

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.
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	Red means that this dish contains the allergen shown and cannot be modified.
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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.
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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					
Hiramasata 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	
Maguro tataki					Fish				Mustard			Sesame	Soya	
Beef tataki				Eggs Miso aioli	Fish				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	
Kinoko katzu													Soya	
Green tartare									Mustard			Sesame	Soya	
Tuna Bites/Tartare		Cereals containing gluten (wheat) Flatbread			Fish				Mustard			Sesame	Soya	
Salmon tartare					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)	Mustard			Sesame	Soya	

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)	Mustard			Sesame	Soya	
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	
Tuna Tartare		Cereals containing gluten (wheat) Flatbread			Fish				Mustard			Sesame	Soya	
Shake Carpaccio	Celery Lime marinade			Eggs Miso aioli	Fish				Mustard Miso aioli				Soya Miso aioli	
Tuna tataki					Fish				Mustard			Sesame	Soya	

Nigiri

STICKS N SUSHI

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 Yuzukosho mayo			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 Kisami wasabi							Mustard			Sesame	Soya	Sulfur 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 Kisami wasabi							Mustard NIGIRI			Sesame	Soya	Sulphur Dioxide Tsume soya

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			Crustaceans (Prawns) Sushi ebi	Eggs Miso mustard	Fish				Mustard miso mustard			Sesame seeds Sesame oil + soy sesame	Soya Soy sesame + miso mustard	
Green bird				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									Mustard goma			Sesame seeds Sesame oil + soy sesame	Soya Soy sesame + quinoa	

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) Kataifi Table soya		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 aïoli		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	
Aka ebi		Cereals containing gluten (wheat) Table soya	Crustaceans (Prawn)		Fish Ikura		Milk Garlic butter		Mustard Wasabi			Sesame Seeds	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	
Aka ebi			Crustaceans (Prawn)				Milk Garlic butter					Sesame Seeds	Soya	
Gindara no miso					Fish								Soya	
Iberico													Soya	
Chiizu maki							Milk							
Wagyu yaki														
Gyu habu													Soya Miso herb sauce	
Yaki yagi							Milk							
Buta yaki									Mustard Yuzu miso sauce			Sesame seeds Mixed sesame + yuzu miso sauce	Soya	
Eringi												Sesame seeds Sesame oil	Soya Supreme soya + miso herb sauce	
Imo yaki												Sesame seeds Sesame oil + soya sesame	Soya Teriyaki sauce + soya sesame	
Matr chili						Lupin			Mustard Chili dip				Soya Teriyaki sauce	
Shishito												Sesame Seeds	Soya	
Rice														
Hiramasa kama					Fish								Soya Miso soup	

Menus - Page 1. UK



::	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		Cereals containing gluten (wheat) Table soya Inari				Lupin Matr chili			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	Eggs	Fish		Milk Wasabi ceasar dressing	M	Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Perfect day 3P		Cereals containing gluten (wheat)	Crustaceans (Prawn) Crispy ebi Ebi bites	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	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	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	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	Cereals containing gluten (wheat)	Crustaceans (Prawns)	Eggs	Fish		Milk Garlic butter	Molluscs (Scallops) Hotate kataifi	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	
Chojang sauce												Sesame seeds	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	
Onion wafu												Sesame seeds	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	
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



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Matcha financier		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	
Vanilla crème brûlée				Eggs			Milk							
Black current sorbet														
Mango sorbet														
Chocolate/Almond ice										Nuts (Almond)				

Take away



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Gateau Marcel 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	

Desserts



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Matcha		Cereals containing gluten (wheat)		Eggs			Milk						Soya	
Goma		Cereals containing gluten (wheat) Tuille		Eggs			Milk					Sesame seeds		
Yuzu		Cereals containing gluten (wheat)		Eggs			Milk							
Karameru		Cereals containing gluten (wheat) Cookie crumble&Sour dough ice		Eggs			Milk			Nuts (Hazelnut) Hazelnut/chocolate			Soya	
Kids lolly		Cereals containing gluten (wheat) Cookie crumble		Eggs			Milk						Soya	
Sharbetto										Nuts (Almond) Chocolate ice				
Black current sorbet														
Mango sorbet														
Chocolate/Almond ice										Nuts (Almond)				

