

MENYA RAMEN & POKE
LO-HI, DENVER
1590 Little Raven St. Suite #107
Denver, CO 80202
HOURS
daily 11am-9pm
720.696.6769



MENYA RAMEN & POKE
COLORADO SPRINGS
1645 Briargate Pkwy
Colorado Springs, CO 80920
HOURS
daily 11am-9pm
719.374.4278

SMALL BITES



POKE WRAP 8.25
Poke tuna and
avocado in lettuce
wrap



BULGOGI WRAP 9.25
Thin, marinated beef
in lettuce wrap



BULGOGI BUN 7.25
Marinated slices of
beef in steamed bun
with sauce



**SPICY CHICKEN
BUN** 7.25
Spicy chicken in
steamed bun



PORK BUN 7.50
Braised pork belly
in steamed bun with
sauce



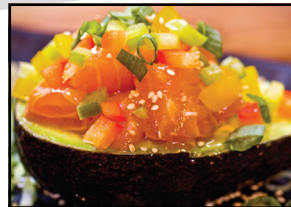
SEAWEED SALAD
7.25
Marinated seaweed



EDAMAME 5.25
Seasoned with
sea salt



KIMCHI 4.25
Spicy, pickled
cabbage



***AVOCADO BOAT**
8.95
Choice of tuna
or salmon



SHUMAI 6.95
3pc. steamed
shrimp dumplings

***DIY POKE BOWL \$13.50**

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

1 CHOOSE YOUR BASE:
Sushi Rice | Brown Rice | White Rice | Mixed Greens | Ramen Noodles
Rice Noodles | 1/2 Sushi Rice & 1/2 Salad | 1/2 Brown Rice & 1/2 Salad |
1/2 White Rice & 1/2 Salad | 1/2 Noodle & 1/2 Rice | 1/2 Noodle & 1/2 Salad

2 CHOOSE YOUR PROTEIN:
Ahi Tuna | Spicy Tuna | Salmon | Spicy Salmon | Tofu
Chashu | Chicken | TanTan Pork | Spicy Chicken | Bulgogi

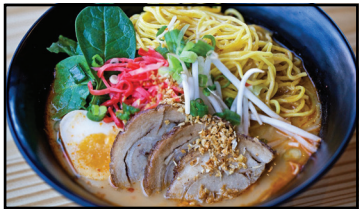
3 CHOOSE YOUR SAUCE:
Shoyu Classic | Sriracha Sesame | Teriyaki | Spicy Mayo
Mango | Yuzu Miso | Yuzu Kosho

4 CHOOSE YOUR TOPPINGS:
Up to 4 toppings included, up to 6 for \$1 extra
Avocado | Crab Mix | Ginger | Bell Pepper | Mango | Cilantro | Corn | Jalapeño
Edamame Peas | Cucumber | Seaweed Salad | Spinach | Masago
Extra Avocado Add \$1 | Extra Crab Mix Add \$1



visit us online: menyacolorado.com [f](https://www.facebook.com/menyacolorado) [@](https://www.instagram.com/menyacolorado) /menyacolorado

RAMEN



***MENYA SPECIAL** 13.95
Chashu, bean sprouts & scallions in creamy pork broth



***CHASHU** 15.50
Braised pork belly over creamy Menya special broth over ramen



CURRY 13.50
Japanese curry with vegetables and chicken over ramen



YASAI 13.50
Veggies & noodles in seaweed broth



***SPICY CHICKEN** 14.50
Spicy chicken & scallions in spicy miso broth



***SPICY MISO** 13.95
Chashu, bean sprouts & scallions in spicy miso broth



***TANTAN** 14.95
Spicy pork, bean sprouts & scallions in spicy miso broth



***KIMCHI** 14.50
Kimchi & spicy chicken in spicy miso broth



***UDON** 13.50
Thick Japanese udon noodles in soy broth



***CHICKEN UDON** 13.95
Thick Japanese udon soup with steamed chicken tenderloin



***NIKU UDON** 15.95
Thick Japanese udon noodle soup with sauteed beef



***SPICY UDON** 14.50
Thick Japanese udon noodle soup with spicy chicken tenderloin

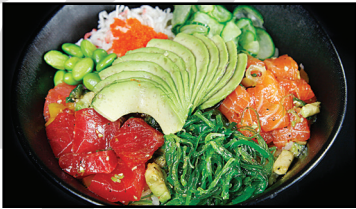
BOWLS



***POKE TUNA** 13.50
Poke tuna, seaweed salad, avocado, crab meat on rice



***POKE SALMON** 13.50
Poke salmon, seaweed salad, avocado, crab meat on rice



***MENYA SPECIAL POKE** 14.95
Poke tuna, poke salmon, seaweed salad, avocado, crab meat over rice



SPICY CHICKEN 13.95
Menya special flavored chicken over steamed rice & salad



BULGOGI 15.95
Marinated slices of beef, sauteed over steamed rice



CURRY 13.50
Chicken curry with carrots over rice



CHASHU 14.95
Sliced, braised pork belly over steamed rice



***BIBIMBAP** 14.95
Korean BBQ beef, veggies, rice & spicy pepper sauce

GLUTEN FREE

GLUTEN FREE RAMEN 13.95
Rice noodles & vegetable soup

POKE SAUCE 1

DRINKS & DESSERT

Pepsi | Diet Pepsi | Sierra Mist | Mountain Dew | Dr. Pepper | Lemonade | Iced Tea | Hot Tea

MOCHI ICE CREAM 2 pc. \$4



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.

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