

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



Liverpool Street • Brighton • Canary Wharf  
[www.moshimoshi.co.uk](http://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.

All our pork, chicken and eggs are free range

Some items may contain nuts

Vegetarian = **V**

Prices include VAT

## SAKE

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### 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

### Onigoroshi hot sake

Flask 150ml £3.50

### Plum wine

Glass 175ml £5.80    Bottle 700ml £22.00

# DRINKS

## ROSE & SPARKLING WINES

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### VIN DE PAYS DU COTEAUX DU LIBRON 2009 Domaine la Colombette 'Rose'

A soft, light, red fruit rose made from 100% Grenache. Gentle and easy on the palate and very, very drinkable. Red, summer fruits with lots of sunshine on the finish.

**Glass £4.10 / £5.90    Bottle £17.50**

### BREAKY BOTTOM CUVÉE SPARKLING BRUT England

Made from Seyval Blanc grapes to give a relatively high acidity, again suiting the wine style, and essential for long ageing in bottle. The last vintage of the century, a generous year with the wine now 4 years on the lees. All the right qualities for a classic sparkler, already with a pronounced breadly nose.

**Bottle £36.00**

## RED WINES

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### VIN DE PAYS DE L'HERAULT 2007 La Lande

From vineyards in the south west and south of France, the grapes of Merlot and Grenache produce a wine deep garnet in colour with a spicy ripe nose. The palate is rich with ripe fruit character and a hint of peppery spice. The finish is well balanced and the tannins are soft and elegant.

**Glass £3.40 / £4.80    Bottle £13.90**

### COTES DU RHONE 2006 Eric Texier

80% Grenache 20% Syrah

Very light in colour due to the high percentage of grenache, but spicy with really attractive berry fruit. It has a lovely soft, voluptuous feel with a soft, yet steady grip and structure. A very attractive wine at this price.

**Glass £5.70 / £8.20    Bottle £23.50**



# FOOD MENU

# SUSHI

## PLATE PRICES

Flower .....	£3.70	Black .....	£3.20
Net .....	£2.70	Red .....	£1.80
Green .....	£2.10	Orange .....	£1.30
Dessert .....	£3.20		

## SUSHI A LA CARTE

### NIGIRI SUSHI (two pieces per portion)

Loch Duart salmon .....	£2.10
Mackerel .....	£1.80
Tamago omelette <b>V</b> .....	£2.10
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 <b>V</b> .....	£1.80
Cornish kabayaki .....	£3.70

### MAKI SUSHI ROLLS

Vegetarian futo-maki <b>V</b> .....	£2.70
California .....	£1.80
Tuna salad with red radish & watercress .....	£1.80
Grilled Loch Duart salmon skin & spring onion reverse .....	£2.10
Loch Duart salmon-maki .....	£2.10
Avocado-maki <b>V</b> .....	£1.30
Cucumber kappamaki <b>V</b> .....	£1.30
Loch Duart salmon & avocado .....	£3.20
Cornish crab & avocado .....	£2.70
Cheshire cheese, red onion & lettuce <b>V</b> .....	£2.10
Oshinko-maki .....	£1.30
Spicy tuna futo-maki .....	£3.20
Salmon & ginger gari .....	£3.20
Inari sweet & crunchy <b>V</b> .....	£2.10

## BEERS

Asahi beer 330ml .....	£3.50
Kirin ichiban 500ml .....	£5.50
Sapporo beer 330ml .....	£3.50

## WHITE WINES

### VIN DE PAYS DES COTES DE GASCOGNE 2007 La Lande

From vineyards of south west and southern France, aromatic on the nose with hints of green apples and Sauvignon Blanc characteristics. On the palate it has good weight of fruit from the addition of Colombard and Ugni Blanc grapes and beautifully balanced acidity that gives the wine a long, fresh, crisp finish.

Glass £3.40 / £4.80 Bottle £13.90

### VIN DE PAYS DE FRANCHE-COMTE 2005 Vignoble Guillaume

These Chardonnay grapes are grown by Henri Xavier in an area just 30km west of the much-loved Burgundy estate of Domaine Romani Conti. The climate is the same, the geology is the same, and in fact, historically the vineyards in this area were as famous as those of their neighbour's in Burgundy.

