

## FHOO DINNER BENTO BOX

Served w. Miso Soup, Mix Green Salad, Fried Shumai, Potato Tempura.  
Choice of Sushi Roll: California, Tuna, Eel & Cucumber

Chicken Teriyaki Box	19	* 5 Pieces of Sushi Box	20
Salmon Teriyaki Box	20	* 9 Pieces of Sashimi Box	22
Shrimp Teriyaki Box	22	Angus Steak Teriyaki Box	22

## ASIAN FUSION FROM KITCHEN

Served w. White Rice

Crispy White Meat Sesame Chicken	17
➤ Crispy White Meat General Tso's Chicken	17
Chicken/Beef/Jumbo Shrimp in Brown Sauce Choice of broccoli, eggplant or asparagus in brown sauce.	17/19/22
➤ Chicken/Beef/Jumbo Shrimp in Garlic Sauce Choice of broccoli, eggplant or asparagus in garlic sauce.	17/19/22
➤ Thai Curry Chicken/Beef/Jumbo Shrimp	17/19/22
Jumbo Shrimp & Chicken in Peanut Sauce	20
➤ Spicy Mango Chicken or Jumbo Shrimp	17/22
➤ Wok Glazed Ginger Sauce Chicken or Beef	17/19
➤ Black Pepper Angus Steak Cubes	20
Crispy Jumbo Shrimp w. Walnut	22
Ginger Duck	24
Crispy Red Snapper w. Thai Chili Sauce	24
➤ Double Delight Jumbo shrimp & crispy sea bass w. Thai red chili sauce.	28
Grilled Chilean Sea Bass w. orange miso sauce.	28
➤ Chilean Sea Bass w. Black Bean Sauce Steamed Chilean sea bass w. black bean sauce.	28
➤ Curry Seafood Jumbo shrimp, scallops, lobster & Asian veggie in mild curry sauce.	28

## SIDE ORDER

Sushi Rice	3	Black Rice	3
White Rice/Brown Rice	2	Any Sauce (2 oz)	1

## BEVERAGE

Sapporo	(Sm)5/ (Lg) 8	Soda (can)	2
Kirin Ichiban	(Sm)5/ (Lg) 8	Voss (Still)	(Sm)4/ (Lg) 8
Kirin Light	(Sm)5	Voss (Sparkling)	(Sm)4/ (Lg) 8
Japanese Soda	3.5		

## LUNCH SPECIAL

Mon-Fri 11:30am-2:30pm Except Holiday  
All Lunch Served w. Miso or Hot & Sour Soup & Salad

## MAKI LUNCH SPECIAL

ANY 2 ROLLS	9	ANY 3 ROLLS	12
California	Eel & Avocado	* Spicy Crunchy Tuna	
* Tuna	* Alaska	* Spicy Crunchy Salmon	
* Spicy Tuna	Boston	* Spicy Crunchy Yellowtail	
* Salmon	* Philadelphia	Sweet Potato	
* Spicy Salmon	Salmon Skin	Avocado & Cucumber	
* White Tuna	* Tuna & Avocado	Cucumber	
* Yellowtail	* Salmon & Avocado	Ebi & Asparagus	

## SUSHI SASHIMI LUNCH

Eel Don	12	* Sashimi Lunch	14
Grilled eel over rice.		15 pcs of assorted sashimi.	
* Sushi Lunch	12	* Sushi & Sashimi	15
6 pcs of sushi & 1 California roll.		Combo Lunch	
* Chirashi	13	Assortment of sushi & sashimi & 1 California roll.	
Assorted Fishes over sushi rice.			
* Tekka Don	13		
Fresh raw tuna filet over sushi rice.			

## KITCHEN LUNCH

Fried Rice	10/12/14	➤ Garlic Sauce	12/13/14
Choice of vegetable, chicken or shrimp.		Choice of chicken or beef or shrimp w. broccoli or eggplant.	
Pad Thai	10/12/14	➤ General Tso's Chicken	12
Choice of veg, chicken, shrimp.		Crispy white meat.	
Yaki Udon/Soba	10/12/14	Sesame Chicken	12
Choice of veg, chicken, shrimp.		Crispy white meat.	
Nabe Yaki Udon	14	Teriyaki	12/13/14
Chicken & mixed vegetable noodle soup w. shrimp tempura.		Choice of chicken, salmon or shrimp	
Tofu Teriyaki	11	Shrimp & Veg. Tempura	14
➤ Spicy Mango	12/14	Batter fried shrimp & vegetable.	
Chicken or Shrimp.		Chicken Veg. Tempura	12
➤ Thai Curry Sauce	12/14	Batter fried chicken & vegetable.	
w. Vegetables & tofu, chicken or shrimp		Angus Steak Teriyaki	14
Brown Sauce	12/13/14	Scallop Teriyaki	16
Choice of chicken, beef, shrimp, w. broccoli or eggplant.			

