

Take away menu

Onigiri rice balls £2.00

Mentaiko chilli cod roe & Tuna Salad
Japonica rice balls with chilli cod roe and tuna with our own (mayonnaise- free) sauce, wrapped in nori seaweed

Onigiri rice balls £2.00

Poached salmon & Nori crispy seaweed Furikake and Ume plum Japonica rice balls with Loch Duart poached salmon with nori seaweed furikake, & nori seaweed and ume plum

Onigiri rice ball £1.00 each

Made with genmae brown rice in four different flavours: - Mentaiko chilli cod roe - Poached Loch Duart salmon with nori seaweed furikake - Tuna Salad with our mayonnaise-free dressing - Nori seaweed furikake with ume plum (v)

Spinach and sesame salad (v) £1.75

Fresh steamed spinach with a sesame sauce

Kinpira gobo burdock salad (v) £1.50

Stir fried burdock and carrot, seasoned with soy, sesame seed and chilli

Numru courgette salad (v) £1.50

Courgettes stir fried with garlic and sesame

Wafu Japanese salad (v) £1.50

A leafy salad of wakame seaweed, mizuna and spinach in a light soy and mirin dressing

Goma ae green bean salad (v) £1.50

Steamed green beans in a sugar-free sesame sauce

Edamame (v) £1.50

Boiled soy beans with rock salt

Nira garlic sprouts with inari fried tofu (v) £1.75

Stir fried garlic sprouts and inari tofu slices with chilli and soy sauce

Rice £1.00

A choice of steamed japonica white rice or genmae brown rice

Miso Soup £1.50

A soy bean based soup with wakame seaweed, tofu and spring onion

Salmon teriyaki bento £4.50

Salmon fillet grilled in a teriyaki sauce (contains MSG and sugar), with green beans and sesame, courgettes with garlic and burdock and carrot salads

Gomoku yasai prawn and vegetable bento £4.75*

Sautéed prawn and vegetables in a ginger and garlic sauce with green beans and sesame, courgettes with garlic, burdock and carrot salads

Fried ika squid bento £5.00*

Shallow fried squid with green beans and sesame, courgettes with garlic and sweet potato

Vegetarian bento box (v) £4.50*

A selection of green beans and sesame, courgettes with garlic, burdock and carrot, garlic sprouts with inari fried tofu

** please add 17.5% VAT if you would like your bento heated*

Yakitori £2.50

Succulent skewers of free-range chicken and vegetable grilled with a teriyaki sauce

Desserts

Mochi rice balls £2.00

Pounded rice with azuki bean, peanuts and white bean filling

Fresh fruit salad £1.75

A bowl of seasonal fresh fruit simply prepared

Dorayaki pancakes £1.75

Japanese pancakes with azuki bean or custard fillings

Drinks

Still and sparkling water 70p

Green tea 70p

Coke and diet coke 70p

Freshly squeezed orange juice £1.40

Tzu £1.50

Smoothies £2.00

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Moshi Moshi is good for you

- All our chicken and eggs are free-range
- Our salmon is from Loch Duart, a small Scottish owned farm known for its environmental and welfare stance
- All our ingredients are free of additives and MSG (unless otherwise stated)
- We have stayed true to the traditions of Japanese food and add sugar and vinegar to our sushi rice; however, the amounts we add are reduced to as low a level as possible without compromising the delicate balance in our sushi
- In our bento box selections and most of our salads, the vegetable dishes are sugar free
- You have a choice of Japonica white rice or genmae brown rice with your bento boxes
- Japanese food is low in calories and high in all the fats your body needs: fish oils are high in Omega 3 fatty acids and a typical sushi lunch ranges between 200 and 500 calories