



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

soft drinks

- ★ 701 still water reg 3.75
- ★ 703 large 5.5
- ★ 702 sparkling water reg 3.75
- ★ 704 large 5.5
- ★ 707 coca-cola reg 3.95
- ★ 717 large 5.95
- ★ 708 coca-cola zero reg 3.95
- ★ 718 large 5.95
- ★ 715 homemade lemonade reg 4.5
- ★ 716 large 5.95
- ★ 719 fuze tea sparkling 3.95
- ★ 720 fuze tea green tea 3.95
- ★ 721 fuze tea peach hibiscus 3.95
- ★ 711 sprite 3.95
- ★ 712 fanta orange 3.95
- ★ 713 royal bliss ginger ale 3.95
- ★ 714 royal bliss bitter lemon 3.95
- ★ 710 royal bliss tonic 3.95

hot drinks

- tea
- ★ 798 fresh ginger tea 4.95
- ★ 799 fresh mint tea 4.95
- ★ 800 choose your flavour 3.95
- english | earl grey | red fruits
- rooibos | lemon | jasmine
- coffee
- ★ 801 coffee 3.95
- ★ 802 espresso 3.95
- 803 cappuccino 4.5
- 804 café latte 4.5
- ★ 805 double espresso 4.95
- 806 espresso macchiato 3.95
- 797 chocolate milk 4.95
- 796 whipped cream + 0.5

beer

- ★ 601 asahi japan sacl draft 4.5
- ★ 602 asahi japan sacl draft 7.5
- ★ 610 triple d'anvers belgium sacl draft 4.95
- 606 krielk lambic belgium sacl bottle 4.5
- 604 lucky buddha china sacl bottle 5.95
- 607 grolsch 0.0% netherlands sacl bottle 4.5
- 609 duvel belgium sacl bottle 4.95



sake

- ★ 502 | 501 ozeki karakuchi sacl 3.5 | recl 7.5

wine

- red
- 411 merlot monterre glass 5.95 carafe 18.95 bottle 24.95
- 415 malbec terres quero glass 6.95 carafe 20.95 bottle 29.95
- white
- 401 sauvignon blanc l'impossible glass 5.95 carafe 18.95 bottle 24.95
- 405 chardonnay couveys glass 6.95 carafe 20.95 bottle 29.95
- ★ 441 colle dei tigli glass 6.95 carafe 20.95 bottle 29.95
- rosé
- 421 palombe cinsault glass 6.5 carafe 19.95 bottle 24.95
- sparkling
- 431 prosecco follador frizzante 20cl 7.5 bottle 30.95

soulful spirits + cocktails

- ★ 370 super positive 11.95 pineapple, lime, spinach, cucumber, apple, vodka shot
- ★ 371 tropical twist 11.95 mango, apple, orange, malibu shot
- ★ 372 gin + tonic 11.95 hendrick's gin, finley tonic, lime
- ★ 373 pink gin 11.95 gordon's pink gin, finley tonic, lime, raspberries

desserts

- something sweet, but not as you know it. unique with the fresh flavours of asia
- 161 white chocolate + ginger cheesecake (v) 8.95 with chilli, toffee and ginger sauce
- 163 sweet bao buns 8.95 fried + sugar coated bao bun filled with ice cream + toffee caramel sauce, garnished with fresh mint
- ★ 162 coconut reika ice cream 8.5 with coconut flakes + passion fruit sauce
- 165 salted caramel ice cream (v) 8.5 served with caramelized sesame seeds and a chilli, toffee and ginger sauce
- 164 mochi balls 8.95 chocolate, mango, green tea or a combination of all three flavours of our mochi ice cream. little balls of ice cream wrapped in a layer of sticky rice. served with chocolate sauce
- 160 smoked chocolate caramel cake 8.95 layers of smoked chocolate mousse, salted caramel, chocolate fudge brownie and chocolate ganache served with vanilla ice cream



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 6.5 | large 8.5



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
- 99 **duck** 8.95
- steamed**
served grilled with dipping sauce
- 100 **chicken** 8.5
- ★ 101 **yasai** 8.5



- bao steamed buns**
two fluffy asian buns
- ★ 117 **mixed mushrooms** 8.5
panko aubergine, vegan mayonnaise, coriander
- ★ 118 **mixed mushrooms sharing plate** 24.5
build your own, six bao buns, panko aubergine, vegan mayonnaise, coriander
- 116 **korean barbecue beef** 8.95
red onion, asian slaw, sriracha mayonnaise
- 119 **korean barbecue beef sharing plate** 24.95
build your own, six bao buns, korean barbecue beef, red onion, sriracha mayonnaise, coriander

