

# Hot Take Away Menu

## Donburi

Steamed white or brown rice with a variety of toppings

Chicken oyako ..... £6.50  
Chicken broiled with seasonal vegetables in an omelette

Wild Alaskan salmon teriyaki ..... £8.00  
Certified to the Marine Stewardship Council standard, served with a light teriyaki sauce

Tempura (vegetarian option available) ..... £7.00  
A selection of fish, prawn & vegetable tempura

Cornish kabayaki ..... £8.00  
Our sustainable answer to unagi eel teriyaki

Pork katsu curry ..... £7.00  
Deep-fried pork cutlet with a Japanese curry sauce - this one certainly doesn't comply with our additive-free policy!

Chilli sashimi ..... £8.00  
Korean-style sashimi served with salad & chilli sauce

Tofu sukiyaki **V** ..... £7.00  
Chunks of organic tofu sautéed in soy & mirin, glass noodles, Japanese mushrooms, bamboo, carrots & leeks.

Cornish spider crab okayu ..... £8.00  
With Japanese mushrooms & nira garlic shoots

## Extras

Brown or white rice ..... £2.30

Mochi rice cake ..... £2.30

Ginger ..... £0.50

Wasabi ..... £2.50

Kikkoman soy sauce ..... £3.00

Tamari wheat free soy sauce ..... £3.00

## Bento Box Selection

Served with two salads, pickles & steamed white or brown rice

Wild Alaskan salmon teriyaki ..... £8.50  
Certified by Marine Stewardship Council, grilled in a light teriyaki sauce

Yakitori ..... £7.50  
Skewers of grilled teriyaki free-range chicken & vegetables

Tempura ..... £7.50  
A selection of fish, prawn & vegetable tempura

Gyoza ..... £6.50  
Shallow-fried pork & vegetable dumplings

Toukatsu ..... £7.50  
Breaded pork deep fried with shredded cabbage

Sashimi ..... £7.50  
A selection of our favourites including Loch Duart salmon & seabass

Grilled Cornish catch of the day ..... £7.50

## Zensai Tapas

Prawn tempura ..... £4.00

Vegetable tempura **V** ..... £3.00

Soft shell crab tempura ..... £7.70

Gyoza dumplings ..... £3.00

Chicken yakitori ..... £3.50

Chicken teriyaki ..... £3.50

Edamame **V** ..... £2.30

Wafu salad **V** ..... £3.00

Miso soup ..... £1.70



MEP-C-065

This product comes from a fishery which has been certified to the Marine Stewardship Council's (MSC) environmental standard for a well managed and sustainable fishery. For more information on the MSC, visit their website at [www.msc.org](http://www.msc.org)

## MOSHI MOSHI IS GOOD FOR YOU

**MOSHI**  
**MOSHI**

In November 2005, Moshi Moshi won the prestigious Green Apple award in recognition for its contribution to the protection of the marine environment. We won the award because we do not just have an ethical and environmental sourcing policy, but because we are actively striving to change the way people eat fish. We have been at the forefront of a campaign to change the way fish is caught, and the way it gets transported to our restaurants. We have even designed our menus around species of fish that until now have just been thrown back in the sea because there was no market for them. But there's another reason why we've gone to all this trouble to promote environmentally friendly fishing - it so happens that it's by far the best way of supplying our restaurants with the freshest and best-quality fish anyone could wish for. You will not get better in Britain, at any price.

MOSHI MOSHI - PROUD TO BE GOOD FOR THE ENVIRONMENT

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