Take away



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Matcha/chocolate		Cereals containing gluten (wheat) Matcha crumble		Eggs			Milk						Soya	
Goma		Cereals containing gluten (wheat) Tuille		Eggs			Milk					Sesame seeds		

Kids menu

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 lolly		Cereals containing gluten (wheat) Cookie crumble		Eggs			Milk						Soya	
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Stick n santa specials



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Miso me keybetsu									Mustard			Sesame	Soya	
Wagyu Temaki		Cereals containing gluten (wheat) Table soy										Sesame	Soya Tsume soy	Sulphur Dioxide Tsume soy
Wagyu Temaki add Caviar		Cereals containing gluten (wheat) Table soy			Fish							Sesame	Soya Tsume soy	Sulphur Dioxide Tsume soy
Kakiage Ikura		Cereals containing gluten (wheat)			Fish		Milk		Mustard				Soya	

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Miso me keybetsu									Mustard			Sesame	Soya	
Ebi Bites		Cereals containing gluten (wheat)	Crustaceans (Prawn)	Eggs				M	Mustard Miso aioli				Soya Miso aioli	
Salmon tartare		Cereals containing gluten (wheat) Flatbread			Fish				Mustard			Sesame	Soya	
Beef tataki				Eggs Miso aioli	Fish				Mustard Miso aioli			Sesame seeds	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	
Aka piman nigiri		Cereals containing gluten (wheat) Table soya							Mustard Wasabi				Soya Table soya + yuzu kosho mayo	
Aka piman nigiri		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya	
Buta yaki									Mustard Yuzu miso sauce			Sesame seeds Mixed sesame + yuzu miso	Soya	
Shake teriyaki					Fish								Soya Teriyaki sauce	
Chicks n blankets				Eggs								Sesame	Soya Miso herb sauce	

Mistletoe

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Miso me keybetsu									Mustard			Sesame	Soya	
Kani korokke		Cereals containing gluten (wheat)	Crustaceans (Crab)	Eggs	Fish		Milk	M	Mustard Wasabi caesar dressing					
Kakiage Ikura		Cereals containing gluten (wheat)			Fish		Milk		Mustard				Soya	
Maguro tataki					Fish							Sesame	Soya	
Wagyu Temaki		Cereals containing gluten (wheat) Table soya										Sesame	Soya Tsume soya	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 soya + spicy sauce for maki	Sulphur Dioxide Tsume soya
Black cod maki		Cereals containing gluten (wheat) Table soya			Fish							Sesame seeds Soy nsesame	Soya	Sulphur Dioxide Tsume soya
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	
Iberico													Soya	
Aka ebi			Crustaceans (Prawn)				Milk Garlic butter					Sesame Seeds	Soya	



Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Miso me keybetsu									Mustard			Sesame	Soya	
Cauliflower									Mustard Black truffle sauce			Sesame seeds Mixed sesame + black truffle sauce	Soya Black truffle sauce	
Kinoko aburi												Sesame seeds Sesame oil + soya sesame	Soya	
Green tartare		Cereals containing gluten (wheat) Flatbread							Mustard			Sesame	Soya	
Inari		Cereals containing gluten (wheat)							Mustard Wasabi			Sesame seeds Mixed sesame	Soya Shitake	
Abokado nigiri		Cereals containing gluten (wheat) Table soya							Mustard Wasabi			Sesame seeds Soya sesame	Soya Table soya + soya sesame + yuzu kosho mayo	
Red&Green		Cereals/gluten (wheat) Table soy							Mustard Wasabi Yuzukosho mayo			Sesame Seeds Soy sesame	Soya	
Nasu aburi temaki		Cereals containing gluten (wheat) Table soya Kisami wasabi							Mustard			Sesame	Soya	Sulfur dioxide
Imo yaki												Sesame seeds Sesame oil + soya sesame	Soya Teriyaki sauce + soya sesame	
Matr chili						Lupin			Mustard Chili dip				Soya Teriyaki sauce	
Shishito												Sesame Seeds	Soya	

