

Welcome to

Mr. Wok & Sushi

Since 1988, our family has proudly served Tenafly & surrounding towns with authentic Chinese cuisine and fresh sushi.

Inspired by bold Szechuan flavors and balanced Cantonese traditions, we've expanded to offer a variety of Asian specialties to delight every palate.

For over 30 years, we've been dedicated to quality food and providing a warm, welcoming atmosphere. Thank you for making us part of your story. Enjoy your meal!

— Simon & family



APPETIZER

Crispy Rice Sushi Trio \$ 12.95

Crispy rice topped with a flavorful trio of tuna, salmon, and yellowtail, each paired with unique sauces and toppings. Enjoy bold bites with spicy mayo and scallion, tangy ponzu with jalapeño, and a sweet mango finish. A perfect balance of texture and flavor

\$ 9.95 Soup Dumpling

Delicate steamed dumplings filled with savory pork and rich, flavorful broth. A comforting and delicious bite-sized treat.

MAIN COURSE

Hawaiian Roll \$ 16.95

Eel, cucumber, and mango wrapped inside, topped with crispy white fish, vibrant tri-color fish roe, and drizzled with eel sauce, mango sauce, and spicy mayo. Finished with fresh scallions for a bold and colorful bite

Lion's Head \$ 20.95

Juicy, oversized pork meatballs braised to perfection in a savory soy-based sauce, served with tender bok choy. A classic comfort dish known for its rich flavors and melt-in-your-mouth texture.

\$ 15.69 Sauteed Baby Bok Choy

Fresh baby bok choy stir-fried with garlic and oil, highlighting its crisp texture and natural sweetness. A simple and healthy classic

appetizers

Shrimp Spring Roll	2.89	Chicken Lettuce Wrap	15.79
Veg Spring Rolls (2 pcs.)	3.49	Cold Sesame Noodle	7.39
Egg Roll	3.19	Baby Back Ribs Small	17.89
Beef Egg Roll	3.19	Baby Back Ribs Large	33.59
Chicken Skewers	9.49	Boneless Ribs Small	16.99
Beef Skewers	10.49	Boneless Ribs Large	31.99
Chicken Wings (4 pcs)	9.49	Steamed Shrimp Shumai	7.39
Vegetarian Scallion-Pancake	10.49	Duck Crepês	14.69
Crab Rangoon	8.39	<p>Slowly roasted duck to crisp, juicy perfection. Served with finely sliced scallion, cucumber, steamed crepes, and plum sauce</p>	
Crabmeat and cream cheese wrapped in crispy wonton shells		<h3>Dumplings (steamed or fried)</h3> <ul style="list-style-type: none"> • Pork, Chicken, or Vegetable 9.49 • Shrimp 10.49 	

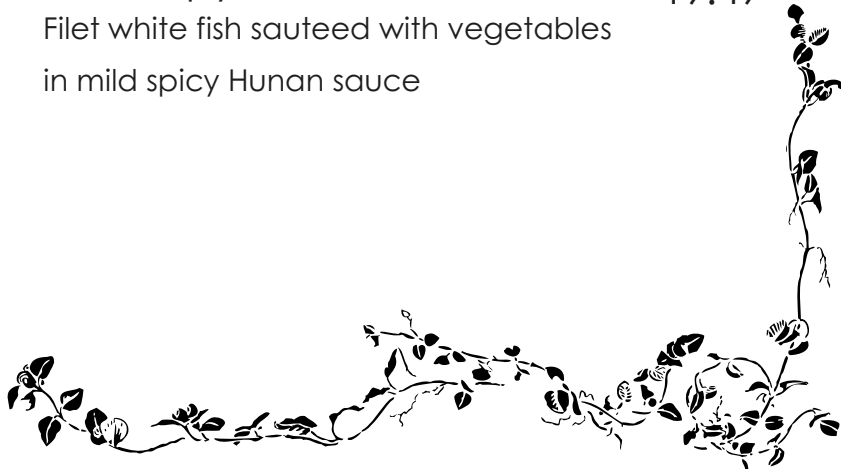
soup

Pork Wonton Soup	3.89	Velvet Corn Soup	4.19
Chicken Wonton Soup	3.89	Tofu Vegetable Soup	4.19
Hot & Sour Soup	3.89	Miso Soup	3.19
Egg Drop Soup	3.69	House Special Soup	8.39
		<p>Shrimp, chicken, and vegetables in chicken broth</p>	



