

Luncheon Specials

11:30AM-3:00PM (except Sundays & Holidays)

No Substitution

!Hot

*Served with Miso Soup, Thai Roll (1),
California Maki (3) & Steamed Rice*

L1 Chicken Teriyaki.....	\$7.50
L2 Beef Teriyaki.....	\$ 8.20
L3 Vegetable Tempura.....	\$7.20
L4 Shrimp Tempura.....	\$8.20
L5 General Gao's Chicken.....	\$7.50
L6 Vegetable & Tofu Stir Fry	\$7.20
L7 Chicken Stir Fry.....	\$7.50
L8 Shrimp Stir Fry	\$8.20

*Served with Miso Soup, Thai Roll (1)
& Steamed Rice*

L9! Chicken w/Ginger & Scallion.....	\$7.20
L10! Tofu w/Ginger & Scallion.....	\$6.75
L11! Chicken Pad Thai	\$7.20
L12! Spicy Basil Chicken	\$7.20
L13! Chicken w/Red Curry	\$7.20
L14! Spicy Peanut Chicken.....	\$7.20
L15! Spicy Peanut Beef	\$7.20

Served with Miso Soup

L16* Sushi Sampler.....	\$9.20
<i>Tuna, Salmon, Sea Bass, Shrimp & Crabmeat</i>	
L17* Salmon-avo maki & 3 pcs Sushi	\$8.20
<i>Tuna, Suzuki & Shrimp</i>	
L18 Mexican Maki & California Maki	\$8.20
L19* Crazy Maki & 3 pcs Sushi	\$10.20
<i>Unagi, Shrimp & Crabmeat</i>	
L20* Spicy Maki Combo.....	\$8.50
<i>Spicy tuna maki & spicy scallop maki</i>	
L21* Veggie Maki Combo	\$7.20
<i>Avokyu Maki & Idaho Maki</i>	

**These items are served raw or undercooked. Consuming raw
or uncooked shellfish and seafood may increase risk to your
health.*



Sei Bar

*Fine Asian Cuisine & Sushi Bar
EST. 2003*

www.SeiBar.com

Sun 1:30PM – 10:00PM

Mon – Thurs 11:30AM – 10:00PM

Fri & Sat 11:30AM – 11:00PM

Medford & Somerville

182 Main Street

Medford, MA 02155

781.391.4363

781.391.4333

*** Full Liquor License ***

Dine-in • Take-out

We Deliver! \$10 Minimum

\$1.00 delivery charge within 1 mile

Extra charge applied for extra miles

Appetizers

Japanese

- A1 Agedashi Tofu Fried Tofu**.....\$4.50
A2 Gyoza(8) Crispy pan fried dumplings w/pork
.....\$5.50
**A3 Shumai(8)Steamed or deep fried shell shrimp
dumplings**.....\$6.00
A4 Edamame Boiled green soybeans lightly salted.
..... \$4.50
**A5 *Beef or Salmon or Tuna Tataki Thinly sliced
rare beef/salmon/tuna with ponzu sauce**
.....\$7.00
A6 Shrimp Tempura.....\$7.75
Shrimp & vegetables deep fried in light batter
A7 Softshell Crab Tempura.....\$8.00
Softshell crab deep fried in light batter
A8 Vegetable Tempura.....\$6.00
Seasonal vegetables deep fried in light batter
**A9 Chicken Kushiyaki Grilled chicken breast meat
in chunks w. teriyaki sauce**
..... small \$5.00 large \$8.20
**A10 Beef Kushiyaki Grilled sirloin steak in chunks
w. teriyaki sauce**small \$6.00 large \$10.00
**A11 Shrimp Kushiyaki Grilled shrimp w. teriyaki
sauce**..... small \$7.20 large \$10.20

