

SUSHI 寿司

Bincho - Albacore Tuna (BC)
Bincho Toro* - Fatty Albacore Tuna
Ahi Tuna
Hamachi - Yellowtail
Hamachi Toro* Fatty Yellowtail
Hokkaido Scallop
Salmon
Shime Saba - Mackerel
Ebi - Black Tiger Prawn
Unagi - BBQ fresh water eel
Negitoro - Minced Red Tuna
Tobiko - Flying Fish Roe
Inari - Soy bean curd pockets
Ikura - Salmon roe market price

* Limited quantities

NIGIRI

Per piece

Aburi
(seared)

SASHIMI

4 pieces

5.25

7.25

5.25

6.25

8.25

6.25

5.25

4.50

5.25

5.50

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4.50

3.25

7.50

6.50

8.50

6.50

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NIGIRI SUSHI SET 10pc 48 gf*

Ahi Tuna, Albacore Tuna, Hamachi, Black Tiger Prawn, Salmon, Hokkaido Scallop, Shime Saba, Negitoro, Ikura, Tamagoyaki.

SASHIMI MORIAWASE Assorted Sashimi (18pc) 64 (24pc) 79 gf*

Salmon, Ahi Tuna, Albacore Tuna, Hokkaido Scallop, Hamachi, Shime Saba.

TEMAKI - HAND ROLL

SALMON AVOCADO 9.75 Salmon, avocado, Japanese mayo. gf

SALMON ABURI 9.75 Seared salmon, onion, tare, Japanese mayo. gf*

AHI TUNA POKE 9.75 Marinated ahi tuna, avocado, onion, sesame seeds, lettuce.

SPICY SCALLOP 9.75 Scallops, tobiko, onion, Japanese mayo, sriracha sauce. gf*

VEGAN 8.75 Avocado, cucumber, onion, lettuce, vegan mayo, sesame seeds. v gf

MAKI - ROLLS 8 pcs

SHOKU ROLL 22

Salmon, shrimp, negitoro, masago, avocado, cuke, pickled ginger, tare, Japanese mayo. gf*

NEGITORO ROLL 16

Minced ahi tuna, scallions, Japanese mayo, sesame seeds.

VEGAN ROLL 19

Avocado, golden beet, tomato, cuke, wakame, pickled ginger, vegan mayo. v gf

SPICY SHRIMP ROLL 16

Panko-breaded deep-fried shrimp, onion, tare, Japanese mayo, sriracha sauce.

Dietary

gf : Gluten-free

gf* : Can be made gluten-free

v : Vegan

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d : Contains dairy

r : Raw seafood

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Gluten cross-contamination
from frying oil.

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conditions.



While in Banff, we invite you
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Block Kitchen + Bar on
Caribou street, serving fresh
global cuisine & creative
cocktails in a dynamic
intimate setting.



shokubanff



@shokubanff



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夕食

DINNER

DEEP- FRIED* 揚げ物

KARAAGE CHICKEN 16

REGULAR: Yuzu-nori mayo.

OR

KFC: Korean style tossed in sweet & spicy Gochujang sauce.

TAKO YAKI 12

Round dumplings with octopus chunks, sweet- savoury sauce, mayo, nori flakes, bonito shavings.

EBI MAYO 16

Tempura prawns tossed in japanese mayo & tobiko.

TOKYO FRIES 13.5 v*

Nori-dusted, Japanese mayo, takoyaki sauce, smoked bonito shavings.

RED DEVIL CALAMARI 19.5

Chojang spicy sauce.

KAKIAGE TEMPURA 14.5 v*

Vegetable fritter, tsuyu broth, matcha salt.

AGEDASHI DOFU 10.5 v*

Tofu, vegan tsuyu broth, grated daikon, scallions, smoked bonito flakes.

SNACKS おつまみ

MENMA-KINOKO 8.5 v

Braised bamboo shoots, shimeji mushroom, wakame seaweed.

TAKO WASABI 9.5

Cooked octopus bits, mustard greens, carrot, wasabi dressing.

EDAMAME 8 v gf

Steamed, tossed with sea salt.

YAKI ONIGIRI 9 (2pce)

Crispy grilled rice balls glazed in savoury soy sauce.

CHEESY CHIKUWA ISOBEAGE 9.5

Tempura fish cake filled with cheese.

SESAME SEAWEED SALAD 8 v gf

POTATO KABOCHA SARADA 8.5

Creamy potato & buttercup squash salad.

