



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

gin + tonic

- ★ 714 **shortcross** 8.85
proudly distilled in northern ireland, in a bespoke copper pot still. wild clover gives a delicate essence of green meadows. elderflowers and elderberries combine to create both uplifting floral notes and smooth sweet flavours
- ★ 715 **jawbox** 8.85
a classic dry gin. distilled very slowly in a traditional copper pot still using 11 carefully selected botanicals
- ★ 716 **jawbox rhubarb & ginger** 8.85
a classic combination. sweet and tangy rhubarb is balanced with warming ginger for a perfect balance

vodka

- ★ 717 **boatyard vodka** 8.85
field-to-bottle, organic vodka, made entirely on-site in fermanagh's famous distillery, unfiltered and resulting in a pure, complex flavour.

served with a choice of mixer

soft drinks

- ★ 801 **still water** 330ml 2.85
- ★ 810 **still water** 750ml 4.95
- ★ 802 **sparkling water** 330ml 2.85
- ★ 811 **sparkling water** 750ml 4.95
- ★ 803 **coca cola** 3.15
- ★ 804 **diet coke** 2.95
- ★ 813 **coke zero** 2.95
- ★ 805 **fanta orange** 3.15
- ★ 806 **sprite free** 2.95
- ★ 807 **ginger beer** 3.15
- ★ 808 **peach iced tea** reg 2.85, large 3.7
- ★ 90 **green tea free** max 2pp

mindful drinks

iced teas

cucumber + mint

- ★ 812 **reg** 2.85
- ★ 8129 **large** 3.7

jasmine + lime

- ★ 814 **reg** 2.85
- ★ 8149 **large** 3.7

lemonades

strawberry

- ★ 816 **reg** 2.85
- ★ 8169 **large** 3.7

cloudy lemonade

- ★ 818 **reg** 2.85
- ★ 8189 **large** 3.7

beer + cider

- ★ 717 **asahi | japan*** draught 285ml 4.15
- ★ 718 **asahi | japan** draught 330ml 7.3
- ★ 703 **kirin | japan** draught 285ml 3.7
- ★ 704 **kirin | japan** draught 330ml 6.9
- 711 **magners | ireland** 330ml 4.75
- 712 **magners | ireland** 330ml 6.25
- ★ 709 **alska cider | sweden** nordic berries 500ml 5.5
- ★ 710 **alska cider | sweden** strawberry & lime 500ml 5.5
- ★ 706 **singha | thailand** 330ml 8.35
- ★ 708 **asahi | japan** 330ml 4.95
- 700 **tiger beer | japan** 330ml 4.95
- ★ 7079 **lucky saint lager** (non alcoholic) 330ml 4.95
- 707 **heineken (non-alcoholic)** 330ml 4.95



wine

red

the bay road shiraz | australia

- 513 750ml 22.8
- 512 250ml 7.95
- 511 175ml 6.3

run by rebels malbec | france

- ★ 523 750ml 27.7
- ★ 522 250ml 9.2
- ★ 521 175ml 6.9

allumea nero d'avola merlot | italy

- ★ 533 750ml 22.8
- ★ 532 250ml 7.95
- ★ 531 175ml 6.3

rosé

to the letter white zinfandel | usa

- 613 750ml 22.8
- 612 250ml 7.95
- 611 175ml 6.3

white

mayday island marlborough sauvignon blanc | new zealand

- 423 750ml 27.7
- 422 250ml 9.2
- 421 175ml 6.9

stello pinot grigio | italy

- 433 750ml 22.8
- 432 250ml 7.95
- 431 175ml 6.3

false bay chenin blanc | south africa

- ★ 443 750ml 27.5
- ★ 442 250ml 8.95
- ★ 441 175ml 6.65

sparkling

italia prosecco | italy

- 631 200ml 11.45

633 stello prosecco | italy

- 750ml 28.8

sushi wine

- ★ sake 200ml 8.8

cocktails



500 **new** french martini 9.50
real raspberry liqueur, pineapple & vanilla sumptuously blended with overproof award-winning vodka



