

SOUP

- ★ **MISO SOUP** 2.5
Tofu, seaweed, scallion in soy bean bonito broth
- CLEAR HIBACHI SOUP** 2.5
Mushroom, dried fried onion
- ★ **TOM YAM SOUP** 6
Thai Style spicy shrimp soup
- CLAM SAKE SOUP** 5.5
- WONTON SOUP** 5.5



SALAD

- GARDEN** with house ginger dressing 3.5
- AVOCADO** with house ginger dressing 4.5
- ★ **SEAWEED** 5.5
- GRILL CHICKEN/SHRIMP/ SALMON/BEEF** 8/9/9/10
Char-grill chicken or beef, avocado, mix green with ginger dressing
- SPICY KANI** 9
Crabmeat, cucumber, caviar & tempura flake w/ spicy mayo
- ★ **CRISPY CALAMARI** 10
Fry calamari with sweet chili sauce
- ★ **CHAR-GRILL SHRIMP & FRUIT** 14
Char grill shrimp and avocado, grapefruits, tomato, radishes with sweet chili lime sauce & peanut

HOT STARTERS

- ★ **EDAMAME** Steamed soy bean pods 5
- YASAI CROQUETTE** Deep fried vegetable potato cake 6
- CREAM CORN CROQUETTE** 6
Deep fried potato cake with cream corn and crab meat
- ★ **FRIED WONTON** Shrimp and vegetable 5.5
- TEPPAN FRIES** Mentai Mentaiko(cod roe) mayo dipping 5.5
- AGEDASHI TOFU** 5.5
Fried tofu serve with scallion and grated ginger
- ★ **ROTI CANAI** *Extra Roti (Pan cake) \$2.00 each 6
2 pcs roti with curry chicken dipping sauce
- VEGETABLE GYOZA** Pan fried vegetable dumpling 6.5
- ★ **DEEP FRIED SPRING ROLL** Shrimp or vegetable 7
- SHUMAI** Steamed shrimp dumpling 6.5
- WASABI PORK SHUMAI** Wrapped in wasabi dough 6.5
- SAKE DRUNK FRIED CHICKEN WINGS** 8
- ★ **HOME MADE PORK GYOZA** Pan fried or steamed 7.5
- ★ **GRILLED CHICKEN SATAY** 8
on Skewers with spicy peanut sauce
- TEMPURA APPETIZER**
 - ★ Veggie Only 6.5
 - ★ Shrimp & Veggie 8.5
 - Chicken & Veggie 7.5
- IKA GESO** Japanese style fried squid legs 8.5
- ★ **BRAISED ANGUS SHORT RIB** 9
Korean style soy, sake marinated
- BEEF NEGIMAKI** 9
Thin sliced beef roll w/scallion & teriyaki sauce on top
- IKA SHOGAYAKI** Grill squid with ginger sauce 9
- POPCORN SHRIMP** Served with miso wasabi aioli 10.5

SUSHI BAR STARTERS

*No Substitution.

- SUSHI APPETIZER** 5pcs 11
- SASHIMI APPETIZER** 6pcs 12
- ★ **STUFFED TEMPURA JALAPEÑO** 11
Spicy crab, jalapeño fried tempura style
- ★ **SPICY TUNA TARTAR W/AVOCADO** Mango sauce 13
- USUZUKURI** Thinly sliced fluke, ponzu sauce 14
- HAWAIIAN TARTAR** 14
Chunks of tuna, salmon, mango, avocado, tobiko topped w/yuzu sauce
- PEPPER TUNA W/CREAMY WASABI SAUCE** 15
Pan seared pepper tuna with creamy wasabi sauce & tobiko on top
- TUNA AVOCADO** Yuzu(Citrus Juice) sauce 16
- ★ **YELLOWTAIL JALAPEÑO** 16
Thinly sliced yellowtail served with ponzu sauce
- ★ **JALAPEÑO SASHIMI** 16
Salmon, tuna, white tuna, and yellowtail



KITCHEN ENTREES

Served white or brown rice and vegetables. Choice soup or salad.
*Add \$3.50 for Fried Rice.

