

Soup

Miso Soup

Wakame seaweed, tofu & shiitake mushroom

Butternut Squash Soup

Coconut curry infused & soybean

Tom Yum Soup

Shrimp, shiitake mushroom, bean sprout & celery

Salad

Mixed Organic Greens

Semi – dried tomato & ginger dressing

Vietnamese Salad

Nappa, mango, peanut, jalapeno & cilantro

Japanese Seaweed Salad

Mango

Kani Salad

Kani, tobiko, cucumber, mayo & crunchy

Spicy Tuna or Salmon Salad

Sliced tuna or salmon, mango, mixed Asian greens, top w. spicy citrus dressing

2  **Hot & Sour Soup** 3
Vegetable, bean curd & shiitake mushroom

5 **Clam Soup** 4.5
Fresh clam, bean curd, vegetable

5 **Frenasia Dumpling Soup (4pcs)** 3.5
Pork, shrimp, scallion, ginger, cilantro

7 **Seared Tuna Salad** 12
Thinly sliced seared tuna w. soy onion dressing on a bed of mixed greens

7 **Asian Grilled Chicken** 8
Masculine & house dressing

7.5 **Crispy Calamari** 9
Lime – miso vinaigrette

8 **Tomato & Avocado Salad** 8
Balsamic vinaigrette, mix green

10 **Warm Nori Goat Cheese** 10
Arugula juice & aged balsamic

Shrimp Cocktail Salad 13
Arugula salad with cocktail sauce



Shrimp Dumpling \$9



Frenasia Dumpling Soup \$3.5



Crispy Soft Shell Crab \$10

Hot Appetizer

Edamame

Steamed young soy bean

Thai Spring Roll

Thai pomelo sauce

Vegetable Dumpling

Shallot and shiitake filling

Shrimp Dumpling (4)

Sweet & sour sauce

Duck Dumpling (5)

B.B.Q Ribs

Curly fries, shot ribs w. BBQ sauce

Chicken or Beef Satay (4)

w. peanut sauce

Rock Shrimp Tempura

Chives & spicy avoli

Japanese Seafood Shumai (5)

Sweet soy sauce

Seafood Gyoza (5)

Frenasia special sauce

Chicken Dumpling (5)

Ginger, cilantro soy

Thai Crab Cake


w. Thai pomelo sauce


4.5 **Toasted Mussels (6pcs)** 8
With scallion, tobiko and chef's special sauce


4 **Crispy Soft Shell Crab** 10
With mango, avocado and chef's special sauce

5 **Grilled Boneless Ribs** 7.5
Boneless ribs with BBQ sauce and curly fries

9 **Korean Dumpling (4pcs)** 7
Spicy soy cilantro (meat & vegetable)

10  **Manila Clam (12pcs)** 10
Sauteed Manila clams with chef special sauce

7  **Lettuce Wraps** 7.5
Choice of chicken, beef or shrimp, hoisin & siracha sauce

9  **Peanut Shrimp (4pcs)** 7
w/ slice cucumber, mango & mango salsa

5.5 **Crispy Ginger Duck Roll** 11
Shredded peking duck, avocado, lettuce, spicy mayo & balsamic glazed

5.5 **Frenasia Specialty Slider** 10
Short ribs 2 pcs per order
All sliders comes with pomery mustard

10 **Grilled Kama** 16
w. Frenasia special sauce



Thai Crab Cake \$10



Chicken Satay \$7

Frenasia Specialty Slider \$10



Food Allergies?

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

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

Cold Appetizer (from sushi bar)

*** Spicy Tuna or Salmon Tartar**

Diced tuna or salmon served w. spicy mayo & tartar dressing

*** Tuna Carpaccio**

Sliced tuna, mango, cucumber & w. Thai lemongrass, vinaigrette sauce

Dragon Ball

Choice of spicy tuna, spicy kani or spicy salmon w. spicy mayo, tobiko and crunch wrapped w. thinly sliced avocado

Vietnamese Summer Roll

Shrimp, kani, cucumber & mango inside, lettuce wrapped w. rice paper top w. vietnamese sweet sauce

*** Kumamoto Oyster**

1/2 dozen served w. trio salsa

*** Little Neck Clams**

1/2 dozen served w. cocktail salsa

10 * Tuna Pizza

Guacamole on over toasted tortilla, top w. sliced fresh tuna, garnished w. tobiko, scallion, crunch & spicy sauce