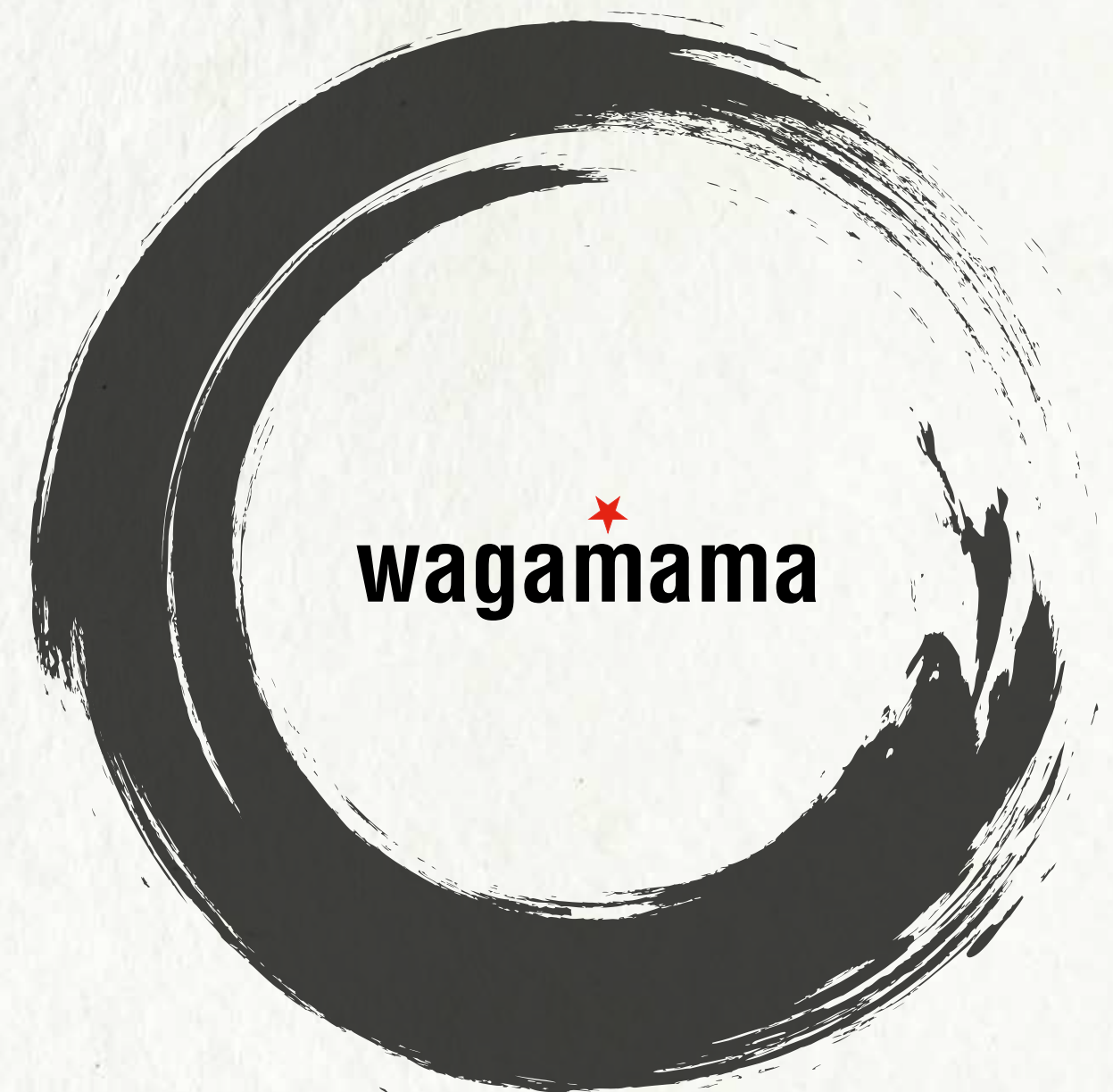
521 **new** strawberry daiquiri 9.50
real fresh strawberry expertly blended with a double shot of award winning five year aged rum and fresh real lime juice



503 **refreshed** pina colada 9.50
real coconut cream and fresh organic pineapple juice, expertly blended with a double shot of award winning five year aged golden rum



501 **new** amaretto sour 9.50
crafted with real lemon juice and cherry, expertly blended with premium amaretto liqueur



**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 4.8 | large 6.1



08 **tropical**
mango, apple, orange

11 **positive**
pineapple, lime, spinach, cucumber, apple

★ 13 **power**
spinach, apple, fresh ginger

03 **orange**
orange juice, pure + simple

sides

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

gyoza
five dumplings packed with taste
steamed
served grilled with dipping sauce

★ 11101 **yasai | vegetable** 7.6

100 **chicken** 7.6

fried
served with dipping sauce

99 **duck** 8.1



11101



117

bao steamed buns 6.75
two fluffy asian buns

117 **korean barbecue beef**
red onion, asian slaw, sriracha mayonnaise

118 **mixed mushroom (v)**
panko, aubergine, coriander, mayonnaise

★ 11104 **edamame** 5.7

beans with salt or chilli garlic salt, pop them out of their pod + enjoy

112 **suribachi chicken wings** 7.85
gently-spiced yakitori sauce, mixed sesame seeds

★ 11106 **sticky vegan ribs** 7.85
soya protein + mushroom ribs, vegan barbecue sauce, sesame seeds, spring onion

110 **chilli squid** 8.35
crispy fried squid, shichimi spice, chilli + coriander dipping sauce

★ 11111 **wok-fried greens** 5.7
tender stem broccoli, bok choy, garlic + soy sauce

103 **bang bang prawns** 8.95
firecracker mayonnaise, red + spring onion, coriander, chilli, fresh lime

★ 11109 **bang bang cauliflower** 7.6
crispy, wok-fried cauliflower coated in firecracker sauce, mixed with red + spring onion, garnished with fresh ginger

97 **black pepper prawns** 8.95
wok-fried, prawns, coriander, lime, red chilli.

duck wraps 7
shredded crispy duck served with cucumber and spring onions

113 **asian pancakes and cherry hoisin** 8.35

114 **lettuce wrap and tamari sauce** 8.35

97



86

teppanyaki

(teh.puh.nya.kee)

noodles sizzling straight from the grill, turned quickly, so the noodles are soft and the vegetables stay crunchy

yaki soba
thin noodles, egg, peppers, beansprouts, white + spring onion, fried shallots, pickled ginger, sesame seeds

40 **chicken + prawn** 14.25

41 **yasai | mushroom (v)** 13.15

★ 1141 **yasai yaki soba** 13.15
choose udon noodles or rice noodles + remove the egg to make this dish suitable for a vegan diet

pad thai
rice noodles, amai sauce, egg, beansprouts, leeks, chilli, red + spring onion, fried shallots, mint, coriander.