## LUNCH BOXES

Served w. California Roll, Fried Shumai, Potato Tempura, Rice & Salad & Soup

Chicken Teriyaki Box	13	* 4 Pcs of Sushi Box	13
Tofu Teriyaki Box	12	Chicken Tempura Box	13
Salmon Teriyaki Box	13	Shrimp Tempura Box	15
Shrimp Teriyaki Box	15		

PRSR STD  
US POSTAGE  
**PAID**  
LYNBROOK, NY  
PERMIT # 53

# Grand Opening

Asian Bistro  
**fhoo**

www.Fhoosushi.com

Dine-in • Take-Out • Catering Available

294 Sunrise Highway  
Rockville Centre, NY 11570

Tel: 516.442.4687 | 516.442.4688

## Free Delivery

### BUSINESS HOURS

Mon-Thur: 11:30am-2:30pm / 4:30pm-9:30pm  
Fri: 11:30am-2:30pm / 4:30pm-10:30pm  
Sat: 1:00pm-10:30pm / Sunday: 2:00pm-9:30pm

Online Order  
[www.Fhoosushi.com](http://www.Fhoosushi.com)

Earn **DOUBLE**  
**REWARD POINT**  
on Every Dollar Spend  
Receive \$5 for every 200 points



Parking in Rear



Designed & Printed by Sanford Printing, Inc. Copyright © 10/15 第一印刷公司 718-461-1202



Sea Bass w. Black Bean Sauce   Pad Thai   Sesame Chicken   Curry Seafood   Ginger Duck   Shrimp Fried Rice



## SOUP

Miso Soup	3	Seafood Soup	8
Hot & Sour Soup	3	Home Made Shrimp Wonton Soup	8
Miso Clam Soup	8		

## SALAD

Mix Green Salad w. ginger dressing.	5	Tuna and Mango Salad	13
Seaweed Salad	7	Red tuna mix w. mango, garden green. Served w. mild spicy citrus and soy onion dressing.	
Avocado Salad	7	Lobster Mango Salad	13
Kani Salad	7	Chef Sashimi Salad	14
Salmon Skin Salad	12	Tuna, salmon, yellowtail, white fish with mix green, Daikon soba served with wasabi sesame dressing.	

## APPETIZERS

### SEAFOOD

Shu Mai	6
Steamed Japanese shrimp dumpling.	
Spicy Rock Shrimp	10
w. spicy creamy sauce.	
Crispy Calamari	10
w. sweet chili sauce.	
Fried Jumbo Soft Shell Crab	11

### MEAT

Gyoza	6
Pan fried pork Japanese dumpling.	
Yakitori (2 pcs.)	7
Chicken on skewer.	
Crisp Duck Roll (3)	9
w. plum sauce.	
Chicken Lettuce Wrap	11
Beef Negimaki	11

## SUSHI BAR STARTER

* Sushi Appetizer (5 pcs)	11	* Tuna /Salmon Tartar	13
* Sashimi Appetizer (9 pcs)	12	Fuji Hana	13
* Tuna Tataki	13	Half avocado w. tuna salad	
* Cajun Pepper Tuna Tataki	13	* Sashimi Cevichi	13
* Spicy Tuna Bowl	13	* Spicy Tuna Pizza	13
* Spicy Tuna Cracker	13	* Yellowtail w. Jalapeno	14

Hot & Spicy \* Uncooked Roll

## MAKI (ROLL) & TEMAKI (HAND ROLL)

EXTRA \$1  
Brown Rice, Black Rice, Soy Paper & inside out roll

### CLASSIC ROLLS

* Salmon Roll	6
* Yellowtail Scallion Roll	6
* Tuna Roll	6
* Alaskan Roll	6
Salmon, avocado, cucumber.	
* Philadelphia Roll	6
Smoked salmon, avocado and Philadelphia cream cheese.	
* Mexican Roll	6
Tuna, cucumber, spicy mayo & crunch.	
* White Tuna Avocado Roll	6
* Tuna Avocado Roll	6
* Cajun Pepper Tuna Avocado Roll	6
* Salmon Avocado Roll	6
* Christmas Tree Roll	6
Tuna, salmon, avocado, green seaweed powder caviar outside.	
* Tokyo Roll	6
Chopped shrimp & crab meat, spicy mayo, crunchy & caviar.	
* Rock & Roll	6
Tuna, yellowtail inside w. caviar & scallion outside.	
* Yummy Roll	6
Spicy yellowtail, fluke, white tuna & crunch caviar outside.	
* Toro Scallion Roll	S/P
Fatty tuna.	