specialties

Hawaii Five "O"	23.59	Four Season	20.49
Jumbo shrimp, sea scallop, lobster, filet mignon, and chicken in brown sauce		Jumbo shrimp, scallops, beef, and chicken sautéed in brown sauce with mixed vegetables	
Sesame Three Flavor	20.49	Grand Marnier Shrimp	20.49
Crispy shrimp, chicken, and beef sautéed over a high flame in sesame sauce		Crispy jumbo shrimp coated in Grand Marnier sauce with honey walnuts	
Triple Fragrance	21.49	Seafood in Garlic Sauce 	23.49
Beef, shrimp & scallops with veg in brown sauce		Jumbo shrimp, sea scallop, lobster meat, and vegetables sautéed in garlic sauce	
Jumbo Shrimp & Scallop	21.49	Mr. Wok Beef	20.49
Jumbo shrimp, sea scallop, and vegetables sautéed in white sauce		Flank steak sautéed with mushroom, snow pea, and onion in house steak sauce	
Thai Crispy Mango Shrimp- & Chicken 	20.49	• with Filet Mignon	25.69
Crispy chicken & shrimp with mango and other vegetables in Thai chili sauce		Walnut Crispy Shrimp	20.49
Steak & Shrimp Paradise	23.59	Crispy jumbo shrimp sautéed with sweet brown sauce with honey walnuts	
Filet mignon and shrimp sautéed with vegetable in brown sauce		Mango Shrimp & Chicken	20.49
Peking Pork Chop	17.49	Shrimp and sliced chicken sautéed with fruits and vegetables in white	
Crispy pork chop sautéed in sweet and tangy Peking sauce		Seafood Combo	23.49
Coral Shrimp	20.49	Jumbo shrimp, sea scallop, lobster meat, and vegetables sautéed in white sauce	
Crispy jumbo shrimp with bell peppers and broccoli in a spicy brown sauce		Transparent Fish	19.49
Peking Duck Half / Whole	SP	Filet white fish sautéed with vegetables in white sauce	
Tender, juicy duck slow-roasted to perfection with a crispy, flavorful skin		Filet Crispy Fish	19.49
Peking Duck Half /Whole	SP	Filet white fish sautéed with vegetables in mild spicy Hunan sauce	
Crispy, golden-roasted duck thinly sliced, served with soft pancakes, hoisin sauce, and fresh scallions. A classic Beijing delicacy perfect for wrapping and savoring each flavorful bite.			

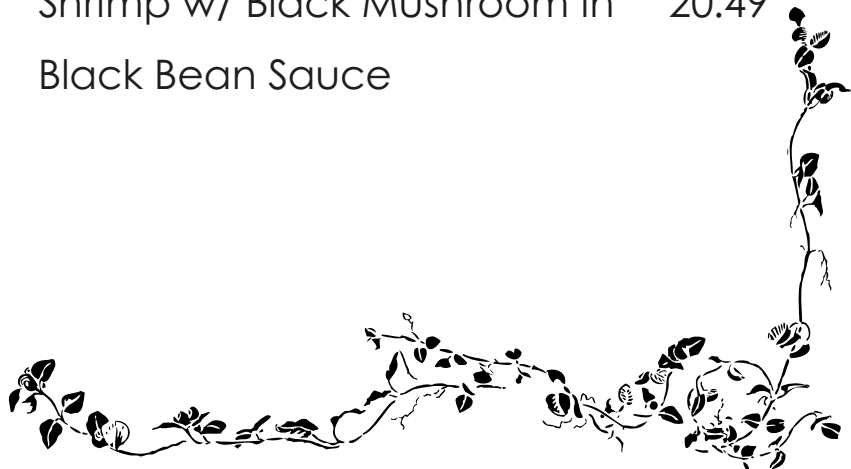


poultry

Chicken with Broccoli	16.29	Kung Pao Chicken		16.29
Sesame Chicken	18.39	Orange Chicken		18.39
Walnut or Cashew Chicken	16.29	General Tso Chicken		18.39
Sweet & Sour Chicken	16.29	Chicken with Garlic Sauce		16.29
Black Pepper Chicken	16.29	Chef Wok's Chicken Chinoise		16.29
Hunan Crispy Chicken	18.39	A mélange of sliced white meat chicken sautéed with broccoli, red peppers, straw mushroom, in spicy black bean		
Chicken with Assorted Veg	16.29	Sliced Chicken w/ Bean Sprouts in	16.29	
Moo Shu Chicken	16.29	White Sauce		
Served with pancakes				

