

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	10.50
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		11.95
Seared white tuna topped with truffle oil, served with Yuzu sauce		
Citrus Salmon Carpaccio		11.95
Seared Salmon wrap with crunchy snow crab, top with jalapeno		
Fresh Scallop Carpaccio		11.95

DINNER ENTREES Served with Choice of House Salad or Miso Soup

TERIYAKI		
Chicken	OR Salmon	14.95 / 18.95
New York Strip Steak		19.95
Chilean Seabass Fillet		26.95
TEMPURA		
Vegetable	OR Chicken Vege.	10.95 / 14.95
	OR Shrimp Vege.	17.95
Chicken Katsu	OR Pork Katsu	14.95 / 13.95
Shogayaki	Sliced chicken sauted with ginger sauce	13.95

SUSHI & SASHIMI ENTREES

Sushi Regular	17.95	Spicy Maki Comb	16.95
7 pcs. & California Roll		Spicy Tuna Roll, spicy Salmon roll, Spicy Yellowtail roll	
Sushi Deluxe	20.95	Tuna Dinner	23.95
9 pcs. & Tuna Roll		6 pcs Tuna Sashimi, 4 pcs. tuna Sushi & Tuna roll	
Sushi Trio	21.95	Love Boat (for 2)	50.95
3 pcs. of Salmon, Tuna & Yellowtail each & Crunchy Spicy Tuna Roll		Sushi & Sashimi & 2 special roll	
Sashimi Regular	20.95	Chirashi	20.95
5 Different Kinds		An assortment of sashimi on Bed of Seasoned Rice	
Sashimi Deluxe	23.95	Una - Ju	20.95
6 Different Kinds		Broiled Eel with Eel Sauce Served w. Rice	
Sashimi Trio	23.95	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	24.95	Supreme Omakase 40/50/60	40.95
Maki Combination	14.95	Special fresh Japanese seafood air shipped from Japan!	
California Roll, Tuna roll Yellowtail Roll			

SUSHI & SASHIMI SELECTION

Tuna		Salmon	
Blue Fin Tuna	3.95	Fresh Salmon	2.95
Big Eye Tuna	2.95	Wild King Salmon	3.95
White Tuna	2.95	Salmon Trout	3.50
Albacore Tuna	2.95	Smoked Salmon	2.95
Toro	M/P	Mackerel	
White Fish		Spanish Mackerel	2.75
Fluke	2.95	Norwegian Mackerel	2.75
Stripe Bass	2.95	Fish Roe	
Yellowtail		Flying Fish Roe	2.75
Yellowtail	2.95	Salmon Roe	3.50
Shell Fish		Sea Urchin	5.50
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	6.95	Spicy Crunchy Tuna	7.00
Salmon, Avocado, Cucumber		Tuna	6.00
Ridgefield	6.95	Yellow Tail & Scallions	6.00
Smoked Salmon, Avocado, Caviar		Shrimp	5.00
Mannen	6.95	Cucumber	3.95
Eel, Avocado, Caviar		Spicy Salmon	6.50
Christmas	6.95	Vegetables	4.95
Tuna, Avocado, Caviar		Eel & Cucumber	7.00
Spicy Tuna	6.75	Fried Oyster Tempura	7.95
Fresh Salmon	6.00	Smoked Salmon & Cream Cheese	6.50
Salmon Skin	4.50	Dynamite	7.00
Spicy Yellow Tail	7.00	Spicy Eel, Avocado	7.00
Asparagus	4.50	Futo Maki	6.50
Shrimp Tempura	7.95	Crab, Vegetable	
Soft Shell Crab	9.50		
California	5.00		

