



As we make all our food fresh and daily within our kitchens it means that we often handle lots of different allergens. Whilst we aim to prevent any cross contamination, unfortunately the risk of this does remain as our chefs handle several allergens throughout the day. We therefore cannot guarantee that our dishes are allergen free or suitable for people with allergies.

If you have an allergy or intolerance, please let our team know before you order so that they can help you choose suitable dishes.

Our recipes do change from time to time so please do take time to check.

Key:

	Green means that this dish contains the allergen within an ingredient that can be removed or modified.
	Red means that this dish contains the allergen shown and cannot be modified.
M	The letter M (May Contain) means that this dish or ingredients within this dish are fried in oil that might also be used to fry dishes containing that and other allergens.

Bites Page 1 UK



Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Ricepaper Duck									Mustard Goma classic			Sesame seeds Goma classic	Soya	
Broccoli									Mustard. Spicy goma			Sesame seeds Sesame oil + spicy goma	Soya Supreme soy + spicy goma	
Tuna tartare	Celery				Fish				Mustard Yuzu miso sauce			Sesame seeds Soya sesame + yuzu miso sauce	Soya Soya sesame + yuzu miso sauce	
Smoked salmon tartare		Cereals containing gluten (wheat) Wonton chips					Milk		Mustard					
Green tartare	Celery	Cereals containing gluten (wheat) Wonton chips					Milk Wontons chips		Mustard			Sesame Seeds	soya	
Seaweed salad									Mustard Sesame dressing			Sesame	Soya	
Kani korokke		Cereals containing gluten (wheat)	Crustaceans (Crab)	Eggs	Fish		Milk	M	Mustard Wasabi caesar dressing					
Hiramasa kataifi		Cereals containing gluten (wheat) Kataifi			Fish								Soya Ponzu + kataifi	
Shake tataki		Cereals containing gluten (wheat) Kizami wasabi			Fish							Sesame seeds Sesame oil	Soya Ponzu + kizami wasabi	
Beef tataki							Milk Smoked cheese		Mustard. Spicy goma			Sesame seeds	Soya Spicy goma + tosazu gel	
Edamame Beans/Bønner (Grilled)												Sesame seeds Sesame oil + soya sesame	Soya	
Edamame Beans/Bønner (Spicy)												Sesame seeds	Soya	
Edamame Beans/Bønner (Salted)													Soya	

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Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
UK/DE: Cauliflower DK: Blomkål									Mustard Black truffle sauce			Sesame seeds Mixed sesame + black truffle sauce	Soya Black truffle sauce	
Hotate Kataifi		Cereals containing gluten (wheat)	M	Eggs	Fish Trout roe			Molluscs (Scallop)	Mustard Miso aioli				Soya	
Caviar					Fish									
Wagyu tartare		Cereals containing gluten (wheat) Kizami wasabi			Fish Caviar								Soya Kizami wasabi	
Shake Carpaccio	Celery Lime marinade			Eggs Miso aioli	Fish				Mustard Miso aioli				Soya Miso aioli	
Karaage		Cereals containing gluten (wheat)	M	Eggs Wasabi caesar dressing	Fish		Milk Wasabi caesar dressing	M	Mustard Wasabi caesar dressing				Soya	
UK/DE: Ebi Bites DK: Ebi hapser		Cereals containing gluten (wheat)	Crustaceans (Prawn)	Eggs				M	Mustard Miso aioli				Soya Miso aioli	
Hotate Ceviche	Celery							Molluscs (Scallop)						

Sashimi

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Shake		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soy + supreme soya	
Maguro		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soy + supreme soya	
Hiramasu		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soy + supreme soya	
Sashimi mix		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soy + supreme soya	
UK/DE: Sushi sister DK: Sushi søster	Celery lime marinade + mix	Cereals containing gluten (wheat) Table soy + kataifi + kizami wasabi	Crustaceans (Prawn) Sushi ebi	Eggs Miso aioli + tamago + spicy sauce for maki	Fish				Mustard			Seesame	Soya	