seafood

Shrimp with Garlic Sauce	 19.49	Shrimp with Lobster Sauce	19.49
Sweet & Sour Jumbo Shrimp	20.49	Shrimp with Black Bean Sauce	19.49
Sesame Shrimp	20.49	Shrimp Szechuan Style	20.49
Orange Prawn	 20.49	Jumbo shrimp in chili-laced tomato sauce on a bed of steamed broccoli	
Shrimp with Broccoli	19.49	Shanghai Shrimp	20.49
Shrimp with Vegetables	19.49	Jumbo shrimp with carrot, water chestnut, snow pea, black mushroom, and red pepper in brown sauce	
Black Pepper Shrimp	19.49	Shrimp w/ Black Mushroom in	20.49
Moo Shu Shrimp	19.49	Black Bean Sauce	
Served with pancakes			



pork & beef

Sweet & Sour Pork	16.29	Orange Beef 🌶️	18.39
Moo Shu Pork	16.29	Black Peppered Beef	18.39
Served with pancakes		Beef with String Bean	18.39
Hunan Pork 🌶️	16.29	Pepper Steak	18.39
Sliced pork w/ veg in black bean sauce		Mongolian Beef	18.39
Beef with Broccoli	18.39	Hunan Crispy Beef	18.39
Beef with Assorted Vegetables	18.39	Crispy sliced beef glazed in special brown sauce	

vegetarian

Sautéed String Bean	14.69	Mapo Tofu 🌶️	14.69
Broccoli w/ Garlic Sauce	14.69	Bean Curd with Vegetables	14.69
Baby Eggplant w/ Garlic Sauce	14.69	Soy Chicken w/ Vegetables	18.39
Buddhist Delight	14.69	Orange 🌶️, Sesame, or	19.49
Assorted seasonal vegetables sauteed in natural au jus		General Tso Soy Chicken 🌶️	
Moo Shu Vegetables	14.69	Triple Vegetables	14.69
Served with pancakes		String beans, snow peas, and broccoli	

Asian cuisine

Chicken Teriyaki	18.39	Malaysian Curry Chicken 🌶️	19.49
Shrimp Teriyaki	20.49	Malaysian Curry Shrimp 🌶️	21.49
Vegetable Teriyaki	15.79	Chicken Katsu	16.29
Beef Teriyaki (flank steak)	18.39	Thai Cashew Chicken Stir Fry	19.49
Beef Teriyaki (filet mignon)	25.69	A savory Thai stir-fry with tender chicken, crunchy cashews, and a flavorful sweetness and spice 🌶️	
Seafood Combo Teriyaki	23.49		



rice & noodles

Fried Rice

- Chicken, Pork, or Veg 12.69
- Beef or Shrimp 13.69

Mr. Wok Fried Rice* 13.69

Young Chow Fried Rice 13.69

Mei Fun (thin rice noodle)

- Chicken, Pork, or Veg 15.79
- Beef or Shrimp 18.89

Mr. Wok Mei Fun* 18.89

Singapore Mei Fun* 🌶️ 18.89

Pan Fried Noodle

- w/ Beef, Shrimp & Chicken 20.99
- Seafood 23.09

Pad Thai 🌶️

- Vegetable 15.29
- Chicken, or Tofu 16.29
- Shrimp or Beef 18.99

Lomein

- Chicken, Pork, or Veg 13.69
- Beef or Shrimp 14.69

Mr. Wok Lomein* 14.69

Thai Basil Fried Rice 🌶️ 15.29

Chow Fun (wide rice noodle)

- Chicken, Pork, or Veg 15.79
- Beef or Shrimp 18.89

Mr. Wok Chow Fun* 18.89

Yaki Udon (sauteed udon)

- Vegetable 14.19
- Chicken or Pork 15.29
- Beef or Shrimp 18.89

*Mr. Wok = with Pork,
Shrimp, **and** Chicken

soup noodles

Udon Soup

(w/ mix veg in tonkotsu broth)