11 * Tuna or Salmon Tataki

Sliced seared tuna or salmon served w. ponzu sauce

11 * Yellowtail Jalapeno

Thinly sliced yellowtail & jalapeno w. tobiko & ponzu sauce

9 * Tuna or Salmon Dumplings

Avocado, wasabi caviar & scallion, wrapped w. tuna or salmon, served w. scallion truffle oil & wasabi vinaigrette sauce

18 * Seafood Ceviche

Diced tuna, salmon, shrimp, crab meat, cucumber, mango and tobiko with yuzu vinaigrette sauce



Seared Tuna Salad \$12



Kumamoto Oyster \$18



Tuna or Salmon Dumplings \$11



Salmon



Yellowtail



Toro

Sushi or Sashimi A La Carte (per piece)

* Tuna	3	* White Tuna	2.5	* Salmon Roe	3
* Yellowtail	3	Shrimp	2	* Flying Fish Roe	3
* Salmon	3	Eel	3	Tamago	2
Smoked Salmon	3	* Squid	2	* Uni	5
* Fluke	2.5	Sweet Shrimp	5	* O' Toro	MP
* Striped Bass	2.5	Octopus	2		
* Mackerel	2.5	Crab Stick	2		



Tuna Tataki \$11



Spicy Salmon Tartar \$10

Tuna Carpaccio \$11

Rolls & Hand Roll

* Tuna	4.5	* Philadelphia	5
* Salmon	4.5	Smoked Salmon Skin	4.5
* Yellowtail Scallion	5	* Tuna Avocado or Cucumber	4.5
* Yellowtail Jalapeno	5	* Salmon Avocado or Cucumber	4.5
California	4	Eel Avocado or Cucumber	5
Alaska	4.5	Shrimp Avocado or Cucumber	5
Boston	4.5		

Vegetable Rolls & Hand Roll

Avocado	3.5	Asparagus Tempura Roll	4
Cucumber	3	Sweet Potato Tempura Roll	4
Vegetable	4	Avocado Tempura Roll	4
Vegetable Tempura	4	Futomaki Vegetable Roll	5
Sun-Dried Tomato & Avocado	4.5	Peanut Avocado Roll	5
Avocado Cucumber	3.5		

Spicy Crunchy Roll & Hand Roll

* Spicy Crunchy Tuna	5.5	* Spicy Crunchy White Tuna	5.5
* Spicy Crunchy Salmon	5.5	* Spicy Crunchy Yellowtail	5.5
Spicy Crunchy Kani	5.5	* Spicy Crunchy Scallop	5.5
Spicy Crunchy Shrimp	5.5		

All sushi roll w. brown rice extra \$1

Sushi Bar Entrees

* Sushi Regular	18	* Tri - Color Sashimi	19
7 pcs sushi & a California roll		3 pcs salmon, 3 pcs yellowtail, 3 pcs of tuna	
* Sushi Deluxe	22	Vegetarian Sushi	13
10 pcs sushi & a spicy tuna roll		7 pcs vegetarian sushi & vegetable roll	
* Sashimi Regular	20	* Tuna Special	18
15 pcs sashimi		5 pcs tuna sushi and a tuna roll	
* Sashimi Deluxe	26	* Salmon Special	18
18 pcs sashimi		5 pcs salmon sushi and a salmon roll	
* Sushi & Sashimi (A)	24	Love's Boat (for 2)	47
9 pcs sashimi, 4 pcs sushi & a tuna roll		8 pcs sushi, 10 pcs sashimi, 1 tuna roll and 1 lover's roll	
* Sushi & Sashimi (B)	29	Love's Boat (for 3)	53
12 pcs sashimi, 6 pcs sushi & a spicy tuna roll		10 pcs sushi, 15 pcs sashimi, 1 tuna roll, and 1 lover's roll	
* Maki Roll (A)	13	Yellowtail Special	18
Spicy Crunchy tuna, California, eel avocado		5 pcs yellowtail sushi, a yellowtail roll	
* Maki Roll (B)	13		
Spicy crunchy shrimp, spicy crunchy tuna, salmon cucumber			
* Spicy Maki	14		
Spicy crunchy tuna, spicy crunchy salmon, spicy crunchy yellowtail			

Any substitution will be extra charge



Sushi Hand Roll



Super Spicy Tuna Roll \$13



Dancing Shrimp Roll \$12



Panko Crusted Tuna \$13



Crispy Spicy Tuna or Lobster \$14



Queen's Roll \$14



Special Roll (No hand roll & substitution)

