

SUSHI MENU

SALADS

- salmon kani salad** 16
spring mix, kani, salmon sashimi-[raw], cucumber, asian dressing
- cajun tuna salad** 17
spring mix, cajun tataki-[raw] seared tuna, red pepper, onion, avocado, asian dressing
- edamame** steamed & lightly salted 6

APPETIZER

forever “yong” salmon or tuna tartar
salmon tartar, avocado, tempura flakes, spicy teriyaki sauce served in avocado shell 15

CHEF’S SPECIAL ROLLS

- cali spicy salmon** 14
crab stick, avocado, spicy salmon-crab mix on top, chef’s special teriyaki sauce
- cali spicy tuna** 14
crab stick, avocado, topped with spicy tuna mix, chef’s special teriyaki sauce
- seabass spring roll** 16
chilean seabass, crab mix with teriyaki sauce
- vegetarian roll** 10
cucumber, avocado, fresh red pepper, shiitake mushroom with teriyaki sauce
- spider roll** 9
cucumber, avocado, tempura crab, teriyaki

crunchy double spicy roll 15
cucumber, spicy crab mix, crunchy, topped with spicy tuna, spicy-mayo & teriyaki sauce

salmon mango roll 14
crab mix, avocado, fresh salmon with mango

crispy & creamy salmon tempura roll 14
deep fried tempura roll with crab mix, fresh salmon-raw, avocado, creamy & teriyaki sauce

crunchy tuna roll 15
cucumber, crab mix & tempura bites with fresh tuna topped with spicy-mayo sauce

volcano roll 16
salmon, avocado, crab mix, spicy mayo, baked

CRISPY RICE SQUARES

spicy tuna or salmon crispy rice 19
rice squares, hot sauce, spicy tuna, bruschetta mix, spicy mayo, teriyaki sauce, tempura flakes

BASIC ROLLS

- california roll** 6 **avocado roll** 5.50 **asparagus roll** 5.50 **tuna roll** 6 **battered yam** 7
- salmon avocado** 8 **cucumber roll** 5 **spicy salmon roll** 8 **spicy tuna roll** 8
- cucumber avocado** 6 **shiitake mushroom roll** 5.50 **kani crab roll** 6 **spicy yellow tail** 9

EXTRAS

avocado 2 | cucumber .5 | extra spicy mayo 1 | extra teriyaki sauce 2 | brown rice add 1.5 | daikon wrap 3
all crab served is mock | an 18% gratuity will be added to parties of 6 or more | \$19 min pp on saturday night

RCBC-CHOLOV YISROEL

PREMIUM CHEF ROLLS

- mocha bleu crisp** 17
mango, cucumber, tempura crab stick, avocado, sweet potato flakes, topped with spicy mayo & teriyaki sauce
- snow white roll** 19
rolled in white daikon, lettuce, avocado, cucumber, kani, mango, special sauce
- jonetsu roll** 19
tilapia tempura, lettuce, red pepper, avocado, red tempura flakes, kabayaki sauce
- baked dynamite sea bass roll** 23
regular californian roll, baked chilean sea bass mix with kani & dynamite sauce

godzilla zumba roll 16
yellow tail, tuna, kani, salmon, tempura, spicy mayo & teriyaki

sushi sandwich 19
stuffed with spicy tuna, avocado, tempura crunch, spicy mayo & teriyaki sauce

sakura roll 17
spicy cream-crab, avocado, tuna, sweet flakes, ponzu sauce

tataki salmon roll 19
asparagus, avocado, tempura carrot, seared salmon, chipotle

HAND ROLLS - CONES

choice of: spicy tuna, spicy salmon, yellow tail scallion, veggie roll, salmon skin, californian 8

BOATS

- celebrity** 55
medium boat, assorted nigiri, sashimi & rolls [5-6 rolls]
- norwegian** 85
large boat, assorted nigiri, sashimi & rolls [7-8 rolls]
- titanic** 130
jumbo boat, assorted nigiri, sashimi & rolls [10-11 rolls]

