



Discover True Nourishment

when you eat positively, you live positively. our recipes + food philosophy have been created to make you feel rejuvenated + satisfied. a base of noodles or rice give you energy. quality proteins + good fats sustain you. an abundance of fresh crunchy vegetables nourish you. finally, spices + steaming broths ignite your tastebuds. our simple balanced soul food is made fresh every day in our open kitchens and has been since 1992

mindful drinks

- 721 cucumber + mint iced tea 3.95
- 720 traditional cloudy lemonade 3.95
- 723 strawberry lemonade 3.95

spirits

- 511/514 ballantine’s 2.45 / 4.6
- 513/518 jack daniel’s 2.45 / 4.5

shots

- 551/552 smirnoff 2.45 / 4.5
- 561/562 bacardi 2.45 / 4.5
- 573/574 habana club 2.45 / 4.5

gin add mixers for 1.25

- 531/532 tanqueray 2.6 / 4.6
- 533/534 hendrick’s 3.2 / 6
- 537/538 rives pink gin 2.6 / 4.6

hot drinks

- tea

 - 761 english breakfast 2.55
 - 765 ginger and lemon 2.55
 - 784 fresh mint 2.95
- latte

 - 735 reg 2.55
 - 736 large 3.05
- cappuccino

 - 737 reg 2.55
 - 738 large 3.05
- coffee

 - 731 espresso reg 2.2 large 2.4
 - 732 double espresso reg 2.4 large 2.6
 - 733 americano 2.45
 - 734 cortado 2.45
 - 739 macchiato 2.15
 - 740 iced coffee 3.05
- hot chocolate 2.95

 - 762 green tea free

desserts

- something sweet, but not as you know it. unique with the fresh flavours of asia
- 142 banana katsu 5.95
banana in crispy panko breadcrumbs. miso caramel ice cream. toffee sauce
 - 131 white chocolate + ginger cheesecake (v) 5.95
with toffee sauce
 - 122 sweet bao buns 4.95
fried + sugar coated bao bun filled with ice cream + toffee caramel sauce, garnished with fresh mint
 - 135 mango sorbet 4.95
 - 136 lemon sorbet 4.95
 - 140 coconut reika ice cream 4.95
with coconut flakes + passion fruit sauce
 - 128 salted caramel ice cream 4.95
with toffee sauce + fresh mint

beer + cider

- 601 asahi 330ml 3.95
- 613 heineken draught 1/2 pint 2.75 pint 5.2
- 608 heineken 0.0% 330ml 2.95
- 618 strawberry + lime 500ml 5.95
- 619 wild berry 500ml 5.95



wine

- red

 - 431 pinna fidelis roble 750ml 250ml 175ml 19.95 6.5 4.75
 - 441 corona de aragon garnacha 14.95 5.25 3.25
 - 435 glorioso selección especial 24.95
- white

 - 405 corona de aragon macabeo chardonnay 750ml 250ml 175ml 15.95 5.45 3.95
 - 415 mommessin sauvignon blanc 18.95 6.25 5.5
 - 411 pinot grigio venezie 18.95 6.25 5.5
- rosé

 - 455 corona de aragon garnacha 750ml 250ml 175ml 15.95 5.45 3.95
 - 450 poeti rose venezie brut 750ml 125ml 23.95 5.25
- sparkling

 - 480 poeti prosecco 750ml 125ml 23.95 5.25
 - 470 pelato amore spum 28.95
- sushi wine

 - 425 oroya sushi wine 750ml 19.95
- digestif

 - 578 pacharan 4.5

soft drinks

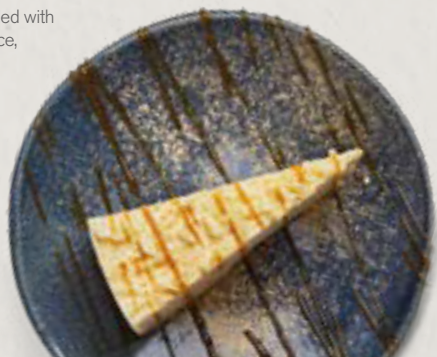
- 705 coke 2.95
 - diet coke 2.95
 - coke zero 2.95
- 708 sprite zero 2.95
 - 713 fanta orange 2.95
 - 710 peach iced tea reg 2.95 large 3.1
- still water

