



sushi

uramaki

four or eight pieces of medium inside-out sushi rolls garnished with wasabi paste and pickled ginger

four eight

173 | **california roll** 2.70 5.30
surimi, avocado, cucumber and japanese mayonnaise. garnished with red amaranth

176 | **spicy tuna ☛** 4.40 8.80
tuna, chives and chilli sauce garnished with green masago

171 | **spicy ebi** 3.80 7.40
crispy panko prawn, chives and chilli sauce. garnished with chilli flakes and chives

177 | **asparagus, avocado and cucumber (v)** 3.30 6.30
asparagus, avocado and cucumber garnished with mixed sesame seeds

179 | **crab crunchy kani** 7.50
breaded crabsticks and japanese mayonnaise, garnished with mixed sesame seeds and served with shredded crab kani

174 | **rainbow roll ☛** 10.50
salmon, avocado and japanese mayonnaise topped with tuna, salmon and avocado. garnished with goma seaweed salad and mixed sesame seeds

191 | **philadelphia maki roll ☛** 8.40
julienne cucumbers, philadelphia cream cheese, topped with salmon, cream cheese and diamond cut cucumbers

178 | **caterpillar ☛** 10.90
tuna tartare with avocado. topped with salmon, ikura, japanese mayonnaise and chives

189 | **prawn popcorn roll** 10.00
tempura prawns, avocado and sliced red peppers. topped with popcorn prawns and ponzu mayo. garnished with mixed sesame seeds and physalis

185 | **fish katsu roll ☛** 9.00
panko breaded roll with salmon, tuna, avocado and philadelphia cream cheese topped with red tobiko and fried leeks, drizzled with japanese mayonnaise and unagi sauce

nigiri

two pieces of eel, salmon, ika or tuna on a pillow of rice, garnished with wasabi paste and pickled ginger

160 | **salmon ☛** 3.50

161 | **eel ☛** 3.50

162 | **ika** 3.00

163 | **tuna ☛** new 3.80

hosomaki

eight pieces of single filling sushi rolls with a dash of wasabi, garnished with wasabi paste and pickled ginger

166 | **cucumber (v)** 2.60

167 | **avocado (v)** 2.90

164 | **salmon ☛** 5.00

165 | **tuna ☛** 5.90

sashimi

six slices of raw fish garnished with wasabi paste and ginger

150 | **salmon ☛** 7.70

151 | **tuna ☛** 8.60

platters

153 | **sashimi platter ☛** 10.50
six pieces: raw salmon and fine tuna spirals on a bamboo leaf, topped with black tobiko and chives. garnished with daikon radish and micro pakchoi

180 | **mixed maki rolls ☛** 8.00
ten pieces: ten pieces: two philadelphia maki, two spicy ebi, two asparagus, avocado and cucumber, two california, two spicy tuna

183 | **nigiri platter ☛** 14.20
eight pieces: two salmon nigiri, two ika nigiri topped with red tobiko, two tuna nigiri, two eel nigiri drizzled with unagi sauce, served on bamboo leaves

184 | **hosomaki, uramaki and sashimi selection ☛** 15.90
twenty pieces: four salmon hosomaki, four avocado hosomaki, four california maki rolls, four philadelphia maki rolls and four tuna sashimi. garnished with goma seaweed salad and mixed sesame seeds

186 | **salmon and tuna selection ☛** 11.80
eleven pieces: four spicy tuna uramaki, two salmon hosomaki, two tuna hosomaki, three salmon nigiri

188 | **miyuki selection ☛** 18.90
twenty four pieces: eight salmon and cucumber hosomaki, eight california rolls and eight rainbow maki rolls. garnished with goma seaweed salad, chives and mixed sesame seeds



179

☛ | **may contain shell or small bones** ☛ | **contains nuts** (v) | **vegetarian** (vg) | **vegan**

all prices include service charge and v.a.t.

