



FIRE & STICKS[®]

WELCOME TO FIRE AND STICKS JAPANESE STEAKHOUSE & SUSHI BAR

THE NAME OF THE RESTAURANT GREW OUT OF A
CHILD'S DESCRIPTION OF THE HIBACHI AND CHOPSTICK
EXPERIENCE SO PREVALENT IN JAPANESE STEAKHOUSES
WE'VE WORKED HARD TO ENSURE THAT YOUR VISIT AT
FIRE & STICKS WILL EXCEED YOUR EXPECTATIONS. WE
ARE THE HOTTEST JAPANESE STEAKHOUSE IN TOWN!

SEAFOOD & NUT ALLERGY WARNING!!!!!!

**WE CANNOT GUARANTEE THAT OUR FOOD WILL
FREE FROM ALL OF ALLERGENS.. IF YOU
NUT OR SEAFOOD ALLERGIES, YOU SHOULD
NOT DINE HERE.**

OUR SUSHI MENU IS CODED TO ALLOW A NOVICE TO
ENJOY THE EXPERIENCE WITHOUT EATING 'RAW FISH'.

FIRE & STICKS JAPANESE STEAKHOUSE & SUSHI
3917 SEDGEBROOK STREET

HIGH POINT NC 27265

336-887-3473 (FIRE)

WWW.FIREANDSTICKS.COM



Ranch, Blue Cheese, 1000 Island, Ceaser, Italian, Ginger, Robust Ginger,			
SALADS			
1	House Salad		\$ 3.00
2	Premium Salad or a Traditional Ceasar Salad:		\$ 5.29
	<i>Beautiful mixed greens, tomato, cucumbers, carrot, onions, cheddar, swiss mushrooms zucchini, peppers, croutons</i>		
5	...w grilled NY Strip		\$ 10.99
6	...w grilled chicken		\$ 8.29
7	...w grilled shrimp		\$ 9.99
8	Shrimp Avocado house favorite: homemade dressing		\$ 7.95
9	Seaweed Salad		\$ 6.25
10	Squid Salad		\$ 6.25
11	Octopus Cucumber		\$ 5.25
12	Cucumber Crabb		\$ 5.25
13	Cucumber Salmon		\$ 5.25
14	Seafood and Crabb		\$ 9.95
UDON SOUPS AND NOODLES			
15	House Soup a tasty homemade tradition		\$ 3.00
16	Miso Soup soybean flavor		\$ 3.00
17	Seafood Noodle Soup		\$ 8.95
18	Tempura Shrimp Noodle Soup		\$ 8.95
19	Beef Noodle Soup		\$ 8.95
YAKI SOBA <i>grilled japanese noodles</i>			
20	Chicken Yaki Soba		\$ 13.50
21	Beef Yaki Soba		\$ 16.50
22	Seafood Yaki Soba		\$ 15.50
23	Vegetable Yaki Soba		\$ 10.95
SUSHI APPETIZERS			
24	Fresh Shrimp Spring Rolls (2)		\$ 6.95
	- steamed, served with homemade peanut sauce		
26	Tuna Tataki 10pc lightly seared tuna		\$ 10.95
27	Beef Tataki thinly sliced rare beef		\$ 11.95
28	Soft Shell Crab fried tempura style		\$ 8.95
29	Buffalo Shrimp fried small 4 oz		\$ 7.29
	<i>Mild, Hot, BBQ, Teriyaki</i>		
30	Large 8 oz		\$ 13.99
32	Burgers & Fries - finest Certified Angus Beef 1/3 lb ground beef		\$ 8.75
	<i>...Served with Romaine lettuce, premium cheddar & THICK Bacon</i>		
	<i>... or Butter Grilled mushrooms & Swiss, and House cut fries</i>		
33	Edamami soybeans, regular or Hot		\$ 4.95
34	Baby Taco 6pcs baby octopus		\$ 7.00
35	Gyoza 7pc steamed pork dumpling		\$ 6.25
36	Shumai 7pc steamed shrimp dumpling		\$ 6.25
37	Dim Sum 6pc shrimp spring rolls, wonton, beggars purse		\$ 6.95
38	Bushido 4 skewered spicy shrimp wontons, homemade		\$ 9.95
TEMPURAS			
39	Veggie		\$ 6.50
40	Shrimp		\$ 8.99
41	Double order only		\$ 14.29
42	Large Shrimp only		\$ 11.29
43	Calimari small 4 oz,		\$ 8.99
44	Calimari large 8 oz		\$ 10.99
SUSHI PLATTERS			
45	Regular 7 pieces, 1 Cali roll		\$ 16.95
46	Deluxe 10 pieces, 1 Cali roll		\$ 23.95
SASHIMI PLATTERS			
47	Sampler 9 pieces		\$ 15.95
48	Regular 18 pieces		\$ 23.95
49	Deluxe 36 pieces		\$ 42.95
Sushi / Sashimi			
50	Maguro Tuna	Sushi	\$ 5.95
		Sashimi	\$ 9.00
51	Saba Mackerel	Sushi	\$ 5.50
		Sashimi	\$ 8.00
52	Ebi Shrimp	Sushi	\$ 5.95
		Sashimi	\$ 8.00
53	Kani Kama Crab	Sushi	\$ 5.50
		Sashimi	\$ 7.00
54	Ikura Salmon Roe	Sushi	\$ 5.50
55	Masago Smelt Roe	Sushi	\$ 5.50
56	Tobiko Flying Fish Roe	Sushi	\$ 5.50
57	Smoked Salmon	Sushi	\$ 5.95
		Sashimi	\$ 8.00
58	Unagi Eel	Sushi	\$ 5.95
		Sashimi	\$ 8.00
59	Spicy Maguro	Sushi	\$ 5.95
60	Tako Octopus	Sushi	\$ 5.50
		Sashimi	\$ 7.00
61	Ika Squid	Sushi	\$ 5.95
		Sashimi	\$ 8.00
62	Sake Salmon	Sushi	\$ 5.95
		Sashimi	\$ 9.00