- | | |
|--|---|
| Lobster Boston 13 | * Sweetie 12 |
| Shrimp, cucumber, lettuce inside, top with lobster salad & wasabi mayo | Crunchy spicy salmon & avocado topped w. salmon served w. spicy mayonnaise sauce |
| Spider 11 | * Deluxe Rainbow 13 |
| Crispy soft shell crab, cucumber, avocado, tobiko w. eel sauce | Crab meat, lobster salad & cucumber topped w. assorted raw fish & avocado |
| * Tribeca 11 | * Tortilla Spicy Tuna 11 |
| Spicy crunchy salmon & crabmeat inside, top w. avocado & tobiko | Spicy tuna & avocado wrapped w. tortilla served w. spicy mayo & eel sauce |
| * Spicy Tuna Sandwich 11 | * Panko Crusted Tuna 13 |
| Spicy tuna, crunch, avocado wrapped in sandwich style, top w. eel sauce & spicy sauce | Tuna w. mixed greens wrapped w. lightly fried panko served w. chef's special sauce |
| Panko Crusted Shrimp 13 | Rock & Roll 12 |
| Crabmeat, mango, shrimp tempura inside, top w. avocado served with mango salsa | Sliced white fish, crab meat, asparagus, avocado, tobiko tempura style with spicy mayo and eel sauce |
| Dragon (Howard Beach) 13 | * Sweet Heart 14 |
| Crabmeat & cucumber inside w. eel & avocado on top w. eel sauce & sweet mayo | Crunchy spicy tuna wrapped w. tuna, served w. spring mayonnaise sauce |
| Volcano 12 | Lobster Tempura 14 |
| Shrimp tempura inside, top w. chopped spicy tuna, tobiko, spicy sauce & scallion | Lobster tempura, cucumber avocado inside with tobiko & eel sauce |
| * Tri - Color 14 | * Queen's Roll 14 |
| Salmon, avocado & wrapped in konbu seaweed, top w. tuna yellowtail, salmon & spicy eel sauce | Lobster salad, shrimp tempura & spicy tuna, topped w. white tuna, avocado, caviar, served w. spicy mayonnaise |
| Fusion 14 | * King's Roll 15 |
| Shrimp tempura w. lobster salad on top, wrapped w. avocado garnished w. black tobiko | Lobster salad, crab meat & cucumber wrapped w. tuna, salmon & avocado, served w. chili mayonnaise & eel sauce |
| * Mamamia 13 | Chilean Seabass Seafood Roll 14 |
| Lobster salad & mango inside w. tuna & seared tuna on top w. wasabi mayo | Broiled chilean seabass, eel & avocado, topped w. mango salsa |
| * Dynamite 12 | * Spicy Blue Crab 14 |
| Spicy crunchy tuna inside with spicy kani and crunch on top | Eel, avocado wrapped w. grilled blue crab & caviar, served w. Thai pomelo & eel, raspberry sauce |



Sesame Crusted Tuna \$14



Naruto Roll \$11



Tortilla Spicy Tuna \$11



Fusion \$14



Lover's Roll \$15



Panko Crusted Shrimp \$13



Deluxe Rainbow Roll \$13



White House Roll \$12



Sweet Heart \$14



Manhattan Roll \$12

Sesame Crusted Tuna 14
Spicy tuna & avocado, topped seared sesame tuna, served w. saikgo sesame sauce

*** Naruto Roll** 11
Cucumber wrapped
A) Spicy Tuna Avocado B) Tuna Avocado
C) Crabstick Avocado D) Eel Avocado

*** Third Avenue Roll** 13
Spicy salmon, tuna, yellowtail & avocado, topped w. three kinds of tobiko, served w. spicy mayonnaise

*** Manhattan Roll** 12
Shrimp tempura & avocado, topped w. spicy tuna, served w. spicy mayonnaise & eel sauce

*** White House Roll** 12
Crunchy spicy white tuna & avocado, topped w. white tuna & caviar, served w. spicy mayonnaise

Dancing Dragon 15
Shrimp tempura & avocado wrapped w. whole filet of eel served w. spicy mayo & eel sauce

Vegetarian Dragon 10
Sun - dried tomato, asparagus & cucumber w. wrapped w. avocado, served w. passion fruit & raspberry sauce