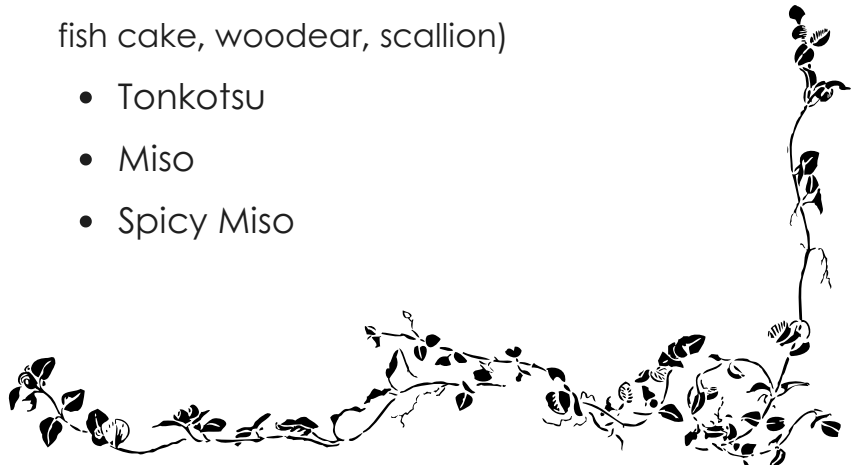
- Vegetables 14.19
- Chicken 15.29
- Shrimp 18.49
- Shrimp, Scallop & Lobster 20.49

Ramen



14.69

(w/ chashu pork, boiled egg,
fish cake, wood ear, scallion)

- Tonkotsu
- Miso
- Spicy Miso



Japanese appetizers

Tempura Appetizer	14.69	Rock Shrimp Tempura 	10.49
(3 Shrimps + 3 Veggies)		Yellowtail Jalapeno	16.79
Green Salad w/ Ginger Dressing	8.39	Seared Tuna Salad	17.79
Edamame	5.59	Sunomono	12.99
Spicy Kani Salad	9.49	Fried Calamari	12.69
Tuna Tortilla 	12.59	Assorted Sashimi Appetizer	14.69
Assorted Sushi Appetizer	11.59		


sushi à la carte

Two per order. Nigiri or Sashimi

Egg (tamago)	6.29	Bean curd (inari)	6.29
Crab (kani)	5.99	Eel (unagi)	8.39
Tuna (maguro)	8.39	Octopus (tako)	7.39
Salmon (sake)	7.39	Tobiko (flying fish egg)	7.39
Ikura (salmon roe)	7.39	Squid (ika)	7.39
Yellowtail (hamachi)	7.39	Striped Bass	7.39
Shrimp (ebi)	7.39	White Tuna	7.39
Sweet Shrimp (ama ebi)	8.99	Surf Clam	7.39
		Scallop	8.39

pokebowl

(served with edamame beans, seaweed salad, avocado, cucumber, corn, & crispy onions)

Tuna	17.89	Surf & Turf	17.89
Spicy Salmon	17.89	Rock Shrimp 	17.89
House (tuna & spicy salmon)	17.89	Shrimp Tempura	17.89
Omakase (assorted fishes)	17.89	Chicken Katsu	17.89



classic rolls / hand rolls

Cut roll - six pieces. Hand roll - one cone

Cucumber Roll	5.29	Yellowtail Roll	7.39
Avocado Roll	5.79	Eel Cucumber Roll	8.39
Crab Roll	6.29	Spicy Salmon Roll	8.39
California Roll	6.29	Spicy Yellowtail Roll	8.39
Avocado Cucumber Roll	5.79	Boston Roll	8.39
Salmon Avocado Roll	7.39	Alaska Roll	8.39
Spicy Tuna Crunch Roll	8.39	Philly Roll	9.49
Tuna Roll	7.39	Shrimp Tempura Roll (5pc)	10.49
Salmon Roll	7.39	Chicken Tempura Roll (5pc)	10.49
Asparagus Avoc. Cucumber	6.79	Salmon Skin Roll	7.39

sushi & sashimi dinners

served with miso soup

Nigiri Sushi

(with Tuna or California Roll)

