





MENYA NOODLE BAR

951 16th St. #104
Denver, CO 80202

HOURS

sun-thurs 11am-9pm
fri & sat 11am-10pm

303.607.8888

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menyacolorado.com

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IZAKAYA



SEAWEED SALAD 8.75

Marinated seaweed, bell peppers, cucumber topped with sesame seeds and sauce



* AVOCADO BOAT 11.25

Avocado half, choice of tuna or salmon topped with bell peppers, sesame seeds and shoyu sauce



EDAMAME 6.75

Seasoned with sea salt



🌶️ SPICY EDAMAME 9.95

Seasoned with garlic chili oil



🌶️ KIMCHI 8.75

Spicy, pickled cabbage



CHICKEN KARAAGE 10.25

Deep fried marinated chicken served with side of spicy mayo



GYOZA 8.95

6 pc. Pan-fried pork dumplings



FRIED RICE 11.25

Egg, edamame, corn and carrots topped with scallions and sesame seeds. Add: Chicken \$2, Beef \$3, Chashu \$3, Shrimp \$4



GEDSO IKA 11.25

Lightly fried squid legs served with side of spicy mayo

MORE IZAKAYA



TAKOYAKI 9.25

4 pc. Fried, flour ball filled with octopus topped with kewpie mayo, okonomi sauce, bonito flakes and dry seaweed



SHRIMP TEMPURA 11.25

4 pc. Batter fried tiger shrimp



SHUMAI 8.95

3 pc. Steamed shrimp dumplings



BAO BUNS 10.50

2 pc. Choice of protein: Bulgogi, Spicy Chicken or Pork Belly with fried onions, mixed greens topped with teriyaki and spicy mayo



AGEDASHI TOFU 9.25

4 pc. Starch fried tofu topped with bonito flakes, dry seaweed in tempura sauce



 **CRISPY TUNA 16.50**

Crispy rice topped with spicy tuna, unagi sauce, bell peppers and scallions



VEGGIE EGG ROLL 7.95

3 pc. Mixed veggie egg rolls with sauce



 **KIMCHI FRIED RICE 14.95**

Veggie fried rice with spicy kimchi

NOODLES

* Most ramen comes with: spinach, bean sprouts, kikurage, scallions, fried garlic & half marinated egg.



*MENYA SPECIAL 16.50

Braised pork belly
in pork broth over ramen



*CHASHU 18.50

Double portion of pork belly
in pork broth over ramen



🌶️ *SPICY MISO 17.00

Braised pork belly in spicy
miso pork broth over ramen



🌶️ *TANTAN 18.50

Spicy ground pork in spicy
miso pork broth over ramen



CHICKEN CURRY 17.25

Japanese thick curry
with potatoes and carrots,
topped with scallions, over ramen



*SHOYU 17.25

Pulled chicken in shoyu chicken
broth over ramen, topped
with fish cake and dried seaweed

MORE NOODLES



* SPICY CHICKEN 17.25

Spicy, pulled chicken in spicy miso pork broth over ramen



* KIMCHI 19.00

Spicy pulled chicken with kimchi in spicy miso pork broth over ramen



CHAMPON 19.95

Shrimp and mussels with yasai veggie mix in seaweed broth over ramen



* TEMPURA UDON 19.95

Thick noodle in soy broth topped with seaweed, scallions and marinated egg with a side of tempura shrimp



* SPICY UDON 17.50

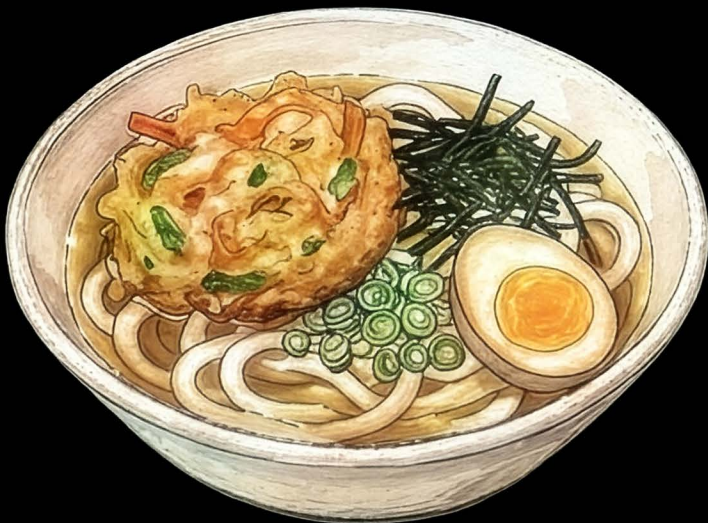
Thick noodle in soy broth with spicy pulled chicken topped with seaweed, scallions and marinated egg



* NIKU UDON 19.50

Thick noodle in soy broth with Bulgogi beef topped with scallions and marinated egg

EVEN MORE NOODLES



*UDON 16.50

Thick noodle in soy broth with tempura veggie patty topped with seaweed, scallions and marinated egg



YAKI SOBA 18.00

Stir-fried egg noodle with yasai veggie mix topped with red ginger, scallions, dried seaweed and sesame seeds