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Shake yaki		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya + tsume soya	Sulphur Dioxide Tsume soya
Hiramasa		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya	
Kinoko													Soya Table soya + tsume soya	
Ebi		Cereals containing gluten (wheat) Table soya	Crustaceans (Prawns)						Mustard Wasabi				Soya Table soya	
Hotate yaki	Celery Lime-marinate	Cereals containing gluten (wheat) Table soya			Fish Masago			Molluscs (Scallop)	Mustard Wasabi				Soya Table soya + tsume soya	Sulphur Dioxide Tsume soya
Maguro		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya	
Abokado		Cereals containing gluten (wheat) Table soya,							Mustard Wasabi + miso aioli			Sesame seeds Soya sesame	Soya Table soya + soya sesame + yuzu kosho mayo	
Shake NY		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya	
Tamago		Cereals containing gluten (wheat) Table soya		Eggs					Mustard Wasabi				Soya Table soya	
Inari		Cereals containing gluten (wheat)							Mustard Wasabi			Sesame seeds Mixed sesame	Soya Shitake	
Inari ikura		Cereals containing gluten (wheat)			Fish Trout roe				Mustard Wasabi			Sesame seeds Mixed sesame	Soya Shitake	
Hiramasa yaki		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya + tsume soya	Sulphur Dioxide Tsume soya
Shake		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya	
Tokyo Non-stop		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya + tsume soya	Sulphur Dioxide Tsume soya

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
HOSOMAKI														
Shake		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya	
Kappa		Cereals containing gluten (wheat) Table soya							Mustard Wasabi				Soya Table soya	
Avocado		Cereals containing gluten (wheat) Table soy							Mustard Wasabi				Soya Table soya	
URAMAKI														
Pink alaska		Cereals containing gluten (wheat) Table soya			Fish		Milk Cream cheese		Mustard Wasabi				Soya Table soya	
California		Cereals containing gluten (wheat) Table soya	Crustaceans (Prawn)	Eggs Miso aioli	Fish Masago				Mustard Wasabi + miso aioli			Sesame seeds Mix sesame	Soya Table soya + miso aioli	
Mamma mia		Cereals containing gluten (wheat) Table soya							Mustard Wasabi			Sesame seeds Soya sesame	Soya Table soy + soy sesame	
Spicy tuna		Cereals containing gluten (wheat)		Eggs Miso aioli	Fish				Mustard Wasabi + miso aioli				Soya Table soya + miso aioli + spicy tuna sauce + kataifi	
Nanban		Cereals containing gluten (wheat) Table soya Kataifi	M		Fish			M				Sesame	Soya	Sulphur Dioxide Tsume soya
Crispy ebi		Cereals containing gluten (wheat)	Crustaceans (Prawn)	Eggs				M	Mustard Wasabi + spicy sauce for maki			Sesame seeds Mix sesame + spicy sauce for maki	Soya Table soya + spicy sauce for maki	Sulphur Dioxide Tsume soya