63 I Love Tuna Combo	17.95
...2 pc sushi, 6 pc sashimi, 6 pc roll with salad	
64 I Love Salmon Combo	16.95
...2 pc sushi, 6 pc sashimi, 6 pc roll with salad	
65 I Love Yellowtail Combo	17.50
...2 pc sushi, 6 pc sashimi, 6 pc roll with salad	
66 Krajen combo...5 pc sushi, 5 pc sashimi: your choice	20.00
67 Sushi Boat	32.00
...Chef's Choice, with your recommendations taken into consideration.	
... 2 regular sushi rolls and 9 Sushi	

TEMPURA ROLLS

your favorite tempura seafood, avocado, cucumber, masago, crabb, eel sauce

68 Shrimp Tempura Roll	7.50
69 Soft Shell Crab Roll	7.50
70 Salmon Tempura Roll	7.50
71 Black Tiger Roll	7.50
72 Calamari Tempura Roll	7.50

SUSHI ROLLS 6 pieces

73 Salmon Skin Roll	5.95
...salmon skin, cucumber, carrot, scallion, eel sauce	
74 Salmon Roll	6.50
...salmon, avocado	
75 EEL & Cucumber Roll	6.50
...topped with eel sauce	
76 California Roll	6.25
...crabb, cucumber, avocado, masago	
77 Philadelphia Roll	6.50
...salmon, avocado, cream cheese	
78 Shrimp Roll	6.25
...cooked shrimp & cucumber	
79 Tuna Roll	6.95
...tuna, cucumber	
80 Yellowtail Roll	6.50
...yellowtail, scallions	
81 Shrimp and Crab Roll	6.75
...cooked shrimp, crabb, cucumber	

SPECIALTY ROLLS 8 pieces

82 Boston Roll	8.95
...Cali roll, topped with salmon, ponze sauce, masago	
83 Triad Roll	8.95
...Cali roll, topped with red snapper, cooked shrimp, white sauce, crunchies	
84 New York Roll	8.95
...cali roll, topped with tuna, white sauce, masago	
85 Tarheel Roll <i>eel lovers</i>	8.95
...cucumber crab roll, topped with eel, avocado, eel sauce, sesame seeds	
86 Rainbow Roll	10.95
...Cali roll, topped with salmon, red snapper, tuna, cooked shrimp, topiko	
87 Tiger Roll	8.95
...Cali roll, topped with cooked shrimp, avocado, white sauce, masago	
88 Sunset Roll	9.95
...3 piece crabb, topped with 3 piece shrimp, cheese sauce w/ dried tuna	

