



TORO
Bar&Bar
Japanese



THE DUALITY OF 'TORO'

IN GASTRONOMY

Japanese: TORO (トロ)

"TORO" is the fatty part of the fish, found in the belly portion. We have the best Bluefin O-Toro, Hamachi Toro, Shima-Aji, Foie Gras in Victoria. They will melt in your mouth!

Spanish: TORO means "Bull"

A5 Wagyu is just like the "TORO" part of beef. It's buttery, rich, and flavourful. We have the best Japanese A5 Wagyu in Victoria.

Bar & Bar

Sushi Bar -

All the sushi is freshly made by hand. We appreciate your patience.

Drink Bar -

We offer a diverse selection of high-quality Japanese craft beer and sake. Please take a look at our comprehensive drinks menu.

UMAMI SOUP

MISO SOUP 3½
shiro miso, tofu, seaweed, green onion

SUNOMONO GF T
glass noodle, kappa (cucumber), Japanese citrus

- Vegan / avocado 9
- Ebi / cooked prawn 10
- Hokkigai / surf clam 10
- Tako / cooked octopus 11
- Real crab / rock crab 12
- Kaisen / mixed seafood 15

GREEN SALAD

WAKAME VG 6
seaweed salad

GOMA-AE SALAD VG 6
boiled spinach, sesame dressing

YUZU TUNA TATAKI SALAD 19
fresh organic greens, avocado, seared albacore tuna, yuzu dressing

SASHIMI SALAD 19
fresh organic greens, avocado, sesame vinegar dressing, chef's choice of sashimi

HOKKAIDO CEVICHE T 26
grilled Hokkaido scallops, baby squid, tiger prawn, basil yuzu sauce with local mixed green

TEMAKI

CONE/HAND ROLL

AVOCADO CONE VG GF 6
fresh avocado

INARI CONE VG 6
seasoned deep-fried tofu, kappa

SHIITAKE CONE VG 6
seasoned shiitake mushroom, kappa

TAMAGO CONE 6
Japanese grilled egg

EBI CONE GF 6
cooked prawn, avocado, mayo

SPICY TUNA CONE GF 8
spicy tuna, kappa

SPICY SALMON CONE GF 9
spicy salmon, kappa

UNAGI CONE 9
unagi, kappa

CHOP SCALLOP CONE GF 9
chop scallop avocado, fish egg

NIGI-KURA-TORO CONE GF T 11
ikura, green onion, tuna belly

SOFT SHELL CRAB CONE (2pcs) T 18
tempura soft shell crab, fish egg, avocado

LOBSTER CONE (2pcs) T 22
tempura lobster tail, avocado, fish egg

NOODLE / WONTON

WONTON SOUP 14

5pc Guangdong wonton, pork, shrimp, fungus, sesame oil, dry shrimp, green onion, shoyu broth

TEMPURA UDON 15

dashi shoyu gombu broth, egg, green onion, prawn tempura, fish cakes, seaweed

YAKI UDON CHICKEN 23

stir-fried udon noodles with seasonal veggies, bell pepper, bean sprout, chicken

SPICY SEAFOOD UDON T 28

prawn, scallop, squid, udon noodles with seasonal veggies

TORO-ICHIBAN RAMEN T

roasted pork belly, veggie, green onion, nori, bean sprout, boiled egg, choice of

- Tonkotsu Ramen 23

/ tonkotsu broth

- Shoyu Ramen 22

/ shoyu broth

- A5 Wagyu Beef Ramen 58

/ shoyu broth

Add-ons

+ Housemade Spicy Oil 2

SUSHI DON PRIME

NEGIKURA DON T 29

ikura, albacore tuna belly, green onion, sushi rice, real wasabi

KAISEN DON T 33

chef's choice of sashimi, ikura, sushi rice, real wasabi

FOIE GRAS DON T 49

6pcs of foie gras, oshinko, shiitake, green onion, tobiko, nori, sushi rice

HOT BOWLS

TERIYAKI

potato, carrot, greens, rice

- Crispy Tofu 19

- Chicken 23

- 5oz AAA Tenderloin Steak 35

fried egg +3

UNAGI DON 25

barbecued freshwater eel, tamago, unagi sauce, oshinko, rice arare

LOBSTER STONE BOWL 36

5oz sautéed lobster, prawn, scallop, tamago, oshinko, spinach, edamame bean, onion

