



Company Name: _____
 Contact Name: _____ Tel No: _____
 Date Required: _____ Time : _____ Delivery Collect

SUSHI & SALADS

Ethically sourced fish is at the heart of what we do, and we've been at the forefront of campaigning for better fishing practise since 1998, and have made ground-breaking initiatives to source directly from small scale fishers from around the UK. Though not perfect, I can say with confidence that Moshi Moshi is the most ethically sourced sushi you will find in the UK, and because of the provenance of our fish, it is also top-notch quality.

Caroline Bennett, Moshi Moshi founder & owner

SUSHI BOXES

		QUANTITY
Cromarty	£ 5.50	<input type="checkbox"/>
Faroes (v)	£ 5.50	<input type="checkbox"/>
Loch-Duart salmon ju	£ 5.80	<input type="checkbox"/>
Fair Isle	£ 7.50	<input type="checkbox"/>
Hebrides sashimi	£ 10.00	<input type="checkbox"/>
Trafalgar	£ 9.50	<input type="checkbox"/>
German Bight	£ 9.00	<input type="checkbox"/>
Bay of Biscay temaki handroll	£ 6.90	<input type="checkbox"/>
Viking Party Platter	£ 50.00	<input type="checkbox"/>
Ethical Luxury Party Platter	£ 57.00	<input type="checkbox"/>
Atlantic Party Platter	£ 80.00	<input type="checkbox"/>
Onigiri poached salmon rice ball	£ 1.50	<input type="checkbox"/>
Onigiri ume plum & shiso leaf rice ball (v)	£ 1.50	<input type="checkbox"/>

MAKI SUSHI ROLLS

California crab meat & avocado uramaki	£ 3.00	<input type="checkbox"/>
Prawn tempura, wasabi mayo, uramaki	£ 3.50	<input type="checkbox"/>
Spicy crispy tuna uramaki	£ 3.50	<input type="checkbox"/>
Loch Duart salmon & avocado uramaki	£ 3.50	<input type="checkbox"/>
Enoki mushroom, tamago omelette (v)	£ 3.00	<input type="checkbox"/>
Carrot, red pepper, lettuce & ginger futomaki (v)	£ 3.00	<input type="checkbox"/>
Grilled salmon skin & spring onion maki	£ 2.30	<input type="checkbox"/>
Yellow fin tuna hosomaki	£ 3.00	<input type="checkbox"/>
Loch Duart salmon hosomaki	£ 2.50	<input type="checkbox"/>
Avocado hosomaki (v)	£ 1.90	<input type="checkbox"/>
Cucumber hosomaki (v)	£ 1.90	<input type="checkbox"/>

SALADS & ZENSAI TAPAS

Daikon white radish & wakame salad (v)	£ 3.00	<input type="checkbox"/>
Purple sprouting brocolli, sesame (v)	£ 2.50	<input type="checkbox"/>
Spinach ohitashi, sesame (v)	£ 3.00	<input type="checkbox"/>
Edamame salted soy beans (v)	£ 2.50	<input type="checkbox"/>

SASHIMI

Loch Duart salmon	£ 3.50	<input type="checkbox"/>
Yellow fin maguro tuna	£ 4.00	<input type="checkbox"/>
Yellow fin maguro tuna & salmon	£ 4.00	<input type="checkbox"/>
Mackerel & seabass	£ 4.00	<input type="checkbox"/>
Tuna tataki with Korean dressing	£ 4.00	<input type="checkbox"/>
Isle of Mull dive caught scallop	£ 8.00	<input type="checkbox"/>
Cornish selection	£ 8.00	<input type="checkbox"/>

NIGIRI SUSHI (two pieces per portion)

