

Souen Restaurant

210 Avenue of the Americas 10014-4902 · +12128077421 · Updated: Jan 14, 2026

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APPETIZERS 11

Specials Of The Day

please see the black board

Organic Edamame \$5.75

Home-made Pickles \$5.75

pickled with salt, onion, carrot, celery and leek

Marinated Burdock \$6.50

cooked with kombu-shiitake tamari broth

Sauteed String Beans \$6.50

in garlic lemon soy sauce

Summer Roll \$7.00

carrot, cucumber, burdock, mint and basil in rice paper.

Steamed Dumpling \$7.50

six wheat dumplings filled with seitan, nappa, ginger and scallion

Yuba \$6.75

steamed tofu skin marinated in kombu-shiitake broth.

Scrambled Tofu AVAILABLE OPTIONS

With White Fish: \$6.50

Scallion, Carrot, Carrot Sauce: \$8.50

Age Tofu \$7.00

deep-fried tofu, ginger daikon broth

Fish Tatsuta-age \$8.00

deep-fried marinated white fish in sweet ginger soy sauce

SOUPS 7

Pureed Vegetable Soup Of The Day \$6.00

hot or cold please see the black board

Bean Soup Of The Day \$3.50

simple and superb. please see the black board

Miso Soup	\$3.50
made with mellow barley miso.	
Wakame Soup	\$5.75
wakame, sprouts, daikon, sesame seeds and sesame oil in tamari kombu broth.	
Yuba In Soup	\$6.25
tofu skins, chinese cabbage, carrot, scallion in tamari kombu broth	
Hayato Soup	\$9.00
tofu, cabbage, sprouts, broccoli, squash, shiitake, onions, carrot, bean sprouts and greens in mellow barley miso broth	
Rice In Soup	AVAILABLE OPTIONS
carrot, scallion, shiitake, chinese cabbage, greens and umeboshi simmered in an iron kettle	With Fish Of The Day: \$9.50
	With Organic Salmon: \$13.50
	With Black Cod: \$15.50

SALADS 7

Crunchy Cabbage Salad	\$5.50
served with popular carrot dressing	
Cucumber Salad	\$5.75
cucumber, akatosaka seaweed & sesame vinaigrette	
Seaweed Salad	\$6.50
hijiki, wakame, ogo & akatosaka seaweed & daikon	
Watercress Salad	\$8.50
with cooked hijiki seaweed & crunchy soy beans	
Green Salad	AVAILABLE OPTIONS
lettuce, watercress, radicchio, endive, daikon, beet, carrot with sesame vinaigrette	\$8.00
	Small Salad: \$6.00
Avocado Salad	AVAILABLE OPTIONS
green salad with lightly steamed cold cauliflower and broccoli	\$10.00
	With Shrimp: \$13.50
Chef Salad	\$15.00
green salad, broccoli, cauliflower, carrot, burdock, daikon, avocado, cucumber, alfalfa, wakame & red akatosaka seaweed	

BREADS 4

Home-made Corn Bread	\$4.50
hearty gluten free corn bread	
Loaf Of Corn Bread	\$19.50
comes with 8 oz. miso tahini spread	

Spelt Bread	\$3.75
non-yeasted	
House Bread	\$3.75
TEMPURA 4	
Four-piece Shrimp Tempura	\$7.00
Four-piece White Fish Tempura	\$8.00
Six-piece Vegetable Tempura	\$7.00
Seven-piece Tempura	\$8.50
five pieces of vegetables, one piece of shrimp, one piece white fish	
VEGETABLE ENTREES 12	
Macro Plate	AVAILABLE OPTIONS
an ideal balance of steamed greens, vegetables, brown rice, beans and hijiki seaweed with a dressing on the side	\$8.75 Extra Dressing: \$1.00
Choice Of Home-made Dressing	AVAILABLE OPTIONS
carrot / sesame vinaigrette / tahini dill	Each Substitution Will Be An Additional: \$1.00 Tofu Instead Of Beans: \$1.00
Broccoli Tofu	\$11.50
sauteed carrot, onion, crushed tofu in carrot sauce	
Yasai Itame	\$11.50
sauteed cabbage, broccoli, carrot, snow pea, onion, mung bean sprout, green, ginger sesame sauce	
Broiled Tofu Okabe	\$12.50
thick sesame paste on the top of broiled tofu, served with a small steamed vegetables	
Inspired Vegetable Curry	\$12.50
broccoli, cauliflower, green, carrot, squash, mushroom, onion, mild curry turmeric and ginger root.	
Squash Tofu	\$12.50
sauteed tofu, squash, onion, carrot, nappa green, broccoli, snow pea, in miso tahini sauce	
Kuzu Stew	\$12.50
broccoli, cauliflower, nappa, green, carrot, snow pea, shiitake, onion in ginger tamari clear kuzu sauce	
Garlic Greens & Vegetables	\$12.50
sauteed vegetables in garlic lemon tamari sauce	