allergies and intolerances

if you have a food allergy, intolerance or sensitivity please let your waiter know before you order your meal. they will be able to assist you with your choice

maineng_apr19


please note

our dishes are prepared in areas where allergenic ingredients are present so we cannot guarantee that our dishes are 100% free of these ingredients

whilst we take care to remove any small bones or shells from our dishes, there is a small possibility that some may remain


sides

order one with your main dish or a few to share

11104 edamame (vg)	4.50	bao buns	4.50
steamed edamame beans. served with salt or chilli garlic salt		two small, fluffy asian buns served with japanese mayonnaise and coriander	
11112 wok-fried greens (vg)	4.30		
tender stem broccoli and bok choi, garlic flakes, stir-fried in a garlic and soy sauce			
118 tori kara age	6.00	115 korean barbecue beef and pickled red onion	6.80
seasoned, crispy chicken pieces served with a spiced sesame and soy sauce		116 mixed mushrooms and panko aubergine (v)	5.80
114 chilli squid	7.00	117 seasoned crispy chicken and fresh tomato	5.90
fried squid dusted with shichimi and salt. served with a chilli coriander dipping sauce		119 crispy duck + shiitake tempura new	6.90
103 ebi katsu	7.50		
crispy fried prawns in panko breadcrumbs. served with a spicy chilli and garlic sauce. garnished with fresh chillies, coriander and lime			117 116
109 bang bang cauliflower (v)	4.20		
wok-fried cauliflower coated in firecracker sauce mixed with red and spring onions, garnished with ginger and fresh coriander			
111 duck wraps ?	6.90		
shredded crispy duck served with cucumber and spring onions, asian pancakes and cherry hoisin sauce			
11107 goma wakame salad (vg)	4.50	gyoza	4.50
shredded carrot, shredded cucumber, goma wakame seaweed and shredded mooli. garnished with mixed sesame seeds		five tasty dumplings, filled with goodness	
94 tama squid new	7.50	steamed	6.00
crispy fried squid balls, drizzled with okonomiyaki sauce and mayonnaise. finished with aonori and bonito flakes		served grilled and with a dipping sauce	11101 yasai vegetable (vg)
11120 vegetable tempura (vg) new	4.30	fried	6.50
broccoli, asparagus, red peppper and sweet potato in a light tempura batter. garnished with wakame and served with a sweet + sour dipping sauce		served with a dipping sauce	99 duck

ramen

meet the dish	make it your own	perfect with
our ramen is a hearty bowl of hot broth filled with fresh ramen noodles, toppings and garnishes. all served in a traditional black bowl	noodles are the heart of a ramen but the soul of the bowl is the broth. choose from <p>spicy a light chicken or vegetable broth infused with chilli</p> light a light chicken or vegetable broth	add some crunch to the bold ramen flavours. pair it up with fried duck gyoza or a plate of chilli squid


20 chicken ramen	10.40	23 coconut seafood broth ?	13.90
noodles in a chicken soup topped with grilled chicken, baby spinach, menma and spring onions		prawns, salmon, squid and mussels poached in a coconut and vegetable noodle soup with tender stem broccoli and rice noodles. garnished with chillies, spring onions and coriander cress	
chilli ramen	11.30		
noodles in a spicy chicken soup topped with red onion, spring onions, beansprouts, chillies, coriander and fresh lime	14.60		23
22 grilled duck ramen ?	13.40		
tender, boneless duck leg splashed with citrus ponzu sauce in a vegetable noodle soup. dressed with chilli, baby spinach, coriander and spring onions			

salads


65 super raw salad (v)	9.00	63 marinated salmon salad ?	12.40
quinoa with mixed leaves, red onions, mooli and carrot. garnished with fried shallots and avocado. served with miso sesame dressing		marinated grilled salmon with coconut and coriander dressing on a salad of julienne vegetables, mixed leaves and red onions. garnished with lime, coriander and mixed sesame seeds	
64 sashimi salmon and avocado salad ?	11.00	harusame glass noodle salad new	
fresh mixed salad with beansprouts, diced salmon sashimi cubes and avocado. served with sweet soy and wasabi vinegrette. garnished with fried shallots		glass noodles mixed with kale, edamame, adzuki beans, mangetout, blackened carrots and baby spinach. topped with fresh mint, crispy fried shallots and dressed with a spicy vinegar	
60 orange and sesame chicken salad ?	10.60	61 ginger + lemongrass chicken	12.20
marinated chicken with mixed leaves, orange, coriander, mangetout, caramelised red onions, spring onions and cashew nuts. served with an orange and sesame dressing. garnished with mixed sesame seeds		1162 yasai tofu (vg)	10.90

