

MENYA NOODLE BAR450 S Teller St.
Lakewood, CO 80226**HOURS**sun-thurs 11am-9pm
fri & sat 11am-10pm**720.387.8657****MENYA NOODLE BAR**951 16th St. #104
Denver, CO 80202**HOURS**sun-thurs 11am-9pm
fri & sat 11am-10pm**303.607.8888****SMALL BITES*****POKE WRAP** 8.75
Poke tuna and avocado in lettuce wrap**BULGOGI WRAP** 9.50
Thin, marinated beef in lettuce wrap**BULGOGI BUN** 2pc. 7.50
Marinated slices of beef in steamed bun with sauce**PORK BUN** 2 pc. 7.50
Braised pork belly in steamed bun with sauce**SPICY CHICKEN BUN** 2 pc. 7.50
Spicy chicken in steamed bun**SEAWEED SALAD** 7.50
Marinated seaweed**EDAMAME** 5.50
Seasoned with sea salt**SPICY EDAMAME** 8.25
Seasoned with garlic chili oil**KIMCHI** 4.50
Spicy, pickled cabbage***AVOCADO BOAT** 9.25
Choice of tuna or salmon**GYOZA** 7.25
Pan fried pork dumplings**FRIED RICE** 8.95
Veggie fried rice - add chicken \$2, add beef \$3**CHICKEN KARAAGE** 8.50
Deep fried marinated chicken**TAKO YAKI** 7.50
Ball shaped, filled with diced octopus**SHRIMP TEMPURA** 8.25
4 pc. batter fried tiger shrimp**SHUMAI** 7.25
3 pc. steamed shrimp dumplings**CRAB CROQUETTE** 7.25
3 pc. creamy crab fried in breadcrumbs**AGEDASHI TOFU** 7.25
4 pc. starch fried tofu in shoyu broth**EBI KATSU** 7.50
Panko breaded fried shrimp on skewer**VEGGIE EGG ROLL** 6.25
Mixed veggie egg rolls with dipping sauce**KIMCHI FRIED RICE** 11.95
Fried rice with spicy kimchi**GESSO IKA** 8.95
Lightly fried squid leg***CRISPY TUNA** 12.95
Spicy tuna over crispy rice**RAMEN*****MENYA SPECIAL** 14.50
Chashu, bean sprouts & scallions in creamy pork broth over ramen***CHASHU** 15.95
Braised pork belly in creamy pork broth over ramen**CURRY** 13.95
Japanese curry with vegetables and chicken over ramen***TANTAN** 15.50
Spicy pork, bean sprouts & scallions in spicy miso broth**YASAI** 13.95
Veggies & noodles in seaweed broth***SPICY CHICKEN** 14.95
Spicy chicken & scallions in spicy miso broth***SPICY MISO** 14.50
Chashu, bean sprouts & scallions in spicy miso broth**CHAMPON** 16.50
Shrimp, seafood & veggies in seafood broth***KIMCHI** 14.95
Kimchi & spicy chicken in spicy miso broth***TEMPURA UDON** 15.95
Udon noodles with shrimp tempura***UDON** 13.95
Thick Japanese udon noodles in soy broth***SPICY UDON** 14.25
Thick Japanese udon soup with spicy chicken tenderloin***NIKU UDON** 16.25
Thick Japanese udon noodle soup with sauteed beef**YAKI SOBA** 14.50
Stir fried egg noodles with vegetables***SHOYU RAMEN** 14.95
Chicken, bean sprouts & scallions in chicken broth

BOWLS

Served with miso soup



***POKE TUNA** 13.95
Poke tuna, seaweed salad, avocado, crab meat on rice



***POKE SALMON** 13.95
Poke salmon, seaweed salad, avocado, crab meat on rice



***MENYA SPECIAL POKE** 15.50
Poke tuna, poke salmon, seaweed salad, avocado, crab meat over rice



CURRY 13.95
Chicken curry with carrots over rice



BULGOGI 16.50
Marinated slices of beef, sauteed over steamed rice



TEN DON 15.50
3 pc. shrimp tempura, 1 pc. veggie tempura over salad and rice with teriyaki sauce



CHASHU 15.50
Sliced, braised pork belly over steamed rice



***BIBIMBAP** 15.50
Korean BBQ beef, veggies, rice & spicy pepper sauce

*DIY POKE BOWL 13.95

Comes with one protein, add another protein for \$3

- 1 CHOOSE YOUR BASE:**
White Rice | Brown Rice | Mixed Greens | Ramen Noodles | Rice Noodles | Sushi Rice
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:**
*Ahi Tuna | *Spicy Tuna | *Salmon | *Spicy Salmon | Chicken
Spicy Chicken | Chashu | Bulgogi | TanTan Pork | Tofu (fresh or fried)
- 3 CHOOSE YOUR SAUCE:**
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 | Corn
Edamame | Cucumber | Seaweed Salad | Spinach | Masago | Jalapeño
Extra Avocado Add \$1.50 | Extra Crab Mix Add \$1

DRINKS & DESSERT

FOUNTAIN DRINKS 2.95

Pepsi • Diet Pepsi • 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, PLUM ICED TEA 3.50 / \$1 REFILL

SPECIALTY LOOSE LEAF TEAS 3.25

Japanese Sencha (Green Tea) • Green Caramel (Green Tea) • Pomegranate/Blueberry Sencha (Green Tea)
Green Coconut (Green Tea) • Genmaicha (Brown Rice Green Tea) • Orange Creamsicle (Rooibos Tea)
Honey Spice (Rooibos Tea) • Coconut (Rooibos Tea) • Jasmin Tea • Decaf Peach/Grapefruit Black Tea

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MOCHI ICE CREAM 4.75

2 pc. choice of Mango, Strawberry, Chocolate, Green Tea or Red Bean

GREEN TEA ICE CREAM 3.50

Japanese Matcha Flavored Ice Cream

please inform your server of any food allergies or sensitivities you may have.

MOST OF OUR MENU ITEMS ARE PREPARED WITH 1 OR MORE OF THE FOLLOWING INGREDIENTS:
SESAME SEEDS • GREEN ONION • GINGER • SOY SAUCE

*These items are cooked to order and may be served raw or under cooked. Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.