

RAMEN

43.	<b>Chicken Ramen</b>	£19.77
	Broth, noodles sweet corn, boiled egg, chicken, Nori, narutomaki, mushroom, broccolini, sesame seed, spring onion	
43a.	<b>Hakata Ramen</b>	£19.77
	Broth, noodles, sweetcorn, boiled egg, pork, nori, narutomaki, mushroom, broccolini, sesame seed and spring onion	
43b.	<b>Seafood Ramen</b>	£22.77
	Broth, Prawns, Scallops, Noodles, Broccolini, Wakame, Mushroom, boiled Egg, Narutomaki, Scallions and Sesame Oil.	

\*Shoyu based Ramen on the Vegan menu.

YAKISOBA

Japanese Stir Fried Noodles and Vegetables.

44.	<b>Chicken</b>	£16.45
45.	<b>Vegetable</b>	£14.92

UDON

45a.	<b>Spicy Udon Noodles</b>	£18.55
	Stir Fried Chicken and Vegetables with Udon Noodles, Sriracha Sauce and Chilli oil, topped with crispy Shallots, Sesame Seeds and Scallions. (Medium Spicy)	

TERIYAKI

Served with Steamed Rice, Leek, Broccoli, pickled Ginger and Sesame Seeds.

46.	<b>Chicken</b>	£17.25
47.	<b>Pork</b>	£17.12
48.	<b>Salmon</b> (Sashimi grade)	£22.12
49.	<b>Vegetable</b> (V) (VE)	£14.70

KATSU

Served with Steamed Rice, Leek, Broccoli, pickled Ginger, Scallions and Sesame Seeds.

50.	<b>Panko Chicken</b>	£20.32
51.	<b>Panko Pork</b>	£20.32
52.	<b>Panko Tofu</b> (V) (VE)	£17.47
53.	<b>Panko Prawn</b>	£22.23

GYUDON

54.	Simmered Fillet Beef and Rice bowl with butter caramelised Eggs, Carrot, White Onion, Scallions, Leek, pickled Ginger, Sesame Seeds and Teriyaki Sauce.	£23.95
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UNADON

55.	Fillet of Eel grilled in Unagi Sauce on a bed of Rice with steamed Broccoli, Leek, pickled Ginger, Scallions and Sesame Seeds.	£25.97
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BENTO BOXES Mon-Fri 12-4pm

55a.	Miso Soup, Vegetable Tempura, Chicken Karaage, and your choice of Katsu. Panko Chicken, Panko Pork or Panko Tofu.	£22.38
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SIDE DISHES

56.	<b>Chicken Yakitori</b> (3 Skewers)	£8.98
56a.	<b>Yaki-Beef</b> (3 Skewers)	£9.36
57.	<b>Vegetable Gyoza</b> (x 5) (V) (VE)	£7.87
58.	<b>Chicken Gyoza</b> (x 5 )	£8.37
58a.	<b>Duck Gyoza</b> (x 5 )	£8.96
58b.	<b>Beef Gyoza</b> (x 5 )	£9.28
59.	<b>Ebi (Prawn) Gyoza</b> (x 5)	£8.96
60.	<b>Pork Gyoza</b> (x 5)	£9.86
61.	<b>Ebi (Prawn) Tempura</b> (x 5)	£11.96
62.	<b>Vegetable Tempura</b> (V) (VE)	£8.97
63.	<b>Edamame</b> (V) (VE) (GF)	£5.62
64.	<b>Broccolini Gomaae</b> (V) (VE)	£6.18
65.	<b>Rice</b> (V) (VE) (GF)	£3.72
65a.	<b>Karaage</b>	£9.97
65b.	<b>Pork Belly</b>	£11.87
65c.	<b>Kakiage Vegetables</b> (V) (VE)	£7.12
65d.	<b>Spicy Chicken Wings</b> (x 6) Sriracha Sauce, Sake, Mirin and Soy.	£9.23
65e.	<b>Takoyaki</b> (x 3) Octopus balls, topped with Tonkatsu Sauce, Mayo, Aonori and Bonito Flakes.	£9.76