		QUANTITY
Loch Duart salmon	£ 3.00	<input type="checkbox"/>
Mackerel	£ 2.50	<input type="checkbox"/>
Tamago omelette (v)	£ 2.50	<input type="checkbox"/>
Octopus	£ 3.50	<input type="checkbox"/>
Ama-ebi sweet prawn	£ 3.50	<input type="checkbox"/>
'Organic' tiger prawn	£ 3.50	<input type="checkbox"/>
Sea bass	£ 3.00	<input type="checkbox"/>
Squid / cuttlefish	£ 3.50	<input type="checkbox"/>
Yellow fin maguro tuna	£ 3.50	<input type="checkbox"/>
Isle of Mull dive caught scallop	£ 4.00	<input type="checkbox"/>
Cornish catch of the day	£ 3.50	<input type="checkbox"/>
Inari tofu (v)	£ 1.90	<input type="checkbox"/>
Yellowtail hamachi	£ 4.00	<input type="checkbox"/>

GUNKAN SUSHI (two pieces per portion)

Mentaiko chilli pollock roe	£ 3.50	<input type="checkbox"/>
Cornish crab	£ 3.50	<input type="checkbox"/>
Ikura salmon roe	£ 5.00	<input type="checkbox"/>
Uni sea urchin	£ 8.00	<input type="checkbox"/>
'Faux unagi' sustainable eel	£ 3.50	<input type="checkbox"/>

TEMAKI HANDROLLS (per piece)

Natto soy bean & okra (v)	£ 2.50	<input type="checkbox"/>
Ume plum & cucumber (v)	£ 2.50	<input type="checkbox"/>
Avocado & sesame (v)	£ 2.50	<input type="checkbox"/>
Ume plum & shiso (v)	£ 3.00	<input type="checkbox"/>
Grilled Loch Duart salmon skin & spring onion	£ 3.00	<input type="checkbox"/>
Yellow fin maguro tuna & spring onion	£ 3.50	<input type="checkbox"/>
Loch Duart salmon & avocado	£ 3.50	<input type="checkbox"/>
Cornish crab meat & avocado	£ 4.00	<input type="checkbox"/>
Loch Duart salmon & spring onion	£ 3.00	<input type="checkbox"/>
'Faux unagi' sustainable eel & cucumber	£ 3.00	<input type="checkbox"/>

DESSERTS

Mochi rice cake	£ 1.90	<input type="checkbox"/>
Adzuki bean dorayaki pancake	£ 2.20	<input type="checkbox"/>
Macha custard dorayaki pancake	£ 2.20	<input type="checkbox"/>

EXTRAS

Wasabi tube	£ 2.50	<input type="checkbox"/>
Kikkoman soy sauce	£ 3.50	<input type="checkbox"/>
Tamari wheat-free soy	£ 3.50	<input type="checkbox"/>
White rice	£ 1.90	<input type="checkbox"/>
Brown rice	£ 1.90	<input type="checkbox"/>
Extra ginger	£ 0.50	<input type="checkbox"/>



- Please email your order through by 11am for a lunchtime delivery or by 7pm for an evening delivery
- We deliver to the following postcodes: EC1, EC2, EC3, EC4
- Free delivery on orders of £20 or more £10 delivery charge on orders under £20
- Credit card payments on order only
- Please call to ask about deliveries further afield
- Opening Hours: 11:30am - 10pm Monday to Friday



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HOT DISHES

All our meat comes from a father and son managed farm in Essex who wanted to see the very best from rare and traditional breeds back on the diners table. They believe fervently in the quality of the meat produced from their animals that have been reared in totally free-range environments and fed only on natural foods that are free of any form of growth promoters.

