

SOFT DRINKS

SODA	\$3.00
Pepsi, Diet Pepsi, Dr Pepper, Mountain Dew, Lemonade, Sprite, Fanta Orange	
ORANGE JUICE	\$3.00
APPLE JUICE	\$3.00
RAMUNE SODA	\$3.50
HOT TEA	\$3.00
SWEET TEA	\$3.00
UNSWEET TEA	\$3.00

APPETIZERS

A1. SPRING ROLLS (4PCS)	\$5.95
A2. EDAMAME	\$6.75
(steamed soybean with sea salt)	
A3. DUMPLINGS	\$6.95
A4. SHRIMP SHUMAI	\$5.95
(steam or deep fried)	
A5. SHRIMP OR CHICKEN TEMPURA	\$8.50
(2pcs shrimp or chicken with mix vegetables)	
A6. CRAB RANGOON (5PCS)	\$6.95
A7. CHICKEN NUGGET WITH FRENCH FRIES	\$6.95
A8. SOFT SHELL CRAB	\$7.95
A9. DEEP FRIED OYSTERS (6PCS)	\$7.95

KOREAN FRIED CHICKEN

STEP 1: CHOOSE YOUR CHICKEN

WINGS OR TENDERS

SMALL	6 PCS	\$9.95	(1 flavor)
MEDIUM	10 PCS	\$14.95	(2 flavors)
LARGE	18 PCS	\$25.95	(3 flavors)

STEP 2: CHOOSE YOUR SAUCE

Original (Plain),
Soy Garlic, Honey Garlic, Red Hot Pepper,
Thai Sweet Chili, Honey Lemon, Curry,
Cheese Monster (+\$1)



STIRFRY LO MEIN & FRIED RICE

with vegetable (zucchini, onion, green onion, bean sprout)

A10. CHICKEN	\$9.95
A11. BEEF	\$10.95
A12. SHRIMP	\$10.95
A13. COMBO	\$12.95
chicken, shrimp, & beef	

STIRFRY UDON

A14. CHICKEN	\$12.95
A15. BEEF	\$13.50
A16. SHRIMP	\$13.50
A17. COMBO	\$14.95
chicken, shrimp, & beef	

SOUP & SALAD

A18. GREEN SALAD	\$3.00
A19. SEAWEED SALAD	\$6.50
A20. SPICY KANI SALAD	\$6.50
A21. MISO SOUP	\$2.75
A22. CLEAR SOUP	\$2.75

DESSERTS

NEW YORK CHEESECAKE	\$5.50
TEMPURA CHEESECAKE	\$6.50
FRIED ICE CREAM	\$6.50
MOCHI ICE CREAM	\$5.50
(strawberry, mango)	
FRIED OREO	\$5.50

YUMMY BOWL
MONGOLIAN STIR-FRY & SUSHI

6845 E STATE ST
ROCKFORD, IL 61108



Our Signature Deal

BUILD YOUR YUMMY BOWL!

Lunch: 10:30am-3:00pm (Monday-Friday)
Dinner: 3:00pm-Close
Saturday-Sunday: All Day Dinner
Holiday: All Day Dinner



\$13.50 Lunch	\$9.50 Kid Lunch	\$16.00 Dinner	\$10.50 Kid Dinner	+\$4.00 All You Can Eat
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1 MARK YOUR CARD

2 FILL YOUR BOWL WITH TASTY INGREDIENTS

3 SEASON & SAUCE IT UP
(2 CUPS RECOMMENDED)

4 DROP OFF YOUR BOWL FOR OUR CHEFS TO STIR FRY

5 RETURN TO YOUR TABLE & WAIT
WE'LL BRING YOUR BOWL TO YOU!

ALL YOU CAN EAT

Super Hungry?

MAKE IT A BOTTOMLESS BOWL!

Only \$4 More

Dine-in Only. No sharing bowls.
(children age 3 and under excluded)

Uneaten food cannot be taken home.
All food must be placed into your bowl.
You have to finish your current bowl
before getting the next.