### SPICY ROLLS

* Spicy Tuna, Salmon, Yellowtail or Crab	6
* Spicy Crunchy Roll	7
Choice of tuna, salmon or yellowtail w. caviar on outside.	
* Spicy Scallop Roll	8

\* Consuming raw or undercooked meats, poultry, seafood, shellfish, or egg may increase your risk of foodborne illness, especially if you have certain medical conditions

### COOKED ROLLS

California Roll	5
Kani, avocado & cucumber.	
Salmon Skin Cucumber Roll	5
Futo Maki	5
Kampyo, oshinko, kani, egg, tobiko, avocado, cucumber.	
Boston Roll	5
Shrimp, lettuce, mayo w. cucumber.	
Shrimp Avocado	5
Eel Avocado Roll	7
Eel Cucumber Roll	7
Chicken Tempura Roll	7
Shrimp Tempura Roll	8
* Tiffany Roll	8
Deep fried crab avocado roll w. spicy sauce.	
King Cali	SP
King crab, avocado, cucumber.	
Steamed Lobster Avocado Roll	SP

### VEGETABLE ROLLS

Cucumber Roll	5
Avocado Roll	5
Sweet Potato Tempura Roll	5
Avocado & Cucumber Roll	5
AAC Roll	5
Asparagus, avocado & cucumber.	
Peanut Avocado Roll	5
Vegetable Roll	5
Cucumber, avocado, pickle, lettuce, daikon, yamagobo.	

Price subject to change without notice

## SUSHI OR SASHIMI A LA CARTE

* Mackerel (Saba)	3	* Cajun Pepper Tuna	3.5
Egg (Tamago)	3	* Ikura (Salmon Roe)	3.5
Crab (Kani)	3	* Tuna (Maguro)	3.5
* Masago	3	* Salmon (Sake)	3.5
* Strip Bass	3.5	* Yellowtail (Hamachi)	3.5
Shrimp (Ebi)	3.5	* Scallop (Hotate)	4
* Fluke (Hirame)	3.5	Eel (Unagi)	4
* Squid (Ika)	3.5	* Yellowtail Belly	5
* Tobiko (Red/Green/Black)	3.5	* Jumbo Sweet Shrimp (Botan Ebi)	5
Octopus (Tako)	3.5	King Crab	S/P
* White Tuna (Shiro Maguro)	3.5	* Sea Urchin (Uni)	S/P
* Smoked Salmon	3.5	* Toro (Tuna Belly)	S/P

## HOUSE DESIGN SPECIAL ROLL

### UNCOOKED

Naruto Roll	11	NY Autumn	14
Very thin cucumber wrapped w. yellowtail, salmon, tuna, asparagus.		Tuna, smoked salmon, avocado on top w. fresh salmon and wasabi tobiko.	
* Spicy Tuna Naruto	12	* Benjamin Roll	14
Very thin cucumber wrapped w. spicy crunchy tuna & avocado.		Spicy crunchy tuna, spicy crunchy yellowtail, cucumber w. spicy crunchy shrimp, avocado, tobiko & scallion on top.	
Tuna & Salmon Wrapper	12	* Canada Roll	14
Tuna & salmon cucumber, avocado & lettuce wrapped in a rice paper.		Spicy crunchy salmon, w. salmon on top & red tobiko.	
* King Spicy Roll	12	* Caribbean Roll	14
Spicy crunchy tuna roll w. avocado on top.		Eel, spicy crunchy tuna, avocado, topped w. 4 kinds of caviar.	
Mango Roll	13	* Fantastic Roll	14
Tuna, avocado inside, topped w. mango & homemade mango sauce.		Eel avocado, spicy crunchy tuna inside spicy crunchy crab, tobiko & scallion on top.	
* Volcano Roll	13	* Sunrise Roll	14
Deep fried smoked salmon, crab & avocado roll w. hot spicy mayo & masago on top.		Tuna salad, cucumber, avocado, top w. cajun tuna, scallion & caviar	
Rainbow Roll	13	* Louis Roll	15
* Red Head Roll	13	Eggplant tempura, spicy tuna, lobster salad w. salmon on top (no rice).	
Shrimp tempura w. spicy crunchy tuna on top.		* Pink Sandwich	15
* Crazy Tuna Roll	13	Spicy tuna, avocado, crab, egg, lobster salad w. tobiko on top.	
Spicy crunchy tuna inside, outside w. cajun pepper tuna, avocado, scallion & caviar.		* Lover Roll	16
Soho Roll	13	Spicy crunchy salmon, spicy yellowtail, avocado, wrapped w. tuna heart shap.	
Tuna, salmon, yellowtail, tobiko, avocado in a green soy paper.		* Special Jalapeno Roll	16
* Spicy Girl Roll	13	Spicy crunchy yellowtail w. yellowtail belly & jalapeno, spicy hot oil on top.	
Spicy crunchy tuna & Spicy crunchy yellowtail w. spicy crunchy salmon & tobiko on top.		Merrick Roll	16
* Crispy Spicy Roll	13	Spicy crunchy tuna, avocado, shrimp tempura, lettuce, soft shell crab on the top, scallion & caviar	
Deep fried w. shrimp, crab, asparagus roll, topped w. spicy tuna, scallion & caviar in spicy mayo		* Wood Roll	17
* Fhoo Roll	14	Soy paper wrapped w. spicy crunchy scallop, top w. tuna, salmon & wasabi tobiko.	
Spicy kani, crunch, shrimp, topped with avocado & black caviar.			

