

MA/NA À LA CARTE

Welcome to MA/NA.

[ma:na]

noun

MA/ the space between moments

NA/ the energy within them

Welcome to MA/NA, where we are guided by three principles: **Precision / Heat / Rhythm.**

A force; an energy. Rooted in the Japanese philosophy of 'MA/' - meaning the beauty of balance, atmosphere and intentional space - and 'NA/', the pulse that fills the room, the movement, conversation, rhythm and shared energy. It's a presence that exists beneath everything.

Across multiple cultures, 'mana' is understood as the unseen life force. The energy that flows through people, places and moments. The life force that animates us and brings us to life. It is what gives meaning to experience, depth to connection and intention to craft. Translated literally it means "cuisine dancing beautifully".

MA/NA celebrates the craft of Japanese cuisine, intention and experience where food, cocktails and music come together under one roof. It's a philosophy as much as a place. Everything here is designed around energy. The connection between ingredients, people and space.

MA/NA is proud to be the world's first fully gluten-free Japanese restaurant, Coeliac UK approved and entirely nut-free. This is not a restriction. It is freedom: a space where we invite you to dine without compromise.

For every meal enjoyed here, we provide another to someone less fortunate. Together with our sister restaurant Los Mochis and the wider Thesleff Group, we believe hospitality should extend beyond our walls. Through our partnership with The Felix Project, StreetSmart, Magic Breakfast and other initiatives, we have helped provide over one million meals to those in need.

Thank you for being part of the story.



coeliacuk

YOUKOSO

EDAMAME (VG) Himalayan Salt	8
SPICY EDAMAME (VG) Chili / Sesame	8
TRUFFLE EDAMAME (VG) Toriyaki / Seasonal Fresh Truffle / Sesame	11
SHISHITO PEPPERS (VG) Sake / Tamari / Yuzu Salt	11
MISO SOUP (VG) Mushroom Dashi / Wakame / Tofu / Spring Onion	7
ASARI CLAM SOUP Japanese Littleneck Clams / Ichiban Dashi / Mitsuha / Spring Onion / Shichimi	11

(V) Vegetarian, (VG) Vegan

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SMALL PLATES

CAVIAR (30g / 50g)	105 175
Oscietra / Blinis / Cured Egg Yolk / Yuzu Crème	
TARABAGANI TARTARE	55
Norwegian King Crab / Yuzu / Masago / Pink Peppercorns / Truffle Butter Ponzu / Oscietra Caviar	
O-TORO TARTARE	39
Fatty Bluefin Tuna / Avocado / Truffle Soy / Kaiware / Tobiko / Daikon / Shallots / Fresh Wasabi / Rice Crisps	
CAULIFLOWER WASABI (VG)	15
Cauliflower Tempura / Wasabi Mayonnaise / Chives	
IWA-EBI WASABI	18
Rock Shrimp Tempura / Tobiko / Wasabi Mayonnaise / Spring Onion / Sesame	
IKA KARAAGE	18
Fried Calamari / Chillies / Dried Bonito / Spicy Yuzu Aioli	
AVOCADO ABURI (VG)	17
Grilled Avocado / Japanese Teriyaki Mushrooms / Asparagus / Spicy Aioli / Spring Onion / Sesame	
O-TORO CRUDO	32
Fatty Bluefin Tuna / Kizami Wasabi / Dehydrated White Miso	
KURODAI CARPACCIO	22
Black Bream / Mizuna / Red Onion / Wafu Goma Dressing / Black Lava Salt / Yuzu Pearls	
WAGYU CARPACCIO	32
Wagyu A5 Sirloin / Garlic Ponzu / Fried Capers / Micro Shiso	

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SMALL PLATES

TARABA NO HONO Norwegian King Crab / Spicy Aioli / Masago / Teriyaki / Spring Onion	95
HAMACHI CARPACCIO Yellowtail / Citrus Ponzu / Balsamic / Yuzukosho / Red Radish / Spring Onion	23
MASU CARPACCIO Cornish Sea Trout / Cherry Tomato / Yuzu Pesto / Balsamic / Chive / Jalapeño	21
SPICY EBI Tiger Prawn Tempura / Spicy Mayonnaise / Asparagus / Spring Onion / Dehydrated Red Miso	28
EBI GYOZA Tiger Prawn / Yamaimo / Ginger / Sesame Soy	18
YASAI GYOZA (VG) Japanese Mushrooms / Spinach / Beansprouts / Sesame Soy / Spring Onion	15
WAGYU BONE MARROW YAKINIKU Smoked Tare / Yuzu Chimichurri / Pearl Onion Confit / Lemon / Rice Crackers	28
EBI TEMPURA Tiger Prawn / Tempura Sauce / Ginger Oroshi	22
YASAI MORIAWASE TEMPURA (V) Pumpkin / Shiitake / Enoki / Aubergine / Carrot / Asparagus / Tempura Sauce / Ginger Oroshi	15