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|-----------------------|----|---------------------------------------|----|
| TERIYAKI | | DONBURI (Over Rice) | |
| Agedashi Tofu | 13 | ★ Katsu Don Chicken or Pork | 13 |
| Vegetable Tofu | 13 | Oyako Don | 13 |
| ★ Chicken | 15 | <i>Chicken, egg and onion</i> | |
| ★ Salmon | 16 | Unagi Tamago Don | 21 |
| ★ Sirloin Steak | 17 | <i>Eel and egg</i> | |
| ★ Beef Negimaki | 18 | TEMPURA | |
| Jumbo Shrimp | 18 | ★ Vegetable | 12 |
| Scallop | 19 | ★ Chicken & Veggie | 14 |
| | | ★ Shrimp & Veggie | 16 |
| | | ★ Soft Shell Crab & Veggie | 18 |
| | | CURRY | |
| | | *Malaysian style curry with vegetable | |
| | | KATSU | |
| | | *With Katsu Sauce. | |
| | | Add \$2.00 for Japanese Curry Sauce | |
| Vegetable | 12 | ★ Chicken | 13 |
| ★ Chicken with Potato | 15 | ★ Pork | 13 |
| ★ Beef | 17 | | |
| ★ Shrimp | 16 | | |

ASIAN ENTRÉE

- ★ **General Tso Chicken (Spicy)** 左宗雞 13
- Sesame Chicken** 芝麻雞 13
- ★ **Braise Angus Short Ribs** Korean style soy, sake marinate 20
- Grill Filet Mignon** 26
with mixed vegetables and french fried and demy glaze sauce
- ★ **Chilean Sea Bass** w/ teriyaki sauce with mixed vegetables 27
- Surf and Turf** Filet mignon, scallop & shrimp w/house special sauce 28

SUSHI & SASHIMI ENTRÉES

Served with miso or salad. With brown rice extra \$2 & up.

*No Substitution.

- SUSHI REGULAR** 8pcs of assorted fish and 1 tuna roll 21
- ★ **SUSHI DELUXE** 10pcs of assorted fish and Mexican roll 25
- SASHIMI REGULAR** 14pcs of assorted fish 23
- ★ **SASHIMI DELUXE** 18pcs of assorted fish 27
- SUSHI & SASHIMI COMBO DINNER** 28
5pcs Sushi, 8pcs Sashimi & Rainbow roll
- VEGGIE MAKI COMBO** 14
Choice of 3 rolls: Avocado Roll, Cucumber Roll, Shiitake, Sweet Potato
- ★ **VEGETABLE SUSHI DINNER** 16
8pcs of veggie sushi & vegetable roll
- MAKI COMBO** 16
Choice of 3 rolls: California, Tuna, Salmon, Yellowtail Scallion, White Tuna
- ★ **SPICY MAKI COMBO** 17
Choice of 3 rolls: Spicy California, Spicy, Tuna, Spicy Salmon, Spicy White Tuna, Spicy Yellowtail
- ★ **CHIRASHI** Assorted fresh sliced fish topped on sushi rice 23
- ★ **TRI COLOR SUSHI** 25
3pcs of salmon, 3pcs of tuna, 3pcs of yellowtail and tuna roll
- TUNA LOVER SUSHI** 8pcs of tuna and tuna roll 25
- SALMON LOVER SUSHI** 8pcs of salmon and salmon roll 25
- SALMON OR TUNA AVOCADO DON** 25
- ★ **TRI COLOR SASHIMI** 29
6pcs of salmon, 6pcs of tuna, 6pcs of yellowtail
- SUSHI FOR 2** 52
16pcs of sushi, Rainbow roll, spicy tuna roll, shrimp tempura roll
- ★ **CHEF'S CHOICE SUSHI & SASHIMI FOR 2** 58
24pcs of assorted sushi & sashimi, dragon roll and Mexican roll

NOODLE

Served with soup or salad.

