



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			Sesame seeds Goma	Soya	
Broccoli									Mustard. Spicy goma			Sesame seeds Sesame oil + spicy goma	Soya Supreme soy + spicy goma	
Horenso no goma									Mustard			Sesame	Soya	
Wagyu Bites		Cereals containing gluten (wheat)											Soya Kizami wasabi	
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	
Hiramasa aburi					Fish				Mustard			Sesame	Soya	
Shake tataki		Cereals containing gluten (wheat) Kizami wasabi			Fish							Sesame seeds Sesame oil	Soya Ponzu + kizami wasabi	
Maguro tataki					Fish							Sesame	Soya	
Beef tataki				Eggs Miso aioli					Mustard Miso aioli			Sesame seeds	Soya	
Miso soup													Soya	
Edamame Beans/Bønner (Grilled)												Sesame seeds Sesame oil + soy sesame	Soya	
Edamame Beans/Bønner (Spicy)												Sesame seeds	Soya	
Edamame Beans/Bønner (Salted)													Soya	

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
UK/DE: Cauliflower									Mustard Black truffle sauce			Sesame seeds Mixed sesame + black truffle sauce	Soya Black truffle sauce	
Kinokko katzu													Soya	
Beetroot tartare	Celery Mix											Sesame Seeds Soy sesame	soya	
Tuna tartare	Celery Mix				Fish				Mustard			Sesame	Soya	
Salmon tartare	Celery Mix				Fish				Mustard			Sesame	Soya	
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	
Hiramasa		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soy + supreme soya	
Sashimi mix		Cereals containing gluten (wheat) Table soya			Fish		Bites P.2-Sashimi UK		Mustard Wasabi				Soya Table soy + supreme soya	

Hotate Ceviche	Celery							Molluscs (Scallop)					
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	
Salmon tartare					Fish				Mustard			Sesame	Soya
Hiramasa aburi					Fish				Mustard			Sesame	Soya
Tuna tataki					Fish							Sesame	Soya

Nigiri

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- marinade	Cereals containing gluten (wheat) Table soya			Fish			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			Sesame seeds Soya sesame	Soya Table soya + soya sesame + yuzu kosho mayo	
Aka piman		Cereals containing gluten (wheat) Table soya							Mustard Wasabi				Soya Table soya + 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	
Nasu aburi		Cereals containing gluten (wheat) Table soya							Mustard			Sesame	Soya	Sulfor dioxide
Tokyo Non-stop		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya + tsume soya	Sulphur Dioxide Tsume soya
Kyoto Non-stop		Cereals containing gluten (wheat) Table soya Inari							Mustard NIGIRI			Sesame	Soya	Sulphur Dioxide Tsume soya

Maki - Page 1. UK



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 Spicy sauce for maki	Fish				Mustard Wasabi + spicy sauce for maki			Sesame seeds Spicy sauce for maki	Soya	
Nanban		Cereals containing gluten (wheat)	M		Fish			M	Mustard Yuzukosho mayo			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	
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
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
Wagyu Maki		Cereals containing gluten (wheat) Table soya + kizami wasabi + kataifi							Mustard Wasabi				Soya Kizami wasabi + tsume soy + kataifi	Sulphur Dioxide Tsume soya
Maguro tempura		Cereals containing gluten (wheat)	M	Egg	Fish			M	Mustard			Sesame	Soya	
Red&Green		Cereals/gluten (wheat) Table soy							Mustard Wasabi Yuzukosho mayo			Sesame Seeds Soy sesame	Soya	
Robusuta		Cereals containing gluten (wheat) Table soya	Crustaceans (Langustine)	Egg	Fish Ikura		MAKI P.2 UK		Mustard				Soya	

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	
Aigamo tsukune				Eggs									Soya	Sulphur Dioxide Tsume soya
Shake teriyaki					Fish								Soya Teriyaki sauce	
Hotate bacon								Molluscs (Scallop)					Soya Miso herb sauce	
Gindara no miso					Fish								Soya	
Iberico													Soya	
Chiizu maki							Milk							
Wagyu yaki														
Yaki yagi							Milk							
Buta yaki									Mustard Yuzu miso sauce			Sesame seeds Mixed sesame + yuzu miso sauce	Soya	
Atichoku									Mustard Yuzukosho mayo				Soya Yuzukosho mayo	
Eringi												Sesame seeds Sesame oil	Soya Supreme soya + miso herb sauce	
Imo yaki												Sesame seeds Sesame oil + soya sesame	Soya Teriyaki sauce + soya sesame	
Shishito		Cereals/gluten (wheat) spicy gouchujang sauce											Sesame Seeds	Soya spicy gouchujang sauce
Rice														
Hiramasa kama					Fish								Soya Miso soup	