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
KABURIMAKI														
Shake aioli		Cereals containing gluten (wheat) Table soya,		Eggs Miso aioli	Fish				Mustard Wasabi + miso aioli			Sesame seeds Soya sesame	Soya Table soya + soya sesame + miso aioli + tsume soy	Sulphur Dioxide Tsume soya
Ebi panko		Cereals containing gluten (wheat)	Crustaceans (Prawns)	Eggs				M	Mustard Wasabi + spicy sauce for maki			Sesame seeds Spicy sauce for maki + mixed sesame	Soya Table soya + tsume soy + spicy sauce for maki	Sulphur Dioxide Tsume soya
Hell's kitchen	Celery BBQ sauce	Cereals containing gluten (wheat)	Crustaceans (Prawns)	Eggs	Fish			M	Mustard Wasabi + spicy sauce for maki			Sesame seeds Spicy sauce for maki	Soya Table soya + spicy sauce for maki	
New York subway		Cereals containing gluten (wheat)	Crustaceans (Prawns)	Eggs	Fish			M	Mustard Wasabi + spicy sauce for maki			Sesame seeds Spicy sauce for maki	Soya Table soya + spicy sauce for maki	
Rainbow		Cereals containing gluten (wheat) Table soya	Crustaceans (Prawns) Sushi ebi	Eggs Miso aioli	Fish				Mustard Wasabi + miso aioli				Soya Table soya + miso aioli	
Ceviche	Celery Lime marinade	Cereals containing gluten (wheat) Table soya						Molluscs (Scallop)	Mustard Wasabi				Soya Table soya	
Futomaki														
Chirashi roll		Cereals containing gluten (wheat) Table soya		Eggs Spicy sauce for maki	Fish				Mustard Wasabi + spicy sauce for maki			Sesame seeds Spicy sauce for maki + sesame oil + seared fish	Soya Table soya + tsume soy + spicy sauce for maki	Sulphur Dioxide Tsume soya
Garden roll	Celery Mix	Cereals containing gluten (wheat) Table soya							Mustard Wasabi			Sesame seeds Sweet potato(sesame oil)	Soya Table soya + tsume soy	Sulphur Dioxide Tsume soya
House rolls														
Black cod maki		Cereals containing gluten (wheat) Table soya,			Fish							Sesame seeds Soy nsesame	Soya	Sulphur Dioxide Tsume soya
Softshell crab		Cereals containing gluten (wheat) Table soya	Crustaceans (Crab)	Eggs Spicy sauce	Fish Masago			M	Mustard Wasabi			Sesame seeds Spicy sauce	Soya	Sulphur Dioxide Tsume soya
Hotate maki		Cereals containing gluten (wheat) Table soya			Fish Masago Ikura			Molluscs (Scallop)	Mustard Wasabi				Soya Table soya	
Wagyu Maki		Cereals containing gluten (wheat) Table soya + kizami wasabi + kataifi							Mustard Wasabi				Soya Kizami wasabi + tsume soy + kataifi	Sulphur Dioxide Tsume soya
Sparkling tuna		Cereals containing gluten (wheat) Table soya		Egg	Fish				Mustard			Sesame	Soya	

Sticks UK



Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Tebasaki														
Tsukune				Eggs								Sesame seeds	Soya	
Tsukune chili				Eggs					Mustard			Sesame seeds	Soya	
Tori katzu		Cereals containing gluten (wheat)	M	Eggs	Fish Wasabi caesar dressing		Milk Wasabi caesar dressing	M	Mustard wasabi caesar dressing					
Shake teriyaki					Fish								Soya Teriyaki sauce	
Hotate bacon							Milk Miso herb butter	Molluscs (Scallop)					Soya Miso herb butter	
Gindara no miso					Fish								Soya	
Iberico													Soya	
Chiizu maki							Milk							
Wagyu yaki														
Ramu yaki							Milk Miso herb butter						Soya Miso herb butter	
Gyu habu							Milk Miso herb butter						Soya Miso herb butter	
Yaki yagi							Milk							
Buta yaki									Mustard Yuzu miso sauce			Sesame seeds Mixed sesame + yuzu miso sauce	Soya	
Eringi							Milk Miso herb butter					Sesame seeds Sesame oil	Soya Supreme soya + miso herb butter	
Imo yaki												Sesame seeds Sesame oil + soya sesame	Soya Teriyaki sauce + soya sesame	
Shishito		Cereals/gluten (wheat) spicy gouchujang sauce										Sesame Seeds	Soya	Sulphur Dioxide spicy gouchujang sauce
Rice														
Hiramasa kama					Fish								Soya Miso soup	