Vegetables And Tofu In Pesto Sauce Or Peanut Lime Sauce	AVAILABLE OPTIONS
	\$12.50
	Tempeh Instead Of Tofu: \$1.00

Tofu Teriyaki	\$12.50
sauteed tofu with shiitake scallion ginger teriyaki sauce, served with vegetables	
Seitan Cutlet With Beet Sauce	\$13.50
lightly deep-fried with bread-crumbs, served with steamed vegetables	

SUSHI 3

Hoso - Maki	AVAILABLE OPTIONS
thin roll cut into 6 pieces. maximum 2 items of your choice from list below vegetable roll	One Item: \$4.50
	Two Items: \$5.00

Hoso - Maki	AVAILABLE OPTIONS
fish roll	One Item: \$6.00
	Fish & Vegetable: \$6.50
	Double Fish: \$8.00

Futo - Maki	\$13.00
gigantic roll cut into eight pieces. maximum 4 items from list below.	

NOODLES SOBA - BUCKWHEAT OR UDON-WHEAT 5

Special Pasta Of The Day
please see the special black board

Stir-fried Noodles	\$11.50
onion, carrot, mung bean sprout, scallion, cabbage, shiitake, snow peas, greens, broccoli, ginger sesame sauce	

Pad Thai	\$12.00
onion, carrot, mung bean sprout, scallion, shiitake, broccoli, baked tofu, home-made lime peanut sauce. it can be made with rice instead of noodles	

Black Cod & Noodles In Spicy Clear Soup	\$16.75
onion, nappa, snow pea, scallion, lime	

Vegetables & Noodles In Clear Soup	AVAILABLE OPTIONS
onion, carrot, mung bean, scallion, nappa, shiitake, snow pea, broccoli	\$13.00
	In Sesame Miso Broth:
	\$12.00

SEAFOOD ENTREES 7

Plain Broiled With Lemon	AVAILABLE OPTIONS
	1 Piece (2 Sides): \$13.50
	2 Pieces (3 Sides): \$21.50

Broiled With Teriyaki Sauce	AVAILABLE OPTIONS
tamari, mirin, fish stock	1 Piece (2 Sides): \$14.50
	2 Pieces (3 Sides): \$22.50
Broiled With Shoga-yaki	AVAILABLE OPTIONS
ginger, scallion, soy sauce	1 Piece (2 Sides): \$14.50
	2 Pieces (3 Sides): \$22.50
Sauteed Or Broiled In Lemon Basil Sauce	\$23.50
olive oil, white wine, basil, garlic, pesto	
Steamed With Ginger Kombu Broth	\$23.50
string beans, carrot, shiitake, tofu	
Black Cod Saikyo-zuke	\$25.50
broiled marinated cod in sweet white miso	
Fish Misoni	\$23.50
cooked with vegetables and fish in miso tahini broth in an iron kettle	

SIDE DISHES 12

Brown Rice
Grain Of The Day
\$1 extra
Maze Rice
rice mixed with seasoned carrot, string beans, shiitake, burdock. \$2 extra; bread (2slices) \$1 extra
Home-made Corn Bread
\$1 extra, soba or udon \$2 extra
Cooked Hijiki Seaweed
Bean Of The Day
Miso Soup
Bean Soup Of The Day
Crunchy Cabbage Salad
Green Salad
Steamed Greens
Steamed Vegetables
carrot, broccoli, kabocha squash