- Regular (8 pieces) 23.39
- Deluxe (10 pieces) 25.19

Tekka Don (tuna rice bowl) 26.69

Sake Don (salmon rice bowl) 26.69

Unagi Don (eel rice bowl) 26.69

Chirashi Sushi 24.19

Triple Maki Dinner 18.89

(tuna, salmon, yellowtail roll)

Spicy Triple Maki Dinner 20.89

Assorted Sashimi

- Regular (15 slices) 26.69
- Deluxe (18 slices) 29.99

Tuna / Salmon Sashimi

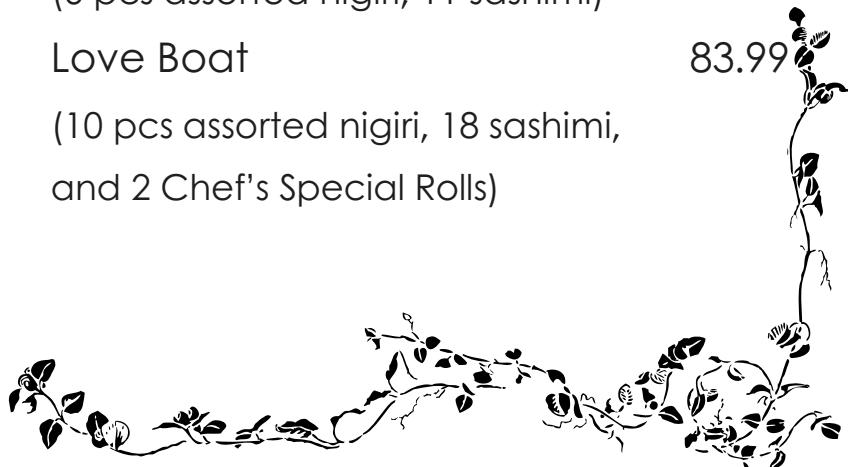
- Regular (9 slices) 23.09
- Deluxe (12 slices) 29.99

Sushi & Sashimi Combo 32.59

(6 pcs assorted nigiri, 11 sashimi)

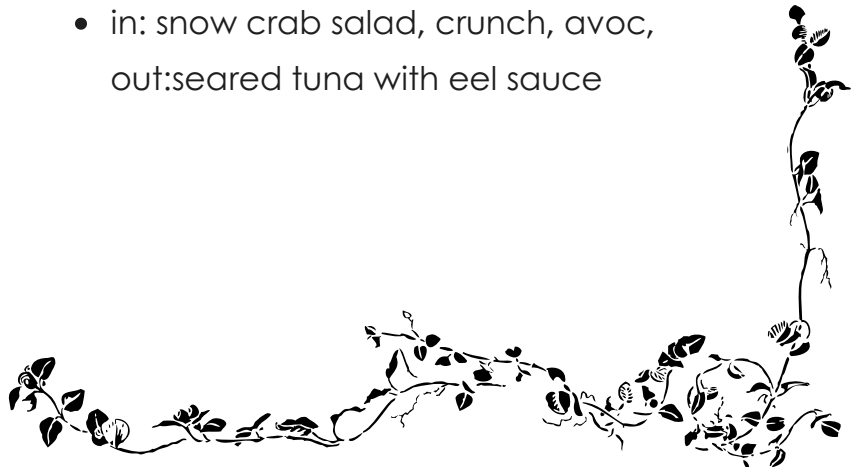
Love Boat 83.99

(10 pcs assorted nigiri, 18 sashimi,
and 2 Chef's Special Rolls)