donburi

meet the dish	make it your own	perfect with
a traditional dish, donburi is a big bowl of steamed rice that is stir-fried with chicken, beef or prawn and mixed vegetables. served with a pickled side	you can swap your rice with noodles or if you are feeling bold, stir your pickles or kimchee straight into your donburi. it tastes best if you mix it all together as you eat	donburi goes well with another classic; gyoza. complete the tradition with a cup of saké


cha han donburi		35 japanese grilled salmon ?	15.60
stir-fried rice with egg, mushrooms, mangetout, sweetcorn and spring onions. served with a side of japanese pickles		grilled salmon fillet drizzled with yakitori sauce. served with wok tossed vegetables in teriyaki sauce, with steamed white rice and garnished with asparagus, coriander cress and mixed sesame seeds	
77 chicken and prawn	10.90		35
teriyaki donburi			
chicken or beef brisket with pickled red onion in teriyaki sauce with sticky white rice, shredded carrots, baby spinach and spring onions. garnished with sesame seeds and served with a side of kimchee			
75 chicken	10.90		
76 beef	12.60		
91 teriyaki chicken raisu	11.90		
tender marinated chicken and red onions stir-fried in teriyaki sauce. served with sticky white rice and garnished with mixed leaves, red pickles and mixed sesame seeds			

omakase

86 steak bulgogi	17.40	1121 kare burosu (vg)	10.90
tenderloin fillet steak and miso-fried aubergine served on a bed of soba noodles, in a sesame and bulgogi sauce. finished with spring onions, kimchee, fresh coriander and tea stained egg		shichimi coated silken tofu and grilled mixed mushrooms on a bed of udon noodles within a curried vegetable broth. finished with baby spinach, carrot, chilli and coriander	
87 grilled duck donburi ?	13.90	1171 vegatsu new (vg)	12.80
tender shredded duck leg in a spicy teriyaki sauce. served with carrots, mangetout, sweet potato and red onion on a bed of sticky white rice. finished with a crispy fried egg, shredded cucumber and spring onions with a side of kimchee		our vegan katsu curry. seitan coated in crispy panko breadcrumbs, covered in an aromatic curry sauce with sticky white rice and a seasoned side salad	
85 yakitori duck ?	13.90		1121
grilled duck leg with a shredded cucumber, mint, coriander and mooli salad. served on a bed of steamed white rice with asian pancakes and a citrus yakitori sauce			
84 seared nuoc cham tuna ?	15.60		
seared nuoc cham tuna steak on a bed of quinoa with stir-fried kale, sweet potato, edamame beans, red onion and peppers. garnished with coriander			

curry

meet the dish	make it your own	perfect with
curries, but not as you know them. we have a range of fresh curries, ranging from the mild and fragrant to spicier chilli dishes	want to try something different? swap your white rice for noodles	curry spices are best balanced with cool, clear flavours. a curry goes perfectly with a cold, crisp beer such as ichiban or asahi

raisukaree		samla curry	
a mild, coconut and citrus curry, with mangetout, peppers, red and spring onions. served with sticky white rice, a sprinkle of mixed sesame seeds, red chillies, coriander and fresh lime		a fragrant, spicy lemongrass and coconut curry with peppers, mushrooms and baby plum tomatoes. served with steamed white rice and garnished with spring onions, chilli and coriander	
74 chicken	12.40	56 chicken	12.20
79 prawn	13.60	1157 yasai tofu (vg)	9.90
katsu curry		firecracker	
chicken or vegetables coated in crispy panko breadcrumbs, covered in an aromatic curry sauce served with sticky white rice and a side salad		a fiery mix of mangetout, red and green peppers, white and spring onions and red hot chillies. served with steamed white rice, garnished with sesame seeds, sesame oil, shichimi and fresh lime	
71 chicken	11.80	49 chicken	11.40
72 yasai sweet potato, aubergine and butternut squash (v)	10.50	50 prawn	12.40
turn up the heat! try our new hot katsu sauce			56
666 hot chicken new	11.80		
667 hot yasai (v) new	10.50		