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Edamame Beans/Bønner (Grilled)												Sesame seeds Sesame oil + soy sesame	Soya	
Robusuta korokke		Cereals containing gluten (wheat)	Crustaceans (Lobster)	Eggs			Milk	M	Mustard Miso aioli				Soya Miso aioli	
Lobster bisque		Cereals containing gluten (wheat)	Crustaceans (Lobster)				Milk	Molluscs (Mussels)				Sesame	Soya	
Shake tataki		Cereals containing gluten (wheat) Kizami wasabi			Fish							Sesame seeds Sesame oil	Soya Ponzu + kizami wasabi	
Tuna bites		Cereals containing gluten (wheat) Flatbread			Fish				Mustard			Sesame	Soya	
Hotate Ceviche	Celery							Molluscs (Scallop)	Mustard			Sesame	Soya	
Wagyu Temaki&Caviar		Cereals containing gluten (wheat) Table soy			Fish							Sesame	Soya Tsume soy	Sulphur Dioxide Tsume soy
Black cod maki		Cereals containing gluten (wheat) Table soya			Fish							Sesame seeds Soy nsesame	Soya	Sulphur Dioxide Tsume soya
Softshell crab maki		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 yaki														
Yuzu		Cereals containing gluten (wheat)		Eggs			Milk							

Group menus UK

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Ichi ban		Cereals containing gluten (wheat)	Crustaceans (Prawn) Crispy ebi	Eggs	Fish		Milk Wasabi ceasar dressing		Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Matcha financier		Cereals containing gluten (wheat)		Eggs			Milk			Nuts Almonds			Soya	
Vanilla crème brûlée				Eggs			Milk							
Ni ban	Celery Lime marinade + BBQ sauce	Cereals containing gluten (wheat)	Crustaceans (Prawns + Crab)	Eggs	Fish		Milk	Molluscs (Scallops) Hotate bacon	Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Gateau Marcel		Cereals containing gluten (wheat) Chocolate ball		Eggs			Milk						Soya	
White chocolate mousse							Milk						Soya	
San ban	Celery BBQ sauce	Cereals containing gluten (wheat)	Crustaceans (Prawns)	Eggs	Fish		Milk Garlic butter	Molluscs (Scallops) Hotate kataifi	Mustard			Sesame	Soya	Sulphur Dioxide Tsume soya
Gateau Marcel		Cereals containing gluten (wheat) Chocolate ball		Eggs			Milk						Soya	
Vanilla crème brûlée				Eggs			Milk							
Yakitori		Cereals containing gluten (wheat)		Eggs			Milk Wasabi ceasar		Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Gateau Marcel		Cereals containing gluten (wheat) Chocolate ball		Eggs			Milk						Soya	
White chocolate mousse							Milk						Soya	
Yasai		Cereals containing gluten (wheat) Table soya Inari				Lupin Matr chili			Mustard			Sesame seeds	Soya	Sulphur Dioxide Tsume soya
Sorbet														

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Edamame Beans/Bønner (Salted)													Soya	
Shake tataki		Cereals containing gluten (wheat) Kizami wasabi			Fish							Sesame seeds Sesame oil	Soya Ponzu + kizami wasabi	
Karaage		Cereals containing gluten (wheat)	M	Eggs Wasabi caesar dressing	Fish		Milk Wasabi caesar dressing	M	Mustard Wasabi caesar dressing				Soya	
Abokado		Cereals containing gluten (wheat) Table soya							Mustard Wasabi			Sesame seeds Soya sesame	Soya Table soya + soya sesame + yuzu kosho mayo	
Maguro		Cereals containing gluten (wheat) Table soya			Fish				Mustard Wasabi				Soya Table soya	
Spicy tuna		Cereals containing gluten (wheat) Kataifi Table soya		Eggs Spicy sauce for maki	Fish				Mustard Wasabi + spicy sauce for maki			Sesame seeds Spicy sauce for maki	Soya	
Crispy ebi		Cereals containing gluten (wheat)	Crustaceans (Prawn)	Eggs					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
Ricepaper Duck									Mustard Goma			Sesame seeds Goma	Soya	
Tsukune				Eggs								Sesame seeds	Soya	
Shake teriyaki					Fish								Soya Teriyaki sauce	
Buta yaki									Mustard Yuzu miso sauce			Sesame seeds Mixed sesame + yuzu miso sauce	Soya	
Matcha financier		Cereals containing gluten (wheat)		Eggs			Milk			Nuts Almonds			Soya	
Vanilla crème brûlée				Eggs			Milk							