## HOUSE DESIGN SPECIAL ROLL

### COOKED

Spider Roll (Soft Shell Crab)	11	Dynamic Roll	16
Dragon Roll	13	Fresh lobster, cucumber caviar roll, w. smoked salmon and spicy mayo on top.	
Eel & cucumber w. avocado on top.		Lobster King Roll	16
Long Island Beach Roll	13	Lobster tempura, avocado, cucumber, lettuce.	
Shrimp tempura roll w. avocado on top.		* The "X" Roll	16
Snow Mountain Roll	14	Coconut shrimp tempura, mango w. toasted scallop, crab, mayo on top.	
Shrimp tempura cucumber w. home made lobster salad, caviar on top			

## SUSHI AND SASHIMI ENTREE

(Chef's Selection) Choice of Green Salad/Miso Soup/Hot & Sour Soup		* Sashimi Platter	21
* Maki Combo	17	18 pcs of assorted sashimi	
California roll, yellowtail scallion roll, tuna roll.		* Sashimi Dinner	24
* Spicy Maki Combo	18	21 pcs of assorted sashimi	
Spicy crunchy tuna roll, spicy crunchy salmon, spicy crunchy yellowtail.		* Sushi & Sashimi Dinner	25
* Chirashi	20	5 pcs of assorted sushi, 12 pcs of assorted sashimi & 1 California roll	
Assorted fishes over sushi rice		* Sushi Dinner for Two	45
Unagi Don	22	18 pcs of sushi, dragon roll and spicy girl roll	
Grilled eel over sushi rice		* Sushi & Sashimi Dinner for Two	50
* Sushi Dinner	22	10 pcs of assorted sushi, 18 pcs of assorted sashimi, 1 dragon and 1 California roll w. masago.	
3 tuna, 3 salmon, 1 yellowtail, 1 fluke, 1 strip bass and 1 tuna roll			

## ENTREE FROM KITCHEN

### TERIYAKI

Served w. miso soup or salad & white rice	
Tofu	15
Mixed Veggie	15
Chicken	18
Salmon	20
Shrimp	22
Scallop	22
Angus Steak (10oz)	22
Combination Teriyaki (Choice of Any Two)	24
Chicken /Shrimp/Scallop /Salmon/Steak	
Filet Mignon (10oz)	26

### FRIED RICE

Vegetable Fried Rice	11
Chicken Fried Rice	12
Duck Fried Rice	13
Shrimp Fried Rice	14
Hawaiian Fried Rice (Pineapple, shrimp)	15
King Crab Fried Rice	17

### TEMPURA

Served w. miso soup or salad & white rice	
Mixed Vegetable	15
Chicken Vegetable	18
Shrimp Vegetable	22
Yaki Udon or Soba	
Vegetable	11
Chicken	14
Duck	15
Shrimp	15

### VEGETABLES

Served w. white rice	
Sauteed Asian Vegetable	13
Sauteed Broccoli	13
Sauteed Eggplant & Tofu	13
NOODLE SOUP	
Nabe Yaki Udon	14
Tempura Udon Soup	14
Seafood Udon Soup	17
Seafood Soba Soup	17

### Food Allergies?

If you have a food allergy, please speak to the owner, manager, chef or your server