KOBACHI MENU

<b>Baby Octopus</b>	£11.25
Delicious baby Octopus cooked in a light and crunchy Tempura Batter with a sweet Chilli dip.	
<b>Salt and Pepper Squid</b>	£9.26
Our famous and favourite dish with a sweet Chilli dip.	
<b>Cod Tempura</b>	£9.31
Deliciously crispy and light Cod Tempura with a beautiful Avocado dip.	
<b>Crispy New Potatoes</b>	£6.16
Crispy, crunchy utterly munchie Potatoes with sweet Chilli dip.	
<b>Grilled Prawns</b> (x 5)	£13.77
Five delicious King Prawns grilled in our secret spices.	
<b>Salmon Kobachi</b>	£11.77
Salmon Sashimi, Avocado, Cucumber, Mango, Scallions and Sesame Seed in Ginger, Wasabi and Soy dressing.	
<b>Tuna Kobachi</b>	£12.79
Tuna Sashimi, Avocado, Cucumber, Mango, Scallions and Sesame Seed in Ginger, Wasabi and Soy dressing.	
<b>Hirata Bun</b>	£8.35
<b>Choose your filling:</b> Teriyaki Pork Belly, Karaage Chicken with Chili sauce or Prawn Tempura; served with Mayo, sliced Cucumber, Lettuce and Pickled Onions.	
<b>Sardines</b>	£8.57
With Seaweed, Lemon & Wasabi Butter.	

“Just to let you know .. All our food is handmade, fresh to order ..nothing is pre-prepared ... so it can take a little time to come through our kitchen ...but when it arrives you will be so happy you waited ...enjoy”

Juliana

**Miso** is a traditional Japanese seasoning paste produced by fermenting soy beans using the power of koji mold and from this we make our lovely delicious Miso soup seasoned with spring onions, sesame seed and tofu.

**Sashimi** is a Japanese dish of thinly-sliced raw food, usually fish and seafood, but also sometimes other meats. Often eaten with soy sauce.

**Nigiri** sushi is that familiar style of sushi made up of an oval-shaped mound of rice with a slice of raw fish, vegetable or meat on top.

**Hosomaki – Nori out** is about one inch around, with nori (seaweed wrapping) outside, and sushi rice and a single ingredient.

**Hosomaki – Inside out** is where the nori (seaweed wrapping) sheet isn't wrapped around the roll, but inside. This means it's used to wrap the filling, then gets coated with rice, sesame or roe.

**Uramaki** is a sushi roll of sushi rice, with 2 or more fillings it's rolled so that the seaweed is on the inside and the rice on the outside.

**Futomaki** is a Japanese sushi that is rolled into a long thick cylinder. A literal translation of futomaki is “fat rolled sushi”.

**Temaki**, which means “hand rolled,” is a type of sushi consisting of rice and sashimi (raw fish), vegetables, or other fillings enclosed in a nori (seaweed) cone.

**Gunkan** means “Mothership” and consists of a small ball of rice wrapped in a thin band of dry seaweed and topped with various ingredients.

**Ramen** is a Japanese noodle soup, with a combination of a rich flavoured broth, one of a variety of types of noodle and a selection of meats or vegetables.

**Yakisoba** is a classic Japanese stir-fried noodle and vegetable dish served with or without meat seasoned with a sweet and savoury sauce.

**Teriyaki** is grilled fish, meats or vegetables served with a highly flavoured glaze of sweet sticky sauce made from soy sauce, sake and mirin over a bowl of warm rice.

**Katsu** is a Japanese dish consisting of chicken, pork, tofu or vegetable, covered in bread crumbs, fried, then cut into strips and served with warm rice then lovely Katsu sauce poured generously over the lot.

**Gyudon** is a Japanese dish consisting of a bowl of rice topped with beef layered over caramelised eggs and onion simmered in a mildly sweet sauce flavoured with dashi, soy sauce and mirin.

**Unadon** is a Japanese dish consisting of grilled unagi (eel) fillets placed on top of steamed rice. The eel is grilled kabayaki-style. The tare sauce consist of mirin, sugar soy and sake.

**Gyoza** are dumplings filled with ground meat, prawn and or vegetables wrapped in thin dough. Served with ponzu.

Dietary requirements

Please notify the staff of any allergies or dietary requirements you may have. Our dishes are hand made to order and we cannot guarantee that they are 100% free of allergens or contaminations.