ASAZUKE 6.5 v gf

Our daily pickled vegetables.

HOUSE KIMCHI 8.5 v gf

Cabbage, daikon, carrot, cucumber. Unorthodox & vegan.

VARIOUS いろいろ

STEAMED BAO BUNS

With lettuce, house kimchi, japanese mayo.

Pork Belly 9.5

Boneless Beef Rib 10.5

Pork Katsu 9.5

Lettuce, house kimchi, japanese curry sauce, tonkatsu sauce.

Smoked Chili Tofu 8.25 v

Lettuce, shiitake mushroom, house kimchi.

PORK-KIMCHI GYOZAS 12.5

House made, pan-fried & steamed, tangy chili soy dip.

BLISTERED

SHISHITO PEPPERS 16 v gf

Arugula, lime, house furikake.

BISON TATAKI 29 r gf*

6oz. Alberta Bison, seared on the outside, rare inside, thinly sliced. Shaved onion, grated daikon, yuzu koshō ponzu sauce.

SHOKU SALAD 18 v gf

Mixed greens, avocado, tomato, cucumber, daikon, carrot, sesame seed, scallions, kizami nori, Zen dressing.

SEAFOOD SALAD 29 r gf*

Prawns, salmon, albacore + ahi tuna, hamachi, tobiko, tamagoyaki, seaweed salad, mixed greens.

MISO SOUP 6 gf

Dashi, wakame, tofu, scallions.

GRILLED 焼き物

AHI TUNA TATAKI 27 gf* r

Lightly seared on the outside, sesame-crusted, wakame salad, Zen drizzle.

SPICY PRAWNS 16 gf

Peanut sauce.

MISO BLACK COD 24

Spicy Miso-sake marinade.

KOREAN BEEF SHORT RIBS 26

With house kimchi.

HOKKAIDO SCALLOPS 29

Creamy miso sauce, tobiko, crispy seaweed on a bed of arugula, wakame, shimeji mushrooms and braised bamboo shoots.

SKEWERS 串焼き Per stick

Chicken Yakitori 4.50 gf*

Tsukune Chicken 4.50

Pork Belly 5

Boneless Beef Rib 5.75

Duck Breast 6.25 gf*

Ika (Humboldt Squid) 4.50

Shishito Peppers 3.75 v gf

Shiitake Mushroom 3.75 v*

DEZĀTO デザート

MAPLE MISO

CRÊME BRULÉE 13 d gf

A sweet - salty take on the French classic

MATCHA BLONDIE 13 d

Black sesame ice cream.

LIQUID DESSERT (Contains alcohol)

CHOCOLATE NIGORI SAKE 9 (2oz.)

ICE CREAM 9.5 d

With seasonal berries.