Order to-go by pound - \$7.00/lb Lunch \$8.00/lb Dinner

1 Sauce per bowl included. Additional to-go sauces charged.

CLASSIC STIR-FRY YUMMY BOWL

With broccoli, onion, mushrooms, carrot,
zucchini and steamed rice

Add \$1.00 for fried rice or \$2.00 for lo mein or udon

STEP 1: PICK YOUR PROTEIN

Y1. SHRIMP	\$11.50
Y2. SALMON	\$12.50
Y3. SQUID	\$10.50
Y4. CHICKEN	\$10.50
Y5. STEAK	\$11.50
Y6. WHITE FISH	\$11.50
Y7. VEGETABLES	\$9.50
Y8. CRAB	\$10.50
Y9. FRIED TOFU	\$10.50
Y10. SCALLOP	\$12.50
Y11. PORK	\$10.50
Y12. SAUSAGE	\$11.50

STEP 2: CHOOSE YOUR SAUCE(S)

S1. HIBACHI SAUCE	(sweet & a little sour)
S2. TERYAKI SAUCE	(sweet)
S3. MONGOLIAN SAUCE	(little bit sweet)
S4. CURRY SAUCE	(little spicy)
S5. THAI CHILI SAUCE	(little sweet & medium spicy)
S6. BROWN SAUCE	(little bit salty)
S7. DRAGON SAUCE	(sweet & a little spicy)
S8. GENERAL TSO'S SAUCE	(sweet & a little spicy)
S9. SZECHUAN SAUCE	(sweet & medium spicy)
S10. FRESH GARLIC OIL WITH PARSLEY	(no flavor)
S11. HOT PEPPER OIL	(spicy)
S12. YUMMY SAUCE	(yummy)

REGULAR ROLLS

R1.	CHICKEN TEMPURA	(cucumber, avocado)	\$6.00
R2.	EEL AVOCADO		\$6.00
R3.	EEL CUCUMBER		\$6.00
R4.	SPICY CRUNCHY CRAB		\$6.00
R5.	BOSTON ROLL	(shrimp, cucumber, lettuce)	\$6.00
R6.	SPICY CRUNCHY SHRIMP		\$6.00
R7.	SPIDER		\$8.00
R8.	CALIFORNIA	(kani, cucumber, avocado)	\$6.00
R9.	SHRIMP MANGO		\$6.00
R10.	SHRIMP AVOCADO		\$6.00
R11.	SHRIMP TEMPURA	(cucumber, avocado)	\$6.00
R12.	SHRIMP CUCUMBER		\$6.00
R13.	TUNA		\$6.00
R14.	SALMON		\$6.00
R15.	ALASKA	(salmon, cucumber, avocado)	\$6.00
R16.	PHILIDELPHIA		\$6.00
R17.	TUNA AVOCADO		\$6.00
R18.	TUNA CUCUMBER		\$6.00
R19.	SPICY CRUNCHY TUNA		\$6.00
R20.	SPICY CRUNCHY SALMON		\$6.00
R21.	SPICY CRUNCHY YELLOWTAIL		\$6.00
R22.	YELLOWTAIL JALAPENO		\$6.00
R23.	YELLOWTAIL SCALLION		\$6.00
R24.	SALMON CUCUMBER		\$6.00
R25.	SALMON AVOCADO		\$6.00
R26.	AVOCADO		\$5.00
R27.	CUCUMBER		\$5.00
R28.	ASPARAGUS		\$5.00
R29.	AAC ROLL	(avocado, asparagus, cucumber)	\$6.00
R30.	SWEET POTATO TEMPURA		\$5.00
R31.	AVOCADO CUCUMBER		\$5.00

SPECIAL ROLLS



1. YUMMY BOWL ROLL - \$14.00

Shrimp tempura, spicy crab, avocado inside. Topped with steamed shrimp, avocado on the top with Chef's special sauce



7. TIGER ROLL - \$13.00

Salmon, avocado, cream cheese, tobiko deep fried with eel sauce



13. OCEAN BEACH ROLL - \$15.00

Tempura crab meat, cream cheese and avocado, topped with smoked salmon, crunchy, masago, green onion and spicy mayo sauce



2. SPIDER MAN ROLL - \$14.00

Deep fried soft shell crab, avocado & crab topped with eel sauce & spicy ponzu sauce



8. SUPER CRUNCH ROLL - \$15.00

Spicy crab meat, shrimp tempura, avocado, cream cheese, fried in tempura batter



14. LOBSTER ROLL - \$15.00

Lobster tempura, avocado inside topped with lobster salad



3. BLACK DRAGON ROLL - \$15.00

Shrimp tempura, cucumber, avocado and crab meat, topped with eel and sauce



9. DYNAMITE ROLL - \$13.00

Salmon, cream cheese, avocado inside topped with scallion, tobiko, eel sauce, wasabi, mayo & spicy mayo