TORO-OMAKASE

SILVER

24pcs, chef's choice of 6-7 kinds of fresh sashimi

GOLD

36pcs, chef's choice of 9 kinds of fresh sashimi

ABURI MARBLE RAFT

24pcs, aburi style oshi sushi
tuna, salmon, unagi, Hokkaido scallop

A5 WAGYU

A5 WAGYU 2PC

Aburi 2pc nigiri styl, black truffle paste



28

45

A5 WAGYU + FOIE GRAS 2PC

Aburi 2pc Wagyu and 2pc foie gras
nigiri style black truffle paste



+ Caviar for 2 pc

9

A5 Wagyu Beef Ramen

Wagyu slice with shoyu broth



58

A5 WAGYU TATAKI

seared 5oz of A5 wagyu beef with
Japanese ponzu sauce, green onion



120

A5 MIYAZAKI WAGYU STEAK

5oz A5 miyazaki striploin with
grilled teriyaki vegetables, black truffle
paste

120

OSHI-ZUSHI

6PCS PRESSED SUSHI

MANGO STRAWBERRY OSHI

mango, fresh sliced strawberry, avocado



15

AVO-MANGO OSHI

fresh sliced avocado, mango



15

EBI PESTO OSHI

aburi cooked sushi ebi with
housemade truffie pesto sauce

15

TUNA PESTO OSHI

aburi tuna with homemade truffie pesto sauce

19

SABA MISO OSHI

aburi saba with miso sauce, green onion



19

SALMON OSHI

aburi salmon with homemade miso aioli,
fresh sliced jalapeno



19

BEEF OSHI

aburi AAA tenderloin, avocado, BBQ sauce,
yam fries, green onion

19

UNAGI OSHI

BBQ eel, unagi sauce, green onion

20

TORO OSHI

aburi tuna belly with green onion, sesame oil



22

HOKKAIDO IKURA OSHI

Japanese north island scallop with salmon roe,
sesame oil



23

O-TORO OSHI

bluefin o-toro with green onion, sesame oil



49

UNI SPOT PRAWN OSHI (seasonal)

6pcs uni with spot prawn



49

A5 WAGYU OSHI

A5 wagyu beef with green onion,
salt, black truffle paste

59

SASHIMI



HALF 4PCS / FULL 8PCS

IKA / HOKKIGAI baby squid / surf clam	10 / 19	
TUNA albacore tuna BC	15 / 29	
TUNA TATAKI aburi style tuna	16 / 31	
SPICY TUNA housemade spicy sauce, tuna, green onion, sesame seed	16 / 31	
TAKO / SABA octopus / mackerel	15 / 29	
ATLANTIC SALMON farmed salmon; TORO +3	15 / 29	
HOTATE Japanese scallop	14 / 28	T
WILD SALMON sockeye salmon	16 / 31	
SPICY SALMON housemade spicy sauce, salmon, green onion, sesame seed	17 / 33	
TORO albacore tuna belly	19 / 37	
HAMACHI yellowtail	19 / 37	T
TORO TATAKI aburi style tuna belly	20 / 39	T
HAMACHI TORO yellowtail belly	22 / 42	
BABY SCALLOP baby scallop with nori	19 / 38	
AMA-EBI spot prawn	24 / 48	
SHIMA-AJI stripped jack	22 / 44	T
MADAI sea bream	22 / 44	T

BC UNI (seasonal) BC sea urchin	28 / 56	T
BLUE-FIN CHU-TORO bluefin side belly	30 / 60	T
BLUE-FIN O-TORO bluefin center belly	36 / 70	T
SIBERIAN - CAVIAR (30g)	99	T
OSIETRA - CAVIAR (30g)	111	T

NIGIRI

2PCS / ORDER

AVOCADO / INARI / SHIITAKE	5	
TUNA / HOKKIGAI / EBI / TAMAGO	8	
WILD SALMON / ATLANTIC SALMON / TAKO / SABA	8	
MASAGO / TOBIKO / UNAGI / IKA	9	
HAMACHI / TORO / BABY SCALLOP	10	
IKURA / AMA-EBI / NIGI-TORO	11	
HAMACHI-TORO / HOTATE	12	T
BLUE-FIN AKAMI	15	T
BLUE-FIN CHU-TORO	17	T
BLUE-FIN O-TORO	19	T
FOIE GRAS	18	T
ABURI LOBSTER TAIL	20	T
Aburi Add-ons + Aburi Spicy / Aburi Ponzu	3	T
+ Caviar for 2 pc	9	