YASAI 16.50

Veggie mix of: cabbage, bell peppers, white onions, carrots, sprouts in seaweed broth over kale noodles

Gluten-free available



CREAMY YASAI 16.50

Ramen noodles in a creamy veggie broth topped with bok choy, yasai veggie mix and choice of fresh or fried tofu



🌶️ MENYA DYNAMITE 20.50

Ramen noodles in a spicy seafood broth topped with yasai veggie mix, octopus, clams, shrimp, calamari and green mussels

Add extra toppings for +\$1



BLACK TONKOTSU 18.00

Tonkotsu broth with black garlic oil, chashu pork, seasoned egg, wood ear mushrooms, spinach, scallions, and fried garlic

RICE BOWLS



*Special choice of
spicy tuna or
spicy salmon*

* POKE BOWL 18.25

Choice of tuna or salmon served on sushi rice and mixed greens with seaweed salad, crab mix, bell pepper, avocado topped with dry seaweed, sesame seeds, shoyu classic sauce



* MENYA SPECIAL POKE 19.25

Tuna and salmon poke served on sushi rice and mixed greens with seaweed salad, crab mix, bell pepper, avocado, edamame, dry seaweed, sesame seeds, shoyu classic sauce



CHICKEN CURRY RICE BOWL 16.75

Japanese thick curry mixed with chicken, potatoes and carrots served with white rice topped, scallions, mixed greens, ginger dressing



BULGOGI RICE BOWL 19.95

Bulgogi beef, white rice, teriyaki sauce, scallions, sesame seeds, mixed greens, ginger dressing



TENDON 18.95

3pc shrimp tempura, 1 pc tempura veggie patty, white rice, teriyaki sauce, mixed greens, ginger dressing, scallions, red ginger, sesame seeds, dry seaweed



CHASHU RICE BOWL 19.50

Braised pork belly over white rice topped with teriyaki sauce and mixed greens with ginger dressing topped with scallions and sesame seeds



* BIBIMBAP 19.50

Bulgogi beef, white rice, steamed mushrooms, Korean spinach, bean sprouts, carrots, white radish, zucchini with side of gochujang spicy sauce topped with fried egg, sesame seeds and dry seaweed

BUILD YOUR OWN POKE BOWL

18.25

Served with miso soup

1 CHOOSE YOUR BASE



White Rice



Brown Rice



Mixed Greens



Ramen Noodles



Rice Noodles



Sushi Rice



Fried Rice
(+\$3)



1/2 White Rice
& 1/2 Salad



1/2 Brown Rice
& 1/2 Salad



1/2 Sushi Rice
& 1/2 Salad



1/2 Ramen
& 1/2 Salad

2 CHOOSE YOUR PROTEIN Includes 1 protein, and another for \$3



*Ahi Tuna



*Spicy Ahi Tuna



*Salmon



*Spicy Salmon



Chicken



*Spicy Chicken



Chashu



Bulgogi



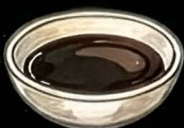
*TanTan Pork



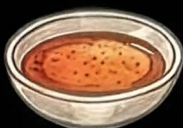
Tofu (Fresh or fried)



3 CHOOSE YOUR SAUSE Up to 2 for \$1 extra



Shoyu
Classic



Sriracha
Sesame



Teriyaki



Spicy Mayo



Mango



Yuzu Miso



Yuzu
Kosho

4 CHOOSE YOUR TOPPINGS Up to 4 toppings included, up to 6 for \$1 extra



Avocado



Crab Mix



Ginger



Bell Pepper



Mango



Cilantro



Kimchi



Corn



Edamame



Cucumber



Seaweed Salad



Spinach



Masago



Jalapeño

Extra Avocado Add \$1.50 | Extra Crab Mix Add \$1

DRINKS & DESSERT



BEVERAGES

FOUNTAIN DRINKS 2.95

Pepsi, Diet Pepsi, Starry, Mountain Dew, Dr. Pepper, Orange Crush, Lemonade, Sobe Lifewater, Iced Tea, Arnold Palmer

BOTTLED DRINKS 3.25

Ramune, Golden Oolong, Unsweetened Green Tea, Ginger Ale, Kombucha, Green Milk Tea, Black Milk Tea, Root Beer, Bottled Water (\$2.95)

GREEN TEA / ICED TEA 3.50 / \$1 REFILL

PLUM ICED TEA 3.50 / \$1 REFILL

SPECIALTY HOT TEAS 3.25

Served by the cup with free hot water refills.

Japanese Sencha (Green Tea) • Genmaicha (Brown Rice Green Tea) • Green Coconut (Green Tea) • Decaf Peach/Grapefruit Black Tea • Jasmine Tea



DESSERT

MOCHI ICE CREAM 4.75

2 pc. choice of Mango, Strawberry, Chocolate, Green Tea or Red Bean, Sesame Flavored Ice Cream

GREEN TEA ICE CREAM 3.50

Japanese Matcha Flavored Ice Cream



FOOTER DISCLAIMER

Please inform your server of any food allergies. Most items prepared with sesame seeds, green onion, ginger soy sauce. Raw/undercooked warning applies.