teppanyaki

meet the dish	make it your own	perfect with
teppanyaki is a big plate of sizzling noodles, stir-fried by quickly turning them on a flat griddle. this means you get soft noodles and crunchy vegetables	our noodles are always cooked fresh. you can choose whichever noodles you want in your teppanyaki; from soba to udon. ask your server for the best option	sizzling teppanyaki goes perfectly with a fresh juice. we think the super green or raw juice work best

know your noodle	teriyaki soba
soba/ramen noodles (v) thin, wheat egg noodles	soba noodles in curry oil, mangetout, bok choi, red and spring onions, chillies and beansprouts in a teriyaki sauce. garnished with sesame seeds and coriander
udon noodles (vg) thick, white noodles without egg	88 chicken
rice noodles (vg) flat, thin noodles without egg or wheat	90 tenderloin fillet steak
	92 salmon ?
yaki soba	pad thai ?
soba noodles with egg, peppers, beansprouts, white and spring onions. garnished with fried shallots, pickled ginger and sesame seeds	rice noodles in amai sauce with egg, beansprouts, leeks, red and spring onions, ginger and garlic paste. garnished with fried shallots, peanuts, fresh herbs and lime
40 chicken and prawn	42 chicken and prawn
41 yasai mushrooms, garlic paste and yasai vinegar (v)	45 yasai tofu and vegetables (v)

extras

300 sticky white rice (vg)	2.50	304 japanese pickles (vg)	1.00
302 steamed white rice (vg)	2.50	305 katsu curry sauce (vg)	1.00
301 plain soba noodles (v)	2.50	306 teriyaki sauce (v)	1.00
308 udon noodles (vg)	2.50	307 amai sauce (v)	1.00
303 chillies (vg)	1.00		

sushi

uramaki

τέσσερα ή οκτώ κομμάτια sushi rolls γαρνιρισμένα με πάστα wasabi και pickled ginger		
 	 τέσσερα	 οκτώ
173 californía roll <div>καβουρόψιχα, αβοκάντο και αγγούρι, με ιαπωνική μαγιονέζα. γαρνίρεται με φρέσκο κόκκινο αμάρανθο</div>	2.70	5.30
176 spicy tuna ☛ <div>τόνος, σχοινόπρασο και σάλτσα τσίλι. γαρνίρεται με green masago</div>	4.40	8.80
171 spicy ebi <div>γαρίδες παναρισμένες με ranko, σχοινόπρασο, και σάλτσα τσίλι. γαρνίρεται με νιφάδες τσίλι και σχοινόπρασο</div>	3.80	7.40
177 asparagus, avocado and cucumber (v) <div>σπαράγγια, αβοκάντο και αγγούρι. γαρνίρεται με ανάμεικτους σπόρους σουσαμιού</div>	3.30	6.30
179 crab crunchy kani <div>καβουρόψιχα σε φρυγανιά ranko με ιαπωνική μαγιονέζα. σερβίρονται με φέτες τηγανιτής καβουρόψιχας. γαρνίρονται με ανάμεικτους σπόρους σουσαμιού</div>	 	
174 rainbow roll ☛ <div>σολομός, αβοκάντο και ιαπωνική μαγιονέζα. καλυμμένα με τόνο, σολομό και αβοκάντο. γαρνίρεται με σαλάτα από φύκια και ανάμεικτους σπόρους σουσαμιού</div>	 	
191 philadelphia maki roll ☛ <div>αγγούρι και τυρί philadelphia καλυμμένα με σολομό. γαρνιρισμένα με αγγούρι και κρέμα τυριού</div>	 	
178 caterpillar ☛ <div>ταρτάρ τόνου με αβοκάντο. καλυμμένα με σολομό, χαβιάρι, ιαπωνική μαγιονέζα και ψιλοκομμένο σχοινόπρασο</div>	 	
189 prawn popcorn roll <div>γαρίδες tempura, αβοκάντο και κόκκινη πιπεριά, επικαλυμμένα με γαρίδες pop corn και ronzu μαγιονέζα. γαρνίρεται με ανάμεικτους σπόρους σουσαμιού και rhysalis</div>	 	
185 fish katsu roll ☛ <div>σολομός, τόνος, αβοκάντο και τυρί philadelphia σε ρολό παναρισμένο με φρυγανιά ranko. γαρνίρεται με red tobiko, τηγανητό πράσο, ιαπωνική μαγιονέζα και σάλτσα unagi</div>	 	