15. SUNRISE ROLL - \$13.00

Spicy crab meat and cream cheese inside, spicy salmon & spicy mayo with tobiko on top



4. KING KONG ROLL - \$14.00

Spicy crab, spicy tuna inside, top with seared salmon and avocado with chef's special sauce



10. FANTASTIC ROLL - \$13.00

Tempura, crab meat, avocado, cream cheese, deep fried



16. GREAT HARVEST - \$13.00

Fried Sweet Potatoes, shrimp tempura, cream cheese, mango, soybean paper, mango sauce, strawberry glaze



5. VOLCANO ROLL - \$13.00

Crab meat, avocado, cucumber topped with baked spicy crab meat and shrimp, mango, green onion, masago with spicy mayo & eel sauce



11. RAINBOW ROLL - \$14.00

Crab meat, avocado, cucumber, topped with tuna, salmon, white fish, avocado



17. DOUBLE CRUNCH - \$13.00

Tempura roll with white fish, avocado tamago, cream cheese, topped with tempura flakes, masago, and house special pineapple sauce



6. GODZILLA ROLL - \$15.00

Crabstick, cream cheese and avocado, topped with spicy tuna, avocado, crab meat, black roe, green onion and crunchy tempura with spicy mayo



12. NARUTO ROLL - \$14.00

Crab meat, tuna, salmon, yellowtail, avocado, wrapped with cucumber, served with ponzu sauce



18. YUMMY BOWL'S MONSTER - \$13.00

Tempura shrimp, avocado, seaweed salad, spicy kani, tempura flakes, masago, spicy mayo

SUSHI LUNCH SPECIAL

(Served with Miso Soup or Salad)

\$13.00
THREE ROLL

ROLLS

L1. TUNA	L7. SALMON CUCUMBER
L2. TUNA AVOCADO	L8. SPICY CRUNCHY TUNA
L3. TUNA CUCUMBER	L9. SPICY CRUNCHY YELLOWTAIL
L4. SALMON	L10. SPICY CRUNCHY SALMON
L5. ALASKA	L11. PHILADELPHIA
L6. SALMON AVOCADO	L12. YELLOWTAIL SCALLION

L13. YELLOWTAIL JALAPENO
L14. ACC
L15. AVOCADO
L16. AVOCADO CUCUMBER
L17. CUCUMBER
L18. SWEET POTATO TEMPURA

L19. BOSTON
L20. CALIFORNIA
L21. EEL AVOCADO
L22. EEL CUCUMBER
L23. SHRIMP TEMPURA
L24. CHICKEN TEMPURA

L25. SHRIMP AVOCADO
L26. SHRIMP MANGO
L27. SHRIMP CUCUMBER
L28. SPICY CRUNCHY CRAB
L29. SPICY CRUNCHY SHRIMP

\$10.00
TWO ROLL

SUSHI / SASHIMI

L30. SUSHI LUNCH	\$11.00
4pcs sushi and 1 pc California roll	

L31. SASHIMI LUNCH	\$13.00
5pcs of Sashimi with white rice	

L32. SUSHI & SASHIMI LUNCH	\$15.00
4pcs sushi, 4pcs of sashimi with California roll	

Lunch Hour (Monday - Friday 11am - 3:00pm)

SUSHI / SASHIMI

2 pcs 3 pcs

S1. TUNA	\$6.25	S10. CRAB STICK	\$5.00
S2. SALMON	\$6.25	S11. OCTOPUS	\$5.00
S3. YELLOWTAIL	\$6.25	S12. SQUID	\$5.00
S4. RED SNAPPER	\$6.25	S13. SALMON ROE	\$5.25
S5. WHITE TUNA	\$6.25	S14. FLYING FISH ROE	\$5.25
S6. MACKEREL	\$4.50	S15. TOBIKO	\$5.25
S7. EGG	\$4.25	S16. SWEET SHRIMP	\$6.75
S8. UNAGI (Cooked Eel)	\$6.25	S17. COOKED SHRIMP	\$5.00
S9. BEAN CURD	\$4.50	S18. SURF CLAM	\$5.00

Consumer Advisory: Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodbourne illness, especially if you have a medical condition.