

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.



Liverpool Street • Canary Wharf
www.moshimoshi.co.uk

Britain's original conveyor belt sushi bar

At Moshi Moshi, we believe in the fundamental principles of Japanese culinary tradition. We use only the freshest seasonal ingredients to create food which is bold in its simplicity. Nothing is over cooked, there are only degrees of rawness. It is a way of preparation which respects what we eat and keeps it close to its natural essence.

“The sudden freshness of Japanese cuisine captures the attention like a whisper in the midst of shouts”.

Simplicity, quality and artistry: ideals which have kept us at the forefront of Japanese dining in Britain.

Some items may contain nuts

Vegetarian = **V**

Prices include VAT

SAKE

Ozeki nama

A “nama”, unpasteurised sake served chilled. A very drinkable sake with a smooth, light and refreshing taste. A good accompaniment to sashimi.

300ml Bottle £10.00

Hideyoshi Namacho

A “nama ginjo” unpasteurised, high-grade sake using only 60% of the rice grain. A soft, mellow sake with a hint of lemon.

300ml Bottle £14

Onigoroshi hot sake

Flask 150ml £3.50

Plum wine

Glass 175ml £5.80 Bottle 700ml £22.00

DRINKS

ROSE & SPARKLING WINES

CUVEE FLUER, VIN DE PAYS L'HERAULT 2008

France, Cinsault & Syrah

A fresh fruity rosé. This zesty dry wine is ideal for spring and summer drinking.

Glass £3.40 / £4.80 Bottle £13.80

LES PARCELLES FOUCURRADE, BERGERAC ROSE 2008

France, Cabernet Sauvignon & Merlot

Fresh but restrained strawberry flavours, paired with lemony zing make this a refreshing rosé.

Bottle £21.30

BREAKY BOTTOM CUVEE SPARKLING BRUT

England, Seyval Blanc

All the right qualities for a classic sparkler with a pronounced bready nose.

Bottle £38

BREDON BRUT, NV CHAMPAGNE

France, Pinot Noir, Pinot Meunier & Chardonnay

Made by the award-winning team at Piper & Charles Heidsieck, it is smooth and fruity with a lightly toasty finish.

Bottle £40

RED WINES

CUVEE CHASSEUR, VIN DE PAYS DE L'HERAULT 2008

France, Grenache, Carignan & Syrah

Hints of forest fruit, great softness and the tingling pepper of Syrah make this very rounded.

Glass £3.40 / £4.80 Bottle £13.80

RECCHIA, BARDOLINO 2008

Italy, Corvina, Rondinella & Molinara

Charming and savoury, this pleasant Italian is full of sweet red cherry fruit.

Glass £4.60 / £6.50 Bottle £19

SAUMUR, LES NIVIERES, 2007

France, Cabernet Franc

Wonderful varietal expression with just a little tannic grip and a spicy softness.

Bottle £21.50

BEAUJOLAIS VILLAGES, HOSPICES DE BEAUJEU 2007

France, Gamay

Juicy raspberry and cherry flavours with a supple silky texture; a delicious aperitif & a great food wine to match salmon and pork dishes.

Bottle £24

RULLY ROUGE, JOSEPH DROUHIN 2006

France, Pinot Noir

Very soft, very classic Pinot Noir expression with full and seductive raspberry fruit.

Bottle £35



FOOD MENU

PLATE PRICES

Flower	£3.70	Black	£3.20
Net.....	£2.70	Red	£1.80
Green	£2.30	Orange	£1.30
Dessert	£3.20		

SUSHI A LA CARTE

NIGIRI SUSHI (two pieces per portion)

Loch Duart salmon	£2.30
Mackerel	£1.80
Tamago omelette V	£2.30
Octopus	£2.70
Ama-ebi sweet prawn	£3.20
Tiger prawn	£2.70
Sea bass	£2.70
Squid	£2.70
Yellow fin maguro tuna	£3.20
Scottish diver caught scallop.	£4.00
Cornish catch of the day with yuzu chilli pepper	£ daily price
Inari tofu V	£1.80
Cornish kabayaki	£3.70

MAKI SUSHI ROLLS

Vegetarian futo-maki V	£1.80
California	£1.80
Tuna salad with red radish & watercress ...	£1.80
Grilled Loch Duart salmon skin & spring onion reverse	£2.30
Loch Duart salmon-maki	£2.30
Avocado-maki V	£1.30
Cucumber kappamaki V	£1.30
Loch Duart salmon & avocado	£3.20
Cornish crab & avocado	£2.70
Cheshire cheese, red onion & lettuce V	£2.30
Oshinko-maki	£1.30
Spicy tuna futo-maki	£3.20
Salmon & ginger gari	£3.20
Inari sweet & crunchy V	£2.30

BEERS & SPIRITS

Asahi beer (330ml)	£3.50
Kirin beer (500ml)	£5.00
Sapporo beer (330ml)	£3.50

WHITE WINES

CUVEE PECHEUR COMTE TOLOSAN 2009

France, Colombard & Ugni Blanc

Pale but fruity, this southern French white convinces with zesty lemon flavours.