VG Vegetarian

GF Gluten-free

T Toro Special

+ Real Wasabi 3\$

VINTAGE ROLL

HOSO-MAKI (MINI ROLL)

6PCS / ORDER

Kapa-maki	VG GF	6
Avocado-maki	VG GF	6
Oshinko-maki	VG	6
Tamago-maki	VG	6
Salmon-maki	GF	7
Tuna-maki	GF	7
Negitoro-maki	GF	9

ROLL

8PCS / ORDER

CALIFORNIA ROLL imitation crab meat, avocado		7
AVOCADO ROLL avocado	VG GF	7
KAPPA ROLL cucumber	VG GF	7
VEGGIE ROLL shiitake, oshinko, avocado, cucumber	VG	8
YAM ROLL yam tempura	VG	8
DYNAMITE ROLL avocado, cucumber, prawn tempura, fish egg		9
SPICY BC ROLL cooked salmon skin, cucumber, chili mayo	T	9
CHICKEN ROLL kara-age chicken, avocado, sesame seed	T	10
SPICY TUNA ROLL albacore tuna, cucumber	GF	11
TUNA-AVO ROLL albacore tuna, avocado	GF	12
CHILLI CRUNCH ROLL imitation crab, avocado, tenkasu, chilli mayo		12
SPICY SALMON ROLL spicy salmon, cucumber	GF	12

SALMON-AVO ROLL

salmon, avocado

GF 13

BABY SCALLOP ROLL

baby scallop, fish egg, cucumber, mayo, + spicy 2\$

GF 13

JUMBO DYNAMITE ROLL

avocado, cucumber, 3pc prawn tempura, yam, fish egg

13

UNAGI ROLL

barbecued freshwater eel, cucumber

14

SMOKED-SALMON ROLL

smoked salmon, avocado, cucumber, cream cheese

14

VOLCANO

imitation crab meat, avocado, spicy tuna, spicy mayo

14

MMA

shiitake, mango, avocado, rice arare, micro green

VG 15

PHILADELPHIA

Philadelphia cheese, kappa, avocado, smoked salmon, prawn tempura

15

RAINBOW

imitation crab, avocado, salmon, tuna, ebi, mango, surf clam

16

TROPICAL PUNCH

avocado, sockeye salmon, cream cheese, mango, rice arare, yam fries

16

STRAWBERRY CRUNCH (10PCS)

ultimate fried California roll, strawberry, honey mustard

16

REAL CRAB ROLL

rock crab meat, avocado

GF 16

SALMON TEMPURA ROLL

tempura salmon, cucumber, avocado, fish egg, prawn tempura

T 17

CRAZY SALMON ROLL

cucumber, avocado, fish egg, prawn tempura, garlic seared salmon with chilli sauce

18

TORO SIGNATURE ROLL

8-10PCS SUSHI

AMAZING SPIDER ROLL 19

tempura soft shell crab, avocado, fish egg, cucumber

TUNA BUMBLEBEE 19

spicy albacore tuna, cream cheese, pickled jalapeño, avocado, deep fried, honey mustard and unagi sauce

SMOKED DIABLO 20

smoked salmon, spicy albacore tuna, cream cheese, pickled jalapeño, avocado, deep fried, chipotle hot sauce

BEEF ANGUS (ABURI) 21

yam tempura, avocado, bulgogi sauce, seared AAA beef tenderloin, green onion, yam fries

SCALLOP EXPLOSION 22

scallop tempura, prawn tempura, avocado, fish egg, green onion, homemade sauce

BLACK DRAGON 23

prawn tempura, avocado, real crab, unagi tempura, fish egg, green onion

THE PEARL 24

prawn tempura, avocado, inari, fish egg, chopped scallop, house made miso aioli, green onion

TO-TORO 25

ikura, fatty albacore tuna, green onion, prawn tempura, avocado, fish egg, sesame oil

FLAMING UNAGI 26

avocado, barbecued eel, rock crab, pickled daikon, onion, eel sauce, with flaming

39" GOLDEN LOBSTER (10PCS)

