

LUNCH MENU

(No substitutions, please)

Bento Specials

(miso soup, salad, Cal. Roll(4pcs) and rice)

Chicken Teriyaki	\$5.50
Beef Teriyaki	\$7.00
Salmon Teriyaki	\$7.50
Shrimp & Vegetable Tempura	\$8.00

From the Sushi Bar

Sashimi Lunch	\$11.50
Sushi Lunch	\$11.50
Spicy Tuna Bowl	\$9.00
Poki Bowl	\$9.50
Chirashi Bowl	\$13.00
Chirashi Bowl Deluxe	\$19.00
Mini Chirashi Bowl & Mini Udon Combo	\$12.00

Combinations

(miso soup, salad and rice)

Chicken Teriyaki + Cal. Roll (4pcs)	\$7.50
Chicken Teriyaki + Assorted Sashimi or Sushi	\$10.00
Beef Teriyaki + Assorted Sashimi or Sushi	\$11.00
Salmon Teriyaki + Assorted Sashimi or Sushi	\$11.00
Shrimp & Vege. Tempura + Assorted Sashimi or Sushi	\$12.00

TABENTO'S BOWL

Chicken Bowl	\$5.00
Beef Bowl	\$6.00

Noodles *No To go Please*

Udon	\$5.50
Shrimp Tempura Udon(2 Shrimp Tempura)	\$8.00

ROLL

Avocado Roll	cut \$4.50, hand \$3.75
California Roll	cut \$4.50, hand \$4.00
Cucumber Roll	cut \$4.00, hand \$3.00
Eel & Cucumber Roll	cut \$6.00, hand \$5.00
Spicy Tuna Roll	cut \$6.00, hand \$5.50
Tuna Roll	cut \$6.00, hand \$5.50
Vegetable Roll	cut \$4.50, hand \$3.75
Salmon Skin Roll	cut \$5.50, hand \$4.50
Caterpillar Roll	cut \$10.00
Crunch Roll	cut \$9.00
Philadelphia Roll	cut \$8.00
Rainbow Roll	cut \$9.50
Alaska Roll	cut \$9.50
Softshell Crab Roll	cut \$10.50
Crispy Spicy Tuna Sushi	cut \$10.50
Dragon Roll	cut \$11.50
Seafood Dynamite Roll	cut \$10.50
Umai Roll	cut \$8.50
Russian Roulette Roll	cut \$9.00
Tabento Roll	cut \$12.00

SUSHI / SASHIMI

Tuna	\$5.00	\$14.00
Yellowtail	\$4.50	\$11.00
Salmon	\$4.25	\$10.00
Halibut	\$4.80	\$12.00
Shrimp	\$3.75	
Albacore	\$4.25	\$10.00
Scallop or Squid	\$4.50	\$11.00
Mackerel	\$3.75	\$9.00
Spanish Mackerel or Octopus	\$4.50	\$9.00
Fresh Water Eel	\$4.50	
Sea Urchin or Jumbo Clam	M/P	M/P
Smelt Egg	\$3.75	
Salmon Egg	\$4.50	
Sweet Shrimp	\$6.80	
Red Snapper	\$6.00	\$14.00
Tamago	\$3.00	



Mesa Verde Plaza

Monday-Saturday
Lunch: 11:30am-2:30pm
Dinner: 5:30pm-10:00pm
Sunday: Closed

1525 Mesa Verde Drive East, #112
Costa Mesa, CA 92626

Tel: (714) 545-0600

DINNER MENU

(No substitutions, please)

From the Kitchen

(miso soup, salad and rice)

Chicken Teriyaki	\$10.00
Beef Teriyaki	\$12.00
Salmon Teriyaki	\$12.00
Shrimp & Vegetable Tempura	\$14.00
Vegetable Tempura	\$9.00

From the Sushi Bar

Sashimi Dinner	\$21.00
Sushi Dinner	\$19.00

Combinations

(miso soup, salad and rice)

Chicken Teriyaki + Cal. Roll (8pcs)	\$13.00
Chicken Teriyaki + Assorted Sashimi or Sushi	\$16.00
Beef Teriyaki + Assorted Sashimi or Sushi	\$18.00
Salmon Teriyaki + Assorted Sashimi or Sushi	\$18.00
Shrimp & Vege. Tempura + Assorted Sashimi or Sushi	\$19.00

* Assorted Sashimi: 8 pcs.

(2 Tuna, 2 Salmon, 2 Yellowtail, 2 Albacore)

* Assorted Sushi: 4 pcs.

(Tuna, Salmon, Yellowtail, Albacore)

Noodles *No To go Please*

Udon	\$6.50
Shrimp Tempura Udon(2 Shrimp Tempura)	\$8.50

APPERTIZERS

(No substitutions, please)

Edamame	\$2.50
Pickled Japanese Cucumber	\$2.50
House Made Mentaiko	\$6.00
Spicy Tuna Spring Roll	\$7.50
Grilled Fresh Green Pepper	\$3.50
Grilled Smelt (2pcs)	\$3.50
Hamachi Kama	\$8.50
Grilled Salmon Kama Delicacy	\$6.00
Grilled Sea Bass	\$12.00
Baked Green Mussel (4pcs)	\$6.00
Fried Soft Shell Crab	\$7.50
Fried Calamari	\$6.00
Fried Oyster (3pcs)	\$5.00
Fried Tofu	\$4.00
Shrimp Tempura (3pcs)	\$6.00
Mixed Tempura (2 Shrimp & Vege.)	\$7.50
Halibut, Shishito, Oba Tempura	\$8.00
Fresh Green Pepper Tempura	\$3.50
Seafood Dynamite	\$6.50
Steamed Asari Clams	\$6.50

SALADS

Tabento Green Salad	\$4.00
Salmon Skin Salad	\$6.50
Tofu(Cold or Deep Fried) Salad	\$5.50
Poki Salad	\$7.00
Tuna, Avocado, Yamaimo Salad	\$7.50
Sashimi Salad	\$10.00

SOUPS

Miso Soup	\$1.50
Asari Clam Miso Soup	\$3.50
Seafood Miso Soup	\$7.00

TABENTO SPECIALITY

(No substitutions, please)

Sashimi

Sashimi Sampler	\$10.00
Sushi Sampler	\$11.00
3 Kind of Chef's Choice Sashimi	\$15.00
Tabento Special Sashimi Ice Boat	
2~3 people	\$60.00
3~4 people	\$75.00
4~5 people	\$90.00

SIDE ORDERS

Steamed Plain Rice	\$1.50
Sushi Rice	\$2.50

DESSERT

Ice Cream	\$2.00
(Red Bean, Green Tea, Vanilla, Black Sesame Seed)	
Banana Fritter	\$5.50
Mochi Ice Cream	\$4.00
(Red Bean, Green Tea)	
Green Tea Parfait	\$5.00
Ice Cream Puff	\$5.00
Green Tea Ice Cream & Banana Crepe	\$5.50