Thai

- A12 Thai Roll Fried crispy rice paper rolls stuffed
w/shredded vegetables**
..... small (2) \$3.20 large(4) \$4.20
**A13 Shrimp Spring Roll (4) Steamed rice paper
rolls stuffed with shrimp & rice stick**.....\$5.50
A14 Crab Rangoon(8).....\$6.00
A15 Chicken Satay
..... small \$5.00 large \$8.20
A16 Beef Satay
..... small \$6.00 large \$10.00
A17 Shrimp Satay
..... small \$7.20 large \$10.20
Marinated & barbecued,served w. hoison peanut sauce
A18 Lettuce Wraps w/Minced Chicken
.....\$8.00
A19 Chicken Wings (6).....\$6.00
A20 Spicy Chicken Wings(6).....\$7.00
A21 Boneless Spareribs.....\$7.50

Appetizers Specials

- A22 Appetizer Regular**..... \$10.20
*Chicken wings(2),crab rangoon(3),Thai roll(2),beef
kushiyaki, boneless spareribs*
A23 Appetizer Deluxe..... \$18.20
*Chicken wings(4),crab rangoon(6),Thai roll(4),chicken
fingers(6),beef kushiyaki, boneless spareribs*
A24 Fresh U-10 Scallop..... \$13.95
*Grilled fresh scallop with crab meat and house spicy
sauce*
A25 Shrimp Popcorn..... \$7.20
*Deep-fried crispy shrimp cubes with special spicy
powder*
A26 Tuna Popcorn..... \$7.20
Deep-fried tuna cubes with special spicy powder
A27 Scallion Pancake..... \$6.20
Crispy pancake served with scallion sauce
A28 Salt & Pepper Calamari..... \$7.00
Fried calamari in light batter with spice
A29 Chicken Finger..... \$7.00
Chicken deep fried in light batter
A30 Fried Oyster..... \$7.00
Oyster deep fried in light batter
**A31 Sei Bar Nachos Crispy noodle flakes flavored
with spice**
 Plain..... \$3.00
 Minced chicken w. cheese.....\$5.00
**A32 Hamachi Kama Grilled yellowtail collar with
teriyaki sauce**.....\$7.00



Soups

!Hot

P1 Miso Soup	\$2.75
P2 Hot & Sour Soup	\$3.75
P3! Spicy Lime Soup <i>Thai hot & sour soup w/fresh vegetables, scallion, chilli sauce & lime juice w/choices of:</i>	
Vegetable	\$4.00
Chicken	\$4.50
Shrimp	\$5.00

Salad

S1 Avocado Salad	\$6.20
<i>Avocado, crabmeat, cucumber & tobiko mixed in a mayo sauce</i>	
S2! Spicy Avocado Salad	\$7.20
<i>Avocado, crabmeat, cucumber & tobiko mixed in house special spicy sauce</i>	
S3 Seaweed Salad	\$5.00
<i>Seaweed seasoned in sesame</i>	
S4 Ika Salad	\$6.00
<i>Cooked squid in home made sauce</i>	
S5 House Salad <i>Fresh lettuce w. tomatoes, carrot & cucumber w. house-made ginger dressing</i>	
.....	Small \$2.50 Large \$5.00
S6 House Chicken Salad	\$5.50
<i>Grilled chicken breast over a bed of fresh lettuce, cucumber, carrot and tomato</i>	
S7 Crispy Chicken Salad	\$6.20
<i>Warm crispy chicken breast over a bed of fresh lettuce</i>	
S8 *Sei Bar Tuna Salad	\$9.20
<i>Torched tuna over a bed of fresh lettuce</i>	
S9 Seafood Salad	\$8.20
<i>Avocado, crabmeat, squid, tobiko and shrimp</i>	