Salads&Chirashi



Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
DE:Chaos und liebe DK: Kaos&Kærlighed UK: Beautiful mess		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi			Sesame seeds Soy sesame Poke sauce	Soya Table soya + soy sesame+poke sauce	Sulphur Dioxide Poke sauce
Osaka chaos/kaos		Cereals containing gluten (wheat) Table soya	Crustaceans (Prawn) Sushi ebi	Eggs Tamago	Fish				Mustard Wasabi			Sesame seeds Soy sesame	Soya	Sulphur Dioxide Tsume soya
Jungle Fish	Celery Mix		Crustaceans (Prawns) Sushi ebi	Eggs Miso mustard	Fish				Mustard miso mustard			Sesame seeds Sesame oil + soy sesame	Soya Soy 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 + soy sesame	Soya Soy sesame	
Greengate	Celery Mix								Mustard goma			Sesame seeds Sesame oil + soy sesame	Soya Soy sesame + quinoa	

::	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	Eggs Spicy sauce for maki + tempura ebi	Fish		Milk Cream cheese	M	Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Greenkeeper	Celery Mix	Cereals containing gluten (wheat) Table soya Inari							Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Mixed emotions		Cereals containing gluten (wheat)	Crustaceans (Prawn)	Eggs	Fish		Milk Cream cheese	M	Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Robust		Cereals containing gluten (wheat)		Eggs			Milk Wasabi ceasar		Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume 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 (Prawns + Crab)	Eggs	Fish		Milk	Molluscs (Scallops) Hotate bacon	Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Table for 2 sushi		Cereals containing gluten (wheat) Table soya + Inari + kataifi + spicy tuna roll	Crustaceans (Prawn) Sushi ebi	Eggs Spicy sauce for maki	Fish		Milk Cream cheese		Mustard Wasabi + spicy sauce for maki			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 Spicy sauce for maki + tempura shrimp	Fish		Milk Cream cheese	M	Mustard Wasabi + Spicy sauce for maki			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
As good as it gets	Celery BBQ sauce Mix	Cereals containing gluten (wheat)	Crustaceans (Prawns + Langustine)	Eggs	Fish			Molluscs (Scallops) Hotate kataifi + Hotate ceviche	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					
Chilli dip vegan													Soya	
Crunchy chili sauce		Cereals containing gluten (wheat)								Nuts (Almonds)		Sesame seeds	Soya	
Goma									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 sauce													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
Wasabi caesar dressing				Egg	Fish		Milk		Mustard					
Yuzukosho mayo									Mustard				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														

Desserts Take away



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Marcel Cake Take away		Cereals containing gluten (wheat) Chocolate ball		Eggs			Milk						Soya	
White chocolate mousse Take away				Eggs			Milk						Soya	
Crème caramel Take away				Eggs			Milk						Soya	

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Festive menu		Cereals containing gluten (wheat) Table soya + 'ebi bites + Maguro tempura	Crustaceans (Prawns)	Eggs	Fish			M	Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Mistletoe menu		Cereals containing gluten (wheat)	Crustaceans (Langustine + Crab)	Eggs	Fish		Milk	M	Mustard			Sesame seeds	Soya	Sulphur Dioxide
Green menu	Celery	Cereals containing gluten (wheat) Table soya + Toast + Gouchujang sauce+ Kisami wasabi							Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya

Robusuta korokke		Cereals containing gluten (wheat)	Crustaceans (Lobster)	Eggs			Milk	M	Mustard Lobster mayo				Soya Lobster mayo	
Wagyu Aburi nigiri		Cereals containing gluten (wheat) Table soy							Mustard. Wasabi				Soya Tsume soya/supreme sauce	Sulphur Dioxide Tsume soya/supreme sauce
Miso fried sprouts									Mustard			Sesame	Soya	
Chicks n blankets				Eggs								Sesame seeds	Soya	
Portobello tataki		Cereals containing gluten (wheat) Kisami wasabi										Sesame	Soya	
Dark chocolate fondant		Cereals containing gluten (wheat)		Eggs			Milk						Soya	