Gluten Free (GF) describes our foods that contain gluten at a level of no more than 20 parts per million.



M E N U

ELY  
SAFFRON WALDEN  
STAMFORD

www.sushiandsalad.com

MISO SOUP £3.96

SASHIMI (GF)

1. Salmon 5 pieces £8.52
2. Maguro (Tuna) 5 pieces £9.97
3. Suzuki (Sea Bass) 5 pieces £8.78
4. Sashimi Fusion (16 Pieces) £24.05  
4 x Salmon, 4 x Tuna, 4 x Sea Bass and 4 x Hamachi.
- 4a. Carpaccio Hamachi (Yellow Tail) £13.32  
With Ponzu, Tobiko, Daikon and Sesame Seeds.
- 4b. Scallop Ceviche £15.69  
Scallops marinated with Yuzu juice, Lime caviar, Daikon, Radish, Mango and red Chilli.

NIGIRI 2 pieces

5. Salmon (GF) £6.92
6. Maguro (Tuna) (GF) £7.27
- 6a. Ebi (Prawn) (GF) £7.27
7. Suzuki (Sea Bass) (GF) £6.73
- 7a. Hamachi (Yellowtail) (GF) £7.27
8. Salmon Tataki (GF) £8.37
9. Chutoro Tataki (Tuna) (GF) £9.73
- 9a. Hotate (Scallop) (GF) £9.73
10. Unagi (Eel) £7.42
- 10a. Tamago (Japanese rolled Omelette) £4.97
11. Avocado (V) (VE) (GF) £4.97
- 11a. Tako (Octopus) (GF) £7.93

TEMARI £7.56

Three round balls of Sushi Rice topped decoratively with ingredients such as Sashimi, Vegetables and Fruits.  
Choose your toppings and have fun.

HOSOMAKI Thin Roll, 8 Pieces

12. Salmon Maki £6.98  
Rice, Nori And Salmon. (GF)
- 12a. Negihama Maki £7.97  
Rice, Nori, Yellowtail and Scallions. (GF)
13. Tekka Maki £7.87  
Rice, Nori And Tuna. (GF)
- 13a. Negitoro Maki £8.76  
Rice, Nori, Tuna and Scallions.
14. Kappa Maki £4.97  
Cucumber.
- 14a. Natto Maki £4.97  
Rice, Nori and Fermented Soy Beans. (V) (VE) (GF)
15. Avocado Maki £5.32  
Rice, Nori and Avocado. (V) (VE) (GF)
- 15a. Kanpyo Maki 4 pieces £5.11  
Rice, Nori and Kanpyo. (V) (VE)
- 15b. Oshinko Maki £4.71  
Rice, Nori and pickled Daikon. (V) (VE) (GF)