CHEF'S SPECIALS

Yankee Roll	13.95	Mets Roll	13.95
Spicy tuna roll w. eel and salmon		Shrimp tempura roll w. salmon	
Rainbow Roll	12.95	Spicy Blue Crab Roll	13.95
California roll with 5 kinds of fish		Spicy blue crab & avo inside, crunchy spicy tuna on top	
Amazing Roll	13.95	Yummy Yummy Roll	13.95
Shrimp tempura roll topped w. minced tuna & cilantro		Shrimp tempura roll topped w. eel & avocado	
Dancing Roll	13.95	Crazy Roll	13.95
Spicy crunchy, yellowtail topped w. eel & avocado		Spicy crunchy tuna inside, outside w. yellow tail & jalapeno	
Volcano Roll	13.95	Dinosaur Roll	13.95
Tuna salmon & yellow tail topped w. masago & spicy sauce		A whole tempura lobster tail w. three different kinds of caviars in our chef's special sauce	
Beach Boy Roll	13.95	Angel Roll	13.95
Crunchy eel inside & topped w. spicy tuna & white tuna		Soft-shell crab roll topped w. white tuna & jalapeno massago	
American Idol Roll	13.95	Red Tiger Roll	13.95
Cajun tuna, asparagus topped w. yellow tail, salmon, eel, caviar w. chef's special crunchy sauce		Shrimp tempura & spicy tuna inside, topped w. spicy tuna & salmon	
King of the Roll	15.95	Chilean Roll	14.95
Chopped blue fin toro, tempura flakes, scallion avocado topped w. blue fin tuna w. truffle youzu sauce		Grilled Chilean sea bass w. edamame & avocado, white seaweed	
Iron Chef Roll	15.95	Salmon Lover Roll	13.95
Spicy tuna, salmon yellowtail top with crunch blue crab, avocado & salmon, roe on the top (no seaweed)		Salmon avocado inside torched spicy salmon on top	
Ichiban Roll	11.95	Surprise Roll	14.95
Thinly sliced cucumber rolled in salmon, tuna, crab, avocado, caviar without rice		Soy paper rolled w. spicy crunchy, tuna, asparagus, tuna, salmon, eel & yellowtail on top (No rice)	
		Dragon Roll	12.95
		Eel w. cucumber, topped w. avocado & caviar	

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	21.95
Shrimp not included		Salmon	19.95
Chicken	17.95	Chilean Sea Bass	23.95
Steak	22.95	Filet Mignon	24.95
Shrimp	21.95	Lobster Tail	28.95
Always A Plus			
Chicken & Steak	23.95	Shrimp & Scallop	24.95
Chicken & Shrimp	22.95	Ocean Delight	32.95
Chicken & Salmon	22.95	Lobster tail, scallops & shrimp	
Chicken & Scallop	22.95	Filet Mignon & Chicken or Shrimp or Scallop	26.95
Steak & Shrimp	24.95	Filet Mignon & Lobster Tail	30.95
Steak & Scallop	24.95		
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.....	9.95
4 Pieces of Sushi & 1 California Roll	
Sashimi Lunch Special	13.95
Sushi Sashimi Combination	16.50
Tekka Don Tuna Sashimi over Seasoned Rice	15.50
Chirashi.....	15.50
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	10.95	Thai Coconut Curry Shrimp	11.95
Salmon Teriyaki	11.95	Wok Sautéed Basil Shrimp	11.95
Chicken w. Vegetable	10.95		
Tempura	10.95		

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	8.95	Filet Mignon	13.95
Chicken	10.95	Chicken & Shrimp	13.95
Steak	12.95	Chicken & Steak	13.95
Shrimp	11.95	Steak & Shrimp	14.95
Salmon	11.95		

Hibachi Kids Menu (Dine in ONLY)

For only children 10-year old & under

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

Vegetable Junior	10.95	Shrimp Junior	13.95
Chicken Junior	12.95	Scallop Junior	13.95
Steak Junior	13.95	Filet Mignon Junior	16.95

Special Combo for Two

Chicken, Shrimp & NY Strip Steak & Scallop	48.95
Lobster, Filet Mignon & Shrimp & Scallop	64.95

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Mannen JAPANESE & CHINESE CUISINE
sushi bar & Hibachi



VOTED
Best Sushi
of Connecticut Magazine
Reader's Choice Poll '16



WINNER
Best Asian
State Wide Runner Up
& Fairfield County

This year Mannen is celebrating its

15th 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!

Hibachi is Now Open

Please come experience our Japanese & Asian cuisine w. the modern flair or get delicious food and live entertainment with our Hibachi Chef....

Tel: (203) 438-8727

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

WE DELIVER

min \$30 • Fast Free Delivery

www.mannenrestaurant.com

SOUP

Wonton Soup	2.50
Egg Drop Soup	2.50
Miso Soup	2.00
Hot and Sour Soup	2.95
Vegetable and Bean Curd Soup (for 2)	6.95
Hot and Sour Seafood Soup (for 2)	9.95
House Special Soup (for 2)	8.95
Chicken Corn Soup (for 2)	8.95
Tom Yum Soup (for 2) Thai seafood hot & sour	10.95