Matcha

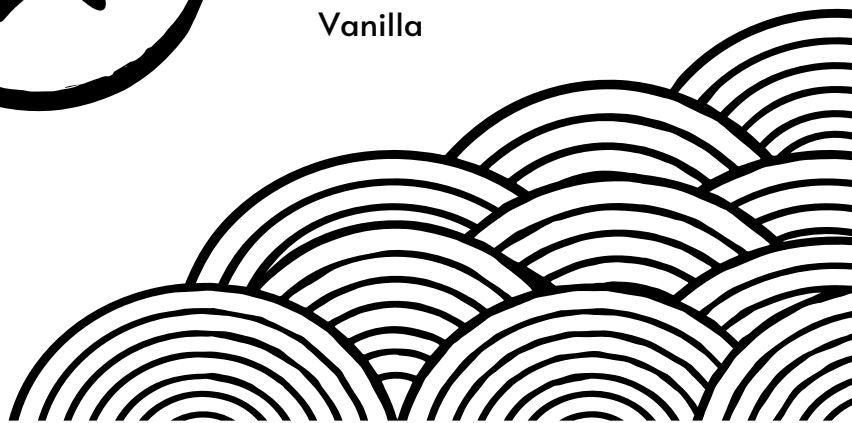
Black Sesame

Mango

Red Bean

Ginger

Vanilla



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4.75

5

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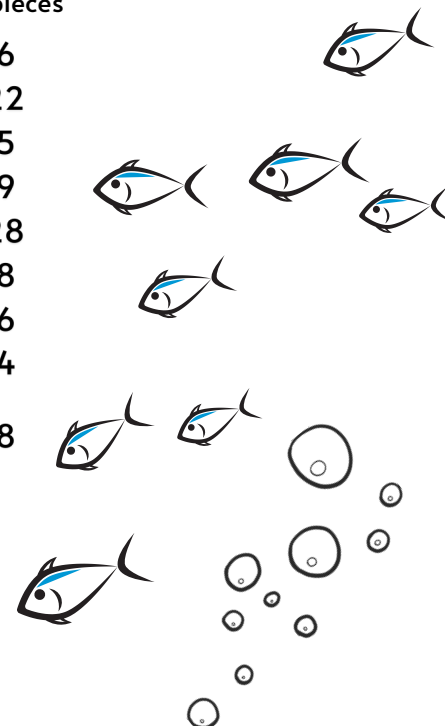
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COCKTAILS

2⁰²

BLOODY MARI

17

Tenno Kokuin shochu, tamari, Momma's pickle juice, lemon juice, wasabi, tabasco, tomato juice, lemon pepper, pickled ginger

MAJIN BUU SOUR

17

Espolon tequila, Choya umeshu, dragon fruit, lemon juice, egg white

**vegan option available*

MANGO TOGARASHI MOJITO

17

Brugal añejo, mango puree, lime, togarashi syrup, mint

MEET YOUR MATCHA

17

Gordons gin, Lillet Blanc, green tea umeshu, lemon juice, matcha, pandan honey

PARLOUR ROOM SPRITZ

17

Parlour Room gin, Masumi sparkling sake, yuzu-lemon juice, cucumber syrup, fresh ginger juice

PEP IN YOUR STEP MARGARITA

18

Espolon tequila, lemon juice, roasted red pepper syrup, Firewater bitters

SEEDY FASHIONED

18

Sesame-washed Legent bourbon, Toki, Hojicha syrup, Hinoki bitters

HOTTAILS

2⁰²

HOT & HENNEY

16

Chocolate Nigori sake, Hennessy V.S., oat milk

HOT APPLE PIE

16

Buffalo Trace bourbon, Liquor 43, Hennessy, apple juice, lemon

WINTER BLUSH

17

Northern Keep vodka, Green Chartreuse, Soho lychee liquor, Aperol, yuzu-lemon juice, orange blossom water, blood orange bitters

RYOSHI BLUE

18

Fernet Huntr BC, Wild Life rye, blueberries, Angostura bitters

MULETIDE

17

Black Diamond Distillery spiced cranberry liquor, Sailor Jerry spiced rum, Fentimans ginger beer, lime

MAPLE-MISO WHISKEY SOUR

17

Park maple rye, Buffalo Trace bourbon, miso syrup, lemon, egg white, Angostura bitters

**vegan option available*

WILD RHUBARB NEGRONI

18

Wild Life Rhubarb Gin, Mattei Cap Corse Blanc, Campari

SHAFT. BY HENDO

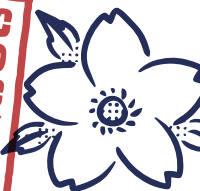
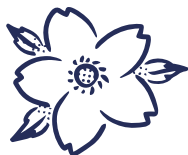
6

Vodka, coffee liqueur, cold brew espresso, milk

**vegan option available*

**Looking for mocktails?*

You'll find them at the very back.



SAKE GLASS

4^{oz} | 8^{oz}

AIZU HOMARE HONJOZO PREMIUM DRY [DRAFT] SAKE

8 | 15

Bright aroma, smooth, robust & medium-bodied.

HOURAISEN BESHI TOKUBETSU JUNMAI

13 | 24

Balance of acidity & creaminess, aromatic nose.

HOMARE NIGORI

9.5 | 17

Cloudy, unfiltered, rich silky texture of coconut cream.

JOTO MASAMUNE BEAUTIFUL LILY ONE CUP 200^{ML}

18

Mellow & rustic, nutty, mild sweetness.

MASUMI SPARKLING ORIGARAMI 5^{oz}

15

Unfiltered fermented in bottle, crisp bubbles & wine-like acidity, creamy & savoury richness.

CHOCOLAT NIGORI SAKE 2^{oz}

9

Creamy chocolate texture with rich sweetness.

SAKE BOTTLES

300^{ML}

MASUMI BLUE JUNMAI 180^{ML} 15

Mild fruity notes, light, off-dry palate.

