

Did you know this about Brown Rice

Sogo prepares brown rice sushi like you've never tasted before. Our brown rice imparts a unique richness and texture that white rice cannot achieve. Other brown rice is either too soft or too hard and not well suited for making good sushi

Women Who Eat Whole Grains Weigh Less

Brown Rice is Rich in Fiber and Selenium Lower Your Cholesterol with Whole Brown Rice

Lignans Protect against Heart Disease Reduce Your Risk of Metabolic Syndrome

Brown Rice and Other Whole Grains Substantially Lower Type 2 Diabetes Risk

"our two-step tempera process has less oil than traditional cooking"

Soup

Miso soup 2.00

Salad w/Ginger dressing

Garden salad 2.50

Sogo special salad 5.50

Baby spinach, asparagus, avocado, and romaine lettuce

California salad 5.50

Crab meat, avocado, and romaine lettuce

Seaweed salad 4.50

Kani salad 5.50

Appetizer

Edamame 4.00

Steamed soybeans w/ sea salt

Gyoza 4.50

Pan fried pork and vegetable dumpling

Shumai 4.50

Shrimp steamed dumplings

Cold Udon 5.50

Udon w/spicy ponzu sauce

Sushi 7.95

Four pieces assorted sushi

Tuna or Salmon Tataki 8.95

Treasure Island 8.95

Avocado boat w/ chopped tuna, spicy sauce, and topped w/ tobiko

Tako Su 6.95

Octopus, and cucumber w/ ponzu sauce

Special Rolls **Cooked**

1. Sogo Special 11.95

Shrimp tempura and avocado topped w/ spicy crab meat and chopped shrimp.

They complement each other perfectly. (Try it!)

2. Black Pearl 11.95

Shrimp and crabmeat, mixed w/ spicy mayo, wrapped w/ avocado and topped w/ black caviar.

3. RB (Red Bank) Roll 12.95

Soft shell crab tempura tobiko, topped w/ eel and avocado

4. White Jade 12.95

Cooked white tuna and asparagus topped w/seared stripped bass

5. Ocean Delight 12.95

Cooked spicy tuna w/mozzarella cheese wrapped in soy bean paper

6. Dragon Roll 10.95

Eel, cucumber inside topped w/avocado and tobiko

Special Rolls **Raw**

1.Orchid *recommended by chef* 12.95

Spicy tuna, shrimp, crabmeat & tamago wrapped in soy bean paper topped with basil, fluke and tuna

2. Diamond 12.95

Spicy yellow tail , crunch and avocado topped w/ sliced fluke and caviar

3. Ruby 12.95

Spicy tuna w/ scallion, tempura crunch topped w/ seared pepper tuna

4. Spicy & Spicy 11.95

Spicy tuna, avocado topped w/spicy crabmeat

5. Alaska Beauty 11.95

Salmon tempura, and asparagus, topped w/ fresh salmon and spicy mayo.

6. Candy Cane 12.95

Red and white tuna striped on top of spicy tuna .

7. Fantastic 11.95

Shrimp tempura and avocado, topped w/ spicy tuna

8. Salmon Lover 12.95

Salmon, homemade smoked salmon and avocado topped tempura crunch

9. Rainbow 11.95

Crabstick and cucumber inside topped w/ tuna, salmon, yellowtail, avocado

10. Sunshine 11.95

California roll, topped w/ salmon and sliced lemon

11. Naruto 10.95

Tuna, salmon, yellowtail & crabmeat wrapped in cucumber

12. Target 11.95

White tuna mix Asian spices topped with seared white tuna and spiced sauce

13. Sumo 12.95

Shrimp tempera, asparagus and lemon topped with salmon, white tuna and spicy tuna

