

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

MENYA
 RAMEN + POKE

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 7.50
 Marinated slices of beef in steamed bun with sauce



SPICY CHICKEN BUN 7.50
 Spicy chicken in steamed bun



PORK BUN 7.50
 Braised pork belly in steamed bun with sauce



SEAWEED SALAD 7.50
 Marinated seaweed



EDAMAME 5.50
 Seasoned with sea salt



KIMCHI 4.50
 Spicy, pickled cabbage



***AVOCADO BOAT** 9.25
 Choice of tuna or salmon



SHUMAI 7.25
 3pc. steamed shrimp dumplings

*DIY POKE BOWL \$13.95

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



RAMEN



***MENYA SPECIAL** 14.50
Chashu, bean sprouts & scallions in creamy pork broth



***CHASHU** 15.95
Braised pork belly over creamy Menya special broth over ramen



CURRY 13.95
Japanese curry with vegetables and chicken over ramen



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



***TANTAN** 15.50
Spicy pork, bean sprouts & scallions in spicy miso broth



***KIMCHI** 14.95
Kimchi & spicy chicken in spicy miso broth



***UDON** 13.95
Thick Japanese udon noodles in soy broth



***CHICKEN UDON** 14.50
Thick Japanese udon soup with steamed chicken tenderloin



***NIKU UDON** 16.25
Thick Japanese udon noodle soup with sauteed beef



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

BOWLS



***POKE TUNA** 13.95
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



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



BULGOGI 16.50
Marinated slices of beef, sauteed over steamed rice



CURRY 13.95
Chicken curry with carrots over rice



CHASHU 15.50
Sliced, braised pork belly over steamed rice



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

GLUTEN FREE

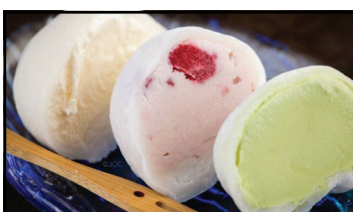
GLUTEN FREE RAMEN 13.95
Rice noodles & vegetable soup

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.*

visit us online: menyacolorado.com   /menyacolorado