Glass £3.40 / £4.80 Bottle £13.80

DA LUCA, DELLE VENEZIE 2009

Italy, Pinot Grigio

Beautiful notes of apple and a little citrus fruit.

Glass £4.30 / £6.10 Bottle £17.50

SEDLSCOMBE VINEYARD 2006

England, Reichensteiner, Bacchus, Rivaner, Kerner & Regner

An organic, dry white from East Sussex. A lively young wine with a zesty grass and elderflower aroma, hints of honey and grapes, and a clean crisp finish.

Bottle £24

LA MONETA, GAVI 2009

Italy, Cortese

Floral, fresh and clean; a reminder why the northern Italian region around Gavi became so renowned.

Bottle £25

MACON-LUGNY LES CHARMES 2007

France, Chardonnay

A rounded wine from southern Burgundy with just touch of oaky vanilla.

Bottle £25

FRESHLY SQUEEZED JUICES

Ginger zinger	£3.50
carrot & ginger	
Pear tang	£3.50
pear, apple, carrot & ginger	
Apple cool	£3.50
apple, melon & mint	
Pure passion	£4.00
apple, passion fruit & orange	
Ginza morning	£3.50
carrot, apple, celery, ginger & orange	
Freshly squeezed orange juice	£3.00
Freshly squeezed apple juice	£3.00

SOFT DRINKS

Sparkling water (filtered)	£1.30
Coke / diet coke	£1.80
Fentimans Curiosity cola	£2.40
Fentimans old fashioned lemonade	£2.40

TEAS

Macha latte	£2.50
Macha cappuccino	£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	£2.00
Fresh mint tea, pot	£1.70

GUNKAN SUSHI (two pieces per portion)

Mentaiko chilli pollock roe	£3.20
Cornish crab (mixed)	£3.20
Ikura salmon roe	£4.50
Uni sea urchin	£8.00
Japanese mushroom teriyaki ①	£2.30

TEMAKI HANDROLLS (with brown or white shari rice)

Natto soy bean & spring onion ①	£2.30
Ume plum & cucumber ①	£2.30
California avocado & crabstick	£2.30
Grilled Loch Duart salmon skin & spring onion ...	£2.70
Yellow fin maguro tuna & spring onion	£3.20
Loch Duart salmon & avocado	£3.20
Tuna salad	£2.30
Cornish crab meat & avocado	£3.70
Loch Duart salmon & spring onion	£2.70
Cornish kabayaki	£3.70

SASHIMI

Loch Duart salmon	£3.20
Yellow fin maguro tuna	£3.70
Yellow fin maguro tuna & salmon	£3.70
Mackerel & seabass sashimi	£3.70
Albacore tuna tataki with Korean chilli sauce	£3.70
Cornish fish ceviche	£3.70

SUSHI SETS

(After 2pm Monday to Friday and all day Saturday and Sunday)
Choose from set menus offering a wide selection of
sushi served on a geta (traditional wooden platter).
Served with miso soup

Korean sashimi bowl with chilli sauce £12.50
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

Fitzroy£13.50
One piece each of Loch Duart salmon, Cornish fish and
tuna nigiri, three slices of Loch Duart salmon sashimi,
one seasonal maki, three reverse cucumber kappamaki,
one scallop or ikura gunkan and a crab gunkan

DESSERTS

SALADS & ZENSAI TAPAS

Japanese wafu salad V	£2.70
Garlic shoots & sesame salad V	£2.70
Octopus & wakame salad	£3.20
Japanese mushroom salad	£2.70
(Vegetarian option available)	
Whelks in mirin & soy	£3.70
Miso soup	£1.70
Edamame salted soy beans V	£2.30
Ankimo monkfish liver terrine	£3.70
Hiyashi somen noodles V	£1.80
Turkey tsukune	£2.70
Chilled tofu with ponzu	£1.30

DESSERTS

All at £3.20

Chocolate pot

Green tea ice cream

Poached autumn fruit in plum jelly

Poached pears with mascarpone

Fruit salad of plum, peach, apple & grape

Mochi rice cakes with adzuki bean
& peanut fillings

TEA TIME

Banana cake	£2.40
Chocolate brownie	£2.40
Carrot cake	£3.10
Adzuki bean dorayaki pancake	£2.00
Macha custard dorayaki pancake	£2.00

DRINKS MENU