5oz lobster tempura, avocado, fish egg, mango, oshinko, soybean paper, honey mustard

DESSERT

TEMPURA ICE CREAM (DEEP-FRIED) 16

tempura vanilla ice cream, croissant, uji matcha, chocolate sauce

BLACK SESAME DORAYAKI 16

tempura Japanese sweet red bean pancake, black sesame ice cream, caramel sauce

JAPANESE MANGO CREPE CAKE 16

mango crepe cake with vanilla ice cream, icing sugar, chocolate sauce

IMPORTANT NOTES

* Available upon your request on selected menu
Please ask your server

* Please let us know if you have any allergies

* Prices are subject to change without prior notice

** An automatic gratuity of 18% will be added to all guests' checks for the party of six (6) or more.

** Please note that not all ingredients are listed on our menu. We cannot guarantee that cross-contamination will not occur. Please inform our staff if you have any allergies or dietary restrictions. Failure to disclose any allergies or dietary restrictions prior to placing your order will result in item(s) being charged at original price, and inability to remake the item(s).



tuna bumblebee



yuzu tuna
tataki salad



black dragon



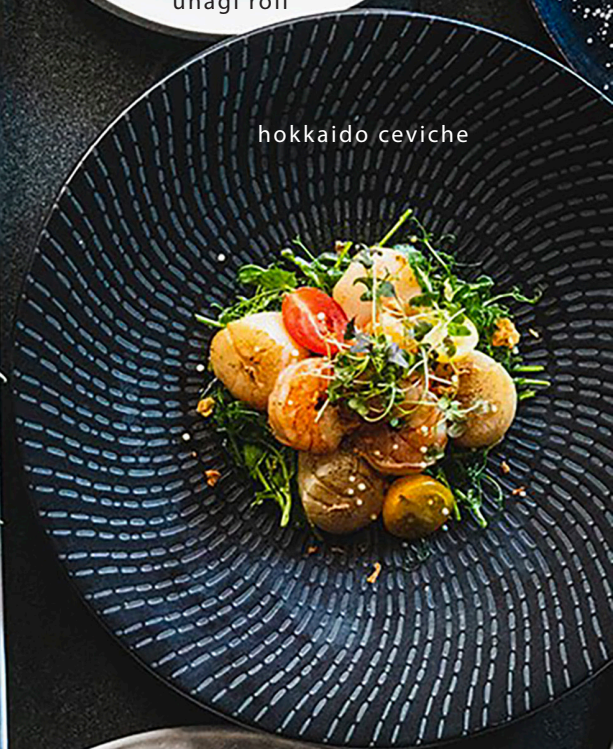
jumbo soft shell crab



unagi roll



bao bao bao



hokkaido ceviche



strawberry crunch



salmon oshi



miso saba oshi



おすすすめ



盛り合わせ

SILVER (24PCS)

69



お任せ

GOLD (36PCS)

99

九品刺身拼盘
OMAKASE



九品盛り合わせ



DIAMOND (Limited) 298
(BLUEFIN TUNA & CAVIAR)



SILVER 69
24pcs of fresh sashimi
6-7 kinds

GOLD 99
36pcs of fresh sashimi
9 kinds

DIAMOND (BLUEFIN TUNA & CAVIAR) 298
chef's choice of 9-10 kinds of fresh
sashimi with bluefin tuna & caviar



炙烤龙虾寿司
ABURI LOBSTER TAIL

20 / 2pcs
38 / 4pcs

鱼子酱
SIBERIAN CAVIAR (30g)
OSIETRA CAVIAR (30g)

99
111

寿司

日本和牛寿司
A5 MIYAZAKI WAGYU NIGIRI

28 / 2pcs
50 / 4pcs

法式鹅肝寿司
FOIE GRAS NIGIRI

18 / 2pcs
34 / 4pcs
50 / 6pcs



池鱼王 / 真鲷
SHIMA-AJI / MADAI NIGIRI

12 / 2pcs
22 / 4pcs
44 / 8pcs



日本黄狮鱼刺身
HAMACHI

10 / 2pcs (nigiri)
19 / 4pcs
37 / 8pcs



蓝旗金枪鱼大腹
BLUEFIN OTORO

19 / 2pcs (nigiri)
36 / 4pcs
70 / 8pcs

刺身



WITH REAL WASABI +3