Salads UK



Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Beuautiful Mess					Fish				Mustard Wasabi			Sesame seeds Soya sesame Poke sauce	Soya Table soya + soya sesame+poke sauce	
Osaka chaos/kaos			Crustaceans (Prawn) Sushi ebi	Eggs Tamago	Fish				Mustard Wasabi			Sesame seeds Soya sesame	Soya	
Jungle Fish	Celery Mix		Crustaceans (Prawns) Sushi ebi	Eggs Miso mustard	Fish				Mustard miso mustard			Sesame seeds Sesame oil + soya sesame	Soya Soya sesame + miso mustard	
Green bird	Celery Mix			Eggs Soya egg + wasabi caesar dressing	Fish Wasabi caesar dressing		Milk Wasabi caesar dressing		Mustard wasabi caesar dressing			Sesame seeds Sesame oil + soya sesame	Soya Soya sesame	
Greengate	Celery Mix								Mustard goma			Sesame seeds Sesame oil + goma classic + soya sesame	Soya Soya sesame	

::	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Duck, salmon & friends		Cereals containing gluten (wheat)	Crustaceans (Prawn) Tempura ebi		Fish		Milk Cream cheese	M	Mustard Wasabi + goma classic + miso aioli			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Greenkeeper	Celery Mix	Cereals containing gluten (wheat) Table soya, Inari					Milk Miso herb butter		Mustard Wasabi + spicy goma Sesame dressing			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Greenkeeper Vegan	Celery Mix	Cereals containing gluten (wheat) Table soya, Inari							Mustard Wasabi			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Mixed emotions		Cereals containing gluten (wheat)	Crustaceans (Prawn) Ebi bites	Eggs	Fish		Milk Cream cheese, Wasabi ceasar dressing	M	Mustard Wasabi + miso aioli			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Robust		Cereals containing gluten (wheat)	Crustaceans (Prawn) Ebi bites	Eggs	Fish Wasabi ceasar dressing		Milk	M	Mustard Chilli dip + yuzu miso sauce + spicy goma			Sesame seeds	Soya	

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Perfect day		Cereals containing gluten (wheat)	Crustaceans (Prawn) Crispy ebi Ebi bites	Eggs	Fish		Milk Wasabi ceasar dressing	M	Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Perfect day 3P		Cereals containing gluten (wheat)	Crustaceans (Prawn, Crab) Crispy ebi Ebi bites Kani korokke	Eggs	Fish		Milk Wasabi ceasar dressing, Pink alaska(Crème cheese)	M	Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Carpe diem	Celery Lime marinade + BBQ sauce + mix	Cereals containing gluten (wheat)	Crustaceans (Prawn) Tempura ebi	Eggs	Fish		Milk Yagi yaki+Miso herb butter	Molluscs (Scallops) Ceviche roll+Hotate bacon	Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Table for two/sushi		Cereals containing gluten (wheat) Table soya + Inari + kataifi + spicy tuna roll	Crustaceans (Prawn) Sushi ebi	Eggs Spicy sauce for maki + miso aioli	Fish		Milk Cream cheese		Mustard Wasabi + spicy sauce for maki + miso aioli			Sesame seeds Mixed sesame + sesame oil + spicy sauce for maki	Soya	Sulphur Dioxide Tsume soya
Ebi kit	Celery BBQ sauce	Cereals containing gluten (wheat)	Crustaceans (Prawns)	Egg	Fish			M	Mustard Wasabi + spicy sauce for maki			Sesame seeds Spicy sauce for maki + mixed sesame	Soya Table soya + tsume soy + spicy sauce for maki	Sulphur Dioxide Tsume soya
Maki maki	Celery Lime marinade + BBQ sauce + mix	Cereals containing gluten (wheat) Table soya + Tempura ebi	Crustaceans (Prawn) Tempura ebi	Eggs	Fish			Molluscs (Scallops)	Mustard Wasabi + spicy sauce for maki + miso aioli			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Four meal drive	Celery BBQ sauce	Cereals containing gluten (wheat)	Crustaceans (Prawn) Tempura ebi + sushi ebi	Eggs	Fish		Milk Cream cheese	M	Mustard Wasabi + spicy sauce for maki + miso aioli			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
As good as it gets		Cereals containing gluten (wheat) Table soya Hotate kataifi Ebi bites Kani korokke Salmon tataki	Crustaceans (Prawn, Crab) Ebi bites Kani korokke	Eggs	Fish		Milk Smoked cheese Miso herb butter, Wasabi ceasar dressing	Molluscs (Scallops) Hotate kataifi Hotate bacon	Mustard			Sesame	Soya	Sulphur Dioxide Tsume soya

Sauces - Page 1.