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ROBATA

ASPARAGUS (VG) 14

Yuzu Truffle Butter / Shiso Salt

NASU (VG) 15

Aubergine / Ginger Yuzu Miso / Sesame / Dehydrated Miso

BABY CORN (VG) 12

Saikyo Miso / Shichimi

NEGIMA YAKITORI 19

Free - Range Chicken Thigh / Spring Onion / Yakitori Sauce / Shichimi

WAGYU KUSHIYAKI 35

Wagyu A5 Rib Kalbi / Yuzu Chimichurri / Jalapeño Sauce / Coriander / Shichimi

TURKEY BACON KINOKO 16

Enoki Mushroom / Turkey Bacon / Tare / Shichimi

WAGYU FOIE 33

Wagyu A5 Striploin / Wagyu Bone Marrow / Duck Foie / Teriyaki / Terrine / Shichimi

TAKO NO TERIYAKI 47

Grilled Spanish Octopus / Teriyaki / Yuzu Kosho Aioli / Dehydrated Red Shiso

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SALADS

KAISO (VG) Mixed Seaweed / Ponzu / Sesame	11
SASHIMI SALAD Chef's Sashimi Selection / Citrus Ginger / Wafu Goma / Plum Tomato / Wasabina Leaf / Mizuna / Kaiware / Shichimi	18
HORENSO GOMAE (VG) Baby Spinach / Garlic / Truffle Wafu Goma / Sesame	15
ZUKKINI (VG) Courgette Noodles Crudo / Miso Dressing / Dehydrated Miso / Sesame / Micro Cress	16
KINOKO (VG) Japanese Mushrooms / Radicchio / Watercress / Mizuna / Endive / Yuzu Honey / Crispy Mushroom	17
KAMO Crispy Duck / Mixed Cabbage / Hoisin Amazu Teriyaki / Pomegranate / Spring Onion	27

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NIGIRI & SASHIMI

(2 PIECES PER PORTION)

(3 PIECES PER PORTION)

MA/NA SIGNATURE SASHIMI & NIGIRI PLATTER

12 Pieces of our Sushi Chef's Seasonal Selection	85
24 Pieces of our Sushi Chef's Seasonal Selection	135

AKAMI Lean Bluefin Tuna / Fresh Seasonal Truffle	16	IKA Cuttlefish	15
CHUTORO Medium Fatty Bluefin Tuna	21	MASU Sea Trout	19
O-TORO Fattiest Bluefin Tuna	26	KAMPACHI Amberjack	18
HAMACHI Yellowtail	26	UNAGI Fresh-Water Eel	15
HIRAME Flounder	17	BOTAN EBI Spot Prawn	25
KURO TAI Black Sea Bream	15	MASUKO Trout Roe	16
SHIMA AJI Striped Jack	21	WAGYU A5 Tenderloin / Oscietra Caviar	22
SUZUKI Seabass	17	TAMAGO (V) Japanese Rolled Omellete	12
TARABA King Crab	25		

	IKIZUKURI Seasonal Fish of the Day / Nikiri Sauce / Citrus Truffle / Soy / Jalapeño Sauce / Fresh Wasabi	100
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MAKI

MA/NA SIGNATURE SUSHI PLATTER

36 pcs Sushi Chef's Seasonal Selection (3 styles of Maki Rolls, 4 styles of Sashimi, 3 styles of Nigiri)

