

SUSHI BOXES

| | Quantity |
|---|---------------------------------|
| Cromarty (with white rice) | £8.50 <input type="checkbox"/> |
| Cromarty (with brown rice) | £8.80 <input type="checkbox"/> |
| Cromarty with wild Alaskan salmon (with white rice) | £8.00 <input type="checkbox"/> |
| Cromarty with wild Alaskan salmon (with brown rice) | £8.30 <input type="checkbox"/> |
| Faroes (v) | £7.90 <input type="checkbox"/> |
| Fair Isle | £9.90 <input type="checkbox"/> |
| Trafalgar | £12.90 <input type="checkbox"/> |
| German Bight | £11.90 <input type="checkbox"/> |
| Bay of Biscay temaki handroll (with white rice) | £11.90 <input type="checkbox"/> |
| Bay of Biscay temaki handroll (with brown rice) | £12.20 <input type="checkbox"/> |

SUSHI BOWLS

| | |
|---|---------------------------------|
| Scottish salmon -ju (with white rice) | £8.50 <input type="checkbox"/> |
| Scottish salmon -ju (with brown rice) | £8.80 <input type="checkbox"/> |
| Wild Alaskan salmon- ju (with white rice) | £8.20 <input type="checkbox"/> |
| Wild Alaskan salmon- ju (with brown rice) | £8.50 <input type="checkbox"/> |
| Korean Sashimi (with white rice) | £10.10 <input type="checkbox"/> |
| Korean Sashimi (with brown rice) | £10.40 <input type="checkbox"/> |
| Chilli & ginger organic Tofu bowl (V) (with white rice) | £10.10 <input type="checkbox"/> |
| Chilli & ginger organic Tofu bowl (V) (with brown rice) | £10.40 <input type="checkbox"/> |
| Scattered Chirashi (with white rice) | £10.40 <input type="checkbox"/> |
| Scattered Chirashi (with brown rice) | £10.70 <input type="checkbox"/> |
| Tuna-ju (with white rice) | £10.50 <input type="checkbox"/> |
| Tuna-ju (with brown rice) | £11.00 <input type="checkbox"/> |

SASHIMI

| | |
|------------------|---------------------------------|
| Hebrides sashimi | £13.60 <input type="checkbox"/> |
| Lundy | £8.50 <input type="checkbox"/> |

SUSHI PLATTERS

| | |
|------------------------------|---------------------------------|
| Viking Party Platter | £65.00 <input type="checkbox"/> |
| Ethical Luxury Party Platter | £75.00 <input type="checkbox"/> |
| Atlantic Party Platter | £98.00 <input type="checkbox"/> |

ONIGIRI RICE BALLS

| | |
|---------------------------|--------------------------------|
| Poached salmon | £2.60 <input type="checkbox"/> |
| Ume plum & shiso leaf (v) | £2.60 <input type="checkbox"/> |
| Tuna mayo | £2.60 <input type="checkbox"/> |

MAKI SUSHI ROLLS

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|--|---------------------------------|
| California crab meat & avocado uramaki (8 pieces) | £12.50 <input type="checkbox"/> |
| Scottish salmon & avocado uramaki (8 pieces) | £12.50 <input type="checkbox"/> |
| Spicy crispy tuna uramaki (8 pieces) | £14.20 <input type="checkbox"/> |
| Prawn tempura, chilli mayo, uramaki (6 pieces) | £9.20 <input type="checkbox"/> |
| Soft shell crab, kimichi mayonnaise (6 pieces) | £12.10 <input type="checkbox"/> |
| Grilled salmon skin & spring onion maki (8 pieces) | £10.50 <input type="checkbox"/> |
| Dragon roll (8 pieces) | £14.00 <input type="checkbox"/> |
| Ume plum, shiso & cucumber uramaki (vg) (8 pieces) | £9.90 <input type="checkbox"/> |

HOSOMAKI

| | |
|---|--------------------------------|
| Yellow fin tuna hosomaki (6 pieces) | £5.30 <input type="checkbox"/> |
| Scottish salmon hosomaki (6 pieces) | £5.30 <input type="checkbox"/> |
| Wild Alaskan salmon hosomaki (6 pieces) | £5.30 <input type="checkbox"/> |
| Avocado hosomaki (vg) (6 pieces) | £5.00 <input type="checkbox"/> |
| Cucumber hosomaki (vg) (6 pieces) | £5.00 <input type="checkbox"/> |

SALADS & ZENSAI TAPAS

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|--|--------------------------------|
| Edamame salted soy beans (v) | £3.00 <input type="checkbox"/> |
| Seaweed salad with soy & sesame dressing (v) | £3.70 <input type="checkbox"/> |