Noodles & Rice

!Hot

N1 Udon Noodle in Soup or Stir Fry	
<i>Japanese thick wheat noodles</i>	
Vegetables	\$8.20
Chicken	\$9.20
Beef	\$10.20
Shrimp	\$12.20
N2! Pad Thai <i>Stir fried Thai rice noodles w. egg, bean sprouts & crushed peanuts</i>	
Vegetables	\$7.50
Veg & Fried Tofu	\$7.80
Chicken	\$8.20
Beef	\$8.20
Shrimp	\$8.50
Chick & Shrimp	\$9.00
N3! Spicy Basil Lomein	
<i>Stir fried egg noodles with fresh basil, mixed vegetables & hot chilli</i>	
Vegetables	\$7.50
Chicken	\$8.20
Beef	\$8.20
Shrimp	\$8.50
Chick & Shrimp	\$9.00
N4 Cold Sesame Noodle <i>w. peanut sauce</i>	
.....	\$7.75
N5! Phuket Noodles w. Basil	\$9.20
<i>White flat rice noodles with chicken, shrimp, mixed vegetables & fresh basil leaves in hot chili.</i>	
N6 Thai Fried Rice <i>w. basil</i>	
Vegetables	\$7.50
Chicken	\$8.20
Beef	\$8.20
Pork	\$8.20
Shrimp	\$8.50
N7 Pineapple Fried Rice <i>Fried rice w. chicken, shrimp, egg, onions & pineapple chunks</i>	
.....	\$9.20
N8 House Fried Rice <i>Fried rice w. pork, beef w. mixed vegetables</i>	\$9.20
N9 Mango Fried Rice <i>Fried rice with chicken, shrimp, egg, onions & fresh mango</i>	\$9.20
N10 Steamed Rice	\$1.75
N10 Brown Rice	\$1.75
N11 Sushi Rice	\$2.75
N12 House Crispy Noodle	
Vegetables	\$10.95
Chicken	\$12.95
Beef	\$12.95
Shrimp	\$13.95

Japanese Entrees

Served with Miso Soup & Steamed Rice

Tempura

Lightly battered & deep-fried

J1 Vegetables \$12.20

J2 Chicken & Vegetables \$13.20

J3 Shrimp & Vegetables..... \$14.20

J4 Seafood Combo \$16.20

Shrimp, squid, crab meat, scallop & vegetables

Teriyaki

Grilled with teriyaki sauce

J5 Chicken chicken breast meat..... \$14.20

J6 Beef sirloin steak \$16.20

J7 Salmon..... \$16.20

J8 Shrimp..... \$16.20

J9 Una-Ju (Eel)..... \$15.95

J10 Scallop \$16.20

Agemomo

Dipped in a light bread crumb & deep-fried

J11 Chicken chicken breast \$13.20

J12 Pork \$13.20

Stir Fry

Mixed vegetables with light brown sauce

J13 Vegetables & Tofu \$11.20

J14 Chicken chicken breast meat \$13.20

J15 Beef sirloin steak \$16.20

J16 Shrimp..... \$16.20

J17 Seafood \$18.20

Shrimp, squid, crab meat, scallop & vegetables

Thai Entrees

Served with Miso Soup & Steamed Rice

All mixed vegetables are the freshest seasonal vegetables we can offer!

Create Your Own Dish

Create your own well-balanced meat & veggie dish from the following selections:

Vegetable & Tofu \$10.20

Chicken..... \$11.20 **Beef** \$12.20

Shrimp \$13.20 **Scallop**..... \$13.20

Seafood \$15.20

scallop, squid, crabmeat & shrimp

T1! Mango Sauteed with fresh mango & mixed vegetables

T2 Cashew Nuts Sauteed with cashew nuts & mixed vegetables in a spicy brown sauce

T3! Ginger & Scallion Sauteed in a tasty garlic and peppers

T4!! Prik Khing Sauteed with bell peppers & mixed vegetables in chilly sauce

T5! Spicy Basil Sauteed with fresh basil leaves & mixed vegetables

T6! Pineapple Sauteed with pineapple chunks, mixed vegetables, and curry powder

T7! Spicy Peanut Sauteed with peanuts mixed vegetables

T8 Broccoli Sauteed with light brown sauce with broccoli

Thai Curry

Curries are varieties of basic Thai dishes cooked in coconut milk flavored with chilly paste

Vegetable & Tofu \$10.20 **Chicken**..... \$11.20

Beef \$12.20 **Shrimp**..... \$13.20

Scallop \$13.20 **Seafood** \$15.20

scallop, squid, crabmeat & shrimp

T9! Green Curry: Green chili curry in coconut milk & mixed vegetables

T10! Red Curry: Red chilli curry in coconut milk & mixed vegetables

T11! Yellow Curry: Mild yellow curry in coconut milk & mixed vegetables.