AIZU HOMARE JUNMAI DAIGINJO 48

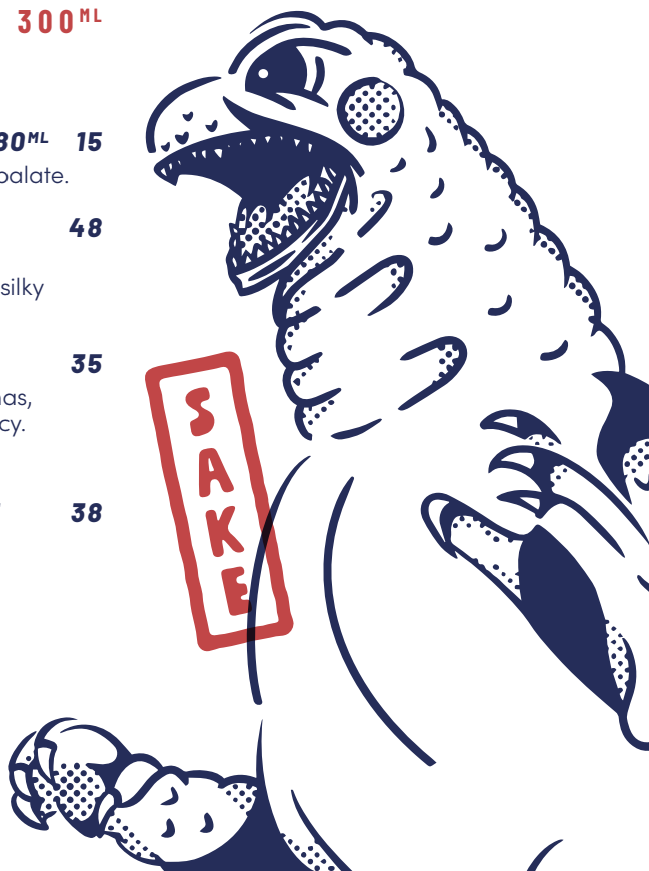
Creamy palate, fruity aromas, silky texture.

HIYA NAMA-NAMA 35

Refreshing, steamed rice aromas, ripe pear, fresh mineral vibrancy. Unpasteurized sake.

CHOCOLAT NIGORI SAKE 38

Creamy chocolate texture with rich sweetness.



SAKE LARGE BOTTLES

720^{ML}

MASUMI SPARKLING ORIGARAMI 780^{ML}

Unfiltered, fermented in bottle, crisp bubbles & wine-like acidity, creamy & savoury richness.

MASUMI AKA JUNMAI GINJO YAMAHAI 780^{ML}

Lactic aroma, refreshing acidity, savoury umami. Pairs great with dairy & meat.

TENBI JUNMAI GINJO

Creamy palate, sweet fruity aromas, silky texture. Great for first time sake drinkers.

AIZUHOMARE JUNMAI DAIGINJO KIWAMI KURO

Creamy palate, sweet, fruity aromas, silky texture. Great sake for first time sake drinkers.

77 OKU NO MATSU NAVY BLUE 90 JUNMAI DAIGINJO

Refreshing fruity aromas, crisp flavor, vanilla stone fruit, depth of umami.

85 TATENOKAWA SEIRYU 100 JUNMAI DAIGINJO

Light, fruity, vivacious, hint of acidity, smooth finish.

HOURAISEN BESHI 130 TOKUBETSU JUNMAI 1800^{ML}

Balance of acidity & creaminess, aromatic nose.

GAKKI MASAMURE 90 SAKEMIRAI

Rare rice variety Sakemirai, beautiful round body, fragrant, slightly sweet finish.

SOJU, SHOCHU & UMESHU

2^{0Z} | BTL

- Sparkling Rose Umeshu
- Chum Churum Soju Peach
- Chum Churum Soju Grapefruit
- Tenno Kokuin Shochu
- Choya Umeshu
- Choya Green Tea Umeshu