- ★ 104 **edamame** 7.5
beans with salt or chilli-garlic salt pop them out of their pod + enjoy
- ★ 106 **bang bang cauliflower** 7.95
crispy cauliflower, firecracker sauce, red + spring onion, fresh ginger, coriander
- 107 **black pepper prawns** 8.95
wok-fried, tail-on prawns, coriander, lime, red chilli
- 103 **ebi katsu** 8.95
prawns in crispy panko breadcrumbs, coriander, fresh lime, chilli + garlic dipping sauce
- 108 **chicken yakitori** 8.95
marinated miso glazed chicken skewers, spicy teriyaki sauce, shichimi, spring onions
- ★ 115 **vegan ribs** 7.95
mushroom + soya protein 'ribs', sweet spicy sticky sauce, sesame seeds, spring onion
- ★ 111 **asian slaw** 6.95
carrot, red cabbage, cucumber, mooli, spring onion, mangetout, mint, orange sesame dressing, coriander, mixed sesame seeds



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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
- 26 **beef brisket** 18.95
- 27 **chicken** 18.95
- 28 **yasai l mushroom** (v) with vegetable broth 17.95
- ★ 21 **kare burosu** 17.95
shichimi-coated silken tofu, udon noodles, curried vegetable broth, grilled mixed mushrooms, seasonal greens, carrot, chilli, coriander
- 20 **grilled chicken** 17.95
marinated chicken, ramen noodles, rich chicken broth with dashi + miso, seasonal greens, menma, spring onion
- 29 **shirodashi pork belly** 18.95
slow-cooked pork belly, ramen noodles, rich chicken broth with dashi + miso, seasonal greens, menma, wakame, half a tea-stained egg, spring onion
- kare lomen**
coconut + chilli broth, beansprouts, cucumber, coriander, fresh lime, served with udon, rice or ramen noodles
- 37 **chicken** 18.95
- 39 **prawn** 18.95
- ★ 38 **tofu** 18.95
- gyoza**
ramen noodles, vegetable broth, roasted bok choy, half a tea-stained egg, chilli sambal paste, coriander, spring onions, chilli oil, gyoza sauce
- 25 **chicken gyoza** 18.5 24 **duck gyoza** 18.95
- ★ 23 **yasai gyoza** 18.5

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



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curry

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

- firecracker**
bold + fiery, mangetout, red + green peppers, onion, hot red chillies, white rice, sesame seeds, shichimi, fresh lime
- 76 **prawn** 18.95 75 **chicken** 18.95
- katsu**
chicken or vegetables in crispy panko breadcrumbs, aromatic katsu curry sauce, sticky white rice, side salad, japanese pickles
- 71 **chicken** 18.95 77 **hot chicken** + 0.5
- ★ 72 **yasai l sweet potato, aubergine, butternut squash** 18.95
- ★ 78 **hot yasai l sweet potato, aubergine, butternut squash** + 0.5
- vegatsu**
seitan in crispy panko breadcrumbs, aromatic katsu curry sauce, sticky white rice, side salad, pickled red onion
- ★ 1171 **normal** 18.95 ★ 1170 **hot** + 0.5

donburi

(don.bur.ee)

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

- teriyaki**
teriyaki sauce, sticky white rice, shredded carrots, seasonal greens, spring onion, sesame seeds, side of kimchee
- 69 **beef brisket** 19.95
- 70 **chicken** 18.95
- 73 **grilled duck** 20.95
shredded duck in spicy teriyaki sauce, sticky white rice, carrot, mangetout, sweet potato, cucumber, red + spring onion, fried egg, side of kimchee



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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
- 57 **steak** with miso-fried aubergine 20.95
- 58 **chicken** 19.95
- 59 **pork belly** 19.95
- 60 **aubergine + caramelised onion** (v) 17.95
- yaki soba**
soba noodles, egg, peppers, beansprouts, white + spring onion, fried onions, pickled ginger, sesame seeds
- 40 **chicken + prawn** 17.95
- 41 **yasai l mushroom** (v) 17.95
- ★ 1141 **yasai l mushroom** 17.95
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
- 46 **chicken + prawn** 17.95
- 47 **yasai l tofu** (v) 17.95
- ★ 1147 **yasai l tofu** 17.95
cooked without egg to become suitable for a vegan diet
- 42 **yaki udon** 18.5
udon noodles, chicken, prawns, egg, beansprouts, leeks, mushrooms, peppers, curry oil, fried onions, pickled ginger, sesame seeds, chikuwa

- (v) vegetarian
- ★ vegan
- 🐚 may contain shell or small bones
- 🔥 new
- 🌶️ spicy

soulful bowls

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

- sushi bowls**
sushi rice, wakame seaweed salad, radish, edamame, carrot, yellow melon, toasted sesame seeds
- 243 **salmon** 16.95
with miso mayonnaise
- ★ 245 **tofu** 16.75
with vegan mayonnaise



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extras

tasty additions to your meal

- ★ 305 **japanese pickles** 1
- ★ 304 **chilli paste** 1
- ★ 302 **chillies** 1
- ★ 301 **rice** 3.5
- 307 **kimchee** 2
spicy fermented cabbage + radish with garlic
- 306 **tea-stained egg** (v) 2
- 308 **fried egg** (v) 2

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