*** Sunrise Roll** 13
Salmon tempura & avocado, topped w. fresh salmon, served w. spicy mayonnaise

Chicken Tempura Roll 9
Fried chicken, avocado, cucumber w. tobiko & eel sauce

*** Super Spicy Tuna Roll** 13
Spicy tuna, crab, lobster salad, avocado & cream cheese wrapped w. crispy panko, served w. eel, spicy mayonnaise & sesame vinaigrette sauce

*** Lover's Roll** 15
Lobster salad, sun - dried tomato cucumber & asparagus wrapped w. avocado & mango, topped w. caviar, served w. orange curry reduced balsamic Vinegar Sauce

Blue Crab Summer Roll 13
Blue crab, lobster salad, shrimp, avocado, sun - dried tomato, mango, cucumber & cilantro wrapped w. wrap soybean, served w. mint peanut citrus aioli sauce

*** Crispy Spicy Tuna or Lobster** 14
Crispy sweet rice spring roll, topped w. spicy tuna or spicy lobster, served w. spicy mayonnaise sauce

Dancing Shrimp Roll 12
Shrimp tempura & lobster wrapped w. mango, avocado served w. reduced balsamic vinegar & orange curry

Snow White Roll 12
Shrimp tempura inside, avocado topped w. spicy kani

Shrimp Tempura Roll 9
Fried shrimp, avocado, cucumber w. tobiko & eel sauce

Entrees

- Sesame Crusted Loin of Tuna** 25
Baby bok choy, shiitake mushroom, asparagus & sesame soy vinaigrette
- Broiled Chilean Seabass** 25
Crispy salsify & saikyo miso marinade
- Grilled Sesame Crusted Salmon** 25
Sauteed season vegetables
- Garlic Prawns** 21
Shiitake, roasted garlic, scallion, watercress & pineapple
- Crispy Chicken & Shrimp w. Honey Walnuts** 20
Sesame sauce, lemon crème
- Sliced Flank Steak w. Basil** 18
Lemongrass, soy – ginger
- Striploin w. Black Pepper Sauce** 25
w. garden vegetable
-  **Asian Grilled Chicken Wild Ginger** 19
Steamed watercress, lemongrass, Thai curry
- Pan Grilled Scallops w. (Foie Gras) Sauce** 25
Pan seared scallops w. balsamic sauce served w. seasonal vegetables
- Wok Sesame Chicken** 13
Glazed white meat
- Filet Mignon (8 oz.)** 30
Sauteed mixed vegetable & mushroom sauce
- Ribeye Steak (16 oz.)** 27
Served w. wasabi & black pepper sauce
- Happy Family Wok** 23
Lobster tail, chicken, shrimp, beef & season vegetable w. brown sauce
- Seafood Casserole** 23
Seasonal vegetables, lobster tail, prawns, white fish, scallop & crab meat
- Rack of Lamb** 28
Sauteed Asian mushroom, rotatouille balsamic lamb juice