46 **chicken + prawn** 14.95

47 **yasai | tofu (v)** 13.95

★ 1147 **yasai pad thai** 13.95
cooked without egg to become suitable for a vegan diet

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

66 **steak** 18.45 **68 chicken** 16.45

45 **firecracker prawn soba** 17.95
thin noodles, prawns, red + green pepper, mangetout, spring onion, beansprouts, firecracker sauce, fried onion, coriander.

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

86 **beef brisket** with red onion 15.95

89 **chicken** 14.95

85 **aubergine + caramelised onion (v)** 14.95

customise my noodles

soba thin, wheat egg (v)

★ **udon** thick, white without egg

★ **rice noodle** thin, flat without egg or wheat

(v) **vegetarian**

★ **vegan**

🔥 **may contain shell or small bones**

new

refreshed

🔥 **spicy**

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



71

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, sesame seeds, chilli, coriander, white rice

79 **prawn** 16.45 **75 chicken** 15.35

★ 1176 **tofu** 14.95

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

63 **prawn** 17.95 **62 chicken** 16.95

★ 1164 **tofu** 15.35

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

70 **grilled chicken** 14.95 **71 chicken** 15.95

666 **hot chicken** 16.45

★ 1172 **yasai | sweet potato, aubergine, butternut squash** 14.25

★ 11667 **hot yasai | sweet potato, aubergine, butternut squash** 14.55

nikko
fragrant coconut, lemongrass + turmeric soup, red peppers, spring onions, bok choy, red onions, garnished with chilli, coriander, chilli oil, served with a side of white rice or rice noodles with sesame seeds

50 **prawn** 16.95 **49 chicken** 16.45

★ 1151 **yasai | tofu** 14.55

★ 1188 **vegatsu** 14.25

seitan in crispy panko breadcrumbs, aromatic katsu curry sauce, sticky white rice, side salad, pickled red onion

★ 11668 **hot vegatsu** 14.8

seitan in crispy panko breadcrumbs, hot aromatic katsu curry sauce, sticky white rice, side salad, pickled red onion



1184

ramen

(raa.muhn)

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

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

37 **chicken gyoza** 16.25

39 **duck gyoza** 17.95

★ 38 **yasai gyoza** 14.95
with udon noodles, the egg has been removed

20 **grilled chicken** 14.25
marinated chicken, seasonal greens, menma, spring onion, rich chicken broth with dashi + miso

chilli
red + spring onion, beansprouts, coriander, fresh lime, spicy chicken broth

24 **steak** 18.75 **25 chicken** 15.9

★ 1184 **kare buroso** 14.95
shichimi-coated silken tofu, grilled mixed mushrooms, seasonal greens, carrot, chilli, coriander, udon noodles, curried vegetable broth

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

52 **chicken** 14.95 **53 beef brisket** 16.95

54 **yasai | mushroom (v)** 12.95

with vegetable broth

customise my broth

light chicken or vegetable

spicy chicken or vegetable with chilli

rich reduced chicken broth with dashi + miso



57

donburi

(don.bur.ee)

a soul warming bowl of steaming rice, packed with protein + crunchy vegetables

teriyaki
teriyaki sauce, sticky white rice, carrot, seasonal greens, spring onion, sesame seeds, side of kimchee

57 **beef brisket** 16.95 **58 chicken** 14.95

87 **grilled duck** 17.95
shredded in spicy teriyaki sauce, sticky white rice, carrot, mangetout, sweet potato, red + spring onion, fried egg, cucumber, side of kimchee

extras

tasty additions to your meal

★ 300 **rice** 3.8

★ 303 **chillies** 1.25

★ 301 **noodles udon/rice** 3.8

★ 306 **curry sauce** 3.

★ 309 **pickled ginger** 1.25

301 **noodles sobaramen (v)** 3.8

307 **firecracker sauce (v)** 3.

desserts

something sweet, but not as you know it, unique with the fresh flavours of asia

★ 272 **chocolate cake** 6.8
chocolate sauce, icing sugar, mint, vanilla ice cream

271 **salted caramel brownie** 6.8
vanilla ice cream

★ 273 **lemon cheesecake** 6.8
with lemon creme + a white glaze, vanilla ice cream

275 **mochi ice cream** 6.8
coconut, chocolate, vanilla, mix + match to find your favourite, little balls of ice cream wrapped in a layer of sticky rice, served with chocolate sauce

276 **triple chocolate brownie** 6.8
vanilla ice cream

272