- ★ **TONKATSU RAMEN** 14
Roast pork, egg & noodle in pork base hot broth
- ★ **NABEYAKI UDON** 15
Chicken, egg, vegetable & shrimp tempura in hot broth
- ★ **TOM YAM SEAFOOD RICE NOODLE** 15
Cream or coconut milk
- CURRY RAMEN** Curry noodle soup
- Vegetable 12 ★ Chicken 13 Shrimp 15 Beef 16
- SIZZLING YAKI UDON OR SOBA OR SLICED NOODLE** 15
Sauteed noodle with vegetables
- Vegetable 11 ★ Chicken 13 Shrimp 16 Beef 14
- SUSHI FOR 2** 52
16pcs of sushi, Rainbow roll, spicy tuna roll, shrimp tempura roll

FRIED RICE

Served with soup or salad.
*Add \$1.00 for Pineapple / Add \$2.00 for Mango

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|-----------|----|-----------------|----|
| Vegetable | 11 | Beef | 14 |
| ★ Chicken | 12 | ★ Smoked Salmon | 14 |
| Shrimp | 13 | | |

*Please let the cashier know instead you server know of any food allergies. Consuming raw or undercooked meals, poultry, seafood, shellfish, or egg may increase your risk of foodborne illness, especially if you have certain medical conditions. Any substitution will have extra charge.

SUSHI & SASHIMI A LA CARTE

2pcs per order / Add \$0.50 for Brown Rice

RAW

- | | | | |
|---------------------------|---|-----------------------|----|
| Saba (Mackerel) | 5 | Smoked Salmon | 6 |
| Ika (Squid) | 5 | Hotate (Scallop) | 6 |
| Ikura (Salmon Roe) | 6 | Maguro (Tuna) | 7 |
| Masago (Smelt Fish Roe) | 6 | Hamachi (Yellowtail) | 7 |
| Hirame (Fluke) | 6 | White Tuna | 7 |
| Sawara (Spanish Mackerel) | 6 | Amaebi (Sweet Shrimp) | 10 |
| Sake (Salmon) | 6 | Uni (Sea Urchin) | 12 |

COOKED

- | | | | |
|----------------------|-----|----------------|-----|
| Tamago (Cook Egg) | 4.5 | Tako (Octopus) | 5.5 |
| Kani (Crab Stick) | 5 | Unagi (Eel) | 7 |
| Ebi (Cooked Shrimp) | 5 | King Crab | 11 |
| Hokki Gai (Red Clam) | 5 | | |

VEGGIE

- | | |
|--------------------------------|---|
| Cucumber | 4 |
| Asparagus | 4 |
| Inari (Dried Bean Curd Pocket) | 4 |
| Avocado | 5 |



ROLL OR HAND ROLL

Add Cucumber, Scallion, Jalapenos for \$0.75
Add Avocado, Cream Cheese, Tempura Flakes, Masago, Spicy Mayo, Eel Sauce, Hot Sauce for \$1.00
Soy Paper for \$1.00 / w. Brown Rice \$0.50

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|--|-----|---|-----|
| Cucumber | 4 | Spicy White Tuna | 7 |
| Avocado | 5 | Spicy Salmon | 7 |
| Asparagus | 5 | Spicy Yellowtail | 7 |
| Sweet Potato Tempura | 5 | Spicy Mango Shrimp | 7 |
| Shitake Mushroom | 5 | Eel w/ Avocado | 7 |
| Ebi | 5 | Eel w/ Cucumber | 7 |
| California | 5.5 | Alaska | 7 |
| Veggie Roll | 6 | Veggie Futo Maki | 7 |
| <i>Asparagus, avocado & cucumber</i> | | <i>Oshinko, avocado & cucumber, gobo, kanpyo, asparagus</i> | |
| Yellowtail & Scallion | 6 | Futo Maki | 8 |
| Tuna | 6 | <i>Egg, crabmeat, oshinko, gobo, kanpyo, avocado & cucumber</i> | |
| Salmon | 6 | Shrimp Tempura w/ Avocado & Tobiko | 8.5 |
| White Tuna | 6 | King Crab California | 9.5 |
| Philadelphia | 7 | | |
| <i>Smoked salmon, avocado & cream cheese</i> | | | |
| Spicy Tuna | 7 | | |

★ **MOST POPULAR**

*Prices subject to change without notice.