SASHIMI

| | Quantity |
|---|--------------------------------|
| Scottish salmon (5 slices) | £5.80 <input type="checkbox"/> |
| Wild Alaskan salmon (5 slices) | £5.50 <input type="checkbox"/> |
| Yellow fin maguro tuna (3 slices) | £5.80 <input type="checkbox"/> |
| Yellow fin maguro tuna & salmon (5 slices) | £6.30 <input type="checkbox"/> |
| Mackerel & seabass (5 slices) | £5.00 <input type="checkbox"/> |
| Tuna tataki with Korean dressing (3 slices) | £5.50 <input type="checkbox"/> |
| Hiramasa yellowtail (3 slices) | £6.50 <input type="checkbox"/> |
| Dive or 'disco' scallop | £8.50 <input type="checkbox"/> |
| Cornish catch, ceviche vinaigrette | £5.00 <input type="checkbox"/> |

NIGIRI SUSHI (two pieces per portion)

| | |
|--|--------------------------------|
| Scottish salmon | £4.00 <input type="checkbox"/> |
| Wild Alaskan salmon | £4.00 <input type="checkbox"/> |
| Yellow fin maguro tuna | £4.80 <input type="checkbox"/> |
| Yellowtail hamachi | £4.70 <input type="checkbox"/> |
| Sea bass | £3.90 <input type="checkbox"/> |
| Mackerel | £3.90 <input type="checkbox"/> |
| Tamago omelette (v) | £3.20 <input type="checkbox"/> |
| Octopus | £4.00 <input type="checkbox"/> |
| Squid / cuttlefish | £4.50 <input type="checkbox"/> |
| Ama-ebi sweet prawn | £4.60 <input type="checkbox"/> |
| Tiger prawn | £4.60 <input type="checkbox"/> |
| Dive or 'disco' scallop | £6.50 <input type="checkbox"/> |
| Inari tofu (v) | £2.70 <input type="checkbox"/> |
| Aburi seared Cornish catch of the day | £4.60 <input type="checkbox"/> |
| Aburi seared yellowfin tuna, ponzu oroshi | £5.30 <input type="checkbox"/> |
| Aburi seared Scottish salmon, ponzu oroshi | £5.00 <input type="checkbox"/> |
| Aburi wild Alaskan salmon, ponzu oroshi | £5.00 <input type="checkbox"/> |

GUNKAN SUSHI (two pieces per portion)

| | |
|-----------------------------|---------------------------------|
| Mentaiko chilli pollock roe | £4.00 <input type="checkbox"/> |
| Cornish crab | £7.00 <input type="checkbox"/> |
| 'Faux unagi' black cod | £3.80 <input type="checkbox"/> |
| Ikura salmon roe | £9.50 <input type="checkbox"/> |
| Uni sea urchin | £14.70 <input type="checkbox"/> |

TEMAKI HANDROLLS (per piece)

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|--|--------------------------------|
| Salmon & avocado (Scottish or Wild) | £4.60 <input type="checkbox"/> |
| Salmon & spring onion (Scottish or Wild) | £4.60 <input type="checkbox"/> |
| Yellow fin maguro tuna & spring onion | £4.70 <input type="checkbox"/> |
| Cornish crab meat & avocado | £5.20 <input type="checkbox"/> |
| Prawn tempura & avocado | £4.70 <input type="checkbox"/> |
| Soft shell crab & avocado | £5.30 <input type="checkbox"/> |
| Grilled salmon skin & spring onion | £4.20 <input type="checkbox"/> |
| 'Faux unagi' black cod & cucumber | £3.70 <input type="checkbox"/> |
| Natto soy bean & spring onion (vg) | £3.70 <input type="checkbox"/> |
| Ume plum & cucumber (vg) | £3.70 <input type="checkbox"/> |
| Avocado & sesame (vg) | £3.40 <input type="checkbox"/> |
| Ume plum & shiso (vg) | £3.70 <input type="checkbox"/> |
| Gochujang & ginger crispy Tofu (vg) | £3.70 <input type="checkbox"/> |

DESSERTS

| | |
|---|--------------------------------|
| Mochi rice cake | £3.50 <input type="checkbox"/> |
| Dorayaki pancake, red bean, macha custard, chocolate, strawberry macha mascarpone | £3.50 <input type="checkbox"/> |

