

PLATE PRICES

Silver	£ 5.00	Cream	£ 3.50	Red	£ 2.50
Black	£ 4.00	Silver Crab	£ 3.00	Gold	£ 1.90
Dessert	£ 3.50				

ZENSAI TAPAS

Edamame salted soy beans (Hot or cold) (v)	£ 2.50
Gyoza dumplings	£ 3.00
Chicken yakitori	£ 3.50
Sea-fayre tempura	£ 3.50
Vegetable tempura (v)	£ 3.00
'Organic' prawn tempura	£ 4.50
Soft shell crab tempura	£ 7.70
Aubergine nasudengaku	£ 5.00
Ankimo 'foie gras' of the sea	£ 3.50
Prawn head crispies	£ 1.90

PLATTERS

Sashimi platter	£ 12.00
3 slices each of 4 different fish	

Omakase

A traditional way of eating that leaves our Chefs to choose the best ingredients of the day sushi platter	£30 - £50
sashimi platter	£25 - £45

Meaty platter

Gyoza, pork tonkatsu, chicken yakitori	£ 12.50
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Tempura platter

A selection of Cornish fish, prawns & vegetables	£ 14.00
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HOT SEASONAL DISHES

Gloucester Old Spot tonkatsu	£ 11.50
Pork coated in Japanese breadcrumbs, deep fried with curry sauce, or tonkatsu sauce and shredded cabbage	

Daily catch from Cornwall	£ 14.00
Simply grilled, served with a ponzu sauce	

Wild Alaskan salmon teriyaki	£ 14.00
Certified to the Marine Stewardship Council standard, served with a light teriyaki sauce	

Chicken oyako	£ 11.50
Free range chicken simmered with seasonal vegetables in a dashi omelette	

Vegetarian tapas (v)	£ 11.00
With rice and spicy mushroom miso soup, vegetable tempura, spicy carrot & daikon salad, agedashi tofu, spinach ohitashi, nasudengaku miso aubergine	

Cornish kabayaki	£ 12.00
Our sustainable answer to unagi eel teriyaki!	

Salt & sansho pepper crispy fried Cornish catch of the day	£ 14.00
A Japanese version of fish & chips	

Tempura	£ 12.00
A selection of Cornish fish, prawns & vegetables in a light batter	

Rib eye steak teriyaki	£ 14.00
21 day hung Suffolk grass fed beef, sweet potato chips, seasonal greens	

SEASONAL PLATTER

Japanese food at it's best. A feast of seven classic and seasonal dishes chosen by our chefs for your enjoyment. Five seasonal appetisers and a main dish served with steamed rice and a seasonal miso soup.	£ 27.00
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SUSHI SETS

Fastnet	£ 10.00
1 x Loch Duart salmon nigiri 1 x Cornish fish nigiri 1 x octopus nigiri 1 x fried organic prawn gunkan 1 x seasonal maki 3 x cucumber kappamaki 1 x Loch Duart salmon skin & spring onion maki	

Bailey (v)	£ 9.50
Inari tofu, tamago omelette, goats cheese, endive & toasted walnut maki, 3 x carrot, red pepper, lettuce & ginger maki	

Rockall	£ 16.20
1 x Loch Duart salmon nigiri 1 x Cornish fish nigiri 1 x tamago omelette nigiri 1 x Cornish kabayaki nigiri 1 x seasonal maki 3 x crab & avocado maki 1 x Loch Duart salmon & avocado maki 2 x tempura maki	

Fitzroy	£ 15.00
1 x Loch Duart salmon nigiri 1 x Cornish fish nigiri 3 x Loch Duart salmon sashimi 1 x tuna nigiri 1 x seasonal maki 3 x cucumber kappamaki 1 x scallop or ikura gunka 1 x crab gunkan	

Temaki Handroll set	£ 10.00
Crisp seaweed handrolled cones made with white or brown rice 1 x tuna salad 1 x Cornish crab & avocado 1 x Loch Duart salmon & spring onion	

Omakase Sashimi set	£ 14.50
Slices of Loch Duart salmon, yellow fin tuna and two daily catch. Served with a bowl of steaming white or brown rice	

Korean sashimi bowl with chilli sauce	£ 14.00
A selection of Loch Duart salmon, tuna & Cornish daily catch served on a bed of steamed brown or white rice with lettuce, carrot & cucumber and a tangy chilli sauce	