APPETIZERS FROM KITCHEN

Asian Pork Belly Buns (2)	8.00
Egg Roll	2.50
Vegetable Spring Roll (2)	4.00
Crispy Duck Spring Roll (2)	6.95
Crab Rangoon	5.95
Chicken Fingers	6.95
Szechuan Wonton w. Spicy Sesame Sauce	6.95
B.B.Q Spare Rib / Boneless Spare Rib	9.95 / 8.95
Steamed or Fried Dumplings	6.95
Steamed Vegetable Dumpling	6.50
Scallion Pan-Cake	5.00
Fried Calamari Asian Style Voted for BEST Fried Calamari	9.95
Shu Mai Steamed Shrimp Dumplings	5.00
Gyoza Pan-Fried Shrimp Dumplings	6.50
Rock Shrimp Tempura	9.95
Edamame Soy Bean in Pods	5.00
Mix Tempura Appetizer	8.50
Peking Duck Wrap	8.00
<small>The Slice of boneless duck, green onion, cucumber in Peking sauce wrapped with moo shu pancake</small>	
Lettuce Wrap with Chicken	9.50
Indian Pancake	5.00
<small>All-flavored Malaysian crispy style pancakes with curry dipping sauce</small>	
Fried Chicken Wings	6.50
Sesame Tofu	6.00
Age Tofu Deep fired tofu with bonito flakes topping	6.50

SALAD

House Salad	3.50	Sashimi Salad	12.95
		<small>Tuna, Salmon, Yellowtail with mixed green</small>	
Treasure Island	8.95	Tofu Salad	5.00
<small>Cucumber, seaweed salad, raw fish topped with house spicy sauce</small>		Kani Salad	6.95
		<small>Crabmeat & julienne cucumber mixed w. flying fish roe</small>	
Seaweed Salad	5.00		

Sweet and Sour Chicken	12.95
Diced Chicken and Cashew Nuts	12.95
Chicken with Broccoli	12.95
Chicken and Snow Peas	12.95
Chicken with Garlic Sauce	12.95
Ginger chicken with String Bean	12.95
Chicken with Mix Vegetable	12.95
Spicy Chicken with Peanuts	12.95
Chicken with Black Bean Sauce	12.95
Chicken with Eggplant	12.95
Chicken Chow Mein	9.95
Pork with Garlic Sauce	12.95
Pork with Black Bean Sauce	12.95
Moo Shu Chicken (w. 4 pancakes)	12.95
Moo Shu Pork (w. 4 Pancakes)	12.95

BEEF

Beef and Snow Peas	13.95
Beef and Broccoli	13.95
Beef with Garlic Sauce	13.95
Beef with Mix Vegetable	13.95
Pepper Steak	13.95
Spicy Beef with Scallion and onion	13.95
Shredded Beef Szechuan Style	13.95
Moo Shu Beef (w. 4 pancakes)	13.95
Beef with Oyster Sauce	13.95
Beef Chow Mein	10.95

SEAFOOD

Shrimp with Broccoli	14.95
Shrimp with Cashewnuts	14.95
Shrimp with Snow Peas	14.95
Shrimp with Garlic Sauce	14.95
Shrimp with Lobster Sauce	14.95
Shrimp with Mix Vegetable	14.95
Shrimp with Black Bean Sauce	14.95
Spicy Shrimp with Peanuts	14.95
Shrimp and Scallop with Garlic Sauce	14.95
Moo Shu Shrimp (w. 4 pancakes)	14.95
Shrimp Chow Mein	11.95

VEGETABLE

Sauteed String Bean	9.50
Green Jade Vegetable	9.50
Tofu with Mix Vegetable	9.50
Assorted Vegetable in Garlic Sauce	9.50
Broccoli in Garlic Sauce	9.50
Moo Shu Vegetable (w. 4 Pancakes)	9.50
Eggplant in Garlic Sauce	9.50
General Tso's Tofu	10.50
Vegetable Chow Mein	9.50

FRIED RICE

Vegetable Fried Rice	8.50	House Fried Rice	9.95
Chicken or Pork Fried Rice	8.95	Thai Pineapple Fried Rice	10.50
Beef or Shrimp Fried Rice	9.50		

NOODLE

Lo Mein w. Vegetable, Chicken or Pork	8.95
Beef, Shrimp or House	9.95
Pad Thai Noodle w. Vegetable // Chicken, Beef or Shrimp	8.95 // 10.95
Chow Fen w. Vegetable // Chicken, Beef or Shrimp	8.95 // 10.95
Mei Fun w. Vegetable // Chicken, Beef or Shrimp	8.95 // 10.95
Udon Tempura Udon Soup	12.95
Seafood Udon Soup	13.95
Yaki (Stir-Fried w. Chicken & Veg)	11.95
Roasted Pork // Seafood	13.95 // 14.95