89	911 Heart Attack Roll	8.99
	...Jalapenos, spicy tuna, cream cheese, tempura batter fried, drizzled with spicy mayo and eel sauce	
90	Fire & Sticks Roll	9.95
	...spicy tuna, cucumber, topped with red snapper, crabb, and hot sauce, crunchies, and hot sauce	
91	Fire & Sticks Spicy Tuna Roll	8.95
	...Cucumber & crabb inside, Tuna on top. Hot sauce n crunchies	
92	Fire & Sticks Spicy Salmon Roll	7.95
	...California roll topped with Spicy Salmon	
93	Inferno Roll:	7.95
	...tuna with cucumber, topped with crabstick, crunchies, X.X.X.FIRE Sauce	
94	Let-It-Roll	7.95
	...Eel, shrimp, cucumber with sesame seeds	
96	Naruto Roll	11.95
	...Tuna, salmon, yellowtail, avacodo, crabb, wrapped in cucumber, ponze sauce	
97	Fire Dragon Roll	9.95
	...Seared black pepper tuna and avacodo, topped with spicy tuna	
98	Crunchy Eel Roll	7.95
	...Eel, avocado inside, with spicy crabb & tempura bits on top	
99	Cherry Blossom Roll	10.95
	...Eel, cream cheese, avocado, top w/ salmon, tuna avocado with spicy mayo, crabb, crunchies, masago	
100	French Kiss Roll	8.95
	...Tempura shrimp, crm cheese, crabb, avocado, scallion, top w/ tuna, smoked salmon, eel, cheese sauce	
101	Big Boss Roll	8.95
	...Tuna, Yellowtail, Avocado, scallion, tobiko, topped with salmon, spicy mayo, and crunchies	
102	Moon Roll	8.95
	...Spicy Tuna, cucumber, scallion, topped with salmon, avocado, chilli soy sauce	
103	Titanic Roll	8.95
	...Tempura shrimp, spicy tuna topped with tuna, eel, eel sauce	
104	Anniversary Roll	8.95
	...Salmon, Avocado, topped with yellowtail, tuna, wasabi roe, tobiko	
	BAKED ROLLS with cheese sauce: 8 pieces	
105	Volcano Roll	9.95
	...Cali Roll topped with red snapper, lite mayo & eel sauce, baked	
106	Crazy Roll	10.95
	...shrimp, crab, cucumber inside, topped with red snapper, lite mayo, eel & hot sauce	
107	Alaska Roll	9.95
	...Cali roll topped with salmon lite mayo and eel sauce, baked	
108	BMW Roll	11.95
	...Baked Eel roll for the eel lovers	
109	Rock-n-Roll 6 pieces BAKED	10.95
	... Cali rolll, topped with chopped scallops, mayo, eel sauce & hot sauce	
	GRILLED ROLLS 6 pieces	
110	Beef Teriyaki Roll ...NY strip, cream cheese, cucumber, masago	9.95
111	Chicken Teriyaki Roll ...Chicken, cream cheese, cucumber, masago	8.95
112	Vegetarian Roll	4.95
	...cucumber, avocado, carrot, diakon radish	
113	Cucumber Roll	4.95
114	Carrot Roll	4.95
115	Garden Roll	4.95
	...cucumber, avocado, carrot soybean	
116	Avocado Cilantro Roll	4.95

Dinner Entrees

We are more than happy to prepare a Hibachi meal for you, available in Sushi Bar, Bar or Patio!
All dinners are prepared with Fried Rice, Zuchini & Onions, Soup, Salad & 2 Appetizer Shrimp

Chicken & Shrimp \$ 18.29
Fresh tender chicken and sweet shrimp.

Chicken: \$ 15.29
Always fresh, tender juicy chicken breast, exquisitely prepared before your eyes.

Maturity, Marbling, Color, Firmness & Texture are important attributes that define a quality eating experience. They have dramatic affects on tenderness, juiciness, and flavor. We use only USDA Prime Angus Beef. Only 3% of beef meets these requirements, lower quality means older, less marbled, lower quality meat. We are the only Japanese Steakhouse in NC that serves this high quality of beef. Our customers at Fire and Sticks deserve only the best!

Filet Mignon \$ 20.99
The most tender steak available.

Ribeye \$ 18.75
Prized among steak lovers for it's marbling and texture.

Ribeye & Shrimp \$ 19.99
Prize winning steak and sweet shrimp.

Ribeye & Chicken \$ 18.99
Price winning steak and fresh, tender, juicy chicken.

Shrimp \$ 17.79
8 ounces of the sweetest shrimp we can find!

JUMBO \$ 23.50
10 Jumbo cousins of our sweetest shrimp.

NY Strip & Shrimp \$ 19.25
Beautiful marble of the T-bone without the bone, PLUS our sweet shrimp.

NY Strip & Chicken \$ 19.25
Beautiful marble of the T-bone without the bone, PLUS our fresh juicy chicken.

Scallops - \$ 23.99
at least 8 oz of the largest, BEST Scallops we can find. Taste the difference.
If you love scallops, you can stop reading the menu, your decision has been made.

Vegetarian 16.53
-zuchini, onions, carrots, mushrooms, brocolli, bell peppers, asparagus, with Tofu

Emperor
Your choce of Tuna, Salmon, or Snapper

Samurai \$ 27.29
Filet Mignon, Chicken & Shrimp

SUMO \$ 28.29
Filet Mignon, Scallops and Shrimp

Create your own Personal Combo: \$28
ANY 2: Filet, Chicken, Jumbo Shrimp, Scallops, Salmon, Tuna, Red Snapper