NIGIRI [raw on rice] two pcs

- akami tuna, sake salmon, or yellow tail** 8
- sashimi** [raw] one pc
- sake-salmon** 4 **smoked sake-salmon** 4 **fluke** 5
- ikura-salmon roe** 5 **katsuo-baby tuna** 4 **st. peters** 4
- charred tuna** 6 **hamachi yellow tail** 5 **snapper** 4
- yellow tail jalapeno** 12
yellow tail, sliced jalapeno, scallions, ponzu citrus sauce 6 pcs

PLACE YOUR ORDER FOR SUSHI PLATTERS

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BEVERAGE MENU

FOUNTAIN BEVERAGES

- 2.25
- coke
- diet coke
- sprite
- orange fanta
- ginger ale
- selzer
- iced tea
- cranberry
- lemonade
- cran-lemonade
- cran-ginger ale

BOTTLED

- 2.75
- coke
- diet coke
- coke zero
- sprite
- sprite zero
- seltzer
- fresca
- lemonade
- root beer
- dr pepper
- fuze iced tea
- apple juice
- orange juice
- ginger ale

MILK SHAKES

- chocolate** 7
- vanilla** 7
- tropical breeze** vanilla, fresh fruit 9

SMOOTHIES

- frozen margarita** 7
- strawberry banana** 7
- kiwi strawberry** 7
- banana colada** 7
- pina colada** 7
- many other flavors ask your server
- make your own

DR BROWNS 2.5

cream soda, diet cream soda, root beer, diet root beer, diet black cherry, black cherry

VITAMIN WATER 2.5

STEWART’S 2.5

birch beer, root beer, diet root beer

GLASS BOTTLE 3.75

coke, fanta orange, sprite, pellegrino

SNAPPLE

- 2.75
- saratoga springs water & sparkling**
- 1Litre 5.75
- 355ml 2.50

COFFEE MENU

CAFÉ

- house coffee 2.5
- iced coffee 3

LATTES

- house latte 5
- vanilla bleu 6
- caramel bleu 6
- mocha bleu 6
- hazelnut 6

ARTISANAL TEAS 3

pomegranate oolong, chamomille, tilleul with mint, dragon pearl jasmine, darjeeling, organic black tea, english breakfast, verveine, white vanilla grapefruit, organic green. caribe, earl grey supreme, raspberry, lemon, organic assam, verveine lemon verbena

CAPPUCCINO

- house cappuccino 5
- mochableuccino 6

ESPRESSO

- solo espresso 2
- double espresso 2.5
- macchiato 2.5

CHOCOLAT AU LAIT

- hot chocolate dream 4
- white mocha dream 5

MOCHA BLENDS chilled chino

- vanilla ice ice baby 6
- mocha blended 6
- carameltaway 6
- soy milk add .50

MOCHA BLEU

Take-Away Menu

LUNCH

S-TH 11:30AM-3:30PM

FR 11:15-2:30

WE DELIVER

RCBC -- CHOLOV YISROEL

1399 Queen Anne Rd Teaneck, NJ 07666

T: 201-837-2538 **F:** 201-353-2323

E: info@mochableu.com

W: www.MOCHABLEU.com

**some items not available on fridays*

MOCHA BLEU LUNCH

RCBC supervision | cholov yisroel


LE PIZZE

from our traditional cherry wood burning oven | yoshon

margherita 13
san-marzano tomato sauce, fresh mozzarella, basil

american pie 13
marinara, mozzarella on top

bruschetta pizza 16
tomato, onion, kalamata olives, parsley, mozzarella, marinara

patate alla carbonara  18
potatoes, red onion, black pepper, egg, mozzarella, alfredo sauce

grilled vegetable medley 16
eggplant, zucchini, yellow squash, tomato, bermuda onions, broccolini, garlic, mozzarella, marinara

mediterranean 16
kalamata olives, artichoke hearts, tomato, crumbled feta, mozzarella

al funghi 15
wild mushrooms, mozzarella, marinara


funghi sucré  17
exotic mushrooms, caramelized spanish onions, bread crumbs, mozzarella NO SAUCE

preci pepperoni 16
pepperoni [mock], red onion, mozzarella, marinara


bianca 17
spinach, roasted garlic, ricotta, mozzarella, parmeggiano, fresh tomato, NO SAUCE

penne alla vodka 19
house vodka sauce, penne, mozzarella

eggplant rollatini pizza 17
eggplant, ricotta, mozzarella, marinara

hawaiian pie  18
pineapple, fire roasted red pepper, char-broiled garlic, seared jalapeno, mozzarella, marinara

grilled cheese pizza 13
mozzarella, parmeggiano NO SAUCE

swiss sweetie pie  17
swiss hazelnut chocolate spread, fresh strawberries and banana