135

HOSO MAKI (VG)	13	CRUNCHY SCALLOP DYNAMITE MAKI	22
Cucumber / Avocado / Oshingko / Sesame		California Maki / Scallop / Creamy Spicy Masago / Tanuki / Truffle Teriyaki	
MASU AVOCADO HOSO MAKI	15	HAMACHI TATAKI MAKI	17
Cornish Sea Trout / Avocado / Fresh Wasabi		California Maki / Seared Yellowtail / Spicy Aioli / Truffle Teriyaki	
AKAMI HOSO MAKI	19	5 SEAS KINUTA	21
Lean Bluefin Tuna / Fresh Wasabi		Cornish Sea Trout / Hamachi / Akami / Hirame / Avocado / Yamagobo / Chive / Cucumber Wrap / Yuzu Miso	
NEGITORO HOSO MAKI	21	VEGETABLE KAISO KINUTA (VG)	16
Fatty Bluefin Tuna / Spring Onion / Ponzu		Carrots / Heirloom Beetroot / Asparagus / Avocado / Yamagobo / Chive / Cucumber Wrap / Yuzu Miso	
YASAI MAKI (VG)	14	EBI TEMPURA MAKI	19
Asian Mixed Vegetables / Cucumber / Avocado / Gobo / Pickled Ginger / Sesame		Prawn Tempura / Spicy Aioli / Kosho / Avocado / Cucumber / Tanuki / Kaiware	
SPICY AKAMI MAKI	15	DRAGON MAKI	25
Lean Bluefin Tuna / Spicy Miso / Cucumber / Buboarare		Ebi Tempura / BBQ Eel / Avocado / Spicy Aioli / Eel Soy / Trout Roe	
SPICY O-TORO MAKI	19	RAINBOW MAKI	25
Fatty Bluefin Tuna / Spicy Miso / Avocado / Sesame		California Maki / Akami / Chutoro / Hamachi / Trout / Seabass / Avocado / Masago / Spicy Aioli / Truffle Teriyaki	
CALIFORNIA MAKI	18		
Snow Crab / Avocado / Cucumber / Spicy Mayonnaise / Sesame / Tobiko			
MASU DYNAMITE MAKI	16		
California Maki / Cornish Trout / Creamy Spicy Masago / Shallot / Sesame / Truffle Teriyaki			

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LARGE PLATES

GINDARA SAIKYO-YAKI 52

Roasted North Atlantic Cod / Yuzu Miso / Pickled Kimchi Daikon / Edamame

MUSHI SUZUKI 39

Steamed Brittany Seabass / Sesame Soy / Herb Salad / Garlic Salt

SUZUKI NO HONO 49

Roasted Chilean Seabass / Chilli Garlic Soy / Marinated Pepper / Spring Onion

JIDORI NO TERIYAKI 35

Grilled Boneless Free-Range Yorkshire Whole Baby Chicken / Ginger Honey Teriyaki / Yuzu Salt

WAGYU WASABI 68

Grilled Ribeye / Ginger / Garlic / Fresh Wasabi / Karashi / Spicy Leek

WAGYU A5 ISHIYAKI 90

Wagyu A5 Fillet / Himalayan Salt Stone / Garlic Ponzu / Asian Leaves

TRUFFLE FRIED RICE (VG) 26

Nigata Prefecture Short Grain Rice / Seasonal Black Truffles / Zenmai / Garlic / Onion / Chive /
Roasted Black Sesame Seed

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LARGE PLATES

JAP-CHAE NOODLES (VG)	21
Konjac Shirataki Glass Noodles / Shiitake / Spinach / Peppers / Carrots / Spring Onions / Toasted Black Sesame	
YAKI-DOFU KARE (VG)	28
Japanese Curry / Grilled Tofu / Broccolini / Coconut / Green Apple / Ginger / Red Chilli / Wasabi Oil / Coriander Cress	

SIDES

STEAMED WHITE RICE (VG)	5
STEAMED BROWN RICE (VG)	5
YASAI ITAME (VG)	7
Stir-Fried Long Beans / Broccolini / Fried Garlic	

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STEAK

KOBE

MA/NA is one of a select number of London restaurants officially certified to serve authentic Kobe beef, sourced exclusively from the Tajima strain of Japanese Black cattle raised in Hyōgo Prefecture. It is considered the world's best beef.

Renowned for its incredibly strict certification standards, the Hyōgo region produces beef of exceptional quality thanks to incredibly lush pasture and elite animal husbandry techniques passed down through generations. It is defined by its fine, even marbling and remarkable depth of buttery flavour.

JAPANESE WAGYU A5

MA/NA presents Wagyu A5, the highest grade awarded under Japan's rigorous beef classification system, representing the pinnacle of marbling, yield and overall quality.

Sourced from exceptional Japanese Black cattle across select regions of Japan, Wagyu A5 is defined by its abundant, intricate marbling and pronounced richness. Compared to the more tightly regulated and region-specific nature of Kobe beef, A5 Wagyu offers a broader expression of Japan's finest beef, delivering a deeper, indulgent intensity, with a luxurious, lingering finish.

AUSTRALIAN WAGYU MB 8-9

Selected for its depth and balance, Australian Wagyu MB 8-9 offers a refined and structured interpretation of Wagyu.