 - 701 reg 2.2
 - 703 large 3.95
- sparkling water

 - 702 reg 2.2
 - 704 large 3.95



true
nourishment
from bowl
to soul



refreshing juices

raw energy is the rejuvenating power of uncooked fruits + vegetables. squeezed and freshly poured. each one of your 5-a-day

regular 4.95 | **large** 5.95



sides + sharing

small bowls, big flavour. from bright, crunchy edamame beans to freshly steamed gyoza

gyoza
five dumplings packed with taste
fried
served with dipping sauce

★ 11101 **yasai l vegetable** 5.85

99 **duck ?** 5.95

steamed
served grilled with dipping sauce

100 **chicken** 5.95

105 **pulled pork** 5.95



bao steamed buns
two fluffy asian buns

★ 11114 **mixed mushrooms** 5.95
panko aubergine. vegan mayonnaise. coriander

118 **chicken katsu + crunchy asian slaw** 6.95
crunchy asian slaw. mayonnaise. coriander

115 **pork belly** 6.5
panko apple. sriracha. mayonnaise. coriander

113 **korean barbecue beef** 6.95
red onion. asian slaw. sriracha mayonnaise

213 **korean barbecue beef sharing plate** 18
build your own. six bao buns. korean barbecue beef. red onion. sriracha mayonnaise. coriander

★ 11104 **edamame** 5.15
beans with salt or chilli-garlic salt. pop them out of their pod + enjoy

★ 110 **bang bang cauliflower** 4.95
crispy cauliflower. firecracker sauce. red + spring onion. fresh ginger. coriander

★ 11009 **asian slaw salad** 4.5
carrot. red cabbage. cucumber. mooli. spring onion. mangetout. mint. orange sesame dressing. coriander. mixed sesame seeds

121 **black pepper prawns** 7.5
wok-fried, tail-on prawns. coriander. lime. red chilli

103 **ebi katsu** 7.1
prawns in crispy panko breadcrumbs. coriander. fresh lime. chilli + garlic dipping sauce

107 **chilli squid** 7.1
crispy fried squid. shichimi spice. chilli + coriander dipping sauce

27 **chicken yakitori** 5.95
marinated miso glazed chicken skewers. spicy teriyaki sauce. shichimi. spring onions

90 **pork belly bulgogi wraps** 5.75
baby gem lettuce wraps. pickled asian slaw. mayonnaise

ssambap
baby gem lettuce wraps. pickled asian slaw. spicy kimchee sauce

97 **chicken** 5.75 with red chillies
★ 98 **yasai l aubergine** 5.75 with coriander

108 **tori kara age** 5.95
crispy chicken pieces, fresh lime, spiced sesame + soy dipping



36

ramen

(raa.muhn)

hearty noodles in a steaming broth, topped with protein + fresh vegetables

tantanmen

ramen noodles. extra rich chicken broth. menma. kimchee. half a tea-stained egg. spring onion. coriander. chilli oil

30 **beef brisket** 15
32 **chicken** 14.5
33 **pork** 15
34 **yasai l mushroom** (v) with vegetable broth 14

★ 1123 **kare burosu** 14
shichimi-coated silken tofu. udon noodles. curried vegetable broth. grilled mixed mushrooms. seasonal greens. carrot. chilli. coriander

20 **grilled chicken** 12.5
marinated chicken. ramen noodles. rich chicken broth with dashi + miso. seasonal greens. menma. spring onion

chilli
ramen noodles. spicy chicken broth. red + spring onion. beansprouts. coriander. fresh lime

24 **steak** 17.25 25 **chicken** 13.25

new **kare lomen**
udon noodles. coconut + chilli broth. beansprouts. cucumber. coriander. fresh lime

35 **chicken** 15
36 **prawn** 15
★ 1137 **tofu** 15

31 **shirodashi pork belly** 15
slow-cooked pork belly. ramen noodles. rich chicken broth with dashi + miso. seasonal greens. menma. wakame. half a tea-stained egg. spring onion

gyoza
ramen noodles. vegetable broth. roasted bok choy. half atea-stained egg. chilli sambal paste. coriander. spring onions. chilli oil. gyoza sauce

37 **chicken gyoza** 13.45 39 **duck gyoza** 13.45
38 **yasai gyoza** (v) 13.45

customise my broth
light chicken or vegetable
spicy chicken or vegetable with chilli
rich reduced chicken broth with dashi + miso



72

curry

with a fresh twist. cooked patiently to infuse flavour. ranging from mild + fragrant to seriously kicking

raisukaree (rice.oo.ka.ree)
mild + citrusy. coconut. mangetout. peppers. red + spring onion. white rice. chilli. coriander. sesame seeds. fresh lime

79 **prawn** 15.5 75 **chicken** 14.5
★ 1180 **tofu** 13.5

firecracker
bold + fiery. mangetout. red + green peppers. onion. hot red chillies. white rice. sesame seeds. shichimi. fresh lime

93 **prawn** 14.5 92 **chicken** 13.5
★ 1191 **tofu** 12.5

katsu
chicken or vegetables in crispy panko breadcrumbs. aromatic katsu curry sauce. sticky white rice. side salad. japanese pickles