T12 Masaman Curry: Masaman curry paste w. peanut in coconut milk & mixed vegetables

T13! Panang Curry: A thickly spiced red curry in coconut milk & mixed vegetables

Chef's Specials

Served with Miso Soup & Steamed Rice

Tuna Burger.....\$15.20

Grilled ground tuna, Japanese pickles, seaweed salad, scallop & crab meat in scallion sauce

Salmon Burger.....\$14.20

Grilled ground salmon, Japanese pickles, seaweed salad, scallop & crab meat in scallion sauce

Salmon Jade.....\$16.20

Grilled salmon, scallop and crab meat, mixed vegetables in scallion sauce

! General Gao's Chicken.....\$11.20

Crispy chicken breast meat & mixed vegetable in house special sauce

! General Gao's Tun.....\$14.20

Crispy tuna & mixed vegetables in house special sauce

Sesame Chicken.....\$11.20

Crispy chicken breast meat in sweet & sour sesame sauce

Rice Bowl

Sauteed vegetables broiled w. egg, served over rice

Vegetable \$10.20 Chicken \$11.20

Beef \$12.20 Shrimp \$13.20

! Chilly Duck.....\$14.20

Crispy duck with bone, stir fried with mixed vegetables in chilly, sweet & sour sauce

! Lobster with Ginger & Scallion.....Seasonal

Fresh lobster stir fried with ginger and scallion sauce

Sushi Specials

Served with Miso Soup; No Substitution

B1* Sushi Regular.....\$16.00

Chef's choice of 8 pieces of nigiri sushi & California maki

B2* Sushi Deluxe.....\$19.20

Chef's choice of 10 pieces of nigiri sushi, California maki & Tekka maki

B3 Maki Regular.....\$18.20

B-25 maki, California maki, Crazy maki & Mexican maki

B4* Maki Deluxe.....\$32.20

Alaska Maki, B25 Maki, California Maki, Crazy Maki, Mexican Maki, Spicy Tekka Maki, & Una-Avo Maki

B5* Sashimi Regular.....\$18.20

Chef's choice of 15 pieces of fresh raw fish

B6* Sashimi Deluxe.....\$23.20

Chef's choice of 21 pieces of fresh raw fish

B7* Sei Bar Love (for 2).....\$40.20

Chef's choice of 8 pieces of nigiri sushi, 8 pieces of sashimi, spicy Tekka maki, California maki & Mexican maki

B8* Sei Bar Magic (for 3).....\$60.20

Chef's choice of 10 pieces of nigiri sushi, 10 pieces of sashimi, Spider maki, B-25 Maki, Spicy Salmon maki & Mexican maki

B9* Sushi & Sashimi.....\$20.20

6 pieces of nigiri sushi, 6 pieces of sashimi, & Mexican maki

Nigiri Sushi / Sashimi

			<i>Nigiri Sushi</i>	<i>Sashimi</i>
			<i>2 /order</i>	<i>3 /order</i>
1	Ebi	<i>Shrimp</i>	\$4.10	\$5.60
2*	Hamachi	<i>Yellowtail</i>	\$5.10	\$6.60
3*	Hirame	<i>Fluke</i>	\$4.30	\$5.80
4*	Hokkigai	<i>Surfclam</i>	\$4.60	\$6.10
5*	Hotategai	<i>Scallop</i>	\$5.10	\$6.60
6*	Ika	<i>Squid.</i>	\$4.10	\$5.60
7*	Ikura	<i>Salmon Roe.</i>	\$5.10	\$6.60
8*	Ikura w/Quail Egg		\$5.90	\$7.40
9	Inari	<i>Fried Sweet Tofu</i>	\$3.60	\$5.10
10	Kanika ma	<i>Crab Stick</i>	\$4.10	\$5.60
11*	Maguro	<i>Tuna</i>	\$4.60	\$6.10
12*	Saba	<i>Mackerel</i>	\$3.60	\$5.10
13*	Sake	<i>Salmon</i>	\$4.60	\$6.10
14	Smoked Salmon		\$4.85	\$6.35
15*	Suzuki	<i>Strip Bass</i>	\$4.30	\$5.80
16*	Tako	<i>Octopus</i>	\$4.10	\$5.60
17	Tamago	<i>Egg Omelette</i>	\$3.10	\$4.60
18*	Tobiko	<i>Flying Fish Roe</i>	\$4.60	\$6.10
19*	Tobiko w/Quail Egg		\$5.60	\$7.10
20	Unagi	<i>Fresh Water Eel</i>	\$5.10	\$6.60
21*	Uni	<i>Sea Urchin</i>	\$6.60	\$8.10
22*	Uni w/Quail Egg		\$7.30	\$8.80