signature rolls

Tenafly Roll	9.49	Hurricane Roll	16.79
• fried scallop, tobiko, mayo		• in: spicy tuna crunch, avocado	
Spider Roll	12.59	out: lobster salad, mango sauce	
• crispy soft-shelled crab, lettuce		Kiss of Fire Roll	16.79
cucumber, avocado, tobiko		• in: white tuna, salmon,	
Rainbow Roll	15.79	out: spicy tuna crunch, tobiko	
• in: crab, cucumber, avoc.		Low Carb Roll	15.79
out: tuna, salmon, white fish, avoc.		• assorted fish wrapped in cucumber	
Dragon Roll	15.79	Summer Roll	12.95
• in: eel, cucumber, out: avoc.		• crab meat, avocado wrapped in	
Lovely Roll	14.69	cucumber w/ vinegary sauce	
• in: shrimp tempura,		Tri Color Roll	16.79
out: spicy tuna crunch		• in: salmon avocado, out: tuna,	
Black Dragon Roll	16.79	yellowtail with kabayaki sauce	
• in: shrimp tempura, out: eel		Golden Dragon Roll	16.79
Green Phoenix Roll	15.79	• in: shrimp tempura, cucumber,	
• in: spicy tuna crunch out: avocado		out: eel, mango with mango sauce	
Volcano Roll	13.69	Perfect Match Roll	19.79
• tempura shrimp, crab meat,		• tuna, salmon, yellowtail, lobster	
cream cheese, and tobiko		salad, avocado, crunch, in soy	
Godzilla Roll	15.79	paper with eel and mango sauce	
• in: shrimp tempura, eel,		White Tiger Roll	16.79
out: spicy crab meat		• in: shrimp tempura, lobster salad,	
Lobster Tempura Roll	14.69	out: white fish, spicy mayo, crunch	
• lobster tempura, tobiko,		Piermont Roll	16.79
cucumber, eel sauce, spicy		• in: snow crab salad, crunch, avoc,	
mayo		out: seared tuna with eel sauce	
Captain Crunchy Roll	13.69		
• tempura shrimp, crab meat,			
cream cheese, and tobiko			



lunch specials

Mon to Fri, 11am to 3pm, excluding holidays

includes soup

lunch from kitchen

served with white rice, brown rice or veg fried rice

General Tso's 🌶️

chicken \$13.19 | shrimp or soy chicken \$13.99 | tofu \$11.99

Sesame/Orange 🌶️

chicken or beef \$13.19 | shrimp or soy chicken \$13.99 | tofu \$11.99

Garlic Sauce with 🌶️

chicken or beef \$13.19 | shrimp or soy chicken \$13.99 | tofu \$11.99

Mix Veg / Broccoli / String Bean with

chicken or beef \$13.19 | shrimp or soy chicken \$13.99 | tofu \$11.99

Black Pepper

chicken or beef \$13.19 | shrimp or soy chicken \$13.99 | tofu \$11.99

Teriyaki

chicken or beef \$13.19 | shrimp or soy chicken \$13.99 | tofu \$11.99

Kung Pao Chicken 🌶️ (dark meat) \$13.19

Chicken with Cashew or Walnut (dark meat) \$13.19

Chef Wok's Chicken 🌶️ \$13.19

Sweet & Sour Chicken \$13.19

Pepper Steak \$13.19

Shrimp with Lobster Sauce \$13.99

Buddhist Delight \$ 10.99

Sweet & Sour Chicken \$13.19

lunch specials

Mon to Fri, 11am to 3pm, excluding holidays

includes soup

lunch from kitchen

Thai Basil Fried Rice* 🍜 \$12.49

Fried Rice*

roast pork or chicken \$10.99 | beef or shrimp \$11.99 | vegetable \$ 10.99 |
roast pork, shrimp & chicken \$12.99

Lomein*

roast pork or chicken \$10.99 | beef or shrimp \$11.99 | vegetable \$ 10.99 |
roast pork, shrimp & chicken \$12.99

Mei Fun* (thin rice noodles)

roast pork or chicken \$10.99 | beef or shrimp \$11.99 | vegetable \$ 10.99 |
roast pork, shrimp & chicken \$12.99

Chow Fun* (wide rice noodles)

roast pork or chicken \$10.99 | beef or shrimp \$11.99 | vegetable \$ 10.99 |
roast pork, shrimp & chicken \$12.99

Pad Thai* 🍜 (Thai stir-fry rice noodles)

chicken or tofu \$12.49 | shrimp \$13.49

*not served with rice

lunch from sushi bar

(served with miso soup)

Sushi Lunch	14.69
Sashimi Lunch	17.89
Sushi Sashimi Lunch	19.99
Two / Three Roll Lunch (* from classic rolls)	13.69 / 19.99

desserts & beverages

Chocolate Cake	7.39	Sparkling Water	3.59
Brooklyn Junior's Cheesecake	8.39	Snapple (Lemon or Peach)	3.59
Ice Cream (single scoop)	3.25	Soda	2.59
Green Tea, Coconut, Pistachio, Vanilla,		Coke, Diet Coke, Sprite, Ginger Ale,	
Cookies & Cream, Strawberry, Chocolate		Seltzer, Orange	