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Broccoli									Mustard. Spicy goma			Sesame seeds Sesame oil + spicy goma	Soya Supreme soy + spicy goma	
Kani korokke		Cereals containing gluten (wheat)	Crustaceans (Crab)	Eggs	Fish		Milk	M	Mustard Wasabi caesar dressing					
Ebi Bites		Cereals containing gluten (wheat)	Crustaceans (Prawn)	Eggs				M	Mustard Miso aioli				Soya Miso aioli	
Tuna Tartare		Cereals containing gluten (wheat) Flatbread			Fish				Mustard			Sesame	Soya	
Shake Carpaccio	Celery Lime marinade			Eggs Miso aioli	Fish				Mustard Miso aioli				Soya Miso aioli	
Nanban		Cereals containing gluten (wheat)	M		Fish			M	Mustard Yuzukosho mayo			Sesame	Soya	Sulphur Dioxide Tsume soya
Pink alaska		Cereals containing gluten (wheat) Table soya			Fish		Milk Cream cheese		Mustard Wasabi				Soya Table 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	
Yaki yagi							Milk							
Tsukune chili				Eggs					Mustard			Sesame seeds	Soya	
Hotate bacon								Molluscs (Scallop)					Soya Miso herb sauce	
Gateau Marcel		Cereals containing gluten (wheat) Chocolate ball		Eggs			Milk						Soya	
White chocolate mousse							Milk						Soya	

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Edamame Beans/Bønner (Grilled)												Sesame seeds Sesame oil + soy sesame	Soya	
Hotate Kataifi		Cereals containing gluten (wheat)	M	Eggs	Fish Trout roe			Molluscs (Scallop)	Mustard Miso aioli				Soya	
Wagyu Bites		Cereals containing gluten (wheat)											Soya Kizami wasabi	
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	
Maguro tataki					Fish							Sesame	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	
Aka ebi		Cereals containing gluten (wheat) Table soya	Crustaceans (Prawn)		Fish Ikura		Milk Garlic butter		Mustard Wasabi			Sesame Seeds	Soya	
Gindara no miso					Fish								Soya	
Aigamo tsukune				Eggs									Soya	Sulphur Dioxide Tsume soya
Gateau Marcel		Cereals containing gluten (wheat) Chocolate ball		Eggs			Milk						Soya	
Vanilla crème brûlée				Eggs			Milk							

Yakitori



STICKS N SUSHI

Dish	Celery	Cereals/gluten (wheat)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Edamame Beans/Bønner (Spicy)												Sesame seeds	Soya	
Broccoli									Mustard. Spicy goma			Sesame seeds Sesame oil + spicy goma	Soya Supreme soy + spicy goma	
Karaage		Cereals containing gluten (wheat)	M	Eggs Wasabi caesar dressing	Fish		Milk Wasabi caesar dressing	M	Mustard Wasabi caesar dressing				Soya	
Buta yaki									Mustard Yuzu miso sauce			Sesame seeds Mixed sesame + yuzu miso sauce	Soya	
Yaki yagi							Milk							
Tsukune chili				Eggs					Mustard			Sesame seeds	Soya	
Eringi												Sesame seeds Sesame oil	Soya Supreme soya + miso herb sauce	
Aigamo tsukune				Eggs									Soya	Sulphur Dioxide Tsume soya
Gateau Marcel		Cereals containing gluten (wheat) Chocolate ball		Eggs			Milk						Soya	
White chocolate mousse							Milk						Soya	