URAMAKI Inside Out, 8 Pieces

- Most of our Uramaki’s can be made Gluten Free. Please ask.
16. Spicy Tuna £14.28  
Rice, Nori, Tuna, Spicy Mayo and Sesame Seeds.
17. Chicken Teriyaki £10.98  
Rice, Nori, Teriyaki Chicken, Cucumber, Mayo, Teriyaki Sauce and Sesame Seeds.
18. Ebi Panko £10.60  
Rice, Nori, Ebi Panko, Mayo and Sesame Seeds.
19. Tobiko © £12.07  
Rice, Nori, Salmon, Avocado, Mayo and Tobiko.
20. The Special © £17.11  
Rice, Nori, Salmon, Avocado, Cucumber, Crab Stick, Scallions, Mayo and Sesame Seeds.
- 20a. Salmon Skin © £16.84  
Rice, Nori, Crispy Salmon skin, Philadelphia, Cucumber and Scallions topped with Salmon Tataki, Lemon Zest, Unagi Sauce and Sesame Seeds.
21. Dragon Roll £17.24  
Rice, Nori, Avocado, Cucumber, Ebi Panko, Eel, Tobiko, Mayo, Unagi Sauce and Sesame Seeds.
22. Rainbow Roll £17.17  
Rice, Nori, Cucumber, Avocado, Ebi Panko topped with Salmon, Tuna, Avocado, Tobiko and Mayo.
- 22a. Strawberry Roll £12.25  
Rice, Nori, Crab Stick, Mango and Philly topped with avocado, strawberry, mayo, Teriyaki Sauce and Sesame Seeds.
23. The Crunch © £17.65  
Rice, Nori, Ebi Panko, Cucumber, Crab Stick, topped with Salmon, Avocado, Crunchy Shallots, Sesame Seeds, Mayo, Unagi Sauce and Scallions.
- 23a. The Sriracha © £17.65  
Rice, Nori, Ebi Panko, Cucumber, Saffron, topped with Negitoro, Sriracha and Sesame Seeds.
26. Katsu Roll £11.91  
Rice, Nori, Panko Chicken, Cucumber, Carrots, Sesame Seeds, Mayo and a side of Katsu Sauce.
- 26a. Duck and Hoisin Roll £12.91  
Rice, Nori, Duck, Cucumber, Scallions, Hoisin Sauce, Sesame Seeds and Crispy Shallots.
27. Super California © £12.23  
Rice, Nori, Crab Stick, Cucumber, Salmon, Sesame Seeds, and Mayo.
28. Paradise Roll £14.52  
Rice, Nori, Avocado, Salmon topped with Salmon, Sesame Seeds and Tobiko.
29. The Vegan © £13.71  
Rice, Nori, Avocado, Cucumber and Mango, topped with Avocado, Spicy Vegan Mayo, Vegan Teriyaki Sauce and Sesame Seeds. (V) (VE) (GF)
30. Crispy Mushroom Panko Roll © £13.68  
Rice, Nori, Mushroom Panko, Mango, Cucumber, Avocado, Vegan Mayo, Vegan Teriyaki Sauce and Sesame Seeds. (V) (VE)
- 30a. Plantain Roll © £13.68  
Rice, Nori, Tempura Tofu, Cucumber, Coriander, Avocado topped with grilled Plantain, Vegan Spicy Mayo, Vegan Teriyaki Sauce and Sesame Seeds. (V) (VE)

URAMAKI Inside Out, 8 Pieces

31. Love Stamford © (STAMFORD ONLY) £21.57  
Rice, Nori, Soft Shell Crab, Cucumber, Avocado and Cucumber topped with Scallop, Mayo, Unagi Sauce, Tobiko and Sesame Seeds.
31. Lov’Ely © (ELY ONLY) £21.57  
Rice, Nori, Eel, Salmon, Avocado, Cucumber, topped with Eel, Avocado, Tobiko, Scallions, Mayo, Unagi Sauce and Sesame Seeds.
31. Love Walden © (SAFFRON WALDEN ONLY) £21.57  
Rice, Nori, Prawn Katsu, Avocado, Asparagus topped with seared Salmon, Teriyaki Sauce, Scallions and Sesame Seeds.

FUTOMAKI 10 Pieces

24. Spicy Crunch © £19.10  
Rice, Nori, Ebi Panko, Avocado, Cucumber topped with Tuna, Spicy Mayo, Sesame Seeds, Unagi Sauce, Scallions and crispy Shallots.
25. Spider Roll £17.23  
Rice, Nori, Soft Shell Crab Tempura, Avocado, Cucumber, topped with Mayo, Unagi Sauce, Sesame Seeds and Tobiko.

HOT ROLL 8 Pieces

32. Tiger Philadelphia © (Thick Roll) £14.52  
Rice, Nori, Salmon, Philadelphia, Scallions, Avocado and Unagi Sauce.
- 32a. Tiger Philadelphia Jr. (Thin Roll) £12.03  
Rice, Nori, Salmon, Philadelphia, Spring Onion, Avocado and Unagi Sauce.

TEMAKI

33. Temaki Salmon © £9.98  
Rice, Nori, Salmon, Avocado, Cucumber, Scallions and Sesame Seeds and Mayo.
34. Temaki Tuna © £10.97  
Rice, Nori, Tuna, Avocado, Cucumber, Sesame Seeds, Scallions and Mayo.
35. Temaki Salmon with Tempura Prawn © £10.87  
Nori, Rice, Salmon, Tempura Prawn, Avocado, Sesame Seeds, Scallions and Mayo.
- 35a. Open Temaki Crunchy Nori £6.94  
Crunchy Nori, Tuna, Cucumber, Sesame Seeds, Scallions and Tobiko.
- 35b. Open Temaki Salmon £6.92  
Nori, Rice, Salmon, Cucumber, Scallions, Sesame Seeds and Tobiko.

