

ALPINE LODGE

SHABU SHABU (swish swish ...)

Shabu Shabu dates back to the 13th century in the days of Genghis Khan.

As a solution to efficiently feed his soldiers, he developed the *Shabu Shabu* (Hot Pot) form of cooking. The Hungry Mongol soldiers would gather around a large pot and cook their thinly sliced meat by dipping them in the boiling hot water.

Not only did the "Hot Pot" feed the troops notoriously and efficiently, but it also helped conserve the army's limited fuel resources.

The thinly sliced meat was used primarily because of its short cooking time and its effectiveness in absorbing all of the nutrition in the meat.

The delicacy spread to the south during the Tang Dynasty (A.D. 618 - 906). In the China Dynasty, the hot pot was very popular throughout the country, and soon the popularity of hot pot spread all over Asia.

As a direct result of this, many Asian ethnic groups have their own version of *Shabu Shabu* (hot pot).

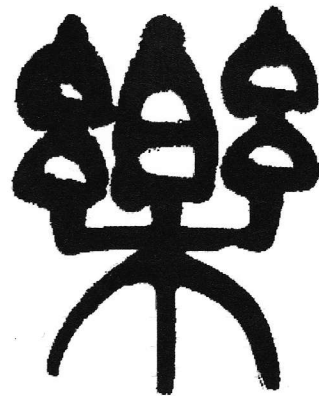
All *Shabu Shabu* comes with edamame beans, an assortment of veggies, ponzu and gomaec sauce for dipping and a plate of very finely sliced AAA Alberta beef.

The focus of your meal will be the flaming hot pot that is delivered to your table.

Tofu, because of its density, takes the longest time to cook, the beef being the thinnest, takes the shortest.

Experiment with the sauces,

Take your time and most importantly, have fun!



...*Shabu Shabu*...

- * Shabu Shabu is served as an all inclusive dinner for 2. \$50
- * Vegetarian only \$40
- * Extra Beef \$15.00
- * Add Udon Noodles for \$6.25
- * Bowl of rice \$2.00

...*Cold*...

salmon tartar \$10.25

layered wild sockeye salmon & avocado. served with yam chips for dipping.

tataki trio \$10.95

wild sockeye, albacore tuna & AAA Alberta beef. served with ponzu sauce.

...*Hot*...

edamame \$3.75

steamed soy beans seasoned with sea salt.

miso soup \$3

tofu or veggie.

gyoza \$6.00

pan fried pork dumplings

seared scallop sashimi \$13.50

lightly seared & brushed with tonkatsu sauce on a bed off fresh greens.

...*Sashimi*...

tuna \$8.75

ahi \$12.75

sockeye \$8.75

snapper \$8.75

toro \$12.25

scallop \$12.25

...Maki...

fermie \$5.75

tuna, kimchi, tempura bits & green onion.

kryptonite \$5.75

scallop, avocado, cucumber & wasabi mayo rolled in chives & topped with wasabi tobiko.

spicy salmon \$5.50

wild sockeye, cucumber & green onion.

negi toro/salmon \$6

chopped tuna belly or sockeye & green onion in a nori outside roll.

tiger (8 pieces) \$12.25

nori & soy paper combination with amaebi, scallops, avocado, cucumber & tempura bits.

rainbow (8 pieces) \$12.75

ebi & cucumber topped with avocado, mango, sockeye & tobiko.

vegas (4 pieces) \$8.75

unagi, crab, avocado & cream cheese.

mango lobster (8 pieces) \$15

lobster, avocado, cucumber, mango, garlic sprouts & wasabi mayo.

crunchy surf (4 pieces) \$7.50

crab, ebi & cucumber. topped with tempura bits & teriyaki sauce.

veggie \$5.75

asparagus, red peppers, avocado & mango.

dragon half \$10.50 full \$20

sokeye, tuna, red pepper and cucumber. topped with avocado and unagi

alpine half \$7 full \$13

...*Nigiri*...

tuna	\$2.50	toro	\$3	ahi	\$3.25
negi toro chop chop	\$3	sockeye	\$2.50		
smoked sockeye	\$2.75	aburi salmon	\$3		
scallop	\$2.50	scallop chop chop	\$3		
amaebi (sweet shrimp)	\$2.50	ebi (boiled shrimp)	\$1.75		
snapper	\$2.50	tamago (egg)	\$1.50		
unagi (fresh water eel)	\$3	tobiko	\$3		

...*Desserts*...

** please ask your server for our delicious feature desserts*

酒 BAR

BEER

- Asahi (Japan) sm \$5
- Kirin (Japan) sm \$5
- Sapporo (Japan) sm \$5
- Corona (Mexico) \$5
- Mango beer (mango & beer mix) \$6

SAKE

- Gekkeikan sm (hot) \$4.75
- Gekkeikan lrg (hot) \$9
- Sake sampler - Momokawa, pear, raspberry
1 oz each \$8.95
- Momokawa Pearl 3oz glass \$8.95
- Momokawa Pear 3oz glass \$8.95
- Momokawa Diamond 3oz glass \$8.95
- Moonstone Raspberry 3oz glass \$8.95
- Kome Dake (organic) glass \$12
- Plum Wine \$5.25
- Plum Spritzer \$4.50
- Alpine Matini (sake & Plum wine) \$4.5
- Sake Caesar \$5.75

LIQUORS

(1.5 oz)

- Absolut \$5.25
- Bombay Sapphire \$5.25
- Wisers Deluxe \$5.25
- Crown Royal \$5.25
- Bacardi White \$5.25
- Appletons \$5.25
- Baileys \$5.25
- Kahlua \$5.25

SCOTCH & AFTER

(1.5 oz)

- Glenlivet 12yr \$7.25
- Talisker 10yr \$11.5

- Taylor 10yr Port (2oz) \$7.50

葡 WINE

WHITE

- Wild Goose Riesling (08) glass \$7.5 bottle \$35
- Grey Monk Un-oaked Chardonnay (07) glass \$7.5 bottle \$35
- Wild Goose Point Gris (08) glass \$8 bottle \$38
- Wild Goose Gewurztraminer (07) bottle \$42
- La Frenz Sauvignon Blanc (08) \$45

RED

- Tinhorn Creek Pinot Noir (07) glass \$7.5 bottle \$30
- Golden Mile Rd (08) glass \$8.5 bottle \$42
- La Frenz Montage (07) glass \$8.5 bottle \$42
- Pentage Gamay (06) \$45
- Pentage Pinot Noir (06) \$48
- Kettle Valley Merlot (06) \$50
- Kettle Valley Cabernet Merlot (07) \$50
- Pentage Pentage (06) \$60