

MIHAMA

Teriyaki/Grill



On Rice: choice of white or brown steamed rice.

PLATE: white or brown steamed rice AND
Salad OR Steamed Vegetables.

G/F

Items can be prepared Gluten Free. Add 50c

Salad: green-leaf with red and green cabbage.
Dressed with our house sesame vinaigrette.

Steamed Vegetables: fresh steamed to order.
Mix of: broccoli, cauliflower, carrot and zucchini.

G/F

TERIYAKI: Flame Grilled

Flame-Grilled and topped with
Mihama's Teriyaki sauce.

	ON RICE	PLATE
Chicken (leg/thigh or breast).....	6.35	8.20
Double Chicken.....	9.90	11.75
Beef (sirloin).....	7.85	9.70
Double Beef.....	11.75	13.60
Mihama (chicken & beef).....	10.85	12.70
Ginger Chicken (Mihama's Teriyaki with fresh grated ginger)	6.35	8.20
Ginger Beef.....	7.85	9.70
Tofu (marinated in tamari, sherry, mirin, curry).....	5.90	7.75

SPICY: Flame Grilled

Marinated In: soy, sugar, sesame oil, ginger,
garlic & chili paste.

Dipping Sauce: soy, rice vinegar, sugar, sesame
oil, chili paste, garlic & cayenne.

	ON RICE	PLATE
Spicy Chicken (breast).....	6.70	8.55
Spicy Double Chicken.....	10.25	12.10
Spicy Beef (sirloin).....	8.15	10.05
Spicy Double Beef.....	12.10	13.95
Spicy Mihama (chicken & beef)	11.20	13.05
Spicy Tofu.....	6.25	8.10

SPICY SALAD

Served on a large bed of green salad. Topped with a
blend of our spicy sauce /sesame dressing.

Chicken (breast).....	8.20
Beef.....	9.70
Tofu.....	7.75

TEMPURA VEGETABLES

Vegetables dipped in a flour-egg batter
and fried in canola oil.

Topped with Mihama's Teriyaki.

	ON RICE	PLATE
Tempura Teriyaki.....	6.10	7.95
carrot, onion, green bean, zucchini, sweet potato & butternut squash		

UDON NOODLES

Japanese wheat noodles in a fish stock
soup broth with green onions.

(Green Bean/Pea noodle also available)

Plain.....	5.90
One topping.....	7.40
Two toppings.....	8.90

Toppings:

Chicken, Beef, Tempura Vegetables, Tofu,
Steamed Vegetables, Kim Chee,

CHICKEN- KATSU

Chicken breast House Breaded in Panko
(Japanese bread crumbs) fried in canola oil.
Drizzled with Katsu sauce.

	ON RICE	PLATE
Chicken.....	7.75	9.60
Double Chicken.....	11.30	13.15

CURRY

Mild yellow Japanese curry sauce with potatoes,
onions & carrots (vegetarian base)

	ON RICE	PLATE
Vegetable.....	6.35	8.20
(green bean, rutabaga, green peppers, mushrooms, tofu)		
Chicken.....	6.35	8.20

Please add 5% for the
Ashland Food & Beverage Tax

G/F

SEAFOOD: Flame Grilled

Basted with soy-mirin, topped with
Mihama's Ginger teriyaki Sauce
& a side of our tarter sauce

	ON RICE	PLATE
Snapper Fillet (wild).....	8.40	10.25
Salmon Fillet.....	11.35	13.20
(Atlantic farmed Salmon)		
Salmon Patty.....	6.60	8.45
(Wild Salmon ground with rice & spices)		

SEAFOOD: Fried

House breaded in Panko (Japanese bread
crumbs), fried in canola oil & served with our
house made cocktail or tartar sauce.

	ON RICE	PLATE
Panko Oysters (4).....	8.70	10.55
Panko Fish (snapper).....	6.95	8.80
Panko Shrimp (5).....	8.70	10.55
Side order Shrimp (5)...		

SAUCES

*Sauces made at Mihama

Teriyaki*.....	0.30
Ginger Teriyaki*.....	0.30
Gluten Free Teriyaki*.....	0.50
Spicy Dipping Sauce*.....	0.50
Katsu Sauce(sweet Worcestershire)....	0.30
Tartar*.....	0.50
Cocktail*.....	0.50
Wasabi.....	0.50

BURGERS

*Served on a toasted Apple Cellar Artisan bun
with: mayonnaise, lettuce, tomato,
pickles, and onions*

Hamburger (grilled 1/4 lb.).....	4.35
Chicken Breast (grilled).....	6.35
Tofu (grilled).....	4.35
Salmon Patty (grilled).....	6.60
Fried Fish (snapper in panko).....	5.50
Add Teriyaki	
Add Cheese..0.45	
Add Salad1.85	
Add French Fries.....1.85	

SIDE ORDERS

Miso soup-fish based (8 oz).....	1.85
Double Miso (16oz).....	2.85
Rice (white or brown).....	1.55
Double Rice.....	2.50
Rice with Teriyaki.....	1.85
Double Rice with Teriyaki.....	2.85
French Fries.....	1.85
Green Salad.....	2.40
Steamed Vegetables.....	2.40
Kim Chee (spicy pickled cabbage).....	2.05
Pickled Ginger.....	0.75
Tofu Cubes.....	0.75

APPETIZERS

Panko Shrimp (5).....	7.20
Ginger Chicken Rolls (3).....	4.75
Lettuce Wraps.....	5.70
Edamame (chilled w/ Kosher salt).....	3.00

KIDS MENU*

****(Children 12 years and younger)***

***Served with orange slices and a 10oz
beverage: soda, 2% milk or rice milk.
Bottled juices add 75¢.***

1. Chicken Teriyaki on Rice.....3.80
2. Udon Noodles: Plain
Chicken
Tofu.....3.80
3. Tofu (grilled).....3.80

Beverages

***Coke, Diet Coke, Lemonade, Mr. Pibb
Sprite, Root beer,
Ice Tea (house brewed Lipton)***

16oz Soda (Free Refill).....	1.30
Italian Soda 16 Oz (No Refill).....	1.90
Rice Milk or 2% Milk (10 oz).....	1.50
Juice (bottled).....	1.90
Hot Tea (small 1-person).....	1.30
(Lg 2-4 people).....	1.70
Coffee (Allan Brothers).....	1.30

Beer, Wine, Sake
(Please see menu board)



**1253 Siskiyou Blvd.
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541-488-3530**

MihamaTeriyakiGrill.com

Eat-In/Take-Out

**Mon-Fri. 11:00-8:00
Sat. 11:00-4:00
Sunday-Closed**

Mihama Teriyaki Grill opened in the fall of 1989. Our desire is to provide healthy, tasty, whole foods with an emphasis on Casual Japanese Comfort at a reasonable price. Selections and sauces are prepared in house, using fresh, hand-cut and trimmed vegetables, meats, and seafood. This care of preparation allows us to control the ingredients in our food, minimizing the additives and preservatives found in commercially prepared items. In addition to Flame Grilled Teriyaki we also serve Udon, Ramen, Katsu, and Curry as well as a Healthy Kids menu. We offer many Gluten Free & Vegetarian options.