GUNKAN 2 Pieces

36. Sushi and Salad Special Gunkan £9.97  
Salmon, Rice, Ikura, Unagi Sauce and Mayo.
- 36a. Salmon Tataki Gunkan £9.21  
Seared Salmon, Rice, Mayo, Unagi Sauce, Scallions and Sesame Seeds.
37. Gunkan Ama £9.61  
Rice, Hamachi, Ama Ebi, Wasabi Mayo with Lime juice, Tobiko and crispy Sweet Potatoes
- 37a. Salmon with Scallops £10.70  
Salmon, Rice, Scallops, Mayo, Spring Onion, Tobiko, Unagi Sauce and Sesame Seeds.
38. Ikura £8.93  
Nori, Rice and Ikura.

INARI 2 pieces

- 38b. Inari Sushi £6.71  
Seasoned Tofu pocket filled with Sushi, Rice and Sesame Seeds. (V) (VE)
- 38c. Inari Combo (5 pieces) £18.98  
Tuna, Salmon, Hamachi, Mushroom and Prawn .

COMBO’S

39. Combo 1 (22 Pieces) £43.85  
8 x California Roll, 8 x Rainbow Roll, 4 x Spicy Crunch, 2 x Nigiri Salmon.
40. Combo 2 (28 Pieces) £51.83  
8 x The Special, 8 x Paradise Roll, 8 x Salmon Maki, 2 x Salmon Nigiri, 2 x Tuna Nigiri.
- 40a. MEGA Combo 3 (36 Pieces) £76.98  
Miso: x 2  
Starter: Sticky Pork Belly, Vegetable Tempura.  
Sashimi: 3 x Tuna, 3 x Salmon, 2 x King Prawn.  
Nigiri: 2 x Ebi, 2 x Maguro, 2 x Salmon.  
Maki: 4 x Tuna Roll, 4 x Tiger Philadelphia, 4 x Crab Roll, 8 x California Roll.

SUSHI AND SASHIMI FUSION

41. Sushi And Sashimi Fusion (28 Pieces) £56.11  
4 x The Special, 4 x Rainbow, 4 x Tobiko, 2 x Salmon Nigiri, 2 x Tuna Nigiri, 2 x Salmon Gunkan, 2 x Nori Gunkan and 4 x Salmon Sashimi, 4 x Tuna Sashimi.

SALADS

42. Spring Salad £14.12  
Green Leaves, Grilled Sweet Potato, Portobello Mushroom, Avocado, Edamame, Broccolini, Red Cabbage, Tomatoes, Cucumber, Mango, pickled Red Onion with Radish on a bed of Quinoa, and Gomaae dressing.  
Add Salmon Sashimi £18.56  
Add Tuna Sashimi £19.86  
Add Tofu £15.98
- 42a. Rice Salad Bowl £16.97  
Salmon, Avocado, Edamame, pickled Red Onions, Cucumber, Mango, Sushi Rice with Gomaae Dressing and Sesame Seeds. (V) (VE)
- 42b. Seasonal Salad £8.12  
Seasonal Greens, Vegetables and Fruits. (V) (VE) (GF)
- 42c. New Style Hamachi Sashimi Salad £17.32  
Hamachi, mixed Leaves dressed with White Truffle Oil, Tobiko, crispy Shallots, Ponzu Sauce and Gomaae Dressing.
- 42d. Kaisendon (Seafood Rice Bowl)  
All Sashimi (Sake, Tuna, Hamachi, Hotate, Ikura, Tako, Suzuki, Ebi, Unagi) and Cucumber on a bed of warm Rice topped with Sesame Seeds. Served with Wasabi and Soy).  
Large bowl £22.11  
Small bowl £14.98
- 42e. Kani Salad £7.17  
Kani (Crab Stick), Cucumber, Carrots, crispy Shallots, Sesame Seeds, Japanese Mayonnaise and freshly squeezed Lemon juice.