Glass £5.10 / £7.20 Bottle £21.00

## FRESHLY SQUEEZED JUICES

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<b>Ginger zinger</b> .....	£3.50
carrot & ginger	
<b>Pear tang</b> .....	£3.50
pear, apple, carrot & ginger	
<b>Apple cool</b> .....	£3.50
apple, melon & mint	
<b>Pure passion</b> .....	£4.00
apple, passion fruit & orange	
<b>Ginza morning</b> .....	£3.50
carrot, apple, celery, ginger & orange	
<b>Tomato arigato</b> .....	£4.00
tomato, cucumber, spinach & broccoli	

## SOFT DRINKS

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<b>Sparkling water (filtered)</b> .....	£1.30
<b>Coke / diet coke</b> .....	£1.80
<b>Curiosity cola</b> .....	£2.40
<b>Freshly squeezed orange juice</b> .....	£2.00
<b>Apple juice</b> .....	£2.00
<b>Old fashioned lemonade</b> .....	£2.40
<b>Hojicha, premium roasted green tea</b> .....	£2.00
<b>Pot of genmai, sencha green, or fresh mint tea</b> .....	£1.70

## GUNKAN SUSHI (two pieces per portion)

<b>Tobikko flying fish roe</b> .....	£3.20
<b>Cornish crab</b> .....	£3.20
<b>Ikura salmon roe</b> .....	£4.50
<b>Uni sea urchin</b> .....	£8.00
<b>Japanese mushroom teriyaki</b> <b>V</b> .....	£2.10

## TEMAKI HANDROLLS

<b>Natto soy bean &amp; spring onion</b> <b>V</b> .....	£2.10
<b>Ume plum &amp; cucumber</b> <b>V</b> .....	£2.10
<b>California avocado &amp; crabstick</b> .....	£2.10
<b>Grilled Loch Duart salmon skin &amp; spring onion</b> .....	£2.70
<b>Yellow fin maguro tuna &amp; spring onion</b> .....	£3.20
<b>Loch Duart salmon &amp; avocado</b> .....	£3.20
<b>Tuna salad</b> .....	£2.10
<b>Cornish crab meat &amp; avocado</b> .....	£3.70
<b>Loch Duart salmon &amp; spring onion</b> .....	£2.70
<b>Cornish kabayaki</b> .....	£3.70

## SASHIMI

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<b>Loch Duart salmon</b> .....	£3.20
<b>Yellow fin maguro tuna</b> .....	£3.70
<b>Cornish fish ceviche</b> .....	£3.70
<b>Albacore tuna tataki with mustard miso</b> .....	£3.70
<b>Yellow fin maguro tuna &amp; salmon</b> .....	£3.70
<b>Mackerel &amp; seabass</b> .....	£3.70

## SUSHI SETS

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(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)

**Korean sashimi bowl with chilli sauce** ..... £11.50  
 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** ..... £12.50  
 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

## SIDE DISHES

### SALADS & ZENSAI TAPAS

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Japanese wafu salad <b>V</b> .....	£2.70
Chilli carrot & daikon salad <b>V</b> .....	£1.30
Seabass sashimi salad .....	£3.70
Japanese mushroom salad.....	£3.20
Miso soup .....	£1.70
Edamame salted soy beans <b>V</b> .....	£2.10
Sesame noodles <b>V</b> .....	£1.80
Turkey tsukune .....	£2.70
Cornish spider crab okayu.....	£3.70

## DESSERTS

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Chocolate pot	
Green tea ice cream	
Green tea trifle	
Lemon sour panacotta	
Glazed chestnut custard	
Fruit salad of kiwi, pear, apple & orange	
Mochi rice cakes with adzuki bean & peanut fillings	
Hojicha, premium roasted green tea .....	£2.20
Pot of genmai, sencha green or fresh mint tea .....	£1.70

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## DRINKS MENU