Dinner

Served w/ soup and salad

1. Sushi Regular 18.95

8 pieces assorted sushi and tuna roll

2. Sushi Deluxe 22.95

10 pieces assorted sushi and spicy tuna roll

3. Sashimi Dinner 18.95

Assortment slices of fresh fish w/ bowl of brown rice

4. Sushi Sashimi combination 23.95

6 pieces of assorted sushi and assorted sashimi w/spicy tuna roll

5. Maki Combination 16.95

Spicy crunch tuna, eel special and yellow tail scallion

6. Tempura Maki 16.95

Shrimp tempura, salmon tempura, and sweet potato tempura

7. Chirashi 18.95

Assorted sashimi over brown rice

8. Tuna Lover 22.95

4 piece red tuna, 4 piece white tuna, and 1 spicy crunch tuna roll

9. Sogo Delight 22.95

2 pieces tuna, 2 pieces yellow tail, 2 pieces salmon, and a rainbow roll

10. Vegetable Maki 14.95

1 roll green spring, 1 roll potato tempura, and 1 roll mixed vegetables

11. Sushi for Two 46.95

14 pieces of assorted sushi, Fantastic roll and eel special roll

12. Sushi/Sashimi for Two 52.95

10 pieces of sushi, assorted sashimi, Sogo special roll, and Alaska roll

Roll or Hand Roll

Cooked Roll

Boston	5.50
(Cooked shrimp, lettuce, and avocado w/ mayo)	
California	4.95
Eel Cucumber or avocado	5.50
Eel Special (Eel, avocado, cucumber, and fish roe)	5.95
Hot Crunch Crab Roll	5.95
(Spicy Crabmeat, crunch, w/ cucumber)	
Cooked Salmons w/ cucumber	5.95
Salmon Skin Roll	5.50
Shrimp Tempura w/ avocado	6.95
Spicy Cooked Shrimp w/cucumber	5.95
Spider Roll (Soft-shell crab, avocado, and fish roe)	7.95

Raw Roll

Alaska (Salmon, avocado, & cucumber w/ fish roe)	5.50
Philadelphia (Smoked salmon w/ cream cheese)	5.50
Salmon Avocado Roll	5.00
Spicy Crunch Roll	5.95
(Choice of tuna, salmon, or yellowtail w/ tempura crunch)	
Spicy Salmon w/avocado Roll	5.50
Spicy Scallop w/ Jalapeno	6.95
Spicy Tuna w/ avocado Roll	5.50
Spicy Yellowtail w/ scallion	5.50
Tuna	5.00
Yellowtail w/scallion	5.50

Vegetarian Rolls

Asparagus or Cucumber or Avocado	4.25
Sweet potato tempura	4.50
Popeye Roll (Baby spinach w/ cream cheese)	5.00
Mixed vegetable (Asparagus ,avocado & cucumber)	5.50
Green Spring	5.50
(baby spinach, asparagus, and avocado)	
ABC Roll	5.50
(Alfalfa sprout, Baby spinach and Carrots)	
Tofu Roll (seasoning bean curd and baby spinach)	5.50
Garden Roll	5.95
(yellow, red bell pepper, avocado, asparagus wrap w/ soy bean paper)	

Sushi or Sashimi A La Carte

Sushi: one piece per order

Sashimi: 3 pieces per order

	Sushi	Sashimi
Tuna (Maguro)	2.75	5.95
Yellowtail (Hamachi)	2.75	5.95
White tuna	2.75	5.95
Salmon (Sake)	2.50	5.50
Fluke (Hirame)	2.50	5.50
Striped Bass (Suzuki)	2.50	5.50
Red snapper (Tai)	2.50	5.50
Mackerel (Saba)	2.50	5.50
Smoked Salmon	2.75	5.95
Salmon Roe (Ikura)	2.75	5.95
Flying Fish Roe (Tobiko)	2.75	5.95
Eel (Unagi)	2.75	5.95
Octopus (Tako)	2.50	5.50
Scallop (Hotategai)	3.00	7.50
Red Clam (Hokkigai)	2.50	5.50
Shrimp (Ebi)	2.50	5.50
Egg (Tamago)	2.00	4.50
Crab Stick (Kani)	2.00	4.50
Bean Curd (Inari)	2.00	4.50

Dessert

Green Tea Ice Cream	2.00
Moochi Ice Cream	2.00
(Green tea or Red Bean Flavor)	

Lunch Menu 11:30am~2:30pm

Sushi Bar Lunch

served w/soup and salads

Sushi Regular	11.95
6 pieces sushi and one California roll	
Sushi Deluxe	13.95
8 pieces sushi and one spicy crunch tuna roll	
Sushi/Sashimi Combo	16.95
5 pieces sushi, assorted sashimi, and one spicy tuna roll	
Sashimi Lunch	13.95
Assorted fresh fish served w/ bowl of brown rice	

Maki Roll Lunch served w/soup and salads

(Any two rolls 8.95 Any three rolls 11.95)

Spicy cooked shrimp roll

Alaska roll (salmon, avocado and cucumber w/fish roe)

Boston roll (cooked shrimp, lettuce & avocado w/ mayo)

Avocado roll

California roll

Salmon skin roll

Eel avocado roll

Spicy tuna avocado roll

Hot crunch crab roll

(Spicy Crabmeat, crunch w/ cucumber)

Spicy salmon w/ Jalapeno roll

Spicy crunch tuna roll

Spicy crunch salmon roll

Sweet potato tempura roll

Mixed vegetable roll (avocado, cucumber & asparagus)



The only brown rice sushi that got
a review
by Asbury Park Press....
"ES-CHEWING TRADITION"

Mon thru Sat
11:30-2:30 & 4:30-9:30

60 Monmouth St
Red Bank , NJ 07701

Tel: 732-5309688

Fax:732-5309689

www.sogosushi.com