ASK YOUR SERVER ABOUT WHOLE WHEAT OPTION \$2 supp | GLUTEN FREE ADD \$6

CALZONE

all served with marinara on side | yoshon

three cheese 16
mozzarella, ricotta, cheddar, marinara sauce TOPPINGS \$3ea: broccoli, mushroom, spinach, olives

STROMBOLI

all served with marinara on side | yoshon

all vegetable 15
zucchini, eggplant, mushroom, broccolini, mozzarella

mediterranean 16
kalamata olives, artichoke hearts, fresh tomatoes, crumbled feta, mozzarella

eggplant parmeggiano stromboli 15
eggplant, mozzarella

toppings \$2 extra

an 18% gratuity will be added to parties of 6 or more


SOUP

soup du jour 9
ask your server for today’s selection

traditional french onion soup 10
baguette, cheese, baked and served in a HOT dish

APPETIZERS

traditional bruschetta artichoke on baguette 14
tomato, artichoke, garlic, parsley, onion, parmesan, 6 pcs

beet napoleon salad  19
roasted beets, herbed goat cheese, baby arugala, pear tomato, dijon balsamic vinaigrette

hummus platter 12 *extra pita* 5
served with a jumbo garlic herb pita

avocado spring roll 13
avocado, sundried tomato, cilantro, red onion, sesame

edamame 6 steamed & lightly salted

seasoned crispy fries 7 **sweet potato fries** 7
spicy cajun add \$1

forever “yong” salmon or tuna tartar 15
in avocado shell

poutine-disco fries 12 | family 17
home fries, gravy, mozzarella, served in a HOT dish

udon soup 9
mushrooms, scallions, tofu, udon noodles

battered cauliflower 12
exotic basil dip, eight pcs

mozzarella puffs 13
battered mozzarella, marinara *six pcs*

portabella mushroom 11
served on a HOTskillet, teriyaki sauce, from our cherrywood-brick oven

seabass spring rolls 15
chilean seabass, crab mix, with asian garlic sauce


spanish onion rings 9
home battered jumbo rings

guacamole & chips 16

nachos & cheese  16
corn nachos, cheddar, roasted in brick oven
toppings: red pepper, tomato, garlic, onions, jalapeno \$2each

INSALATE

traditional caesar salad 12 **tuna salad on side** 4 **house garden salad** 12

pomapear salad  18
romaine, spinach, pomegranate, avocado, asian pear, tart cranberries, toasted seeds, balsamic vinaigrette

caprese salad 15
fresh farm tomatoes, fresh mozzarella, red onions, roasted red pepper, basil vinaigrette

chisaya salad 15
spring mix, quinoa, fresh mushroom, pumpkin seeds, carrots, sunflower seeds, balsamic vinaigrette

tunisian salad 15
romaine, hard boiled egg, red potato, kalamata olives, mayo tuna, flat bread, pepper mayo dressing

tuna nicoise salad 14 seared tuna add 13
citrus tuna salad, tomatoes, garlic, anchovies, haricot-vert, hard boiled eggs, citrus vinaigrette

traditional greek salad 15
mesculin, romaine, diced tomato, cucumber, olives, onions, feta, pita bread, creamy italian dressing

roasted asparagus salad 14
fennel, marinated artichokes, orange segments, candied nuts, balsamic vinaigrette

belgian endive salad 15
endives, hearts of palm, fennel, red onions, cucumber, artichoke hearts, pepper mayo dressing

mocha bleu salad 14
hearts of palm, mandarin orange, sugared nuts, strawberries, red onion, raspberry vinaigrette

tri-color salad 15
baby spinach, avocado, endive, radicchio, cherry tomato, shredded cheddar, pepper mayo dressing

salmon kani salad 16
spring mix, kani, salmon sashimi [raw], masago, cucumber, asian dressing

cajun tuna salad 17
spring mix, cajun tataki [raw] seared tuna, red pepper, red onion, avocado, asian dressing

tuna salad on side 4 | extra cheese 3 | side salmon steak 11 | seared tuna steak 13
additional toppings \$2 each