HOUSE SPECIALTIES

General Tso's Chicken	13.95	Shrimp	17.95
<small>Our most highly recommended dish, chicken or shrimp, deep fried & sauteed in our special, tangy, Hunan sauce</small>			
Crispy Sesame	Chicken 13.95	Shrimp	17.95
Crispy Shrimp w. Walnuts			17.95
Tangerine	Chicken 13.95	Shrimp	17.95
Ma - La Chicken	13.95	Seafood	17.95
<small>Shitake mushroom, Red Onion, Red Pepper, Snow Peas in Hot Ma-La Sauce.</small>			
Amazing Chicken	13.95	Shrimp	17.95
<small>Strips of lean chicken breast or shrimp sauteed w. garden vegetable in a brown and red spicy sauce</small>			
Shrimp Royal			16.95
Triple Delight			16.95
<small>Jumbo Shrimp chicken & Beef Sauteed w. Chinese Veg. are Delightful Served in Our Special Sauce.</small>			
Seafood Basket			21.95
<small>Broccoli, Shitake Mushroom Red Pepper, Baby Corn, Lobster Tail, Shrimp & Scallops</small>			
Fillet Mignon Stir-Fried			20.95
<small>Cubed Size Fillet Mignon Stir-Fried with Red Onion, Red Pepper & Asparagus.</small>			
Green Jade w. Shrimp & Chicken			16.95
<small>Broccoli, snow Peas, String Beans Sauteed w. Jumbo Shrimp & Sliced White Meat Chicken w. House Brown Sauce.</small>			
Crispy duck			19.95
<small>Crispy Duck Served with Baby Bok Choy & Vegetable</small>			
Surf & Turf			21.95
<small>Two Separate Dishes Featuring General Tso's Shrimp on One Side & Fillet Mignon chunks Sauteed w. mix Vege. on the Other Side.</small>			
Hunan Spicy Whole Crispy Fish			S.P
<small>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.</small>			
Stir-Fried Chinese Baby Bok Choy			
Chicken 13.95	Beef 14.95	Shrimp	16.95
Hong Kong Style Cubed Filet Mignon			20.95
<small>Stir Fried with fresh onion, asparagus, mushroom & red pepper in chef's special black pepper sauce.</small>			
Crispy Chilean Sea Bass Fillet			S.P
Crispy Chilean Sea Bass W. Soba Noodle			S.P
<small>w. baby bok choy & edamame</small>			

TASTE OF SOUTH EAST ASIAN

Thai Coconut Curry w.	
Chicken or Tofu	13.95
Beef	14.95
Prawns or Chicken & Prawns	16.95
Hot & Spicy	
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	8.50
Sweet and Sour Chicken	8.50
Sliced Chicken with Broccoli	8.50
Ginger Chicken with String Beans	8.50
Diced Chicken with Cashewnuts	8.50
Sliced Chicken with Mixed Vegetables	8.50
Pepper Steak	8.50
Beef with Broccoli	8.50
Beef with Assorted Vegetables	8.50
Shredded Beef Szechuan Style	8.50
Shrimp with Lobster Sauce	9.50
Shrimp with Mixed Vegetables	9.50
Shrimp in Garlic Sauce	9.50
Shrimp with Black Bean Sauce	9.50
Broccoli in Garlic Sauce	6.95
Vegetable in Garlic Sauce	6.95
Fried Rice (Chicken, Pork, Beef, Shrimp or Veg.)	6.95
Lo Mein (Chicken, Pork, Beef, Shrimp or Veg.)	6.95

House Special Luncheons

General Tso's Chicken	9.50
<small>A mouth watering dish made with deep fried chicken, sauteed w. scorched red peppers in our special, tangy, Hunan sauce.</small>	
Mala Chicken (Szechuan)	9.50
<small>Shitake mushroom, Red Onion, Red Pepper, Snow Peas in Hot Ma-La Sauce.</small>	
Triple Delight	9.95
<small>Shrimp, chicken and beef sauteed w. Chinese vegetables are delightful served in our own special sauce.</small>	
Green Jade with Shrimp & Chicken	9.95
<small>Broccoli, snow peas, string beans, sauteed w. jumbo shrimp & sliced white meat chicken w. house brown sauce.</small>	
Mango Chicken Stir-fried	9.50
<small>Sliced white Meat Chicken Stir-Fried w. Fresh Mango & Asparagus Snow Pea.</small>	
Shrimp Amazing	9.95
<small>Jumbo shrimp sauteed w. garden vegetable in a light, delicate lightly spicy sauce.</small>	
Wok Sauteed Fresh Basil Beef	9.50
Thai Coconut Curry Sauce w. Chicken & Shrimp	9.95
Fillet Mignon Stir Fried	11.50
Pad Thai Noodle	9.50
<small>Shrimp, Chicken or Beef</small>	

Hot & Spicy
We alter the spice according to your taste.