MISO SOUPS

Classic miso served with tofu & seaweed (vegetarian option available)	£ 1.70
Spicy pork & vegetable miso	£ 3.00
Spicy mushroom miso soup	£ 2.30

TEMAKI HANDROLLS

Natto soy bean & spring onion (v)	£ 2.50
Ume plum & cucumber (v)	£ 2.50
Grilled Loch Duart salmon skin & spring onion	£ 3.00
Yellow fin tuna & spring onion	£ 3.50
Loch Duart salmon & avocado	£ 3.50
Cornish crab meat & avocado	£ 4.00
Loch Duart salmon & spring onion	£ 3.00
Sustainable unagi eel & cucumber	£ 3.00

SALADS

Seaweed, soy & sesame dressing (v)	£ 3.00
Purple sprouting broccoli, tofu & sesame (v)	£ 3.00
'Nama' spring roll, avocado, bean shoots, mint (v)	£ 2.50

SAKÉ & BEER

Sayuri nigorizake 300ml Bottle	£ 14.00
Cocoo junmai 500ml Bottle	£ 29.00
Hakushika 300ml Bottle	£ 11.00
Onigoroshi hot sake Flask 150ml	£ 3.50
Plum wine 175ml Glass	£ 6.50
Plum wine 700ml Bottle	£ 32.00
Asahi beer (330ml)	£ 3.50
Japanese Nikka whisky (25ml)	£ 3.00

WHITE WINES

LES BARBOTTES TOURAINE, LOIRE 2008	Bottle £ 22.00 Glass £ 5.30 / £ 7.50
TREBBIANO RUBICONE, EMILIA ROMAGNA	Bottle £19.80 Glass £ 4.80 / £ 6.90
CROIX DES CHAMPS SAUV DE TOUR AINE, LES VIGN DES COTEAUX-ROMANIS, LOIRE 2011	Bottle £ 22.00 Glass £ 5.30 / £ 7.50
TIRE BOUCHON, CHARDONNAY, PAYS D'OC 2012	Chardonnay Bottle £ 29.00
TOUCHE MITAINE, MONTLOUIS-SUR-LOIRE, 2010 organic	Bottle £ 38.00

RED WINES

IGP DE L'HERAULT, LA LANDE 2009	Bottle £ 19.80 Glass £ 4.80 / £ 6.90
BARBERA DEL PIEMONTE, AMONTE 2010	Bottle £ 22.50 Glass £ 5.60 / £ 7.90
CARPE DIEM, BORDEAUX 2011	Bottle £ 24.00 Glass £ 6.00 / £ 8.50
SANCERRE, DOMAINE LA BARBOTAINE 2010	Bottle £ 34.00

ROSE AND SPARKLING WINES

MONTAGNE NOIRE, FONCALIEU ROSE LANGUEDOC ROUSSILLON 2010	Bottle £ 24.00 Glass £ 5.90 / £ 8.40
PROSECCO BRUT, TERRA DI SANT'ALBERTO NV ITALY	Bottle £ 28.00 Glass £ 6.80 (175ml)
BREAKY BOTTOM CUVÉE SPARKLING BRUT, SUSSEX	Bottle £45
LAURENT PERRIER BRUT NV CHAMPAGNE	Bottle £ 48.00

FRESHLY SQUEEZED JUICES

Ginger Zinger carrot, ginger	£ 3.50
Pear Tang pear, apple, carrot, ginger	£ 3.50
Apple Cool apple, melon, mint	£ 3.50
Pure Passion apple, passion fruit, orange	£ 4.00
GINZA Morning carrot, apple, celery, ginger, orange	£ 3.50
Tomato Arigato tomato, cucumber, spinach, broccoli	£ 4.00
Freshly squeezed orange juice	£ 3.00
Freshly squeezed apple juice	£ 3.00

SOFT DRINKS

Sparkling water (filtered)	£ 1.40
Fentimans curiosity cola	£ 2.70
Fentimans ginger beer	£ 2.70
Fentimans old fashioned lemonade	£ 2.70
Luscombe's apple & apricot juice	£ 2.70

TEAS

Macha latte	£ 2.50
Macha espresso	£ 2.00
Macha milk shake	£ 2.50
Macha ice tea	£ 2.50
Genmaicha brown rice tea, pot	£ 2.00
Sencha green tea, pot	£ 2.00
Hojicha roasted tea, pot	£ 2.50

MOSHI MOSHI IS GOOD FOR YOU

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.

MOSHI MOSHI – PROUD TO BE GOOD FOR THE ENVIRONMENT