EXTRAS

| | |
|-----------------------|--------------------------------|
| Wasabi tube | £3.50 <input type="checkbox"/> |
| Kikkoman soy sauce | £3.50 <input type="checkbox"/> |
| Tamari wheat-free soy | £4.50 <input type="checkbox"/> |
| White rice | £2.20 <input type="checkbox"/> |
| Brown rice | £2.50 <input type="checkbox"/> |
| Extra ginger | £0.50 <input type="checkbox"/> |

「もしもし鮨」ならではの新鮮な魚をお楽しみください

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

- Please email your order through by 11am for a lunchtime delivery or by 7pm for an evening delivery
- We deliver to the following postcodes : EC2
- Free delivery on orders of £50 or more, £10 delivery charge on orders under £50
- Credit card payments on order only
- Please call to ask about deliveries further afield
- Opening Hours : 11:30am - 10pm Monday to Friday

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

特撰弁当 BENTO BOX SELECTION

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

| | white rice Quantity | low-carb salad Quantity | brown rice Quantity |
|---|---------------------------------|---------------------------------|---------------------------------|
| Gyoza: chicken or vegetable | £8.20 <input type="checkbox"/> | £8.40 <input type="checkbox"/> | £8.40 <input type="checkbox"/> |
| Chicken teriyaki: organic from Otter Valley | £10.20 <input type="checkbox"/> | £10.40 <input type="checkbox"/> | £10.40 <input type="checkbox"/> |
| Chicken katsu, tonkatsu sauce | £10.20 <input type="checkbox"/> | £10.40 <input type="checkbox"/> | £10.40 <input type="checkbox"/> |
| Sashimi | £10.00 <input type="checkbox"/> | £10.30 <input type="checkbox"/> | £10.30 <input type="checkbox"/> |
| Nasudengaku miso aubergine (v) | £8.60 <input type="checkbox"/> | £8.80 <input type="checkbox"/> | £8.80 <input type="checkbox"/> |
| Tempura: Plymouth fish, prawn & vegetable | £9.00 <input type="checkbox"/> | £9.20 <input type="checkbox"/> | £9.20 <input type="checkbox"/> |
| Tempura: vegetable (v) | £9.50 <input type="checkbox"/> | £9.70 <input type="checkbox"/> | £9.70 <input type="checkbox"/> |

丼 DONBURI (served with steamed rice)

| | white rice Quantity | brown rice Quantity |
|---|---------------------------------|---------------------------------|
| Wild Alaskan salmon teriyaki | £10.50 <input type="checkbox"/> | £10.70 <input type="checkbox"/> |
| Scottish salmon teriyaki | £10.70 <input type="checkbox"/> | £10.90 <input type="checkbox"/> |
| Steak teriyaki | £11.80 <input type="checkbox"/> | £12.00 <input type="checkbox"/> |
| Tempura: Plymouth fish, prawn & vegetable | £9.10 <input type="checkbox"/> | £9.30 <input type="checkbox"/> |
| Tempura: vegetables (v) | £8.30 <input type="checkbox"/> | £8.50 <input type="checkbox"/> |
| Chicken katsu curry | £9.90 <input type="checkbox"/> | £10.10 <input type="checkbox"/> |
| Chicken teriyaki | £10.20 <input type="checkbox"/> | £10.40 <input type="checkbox"/> |
| Katsu aubergine or butternut squash curry (v) | £8.30 <input type="checkbox"/> | £8.50 <input type="checkbox"/> |
| Chilli & ginger Tofu (vg): red cabbage salad, avocado, carrot & daikon sesame slaw, wakame & cucumber salad, kimchi | £9.90 <input type="checkbox"/> | £10.10 <input type="checkbox"/> |

温前菜 HOT ZENASI TAPAS

| | Quantity | Quantity |
|---|--------------------------------|--------------------------------|
| Prawn tempura | £5.30 <input type="checkbox"/> | |
| Sea-fayre tempura | £5.30 <input type="checkbox"/> | |
| Vegetable tempura | £4.20 <input type="checkbox"/> | |
| Soft-shell crab tempura | £8.80 <input type="checkbox"/> | |
| Gyoza: chicken or vegetable 3 pieces / 5 pieces | £4.10 <input type="checkbox"/> | £6.60 <input type="checkbox"/> |
| Yakitori organic chicken skewers | £5.20 <input type="checkbox"/> | |
| Agedashi tofu, organic Brick Lane tofu (vg) | £5.50 <input type="checkbox"/> | |
| Nasudengaku aubergine & white miso (v) | £6.10 <input type="checkbox"/> | |
| Prawn head crispies | £2.70 <input type="checkbox"/> | |
| Miso soup with wakame & tofu | £2.70 <input type="checkbox"/> | |
| Spicy Japanese mushroom miso soup (v) | £2.90 <input type="checkbox"/> | |

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