179

nigiri

δύο κομμάτια ψαριού πάνω σε ρύζι. γαρνίρονται με πάστα wasabi και pickled ginger		
 	 160 σολομός ☛	 3.50
 	 161 χέλι ☛	 3.50
 	 162 ika	 3.00
 	 163 τόνος ☛ νέο	 3.80

hosomaki

οκτώ κομμάτια sushi rolls με μια γέμιση. γαρνίρονται με πάστα wasabi και pickled ginger		
 	 166 αγγούρι (v)	 2.60
 	 167 αβοκάντο (v)	 2.90
 	 164 σολομός ☛	 5.00
 	 165 τόνος ☛	 5.90

sashimi

έξι φέτες ωμού ψαριού. γαρνίρονται με πάστα wasabi και ginger		
 	 150 σολομός ☛	 7.70
 	 151 τόνος ☛	 8.60

platters

153 sashimi platter ☛ <div>έξι κομμάτια: sashimi σολομού και τόνου πάνω σε φύλλο μπαμπού, γαρνιρισμένα με black tobiko και σχοινόπρασο, daikon radish και micro pakchoi</div>	10.50
180 mixed maki rolls ☛ <div>δέκα κομμάτια: δύο philadelphia maki, δύο spicy ebi, δύο asparagus, avocado and cucumber, δύο californía και δύο spicy tuna</div>	8.00

183 nigiri platter ☛ <div>οκτώ κομμάτια: δύο nigiri σολομού, δύο nigiri ika γαρνιρισμένα με red tobiko, δύο nigiri με τόνο, δύο nigiri με χέλι γαρνιρισμένα με σάλτσα unagi. σερβίρονται πάνω σε φύλλο μπαμπού</div>	14.20
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184 hosomaki, uramaki and sashimi selection ☛ <div>είκοσι κομμάτια: τέσσερα hosomaki με σολομό, τέσσερα hosomaki με αβοκάντο, τέσσερα californía rolls, τέσσερα philadelphia maki rolls και τέσσερα sashimi τόνου. γαρνίρονται με σαλάτα από φύκια και ανάμεικτους σπόρους σουσαμιού</div>	15.90
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186 salmon and tuna selection ☛ <div>έντεκα κομμάτια: τέσσερα spicy tuna uramaki, δύο hosomaki με σολομό, δύο hosomaki με τόνο, τρία nigiri με σολομό</div>	11.80
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188 miyuki selection ☛ <div>είκοσι τέσσερα κομμάτια: οκτώ hosomaki με σολομό και αγγούρι, οκτώ californía rolls και οκτώ rainbow rolls. γαρνίρονται με σαλάτα από φύκια, σχοινόπρασο και ανάμεικτους σπόρους σουσαμιού</div>	18.90
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☛ αυτό το πιάτο μπορεί να περιέχει μικρά κόκκαλα ☛ περιέχει ξηρούς καρπούς (v) πιάτα κατάλληλα για χορτοφάγους (vg) vegan		
 	 οι τιμές περιλαμβάνουν το δικαίωμα υπηρεσίας και φ.π.α.	
αλλεργίες και δυσανεξίες	σημείωση	
παρακαλώ ενημερώστε το σερβιτόρο σας εάν υποφέρετε από κάποια τροφική δυσανεξία ή αλλεργία για να σας παράσχει τις σχετικές πληροφορίες για τα πιάτα που σερβίρουμε	τα πιάτα μας ετοιμάζονται σε επιφάνειες με υλικά που μπορεί να προκαλέσουν αλλεργική αντίδραση, γί αυτό δεν μπορούμε να εγγυηθούμε ότι είναι όλα 100% απαλλαγμένα από αυτά τα υλικά	
maineng_apr19	παρόλο που φροντίζουμε ιδιαίτερα να αφαιρέσουμε όλα τα μικρά κόκκαλα από τα υλικά των πιάτων μας, υπάρχει μικρή πιθανότητα να υπάρχουν υπολείμματα ή ίχνη από κόκκαλα	