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Black truffle sauce									Mustard			Sesame seeds	Soya	
Chilli dip				Eggs					Mustard					
Crunchy chili sauce		Cereals containing gluten (wheat)								Nuts (Almonds)		Sesame seeds	Soya	
Goma classic									Mustard			Sesame seeds	Soya	
Spicy Goma									Mustard			Sesame seeds	Soya	
Kizami Wasabi		Cereals containing gluten (wheat)											Soya	
Lime marinade	Celery													
Miso aioli				Eggs					Mustard				Soya	
Miso dip												Sesame seeds	Soya	
Miso herb butter							Milk						Soya	
Miso mustard dressing				Eggs					Mustard				Soya	
Poke sauce												Sesame seeds	Soya	Sulphur Dioxide
Ponzu					Fish								Soya	

Sauces - Page 2.



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Saiko miso													Soya	
Seaweed salad dressing									Mustard			Sesame seeds	Soya	
Spicy miso sauce												Sesame seeds	Soya	
Spicy sauce for maki				Eggs					Mustard			Sesame seeds	Soya	
Spicy tuna sauce		Cereals containing gluten (wheat)											Soya	
Supreme soy													Soya	
Sushi zu														
Table soy		Cereals containing gluten (wheat)											Soya	
Tamari soy													Soya	
Teriyaki													Soya	
Tsume soy													Soya	Sulphur Dioxide
Tosazu					Fish								Soya	
Wasabi caesar dressing				Egg	Fish		Milk		Mustard					
Yuzukosho mayo													Soya	
Yuzu miso sauce									Mustard			Sesame Seeds	Soya	

Desserts



Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Matcha fondant		Cereals containing gluten (wheat)		Eggs			Milk			Nuts Almonds			Soya	
Gateau marcel		Cereals containing gluten (wheat) Chocolate ball		Eggs			Milk						Soya	
UK: Vanilla ice cream DK/DE: Vaniljeis							Milk							
Miso ice cream							Milk						Soya	
UK/DE: White chocolate mousse DK: Hvid chokoladenmousse							Milk						Soya	
Crème brûlée				Eggs			Milk							
Yuzu sorbet														

Kids menu



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Sticks menu (without sticks)		Cereals containing gluten (wheat) Soya fish					Milk Chocolate fish					Sesame seeds Miso dip	Soya Soyafish + miso dip + edamame beans + chocolate fish	
Choice of sticks														
Chicken meatballs				Eggs								Sesame seeds	Soya	
Salmon teriyaki					Fish								Soya	

Sushi menu (without nigiri & maki)		Cereals containing gluten (wheat) Soy fish					Milk Chocolate fish					Sesame seeds Miso dip	Soya Soya fish + miso dip + edamame beans + chocolate fish	
Choice of nigiri														
Salmon nigiri					Fish									
Shrimp nigiri			Crustaceans (Prawns)											
Choice of maki														
Cucumber maki														
Salmon maki					Fish									
Shrimp maki			Crustaceans (Prawns)											
Avocado maki														

Sticks'n'sushi menu (without maki)		Cereals containing gluten (wheat) Soya fish		Eggs Chicken meatballs			Milk Chocolate fish					Sesame seeds Chicken meatballs + miso dip	Soya Chicken meatballs + soya fish + miso dip + chocolate fish	
Choice of maki														
Salmon maki					Fish									
Cucumber maki														

Kids dessert		Cereals containing gluten (wheat) Chocolate ball		Eggs		Kids menu	Milk			Nuts			Soya	
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Spring specials



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Spinach with goma									Mustard			Sesame	Soya	
Lamb tartare	Celery	Cereals containing gluten (wheat) Kizami wasabi		Eggs					Mustard			Sesame Soy sesame	soya	
Shake bacon					Fish		Milk Wild garlic butter							