- NA | 36 300^{ML}
- 10 | 36 360^{ML}
- 10 | 36 360^{ML}
- 10 | NA
- 12 | NA
- 12 | NA



WHITE

5⁰² | BTL

HOUSE WHITE

9.5 | 45

ADOBE

13 | 49

Syrah (rosé), CL

CHARLES SMITH

14 | 51

Kung Fu Girl Riesling, USA

BABICH

15 | 57

Sauvignon Blanc, NZ

ST FRANCIS

16 | 63

Chardonnay, USA

PARAJES DEL VALLE

65

Maceracion Macabeo (orange), SP

WILD GOOSE

74

"Autumn Gold" Blend, CA

JOSEPH MELLOTT

89

"Moussiere" Sancerre (bio), FR

LE VIEUX DONJON

145

Chateauneuf-du-Pape (org), FR

DUMOL

160

"Chloe" Chardonnay, USA

SPARKLING

5⁰² | BTL

MIONETTO

13 | 53

Prosecco, IT

MOET & CHANDON 375^{ML}

65

Brut Champagne, FR

VEUVE CLICQUOT 750^{ML}

140

Brut Champagne, FR

RED

5⁰² | BTL

HOUSE RED

9.5 | 50

CAVIT

13 | 52

Pinot Noir, IT

DOMAINE MONTROSE

15 | 60

Cabernet/ Merlot, FR

TORBRECK

15 | 60

Old Vines Grenache Mourvedre
Shiraz, AU

ORTEGA

68

Rioja Crianza, Tempranillo, FR

BODEGAS OCHOA RESERVA

73

Tempranillo, Cabernet Sauvignon,
Merlot, SP

KEN WRIGHT

77

Pinot Noir, USA

LA TORRE

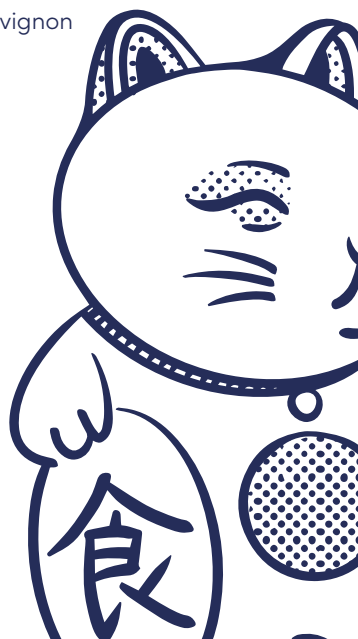
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Brunello di Montalcino (org), IT

FIGGINS FAMILY

180

"Estate Red"
Cabernet Sauvignon
(nat), USA



16^{oz} DRAFT

8.5 | 60^{oz} JUG

28

SAPPORO BREWERIES

Premium Lager, 5%, JP

ASAHI BREWERIES

Asahi Dry 5.5% Lager, JP

BANFF AVE BREWING

Lodge 1383, Cold IPA, 5.6%, Banff, AB

ALLEY KAT BREWING

Mangolorian Mango Ale, 5%,
Edmonton, AB

INTERNATIONAL

COOPERS BREWERY 375^{ML}

4.5% Pale Ale, AU

HITACHINO NEST 350^{ML}

Yuzu Lager, 5.5%, JP

HITACHINO NEST 330^{ML}

White Ale, 5.5%, JP

SHORT

355^{ML}

HALF HITCH BREWING

7.5

Farmer's Daughter Pale Ale, 5.5%
Cochrane, AB

JASPER BREWING

7.5

Crisp Pils 4.5% Pilsner, Jasper, AB

FAHR BREWERY

7.5

Hefeweizen, 5.3%, Turner Valley, AB

CIDER

CANMORE BREWING CO 16^{oz}

Outsider, 7%, Canmore, AB

UNCOMMON 375^{ML}

Haskap Apple 6.7%, Calgary, AB

TALL

473^{ML}

BLINDMAN BREWING

10

Longshadows IPA, 7.1%,
Lacombe, AB

ANNEX ALES

10

Force Majeure NEIPA, 6.9%,
Calgary, AB

WILD ROSE

10

Barracks Brown Ale, 5%, Calgary, AB

*Looking for a non-alcoholic beer?
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VODKA

Northern Keep	
Kettle One	
Chopin potato vodka	
Haku Vodka Suntory	
Nikka Coffey vodka	
Wild Life vodka	
Park Distillery vanilla vodka	
Belvedere	

GIN

Gordons London Dry	
Ungava	
Hendrick's Gin	
Bombay Sapphire	
The Botanist	
Tanqueray	
Wild Life Barrel Aged Gin	
Wild Life Gin	
Park Distillery Alpine Gin	
Roku Gin Suntory	
Nikka Coffey Gin	