71 **chicken** 13 666 **hot chicken** 14
★ 1172 **yasai** l sweet potato. aubergine. butternut squash 12
★ 667 **hot yasai** l sweet potato. aubergine. butternut squash 12.5

donburi

(don.bur.ee)
a soul warming bowl of steaming rice, packed with protein + crunchy vegetables

teriyaki 14.5
teriyaki sauce. sticky white rice. shredded carrots. seasonal greens. spring onion. sesame seeds. side of kimchee

69 **beef brisket**
70 **chicken**

89 **grilled duck ?** 16.5
shredded duck in spicy teriyaki sauce. sticky white rice. carrot. mangetout. sweet potato. cucumber. red + spring onion. fried egg. side of kimchee

refreshed **cha han**
stir-fried brown rice cooked in a sweet + sticky sauce. mushrooms. red onion. red pepper. cucumber. sweetcorn. edamame beans. coriander cress. crispy fried onions + japanese pickles

86 **new** **beef** 14.5
87 **chicken + prawn** 14
★ 1185 **yasai l tofu** 14



87



50

teppanyaki

(teh.puh.nya.kee)
noodles sizzling straight from the grill. turned quickly, so the noodles are soft and the vegetables stay crunchy

bulgogi
thin noodles. sesame + bulgogi sauce. spring onion. kimchee. half a tea-stained egg. coriander

49 **steak** with miso-fried aubergine 17.5
50 **new** **beef brisket** with red onion 16.5
51 **new** **chicken** 15.5
52 **new** **pork belly** 16.5
53 **new** **aubergine + caramelised onion** (v) 15

yaki soba
soba noodles. egg. peppers. beansprouts. white + spring onion. fried onions. pickled ginger. sesame seeds

40 **chicken + prawn + beef** 13
41 **yasai l mushroom** (v) 11.5
★ 1141 **yasai l mushroom** 11.5
choose udon noodles or rice noodles + remove the egg to make this dish suitable for a vegan diet

pad thai
rice noodles. egg. beansprouts. leeks. chilli. red + spring onion. amai sauce. fried onions. mint. coriander. fresh lime

48 **chicken + prawn** 13.5
47 **yasai l tofu** (v) 12.5

★ 1147 **yasai l tofu** 12.5
cooked without egg to become suitable for a vegan diet

42 **yaki udon** 13.5
udon noodles. chicken. prawns. egg. beansprouts. leeks. mushrooms. peppers. curry oil. fried onions. pickled ginger. sesame seeds. bonito flakes

teriyaki soba
soba noodles. mangetout. bok choy. red + spring onion. chilli beansprouts. teriyaki sauce. curry oil. coriander. sesame seeds

45 **steak** 17.5 46 **salmon ?** 16

43 **new** **firecracker prawn soba** 14
thin noodles. prawns. red + green pepper. mangetout. spring onion. beansprouts. firecracker sauce. fired onions. coriander



74

soulful bowls

uplifting bowls lovingly prepared by our chefs to leave you feeling rejuvenated

katsu salad
chicken or aubergine in crispy panko breadcrumbs. dressed mixed leaves. apple slices. cucumber. edamame beans. pickled asian slaw. pea shoots. japanese pickles. red chili. coriander. a side of curried salad dressing

74 **chicken** 12.5
★ 1177 **yasai l aubergine** 11.5

67 **spicy tuna kokoro bowl** 16.5
shichimi-coated tuna. sticky white rice. edamame beans. pickled carrot. mooli. cucumber. half a tea-stained egg. teriyaki sauce. coriander. sriracha mayonnaise

teriyaki kokoro bowls
white rice. kale. carrots. edamame beans. red onion. sweet potato. red + green peppers. teriyaki sauce. chilli. coriander. fresh lime

81 **salmon** 16
★ 1182 **shichimi tofu** 13

extras

tasty additions to your meal

★ 303 **chillies** 1.2
★ 310 **extra tofu** 1.5
300 **extra rice** 2
301 **extra noodles** 2.5
306 **kimchee** 1.5
spicy fermented cabbage + radish with garlic
305 **tea-stained egg** (v) 1.3

(v) **vegetarian** **new**
★ **vegan** **refreshed**
? **may contain shell or small bones**

we have a kid-friendly menu available which is perfect for our little noodlers

allergies + intolerances if you have a food allergy, intolerance or sensitivity, please let your server know every time you visit, before you order. the manager on duty will personally take and deliver your order, whilst the kitchen manager will personally prepare your food as you require. this may mean that your meal may take a little longer than normal to prepare, whilst we take every care to prevent cross-contamination. please note, we cannot guarantee that your dish will be free from allergenic ingredients, as dishes are prepared in areas where these ingredients are present

♥ it's good to know our team receive 100% of tips