SEASONAL SEPCIALS

			<i>Nigiri Sushi</i>	<i>Sashimi</i>
			<i>2 /order</i>	<i>3 /order</i>
		<u>Price is seasonal</u>		
23	Amaebi	<i>Sweet Shrimp</i>		
24*	Chutoro	<i>Half Fatty Tuna</i>		
25*	Toro	<i>Fatty Tuna</i>		
26*	Otoro	<i>Tuna Belly</i>		
27*	Tai	<i>Red Snapper</i>		

Maki / Temaki

		<i>Maki</i>	<i>Temaki / Handroll</i>
28*	Alaska Maki	\$5.35	\$4.85
	<i>Salmon, Avocado & Cucumber</i>		
29	Avocado Maki	\$3.60	\$3.10
30	Avokyu Maki	\$4.10	\$3.60
	<i>Avocado & Cucumber</i>		
31	California Maki	\$4.85	\$4.35
	<i>Crab Stick, Avocado, Cucumber & flying fish roe</i>		
32*	Hama-Avo Maki	\$5.10	\$4.60
	<i>Yellowtail & Avocado</i>		
33*	Hamachi Maki	\$4.60	\$4.10
	<i>Yellowtail</i>		
34*	Hamakyu Maki	\$4.85	\$4.35
	<i>Yellowtail & Cucumber</i>		
35	Kampyo Maki	\$3.60	\$3.10
	<i>Cooked squash</i>		
36	Kappa Maki	\$3.60	\$3.10
	<i>Cucumber</i>		
37	Idaho Maki	\$4.60	\$3.75
	<i>Sweet potatoes</i>		
38	New California Maki	\$5.10	\$4.60
	<i>Shrimp, Avocado, Cucumber & flying fish roe</i>		
39	Oshinko Maki	\$3.60	\$3.10
	<i>Pickled Radish</i>		
40	Philadephia Maki	\$5.10	\$4.60
	<i>Avocado, Smoked Salmon & Cream Cheese</i>		
41*	Salmon Maki	\$4.60	\$4.10
42*	Salmon-Avo Maki	\$5.10	\$4.60
	<i>Salmon & Avocado</i>		
43*	Salmonkyu Maki	\$4.85	\$4.35
	<i>Salmon & Cucumber</i>		
44*	Spicy Hamachi Maki	\$5.10	\$4.60
	<i>Yellowtail & Cucumber with spicy mayo & Tempura Crumbs</i>		
45*	Spicy Salmon Maki	\$5.10	\$4.60
	<i>Salmon & Cucumber with spicy mayo & Tempura Crumbs</i>		
46	Spicy Scallop Maki	\$5.60	\$3.95
	<i>Cooked scallop, Cucumber w. spicy mayo & Tempura Crumbs</i>		
47*	Spicy Tekka Maki	\$5.10	\$4.60
	<i>Tuna & Cumcumber with spicy mayo & Tempura Crumbs</i>		
48*	Tekka Maki	\$4.60	\$4.10
	<i>Tuna</i>		
49*	Tekkakyu Maki	\$4.85	\$4.35
	<i>Tuna & Cumcumber</i>		
50*	Tekk-Avo Maki	\$5.10	\$4.60
	<i>Tuna & Avocado</i>		
51	Umeshiso Maki	\$4.60	\$4.10
	<i>Plum Paste & Oba Leaf</i>		
52	Una-Avo Maki	\$5.60	\$5.10
	<i>Eel & Avocado</i>		
53	Unakyu Maki	\$5.35	\$4.85
	<i>Eel & Cucumber</i>		
54	Vegetable Futo Maki	\$6.10	\$5.60