PANINI

eggplant provencal 11
marinated eggplant, kalamata olives, tomato

al caprese 12
fresh mozzarella, basil leaf, roma tomato, olive oil

three cheese 12
plum tomato, mozzarella, cheddar, edam, fresh basil

eggplant parmeggiano 12
breaded eggplant, marinara, mozzarella

tuna melt 12
plum tomato, mozzarella

tuna sandwich 12
toasted bread, mayo tuna, lettuce, tomato, pickles

grilled cheese 11
mozzarella


LUNCH COMBO: add jumbo side caesar or garden salad \$6

ALL PANINIS AND WRAPS SERVED WITH SMALL SIDE SALAD & PICKLE

PASTA

fettuccine alfredo 22
wild mushrooms, toasted pistachios, roasted garlic

penne alla vodka 19

puttanesca rigattoni  23
kalamata olives, capers, plum tomato, red chili pepper

baked ziti 22
penne tossed in marinara, ricotta, mozzarella, baked in a HOT dish
ravioli fromage *yoshon* 22
stuffed with cheese, roasted tomato marinara, 7 pcs

traditional mac n’ cheese 13 | family size 18
elbow, cheddar/parmesan crust served in a HOT dish

home made gnocchi *yoshon* 23
hand rolled gnocchi with choice of creamy pesto, marinara or cream sauce

eggplant parmeggiano rollatini 22
rolled eggplant stuffed with three cheeses & marinara broiled in brick oven on HOT skillet 4-5pcs

ALL PASTAS: garnished with parmeggiano and fresh parsley

Ask your server about whole wheat penne option \$3
GLUTEN FREE OPTION: PENNE \$6 supp
please allow 20 min extra preparation time
NO SUBSTITUTIONS -- NO EXCEPTIONS

KIDS MENU

children 10 & under

linguini pasta 11
tomato or butter sauce and long noodles

penne pasta 11
tomato or butter sauce and penne

grilled cheese & frites 13
seared texas toast, mozzarella with french fries

traditional mac n’ cheese 13
elbow, cheddar/parmesan, italian bread crumbs crust served in a HOT dish

poutine-disco fries 12
home fries, gravy, mozzarella, baked & served in a HOT dish

WRAPS

grilled vegetable medley 12
eggplant, zucchini, yellow squash, plum tomato, red onion, basil tapenade, herb goat cheese

spicy salmon avocado wrap 18
salmon, romaine, avocado, tomato, chipotle mayo

avocado 11
plum tomatoes, cheddar, herb mayo


tuna salad wrap 10
lettuce, tomato

tunisian wrap 11
moroccan black olives, sliced potato, hard-boiled egg, citrus tuna

teriyaki salmon wrap 16
grilled salmon, tempura flakes, red pepper, teriyaki

FISH


baja chipotle fish tacos 29
3 tortillas with filet of sole, cabbage, pico de gallo, cilantro cream sauce, chipotle mayo, cheddar, side of jasmine rice, home made spanish beans

saint peters franscese  32
pan seared, fresh oregano, garlic, white wine lemon sauce, whipped potato, spinach

pistachio crusted tuna 28
rosemary roasted potatoes, spinach, garlic oil

grilled dill salmon 28
topped with zucchini, red pepper, courgette, roasted garlic, citrus, served with jasmine rice

fish n' chips *yoshon* 21
battered tilapia filet, shoestring fries. lemon zest tartar sauce

sole capricciosa  32
breaded, organic vegetables, tomato, arugula, endive, radicchio, fresh mozzarella, lemon vinaigrette

DESSERT

churros 7
a specialty sweet 16” stick from Spain served with chocolate syrup

fried oreos 10
4 fried oreos, vanilla ice cream, chocolate syrup, whipped cream

belgian waffle *upon availability* 14
ice cream, whip cream, fruit, chocolate syrup

crème brûlée classique 11
tiramisu 10

chocolate lava cake 10
served with vanilla ice cream

mocha bleu cheesecake 11

daily desserts 9
ask your server about our selection of desserts from our vitrine served with ice cream

ice cream chocolate or vanilla 5

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