

THE BIG KAHUNA £14.95

Salmon, marinated tuna, smashed avocado, pickled cucumber, pickled ginger, mango, red chilli, sesame seeds, miso yuzu sauce

LOMI LOMI SALMON £11.95

Marinated salmon, pico de gallo, mango, cucumber salad, sesame seeds, miso yuzu sauce

CLASSIC AHI TUNA £11.95

Marinated tuna, pineapple, wakame seaweed, smashed avocado, spring onion, sesame seeds, shoyu sauce

KING PRAWNS & AVOCADO £11.95

Sweet chilli king prawns, pickled cucumber, smashed avocado, mango, carrots, furikake, tiger milk mayo

TERIKAYI TOFU VEGAN £9.95

Organic tofu, pineapple, wakame seaweed, pickled red cabbage, spring onion, super seeds, teriyaki sauce

CHICKEN KATSU CURRY £10.95

Chicken katsu, coriander, Japanese pickled salad, sesame seeds, Japanese curry sauce

PUMPKIN KATSU CURRY VEGAN £9.95

Pumpkin katsu croquette, coriander, Japanese pickled salad, sesame seeds, Japanese curry sauce

BUILD YOUR OWN KAIZEN BOWL

SOLO £12.45
PICK 1 PROTEIN

TRIO £13.95
PICK 3 PROTEINS

FIVE – WAY £17.95
PICK 5 PROTEINS

MORE PROTEIN, MORE VARIETY.

CHOOSE 3 OR 5 PROTEINS AND ENJOY A LITTLE BIT OF EVERYTHING.

1 CHOOSE A BASE

SUSHI RICE, BROWN RICE, QUINOA, GREEN LEAVES, TORTILLA CHIPS

2 CHOOSE YOUR PROTEIN

SALMON, MARINATED TUNA, LOMI LOMI SALMON, SWICY PRAWNS, CRAB SALAD, ORGANIC TOFU, CHICKEN KATSU, PUMPKIN KATSU

ADD EXTRA PROTIEIN FOR £2.50 OR UPGRADE TO THE NEXT BOWL

3 CHOOSE YOUR TOPPINGS

SPRING ONION, MANGO, EDAMAME, CORIANDER, WAKAME SEAWEED, PICKLED CUCUMBER, PICKLED GINGER, PICKLED RED CABBAGE, SMASHED AVOCADO, RED CHILLI, JAPANESE PICKLED SALAD, KIMCHI, PICO DE GALLO, PINEAPPLE, CARROTS

4 FINISH IT OFF

SESAME SEEDS, FRIED ONION, NORI, CHILLI OIL, FURIKAKE, SUPER SEEDS

5 ADD A SAUCE

TERIYAKI SAUCE, JAPANESE CURRY SAUCE, MISO YUZU SAUCE, SHOYU SAUCE, TIGER MILK MAYO, SRIRACHA MAYO

SIDES

CHICKEN KATSU
£4.45

PUMPKIN KATSU
£4.45

KIMCHI
£2.95

PICKLED GINGER
£1.95

JAPANESE PICKLED SALAD
£2.45

CRAB SALAD
£2.95

SMASHED AVOCADO
£3.45

EDAMAME BEANS
£1.95

MISO SOUP
£2.50

WAKAME SEAWEED
£2.95