Special Rolls

55	B52 Maki	\$8.95
	<i>B25 Maki wrapped with rice and seaweed</i>	
56	B25 Maki	\$6.95
	<i>Deep fried roll with daily fresh fish, crab meat, flying fish roe, avocado & cucumber</i>	
57	Beef Teriyaki Maki	\$5.95
	<i>Beef teriyaki & cucumber</i>	
58	Canada Maki	\$5.75
	<i>Cooked salmon mixed with spicy mayo & cucumber</i>	
59	Caterpillar Maki	\$9.50
	<i>Eel cucumber roll wrapped with avocado</i>	
60	Chicken Teriyaki Maki	\$5.75
	<i>Chicken teriyaki & cucumber</i>	
61	Crazy Maki	\$7.50
	<i>Shrimp tempura, avocado, cucumber w. flying fish roe, tempura crumbs & spicy mayo</i>	
62	Dragon Maki	\$9.50
	<i>California maki wrapped with grilled eel</i>	
63	Medford Maki	\$9.95
	<i>Grilled salmon, avocado and cucumber roll topped with tempura crumbs, crab meat & spicy mayo</i>	
64	Mexican Maki	\$5.75
	<i>Crab meat, tempura crumbs mixed with spicy mayo</i>	
65*	Rainbow Maki	\$9.95
	<i>California maki topped with tuna, white fish, salmon, shrimp & yellowtail</i>	
66	Scorpion Maki	\$9.95
	<i>Eel, avocado & flying fish roe maki covered with shrimp</i>	
67	Sei Bar Maki	\$9.95
	<i>California maki topped with cooked scallop, flying fish roe & spicy mayo</i>	
68	Spider Maki	\$9.50
	<i>Deep-fried soft shell crab, avocado, cucumber w. flying fish roe & spicy mayo</i>	

Customized Rolls

*Benz Maki	<i>by Elena</i>	\$10.95
	<i>Chopped tuna mixed with house special tataki sauce, topped with avocado</i>	
Big Rick Maki	<i>by Rick's son</i>	\$15.95
	<i>Fresh grilled U-10 scallop on the top of california maki</i>	
*Half Moon Maki	<i>by Jed</i>	\$9.95
	<i>Mexican maki topped with tuna, half cooked and half raw</i>	
*Lisa Maki	<i>by Lisa</i>	\$10.95
	<i>California maki topped with Tuna and Salmon</i>	
Lobster Maki		\$15.95
	<i>Lobster meat with avocado, cucumber, tobiki & spicy mayo</i>	
Marc Mania Maki	<i>by Marc</i>	\$10.95
	<i>Cream cheese, eel, avocado, crabmeat w tempura crumbs & spicy mayo topped w. cooked salmon</i>	
Matrix Maki	<i>by Cheryl</i>	\$8.95
	<i>California maki topped with cooked salmon in spicy mayo</i>	
Mattpillar Maki	<i>by Matt</i>	\$9.95
	<i>Cooked scallop, crabmeat, cucumber, spicy mayo & tempura crumbs maki topped w. avocado</i>	
*Missy Maki		\$9.95
	<i>Cooked scallop, cucumber, spicy mayo & tempura crumbs maki topped w. Tuna</i>	
Office People Maki	<i>by Frank & Ken</i>	\$10.95
	<i>California maki topped w. cooked scallop, crabmeat, tobiki, tempura crumbs & spicy mayo</i>	
*Peter Roll	<i>by Peter Rivera</i>	\$9.95
	<i>Outside-in California maki wrapped with Tuna & Seaweed</i>	
Spicy Jimmy Maki		\$10.95
	<i>Shrimp tempura maki w. spicy mayo and scallion topped w. cooked Tuna</i>	
*Steve Maki	<i>by Steve</i>	\$9.95
	<i>Una-Avo Maki topped with Salmon</i>	
	<i>*These items are served raw or undercooked. Consuming raw or uncooked shellfish and seafood may increase risk to your health.</i>	