## Lunch Menu (wednesdays - sundays)

(G) is gluten free (G)\* is gluten free ON REQUEST (V) indicates suitable for vegetarians (P) indicates suitable for pescatarians (fish eating vegetarians) (P)\* indicates vegetarian ON REQUEST our menu descriptions are brief, so please ask for more details, particularly if you have any food allergies

chicken kara-age + fresh chicken breast chunks,		ofried, served with rice and miso soup	£11.50
pescatarian yasai tofu itame とうふ入りやさいいため定食 (gluten free) mixed vegetables with Japanese stock seasoning and stir fried with tofu chunks, served with rice and miso soup			
vegetarian yasai tofu itame as above using vegetarian stock, served with rice and vegetarian miso soup			
-	x <b>tonkatsu</b> チキンかつ定食 (又は r pork loin cutlet) in breadcrumbs, dee <sub>l</sub>	とんかつ定食) p fried, with rice, miso soup and a fruity di	pping sauce <b>£12.50</b>
salmon teri "えだまめ fresh salmon fillets, marinat		eriyaki sauce, served with rice and miso so	ир £15.50 (Р)
-	ken CURRY カツカレー (又はチョ ken breast) deep fried, on rice with our	キンカツカレー) (みそ汁付) · tasty home-made <mark>pork curry sauce</mark> , served	d with miso soup £12.50
	ramen しょうゆラーメン (又はチ of pork (or deep fried chicken breast),	キキンからあげしょうゆラーメン) bamboo shoots, and leeks in a large bowl	of soy based broth £11.50
•		ネマスはスパイシーみそラーメン veggie ver rn, carrots, bamboo shoots in large bowl o	
pork/chicken yakiso	ba (stir fried noodles) やきそ	ば (みそ汁付) veggie (with tofu and ve	getarian miso soup) £12.50 (V)
wheat soba noodles, stir fried with mixed vegetables, seaweed powder, pickled ginger, dried fish flakes, and served with miso soup  pescatarian version (with tofu, fish flakes and soup) £12.50  meat versions (with seasoned slices of pork or chicken) £12.50			
	sic	de orders	
edamame (G) (V) tsukemono (G)* (V) natto (G)* (P)* rice (G) (V) miso soup (G)*(P)*	kemono (G)* (V) つけもの mixed pickled vegetables, a crunchy accompaniment to your meal£4.00 tto (G)* (P)* ねぎなっとう sticky, fermented soy beans, topped with chopped leeks - an acquired taste for some£3.00 bowl of japanese 'sticky' rice£3.00		
		drinks	
asahi "super dry" 5. kirin "ichiban shibo	ero alcohol 0.0% abv		can (330ml)
•	fruity and aromatic Japanese-sty by plum wine imported from Japan, sweete good quality house wines at t		bottle (750ml)
` '	served warm in tokkuri flasks, you drink fr RIOR sake eg. MIO sparkling (ch	rom tiny <b>ochoko</b> cups <b>small</b> (125ml) / hilled), Hakutsuru draft (chilled), Kiku	large (250ml) <b>£7.00</b> / <b>£12.00</b> umasune Premium (warm)
coca cola, diet coke iced tea (lemon, ras mineral water - spa	pberry or peach flavours)	ce	£3.00 served cold