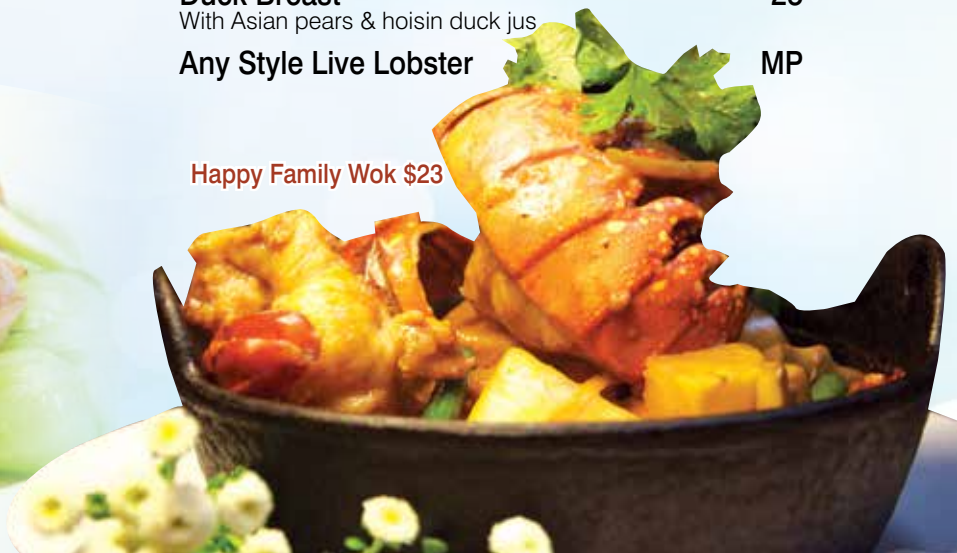
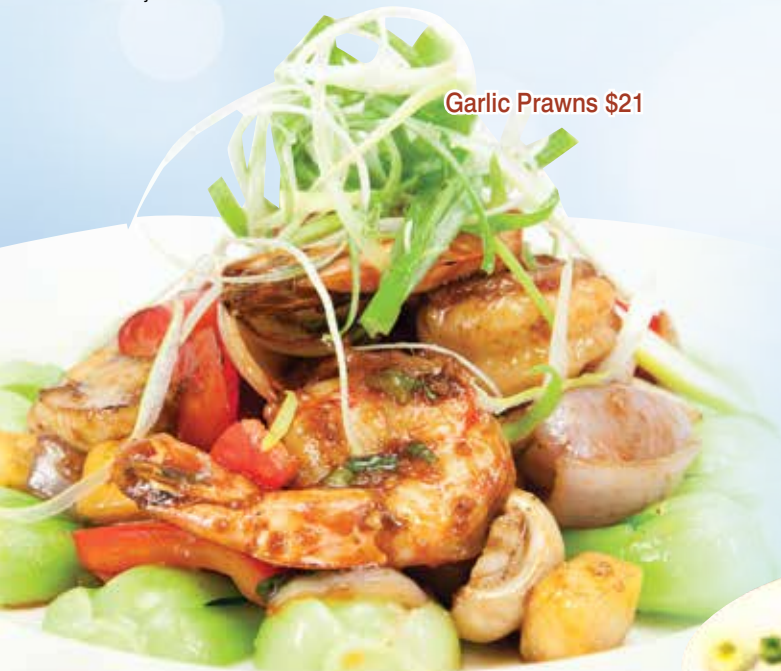
Garlic Prawns \$21

Rack of Lamb \$28



- Fish of the Day** 24
Different sauce daily. Ask for details
- Sesame or General Tso's Shrimp** 18
Crispy, vegetable
- Pan Seared White Tuna** 23
With sauteed eggplant, mashed sweet potato and mango sauce
- Grilled Pork Chop** 24
Served with vegetables, caramelized apples and special sauce
- Lobster Tails & Filet Mignon (8 oz.)** 32
With sauteed mixed vegetable, mashed potato, mushroom and port wine sauce
- Crispy Chicken Breast** 18
w/ sauteed roast potato in mushroom sauce
-  **Szechuan Peppercorn Bacon** 21
With sauteed mixed vegetable and dry chili
- General Tso's Chicken** 13
Glazed white meat
- Spiked Curry Moulard Duck Breast** 25
With Asian pears & hoisin duck jus
- Any Style Live Lobster** MP

Happy Family Wok \$23



Vegetable

🔥 Eggplant w. Garlic Sauce	10
Broccoli w. Oyster Sauce	10
Sauteed String Bean w. Oyster Sauce	10
Pan Asian Mixed Vegetable w. Tofu	10
Sauteed Season Vegetables w. Daily Vege. Sauce	10
🔥 Hot & Spicy Bean Curd	9

Tempura & Teriyaki

Vege. Tempura	12
Shrimp Tempura (6)	16
Vege. & Shrimp Tempura (6)	16
Tofu or Vegetable Teriyaki	12
Chicken or Beef Teriyaki	16
Shrimp or Salmon Teriyaki	20

Rice & Pasta

(Choice of chicken, beef, shrimp
or vegetable)

Malaysian Chow Fun Noodle	10
Asian Pineapple Fried Rice	11
Chicken Lo Mein	10
Pad Thai Noodle	11
Yaki Udon Noodle	11
Ginger Crab Fried Rice	13



Any Style Lobster



Shrimp Tempura \$16

Southern & Eastern Asian Entrees

Wok Glazed Ginger Sauce	
Oyster Sauce	
Black Bean Sauce	
🔥 Thai Coconut Curry Sauce	
🔥 Garlic Sauce	
🔥 Szechuan Peppercorn Sauce	
Mango Sauce	
Choice:	
Tofu, Chicken or Beef	15
Chicken & Shrimp	19
Shrimp or Sea Scallops	19
Chicken & Beef	17



Chicken Teriyaki \$16



Asian Pineapple Fried Rice \$11