RUM

Brugal Anejo	
Flor de Cana 4 ^{yr}	
Flor de Cana 12 ^{yr}	
Flor de Cana 18 ^{yr}	
Matusalem Classico Rum 10 ^{yr}	
Dictador 20 ^{yr}	
Sailor Jerry Spiced Rum	
Leblon Cachaca	

TEQUILA

Espolon Reposado	7
Casamigos Blanco	12
Casamigos Reposado	10
Casamigos Anejo	15
Casamigos Mezcal	13
Creyente Mezcal	9.5

1^{0Z} LIQUEURS

7	Amaro Montenegro	7.5
9	Aperol	7
10	Baileys Irish Cream	7
11	Carpano Antica Formula	7
12	Chambord	8
8	Cointreau	7
9	Cynar	7
11	Disaronno Original	7
	Drambuie	7
	Fireball	7
1 ^{0Z}	Frangelico	7
	Grand Marnier	9
6.5	Green Chartreuse	9
8	Jagermeister	7
12	Kahlua	7
8	Licor 43	7
12	Martini X-Dry	7
8	Martini Rosso	7
10	Pimms No.1	7
9	Sambuca Luxardo	7
9	Soho Lychee Liqueur	7
11	St Germain Elderflower	9
12		

BRANDY

1 ^{0Z}		1 ^{0Z}
7	Hennessy Very Special	10
6.5	Hennessy VSOP	13
9.5	Pisco ABA	7

1^{0Z}



JAPANESE WHISKY

Nikka Coffee Grain	16
Nikka Coffee Malt	16
Nikka Yoichi Single Malt	15
Nikka Miyagiko Single Malt	18
Nikka from the Barrel	14
Suntory AO	13
Toki	12
Hibiki Harmony	22

SCOTCH

Lagavulin 16 ^{yr}	18
Aychentoshan Three Wood	14
Ardbeg 10 ^{yr}	14
Glenkinchie 12 ^{yr}	15
Bowmore 12 ^{yr}	13
Glenmorange 10 ^{yr}	8
Laphroaig 10 ^{yr}	10
Laphroaig Select	13
Jameson Irish Whisky	7

1⁰² BOURBON

Buffalo Trace	7
Maker's Mark	9
Bulleit Bourbon	9
Woodford Reserve	11
Legent Bourbon	11
Blanton's 10 ^{yr}	13
Michter's	13

RYE

1 ⁰² Alberta Premium Rye	6.5
Crown Royal	7.5
Northern Harvest	8
Park Maple Rye	9
Wild Life Rye	9



NON-ALCOHOLIC

POP 5
Coke, Diet Coke, Sprite, Ginger Ale,
Iced Tea or Calpico Soda

JUICE 5
Apple, Orange, Cranberry or
Pineapple

BOTTLES & CANS 6
Ramune, Fentimans Ginger Beer
or Annex Root Beer

BANFF ROASTING CO 5
French Press Coffee

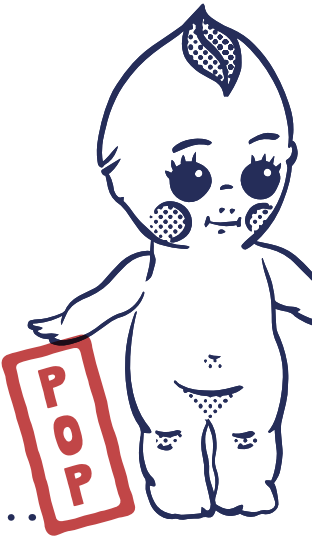
TEA 5
Green Tea, Cream of Earl Grey,
English Breakfast or Peppermint

TEA POT 8
Green Tea, Cream of Earl Grey,
English Breakfast or Peppermint

LOW % BEER

ASAHI 0, 330^{ML} 6
Non-Alcoholic Lager, JP

ALLEY KAT BREWING, 473^{ML} 9
Mangolorian .5% Non-Alcoholic
Mango Ale, Edmonton, AB



MOCKTAILS

BABY BUU 12
Dragon fruit, lime, Calpico, soda

GAME, SET, MATCHA 12
Seedlip non-alcoholic gin, lemon
juice, matcha, pandan honey

MAI NO TAI 12
Pineapple, cranberry, apple, lemon,
mango, dragon fruit, lychee, mint

SEEDLIP SPRITZ 12
Seedlip non-alcoholic gin, cucumber
syru, yuzu-lemon juice, fresh ginger