SPECIAL ROLLS

- VEGGIE DRAGON** 9
Sweet potato tempura, cucumber topped with avocado
- ★ **MEXICAN** 10
Spicy tuna, cucumber, avocado topped with spicy mayo & tempura flake
- NEWPORT** 11
Blue crab, shrimp, avocado topped with tomato and spicy mayo
- ★ **SUNSHINE (*Raw)** 11
Tempura smoke salmon, cream cheese, avocado, top w/ spicy mayo & eel sauce
- DRAGON** 11
Eel cucumber, topped with avocado, masago & eel sauce
- ★ **DYNAMITE** 13
Tuna avocado, white fish tempura, topped w/ spicy mayo, eel sauce & masago
- FUNKY MONKEY** 13
King crab & avocado topped with masago
- NARUTO** 13
Tuna, salmon, white fish, crab, masago, avocado roll with thin slice cucumber, served with ponzu sauce
- TUNA OR SALMON NARUTO** 13
Tuna, avocado, masago roll with thin slice cucumber served with ponzu sauce
- ★ **ATLANTIC** 14
Shrimp tempura, cucumber topped w/ spicy crabmeat, peach sauce & eel sauce
- ★ **SPIDER MAN** 14
Soft shell crab, cucumber avocado and masago
- JC** 14
Shrimp tempura inside, topped with eel, avocado, wasabi tobiko & eel sauce
- ★ **LOBSTER VOLCANO** 14
Torched lobster, shiitake mushroom topped with spicy crabmeat, scallion and masago
- RAINBOW** 14
California roll topped with tuna, salmon, shrimp, white fish and avocado
- GODZILLA (*Raw)** 14
Tempura tuna & avocado roll topped w/ masago, spicy mayo & sweet BBQ sauce
- ★ **JERSEY SHORE** 15
Shrimp tempura, spicy tuna, avocado wrapped in soy paper, served with spicy mayo and eel sauce on the side
- ★ **BAD BOY** 16
Shrimp tempura roll topped with tuna, white tuna, spicy mayo, wasabi mayo, eel sauce & masago
- ★ **YANKEE** 16
Spicy tuna and avocado topped with tuna, tempura flake & spicy mayo
- METS** 16
Spicy salmon and avocado topped with salmon, tempura flake & spicy mayo
- ★ **DOUBLE CRUNCHY SPICY** 16
Spicy yellow tail, avocado topped with spicy tuna, spicy mayo & tempura flake
- ★ **OUT OF CONTROL** 16
Spicy tuna, tempura flake topped with tuna, salmon, yellow tail, avocado, masago and scallion in soy paper
- PARADISE** 16
Salmon avocado wrapped in soy paper topped with seared salmon, white tuna, wasabi sauce & kaiware
- AUTUMN** 16
Pepper tuna, cucumber roll topped with salmon, eel, avocado served w/ wasabi, eel sauce, masago and scallion
- ★ **HIDDEN DRAGON** 16
Spicy tuna, avocado roll topped with pepper tuna, wasabi sauce, sweet chilli sauce, tempura flake on the bottom
- TEPPAN MONSTER** 19
Lobster tempura, avocado roll topped with sliced mango, seaweed salad & spicy mayo

★ **MOST POPULAR**



HIBACHI LUNCH (Mon~Friday)

Served with soup or salad. Hibachi vegetables, noodles and white rice. Add \$3.00 for Fried Rice.

Vegetable & Tofu (No Shrimp)	13	Steak & Shrimp	17
★ Chicken	14	★ Steak & Scallop	17
★ Shrimp	15	★ Scallop & Shrimp	17
★ Steak	15	★ Filet Mignon	17
★ Salmon	15	★ FM & Chicken	17
★ Chicken & Shrimp	15	★ FM & Shrimp	18
★ Chicken & Steak	15	★ FM & Scallop	19
★ Scallops	16	★ FM & Sea Bass	20
★ Chicken & Scallop	17	★ Lobster	20

*FM - Filet Mignon

HIBACHI DINNER

Served with soup or salad. 2 pcs. of shrimp starters, hibachi vegetables, noodles and white rice. Add \$3.00 for Fried Rice.

Vegetable & Tofu (No Shrimp)	16	Sirloin Steak	28
★ Chicken	20	★ Chilean Sea Bass	30
★ Jumbo Shrimp	24	★ Filet Mignon	32
★ Salmon	25	★ Lobster Tails (2pcs)	36
★ Scallop	28		

6oz. each

COMBINATION

★ Chicken & Shrimp	27	★ Lobster & Scallop	35
★ Chicken & Scallop	28	★ FM & Chicken	29
★ Steak & Chicken	28	★ FM & Shrimp	30
★ Steak & Shrimp	29	★ FM & Scallop	31
★ Steak & Scallop	29	★ FM & Lobster	36
★ Scallop & Shrimp	29	★ FM & Sea Bass	36
★ Lobster & Chicken	31	★ Teppan Ocean Blue	35
★ Lobster & Shrimp	33	<i>Shrimp, Scallop & Salmon</i>	
★ Steak & Lobster	34	★ Harbor Side Special	40

