



APPETIZERS

GYOZA (5)	\$4.25
SPRING ROLL (2)	\$2.25



TEMPURA

SHRIMP TEMPURA	\$5.95
MIXED VEGETABLE TEMPURA	\$4.95
SWEET POTATO TEMPURA	\$4.95



FRIED RICE

CHICKEN OR VEGETABLE	\$8.95
SHRIMP OR BEEF	\$9.95
HOUSE (Shrimp, Chicken and Beef)	\$11.10



SOBA NOODLES (STIR FRIED)

CHICKEN OR VEGETABLE OR SHRIMP OR BEEF	\$9.95
---	--------



ENTREES

TERIYAKI CHICKEN	\$11.95
GRILLED STEAK	\$15.95
KOREAN SPICY PORK	\$14.95
THAI RED CURRY CHICKEN	\$13.95

OPENING HOURS

Sunday : 11 am - 9 pm
 Mon, Tue : 11 am - 3 pm
 Wed, Thu : 11 am - 9 pm
 Fri, Sat : 11 am - 10 pm

2965 N Germantown Rd,
Bartlett, TN 38133

(901) 388-8178

(901) 388-7298

www.EatWellSushi.com

We take great pride in the friendliest service, the highest quality food, and the cleanest restaurants. We value your comments, so let us know how we are doing. You can reach us at 901-388-8178 or email to info@eatwellsushiandgrill.com



EatWell
SUSHI & GRILL

DINE-IN • CARRY-OUT
DELIVERY • CATERING

WE DELIVER!
WE CATER!



EatWell
SUSHI & GRILL

SUSHI COMBINATION PLATTERS

(Substitution available with equal or lesser value)

DRAGON PLATTER (18 PIECES) \$19.95

Spicy Roll, (3) Tuna Sashimi, (3) Salmon Sashimi, (6) Sushi Nigiri

MEMPHIS PLATTER (28 PIECES) \$26.99

California roll, Shrimp Tempura roll, Eel roll, Philadelphia roll, (4) Sushi Nigiri

BARTLETT PLATTER (48 PIECES) \$39.99

(2) California roll, (2) Eel roll, (2) Spicy Tuna roll, (2) Shrimp Tempura roll

ATLANTIC PLATTER (30 PIECES) \$39.99

(18) Sushi Nigiri, California roll, Spicy Tuna roll

PACIFIC PLATTER (90 PIECES) \$54.99

(5) California roll, (4) Spicy Tuna roll, (5) Vegetable roll

NIGIRI (2 PC)

CRABSTICK \$3.75

Crabstick, rice, seaweed

EBI \$4.25

Shrimp, rice

EEL \$5.25

Eel, rice

SALMON \$4.25

Salmon, rice

SUPER WHITE TUNA \$4.25

White tuna, rice,

TAMAGO \$4.25

Egg custard, rice, seaweed

TUNA \$4.75

Tuna, rice

SASHIMI APPETIZERS (8 PC)

FRI & SAT ONLY

CRABSTICK \$6.95

OCTOPUS \$11.50

SALMON \$9.50

SURF CLAM \$11.50

TUNA \$11.50

WHITE FISH \$9.50

WHITE TUNA \$9.75

SUSHI ROLL

ALASKA - Snow crab, crabstick, avocado, with red tobiko on top \$5.98

BON SOY - Tuna, avocado, snow crab, furikake on top \$5.98

CALIFORNIA - Cucumber, crabstick, avocado, with masago on top \$4.98

CORDOVA - Crawfish, snow crab, with spicy tuna, eel sauce, green onion & masago on top \$11.98

CRUNCHY SHRIMP - Fried shrimp, cucumber, crunch, with eel sauce on top \$5.98

CRUNCHY CRAWFISH - Crawfish, avocado, with spicy mayo & eel sauce on top \$6.98

DAYTONA - Cream cheese, avocado, tamago, crabstick & fresh tuna \$12.98

EAT WELL - Fried shrimp, cucumber, avocado, crabstick, snow crab \$9.98

FLAMINGO - Chicken, cucumber, avocado, lettuce with wasabi mayo inside \$6.98

FRESH SALMON - Fresh salmon, cucumber \$4.98

FUGI - Tuna, avocado, crabstick, cucumber, spinach \$10.98

JACKSON - Cream cheese, fried shrimp, with spicy crab, red tobiko, spicy mayo & eel sauce on top \$11.98

MEMPHIS - Crawfish, fried fish, on top snow crab, avocado, spicy mayo, eel sauce, crunch \$11.98

NEW ORLEANS - Crawfish, avocado, with snow crab, crunch, fresh salmon & masago on top \$11.98

PHILADELPHIA - Cream cheese, avocado, smoked salmon \$6.98

PHOENIX - Spicy tuna, snow crab, crabstick, with spicy mayo on top \$12.98

RAINBOW - California roll inside, with fresh tuna & fresh salmon on top \$9.98

ROCK & ROLL - Smoked salmon, crabstick, cucumber, with shrimp on top \$11.98

SAMURAI - Cream cheese, crawfish, with spicy tuna & fresh tuna on top \$12.98

SESAME SEED - Egg custard, crabstick, cucumber \$4.98

SEXY LADY - Fried shrimp, with snow crab, tuna, white tuna & avocado on top \$12.98

SPICY CRAB - Spicy crab, avocado, with red tobiko & green tobiko on top \$4.98

SPICY CRAWFISH - Crawfish, avocado, with spicy mayo & furikake on top \$6.98

SPICY GIRL - Spicy tuna, avocado, with snow crab & spicy powder on top \$10.98

SPICY TUNA - Spicy tuna, avocado, with green tobiko on top \$5.98

TOKYO - Tuna, salmon, cream cheese, avocado, with red tobiko on top \$7.98

VEGETABLE - Cucumber, spinach, avocado, carrot, purple cabbage \$4.98

VOLCANO - Deep fried with salmon, cream cheese & crabstick \$10.98

YING YANG - Crab fish, crabstick, with snow crab, salmon, spicy mayo, eel sauce, green onion & red tobiko on top \$11.98

