

edamame's "reduced" dinner menu

served on Friday and Saturday evenings only

**If you have ANY ALLERGY CONCERNS please alert your waitstaff BEFORE ORDERING !
Our staff can advise food choices with you and will make your concerns clearly known to the chef**

(M) contains **meat**

(G) **gluten-free**

(G)* **gluten-free ON REQUEST**

(P) is suitable for **pescatorians** (fish eating vegetarians)

(P)* can be made suitable for **vegetarians ON REQUEST**

(V) is suitable for **vegetarians** (no meat, no fish)

meat dishes (rice and soup NOT included)

chikin katsu チキンかつ **(M)**

fresh chicken breast fillet, breaded and deep fried, served with a fruity dipping sauce £7.00

chikin karaage チキンからあげ **(M)**

fresh chicken breast chunks, marinated in soy and ginger, and deep fried £6.00

tonkatsu とんかつ **(M)**

tender pork cutlet, breaded and deep fried, served with a fruity dipping sauce £7.00

shogayaki しょうがやき **(M)**

stir fried strips of pork loin marinated in soy and ginger **may appear as a special (£7.00)**

beef yakiniku 焼き肉 **(M)**

stir fry of thinly sliced beef steak marinated in garlic, spices and sesame **may appear as a special (£8.00)**

fish dishes (rice and soup NOT included)

satsumaage さつまあげ **(G)* (P)** (is **gluten-free** without the chilli sauce)

assorted pan-fried japanese fish cakes, served with edamame's home-made sweet chilli dipping sauce £7.00

ikanoshogayaki いかのしょうがやき **(P)** (contains molluscs)

tender squid pieces, marinated in soy and ginger and stir fried (can be made **a little spicy** if desired) £7.00

samonbatayaki サーモンバターやき **(G)* (P)**

juicy chunks of fresh salmon fillet, pan-fried with butter and japanese seasoning £10.00

takoyaki たこやき **(P)** (contains molluscs)

octopus pieces in small "pancake balls", topped with seaweed powder, dried fish flakes and sauce £6.00

samon furai サーモンフライ **(P)**

large, fresh salmon fillet in japanese breadcrumbs, deep fried, served with a fruity dipping sauce £10.00

samon teri "えだまめ風" サーモンてり **(P)**

fresh salmon fillets, marinated and poached in "edamame-style" teriyaki sauce £10.00

vegetable dishes (rice and soup NOT included)

kinpira gobo きんぴらごぼう (P)

stir fried shredded burdock root, seasoned with sesame seeds and sweetened soy £3.00

amaitamagoyaki あまいたまごやき (G)* (P)*

omelette made with free range eggs, cooked with soy and sweetened wine seasoning £5.00

yasai tofu itame とうふ入りやさしいため (vegetable stir-fry) (G) (P)*

carrots, mange toute, baby corn, oriental chives, beansprouts and tofu chunks, stir fried £6.00

bata horenso バターほうれんそう (G) (P)*

baby spinach, pan fried lightly with butter and japanese seasoning £4.00

tofu steak とうふステーキ (V)

tofu slices cooked in "edamame's" sweetened soy, with grated mild mooli radish and leeks £7.00

agedashidofu あげだしとうふ (P)*

crispy deep fried tofu chunks, served in "edamame's" sweetened soy, topped with grated mild mooli radish, dried fish flakes, chopped leeks and a little freshly-grated ginger £7.00

side orders

edamame えだまめ (G) (V) *our signature dish !*

delicious and addictive, succulent green baby soy beans - pop them from their pods and enjoy !
we highly recommend you try some as a starter while we prepare your other selections £3.00

tsukemono つけもの (G)* (V)

mixed pickled vegetables - a crunchy accompaniment to your meal £3.00

yasai sarada やさいサラダ (G)* (P)* (is gluten-free without the dressing)

mixed salad with a tasty savoury japanese dressing, sprinkled with toasted white sesame seeds £3.00

morokyu もろきゅう (G) (V)

cucumber sticks, served with dipping pastes of miso and japanese plum £3.00

negi natto ねぎなっとう (G)* (P)* (is gluten-free and vegetarian without the sauce)

sticky, fermented soy beans, topped with a sprinkling of chopped leeks - an acquired taste for some ! £2.00

japanese rice ごはん (G) (V)

small bowl of rice - we recommend one bowl of rice per person, which is also used traditionally as a plate £2.00

miso soup みそしる (G) (P)*

traditional home-made miso soup, sprinkled with chopped leeks (regular or *vegetarian* soups available) £2.00

chilli sauce チリソース (V)

edamame's home-made sweet chilli dipping sauce, topped with a sprinkling of chopped leeks £1.00