASIAN

Thai Coconut Curry w.	
Spicy Mango Sauce w.	
Thai Red Curry Sauce w.	
Chicken or Tofu .....	13.95
Beef.....	14.95
Prawns or Chicken & Prawns .....	17.95
Wok Sauteed Fresh Basil & Leek Casserole w.	
Chicken.....	13.95
Beef.....	14.95
Prawns or Chicken & Prawns .....	16.95

## LUNCHEON SPECIALS

(Served Mon to Sat. 11:30 am -3:00 pm)  
Include Soup (Wonton, Egg Drop or Hot & Sour) and Rice (Steam White or Brown Rice)

Shredded Pork with Black Bean Sauce	8.95
Sweet and Sour Chicken	8.95
Sliced Chicken with Broccoli	8.95
Ginger Chicken with String Beans	8.95
Diced Chicken with Cashewnuts	8.95
Sliced Chicken with Mixed Vegetables	8.95
Pepper Steak	8.95
Beef with Broccoli	8.95
Beef with Assorted Vegetables	8.95
Shredded Beef Szechuan Style	8.95
Shrimp with Lobster Sauce	9.95
Shrimp with Mixed Vegetables	9.95
Shrimp in Garlic Sauce	9.95
Shrimp with Black Bean Sauce	9.95
Broccoli in Garlic Sauce	7.50
Vegetable in Garlic Sauce	7.50
Fried Rice (Chicken, Pork, Beef, Shrimp or Veg.)	7.50
Lo Mein (Chicken, Pork, Beef, Shrimp or Veg.)	7.50

## House Special Luncheons

General Tso's Chicken	9.95
A mouth watering dish made with deep fried chicken, sauteed w. scorched red peppers in our special, tangy, Hunan sauce.	
Mala Chicken (Szechuan)	9.95
Shitake mushroom, Red Onion, Red Pepper, Snow Peas in Hot Ma-La Sauce.	
Triple Delight	9.95
Shrimp, chicken and beef sauteed w. Chinese vegetables are delightful served in our own special sauce.	
Green Jade with Shrimp & Chicken	9.95
Broccoli, snow peas, string beans, sauteed w. jumbo shrimp & sliced white meat chicken w. house brown sauce.	
Mango Chicken Stir-fried	9.50
Sliced white Meat Chicken Stir-Fried w. Fresh Mango & Asparagus Snow Pea.	
Shrimp Amazing	9.95
Jumbo shrimp sauteed w. garden vegetable in a light, delicate lightly spicy sauce.	
Wok Sauteed Fresh Basil Beef	9.50
Thai Coconut Curry Sauce w. Chicken & Shrimp	9.95
Fillet Mignon Stir Fried	13.50
Pad Thai Noodle	9.50
Shrimp, Chicken or Beef	

### HOT & SPICY

We alter the spice according to your taste.