Raised in Australia from carefully developed Wagyu bloodlines, this beef delivers generous marbling with a firmer texture and more pronounced, savoury character. In contrast to the delicacy of Kobe beef and the intensity of A5 Wagyu, MB 8-9 presents a more classic steak experience, combining richness with definition and a clean, satisfying finish.

SELECTION OF STEAKS BY WEIGHT

All MA/NA beef is available in increments of 100g
Minimum order for all ribeye and sirloin is 200g

Kobe Sirloin, Ribeye, Fillet	125 155 125
Japanese Wagyu A5 Sirloin, Ribeye, Fillet	63 69 65
Australian Wagyu MB 8-9 Sirloin, Ribeye, Fillet	45 50 45
<i>Served with Karashi & Wasabi Ponzu, Salsa Verde, Black Truffle Salt</i>	

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TASTING MENU

145 PER GUEST

TRUFFLE EDAMAME (VG)

Teriyaki / Seasonal Fresh Truffle / Sesame

O-TORO TARTARE

Fatty Bluefin Tuna / Avocado / Truffle Soy / Kaiware / Tobiko / Daikon / Shallots / Fresh Wasabi / Rice Crisps

IWA-EBI WASABI

Rock Shrimp Tempura / Tobiko / Wasabi Mayonnaise / Spring Onion / Sesame

AVOCADO ABURI (VG)

Grilled Avocado / Japanese Teriyaki Mushrooms / Asparagus / Spicy Aioli / Spring Onion / Sesame

HAMACHI CARPACCIO

Yellowtail / Citrus Ponzu / Balsamic / Yuzukosho / Red Radish / Spring Onion

HORENSO GOMAE (VG)

Baby Spinach / Garlic / Truffle Wafu Goma / Sesame

GINDARA SAIKYO YAKI

Roasted North Atlantic Cod / Yuzu Miso / Pickled Kimchi Daikon / Edamame

WAGYU WASABI

Grilled Rib Eye / Ginger / Garlic / Fresh Wasabi / Karashi / Spicy Leek

TRUFFLE FRIED RICE (VG)

Nigata Prefecture Short Grain Rice / Seasonal Black Truffles / Zenmai / Garlic / Onion / Chive / Roasted Black Sesame

DARK CHOCOLATE FONDANT (V)

Callebaut 70% Dark Chocolate / Cacao Nibs / Wasabi Ice Cream

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VEGETARIAN TASTING MENU

120 PER GUEST

TRUFFLE EDAMAME (VG)

Teriyaki / Seasonal Fresh Truffle / Sesame

CAULIFLOWER WASABI (VG)

Cauliflower Tempura / Wasabi Mayonnaise / Chives

AVOCADO ABURI (VG)

Grilled Avocado / Japanese Teriyaki Mushrooms / Asparagus / Spicy Aioli / Spring Onion / Sesame

NASU (VG)

Aubergine / Ginger Yuzu Miso / Sesame / Dehydrated Miso

HORENSO GOMAE (VG)

Baby Spinach, Garlic, Truffle Wafu Goma, Sesame

VEGETABLE KAISO KINUTA (VG)

Carrots / Heirloom Beetroot / Asparagus / Avocado / Yamagobo / Chive / Cucumber Wrap / Yuzu Miso

JAP-CHAE NOODLES (VG)

Konjac Shirataki Glass Noodles / Shiitake / Spinach / Peppers / Carrot / Spring Onion / Roasted Black Sesame

TRUFFLE FRIED RICE (VG)

Nîgata Prefecture Short Grain Rice / Seasonal Black Truffles / Zenmai / Garlic / Onion / Chive / Roasted Black Sesame

MISO FONDANT (V)

Soba-Vanilla Ice Cream

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TASTING MENU WINE PAIRING

130 PER GUEST

Domaine Soupé Grand Cru 'Preuses' 2022

Chablis / France

Domaine de Ladoucette 'Baron de L' 2023

Pouilly-Fumé / France

Château Minuty '281' 2024

Provence / France

Domaine Desvignes Givry Rouge 2021

Burgundy / France

Framingham Noble Riesling 2025

Marlborough / New Zealand

TASTING MENU SAKE PAIRING

120 PER GUEST

Dassai 23 Junmai Daiginjo

Yamaguchi / Japan

Masumi 'Sanka' Junmai Daiginjo

Nagano / Japan

Gassan No Yuki Junmai Ginjo

Yamagata / Japan

Daischichi Junmai Kimoto Classic

Fukushima / Japan

Chiebijin Black Tea Umesu

Oita / Japan

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