Lobster, Scallop & Filet Mignon
*FM - Filet Mignon

SIDE ORDER

White Rice	2	Shrimp	10
Brown Rice	3	Salmon	10
Sushi Rice	3	Sirloin Steak	11
Fried Rice	4	Scallop	12
Noodle	4	Filet Mignon	14
Vegetable	5	Lobster	16
Chicken	7		

*We only use USDA Choice Beef.

LUNCH SPECIAL (Mon~Friday)

BENTO BOX

*Charges for substitution may apply.

Served with miso soup or salad. California roll, vegetable spring roll, shumai & potato cake. White or Brown Rice. *Add \$3.00 for Fried Rice.

Agedashi Tofu / Veggie & Tofu	10.5
★ General Tso Chicken (Spicy) / Sesame Chicken	11.5/11.5
★ Chicken / Shrimp Tempura with Vegetable	11.5
★ Curry Chicken / Curry Veggie Malaysian Style	11.5/10.5
★ Katsu Chicken / Pork with Katsu Sauce	11.5
(*Add \$2 for curry sauce)	
★ Beef Negimaki	12.5
★ Braise Short Ribs	12.5
★ Curry Salmon / Curry Beef Malaysian Style	12.5
★ Teriyaki Shrimp / Beef / Salmon / Chicken	12.5



SUSHI & SASHIMI

Served with soup or salad. *No Substitution.

★ Vegetable Sushi 6pcs veggie sushi and veggie roll	12
★ Sushi Platter 6pcs sushi and 1 tuna roll	14
★ Sashimi Platter 9pcs with white or brown rice	14
★ Sushi & Sashimi Combo Lunch 4pcs sushi, 6pcs sashimi and 1 tuna roll	17
★ Tuna & Avocado Don Fresh slice tuna and avocado served over sushi rice	17
★ Choice of 2 Rolls or 3 Rolls - \$0.50 each roll with brown rice	11/14

Asparagus	Tuna	Shrimp
Avocado	White Tuna	Shrimp & Mango
Cucumber	Spicy Tuna	Shrimp Tempura
California	Spicy White Tuna	Spicy Shrimp Mango
Spicy California	Spicy Scallop	Yellowtail Scallion
Salmon	Spicy Yellowtail	Yellowtail Jalapeño
Salmon Avocado	Shitake Mushroom	Eel Cucumber
Spicy Salmon	Sweet Potato Tempura	Eel Avocado

NOODLE & FRIED RICE

Served with miso soup or salad.

★ Yaki Soba with Veggie / Chicken / Beef / Shrimp	10/11/12/12
★ Yaki Udon with Veggie / Chicken / Beef / Shrimp	10/11/12/12
★ Sliced Noodle with Veggie / Chicken / Beef / Shrimp	10/11/12/12
★ Nabeyaki Udon Chicken, egg, vegetable & shrimp tempura in broth	12
★ Tonkatsu Ramen Roast pork, egg & noodle in pork base broth	12
★ Fried Rice with Veggie / Chicken / Pork / Shrimp / Smoke Salmon / Beef Add Pineapple \$1.00 / Add Mango \$2.00	9/10/10/11/12/12

DONBURI (OVER RICE)

Served with soup or salad.

★ Katsu Don Chicken or Pork	13
★ Oyako Don Chicken and egg	13
★ Unatama Don Eel and egg	14

www.TeppanJC.com



- Hibachi
- Sushi
- Japanese Cuisine
- Catering
- Private Event Available

HOURS * Delivery hours may be different from our restaurant hours.

Lunch: Mon-Fri	11:30am-2:30pm
Dinner: Mon-Thurs	4:30pm-10pm
Dinner: Friday	4:30pm-11pm
Saturday	4:30pm-11pm
Sunday	12:00pm-10pm

Free Delivery (Min. \$15) *Downtown Jersey City Only

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(Corner of 50 Columbus Tower, minutes walk from Grove St. Exchange Place Path Stations & Light Trail.)

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