BENTO BOX SELECTION (Served with rice, pickles & salad OR with salad & seasonal vegetables for a low-carb option)

	WITH RICE PICKLES & SALAD	WHITE RICE	BROWN RICE	WITH SALAD & SEASONAL VEG (LOW-CARB OPTION)	QUANTITY
Wild Alaskan salmon teriyaki	£ 8.50	<input type="checkbox"/>	<input type="checkbox"/>	£ 9.20	<input type="checkbox"/>
Tempura: organic prawn, Cornish fish, vegetable	£ 7.50	<input type="checkbox"/>	<input type="checkbox"/>	£ 8.20	<input type="checkbox"/>
Tempura: vegetables (v)	£ 6.50	<input type="checkbox"/>	<input type="checkbox"/>	£ 7.20	<input type="checkbox"/>
Gyoza: chicken & vegetable	£ 6.50	<input type="checkbox"/>	<input type="checkbox"/>	£ 7.20	<input type="checkbox"/>
Tonkatsu: free-range Gloucester Old Spot pork	£ 7.50	<input type="checkbox"/>	<input type="checkbox"/>	£ 8.20	<input type="checkbox"/>
Chicken teriyaki: free-range, barn-reared in Suffolk	£ 7.50	<input type="checkbox"/>	<input type="checkbox"/>	£ 8.20	<input type="checkbox"/>
Rib-eye steak teriyaki : grass-fed, 21 day-aged beef	£ 9.00	<input type="checkbox"/>	<input type="checkbox"/>	£ 9.70	<input type="checkbox"/>
Sashimi: Loch Duart salmon, tuna & catch of the day	£ 7.50	<input type="checkbox"/>	<input type="checkbox"/>	£ 8.20	<input type="checkbox"/>
Grilled Cornish catch of the day	£ 7.50	<input type="checkbox"/>	<input type="checkbox"/>	£ 8.20	<input type="checkbox"/>
Nasudengaku miso aubergine (v)	£ 7.00	<input type="checkbox"/>	<input type="checkbox"/>	£ 7.70	<input type="checkbox"/>

DONBURI (Served with steamed rice)

		WHITE RICE	BROWN RICE
Chicken oyako: free range chicken simmered with seasonal vegetables in a dashi omelette	£ 6.50	<input type="checkbox"/>	<input type="checkbox"/>
Wild Alaskan salmon teriyaki: Marine Stewardship Council Certified, with a light teriyaki sauce	£ 8.00	<input type="checkbox"/>	<input type="checkbox"/>
Tempura (vegetarian option available): a selection of fish, prawn & vegetable tempura	£ 7.00	<input type="checkbox"/>	<input type="checkbox"/>
Cornish kabayaki: our sustainable answer to unagi eel teriyaki	£ 8.00	<input type="checkbox"/>	<input type="checkbox"/>
Gloucester Old Spot katsu curry: deep-fried pork coated in Japanese breadcrumbs & curry sauce	£ 7.00	<input type="checkbox"/>	<input type="checkbox"/>
Chilli korean sashimi: Korean-style sashimi served with salad & chilli sauce	£ 8.00	<input type="checkbox"/>	<input type="checkbox"/>
Free-range chicken teriyaki	£ 7.50	<input type="checkbox"/>	<input type="checkbox"/>
Omelette with red onion, shiitake & pak choi (v)	£ 6.50	<input type="checkbox"/>	<input type="checkbox"/>
		QUANTITY	
Sea-fayre udon noodles: spider crab & vegetable broth (not served with rice)	£ 9.50	<input type="checkbox"/>	

HOT ZENSAI TAPAS

		QUANTITY
Prawn head crispies	£ 1.90	<input type="checkbox"/>
Organic prawn tempura	£ 4.00	<input type="checkbox"/>
Sea-fayre tempura	£ 3.50	<input type="checkbox"/>
Vegetable tempura	£ 3.00	<input type="checkbox"/>
Soft-shell crab tempura	£ 7.70	<input type="checkbox"/>
Gyoza chicken & veg	£ 3.00	<input type="checkbox"/>
Free-range chicken teriyaki	£ 3.50	<input type="checkbox"/>
Agedashi tofu (v)	£ 1.90	<input type="checkbox"/>
Miso soup	£ 1.70	<input type="checkbox"/>
Spicy Japanese mushroom miso soup (v)	£ 2.30	<input type="checkbox"/>



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