

"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 soybeans 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 It is about one inch around, with nori (seaweed wrapping) outside, and sushi rice and a single ingredient.

Hosomaki - Inside out 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 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 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 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 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.



VEGAN MENU

ELY
SAFFRON WALDEN
STAMFORD

www.sushiandsalad.com

MISO SOUP £3.96

NIGIRI 2 Pieces

Avocado £4.97

Tofu £5.11

Egg Plant £5.36

INARI 2 Pieces

Inari Sushi £6.71

Seasoned Tofu pocket filled with Sushi, Rice and Sesame Seeds.

HOSOMAKI Thin Roll, 8 Pieces

Cucumber £4.97

Avocado £5.32

Eggplant Teriyaki £5.97

Cucumber and Plum £5.97

Mango £5.32

URAMAKI Inside Out, 8 Pieces

The Vegan © £13.71

Rice, Nori, Cucumber, Mango, Avocado and topped with Avocado, Spicy Mayo and Teriyaki Sauce and Sesame Seeds.

Crispy Mushroom Tempura Roll © £13.68

Rice, Nori, Mushroom Tempura, Mango, Cucumber, Avocado, Vegan Mayo, Vegan Teriyaki Sauce and Sesame Seeds. (V) (VE)

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)

Vegan Katsu Roll © £11.91

Rice, Nori, Panko Tofu, Cucumber, Carrots, Spring Onions, Mayo, Sesame Seed and Katsu Sauce.

Vegan Monday Roll © £14.05

Asparagus Tempura, Cucumber topped with grilled Eggplant, Avocado, Sesame Seeds, crunchy Shallots, Mayo and Teriyaki Sauce.

Cauli Roll © £13.88

Rice, Nori, Avocado, Cucumber, Asparagus, topped with Cauliflower Tempura, Spicy Mayo, Cress and Sesame Seeds.

The Bamboo Roll © 8 pieces £12.89

A symphony of flavors and textures, featuring nori-wrapped rice and tempura palm heart (bamboo shoot) avocado, atop a bed of creamy avocado. Topped with delicate palm heart and vegan spicy mayo and togarashi, this exquisite dish offers a harmonious blend of taste and satisfaction.

The Blossom © 8 pieces £12.35

Crispy nori-wrapped rice and banana blossom tempura, topped with an avocado emulsion lime zest, kimchi, and crunchy shallots for a delightful mix of textures and flavors.

VEGAN COMBO 28 Pieces £39.57

Chefs choice

HOT DISHES

KATSU CURRY

With Steamed Rice and Vegetables.

Panko Sweet Potatoes £16.64

Panko Tofu £17.47

Panko Aubergine £17.47

SHOYU RAMEN

£18.67

Vegan Shoyu Broth (Soy base), Noodles, Shiitake Mushrooms, Bok Choy, Carrots, Scallions, Sweetcorn, Tofu, Crispy Kakiage and Vegetable Tempura.

YAKISOBA

Japanese Stir Fried Noodles and Vegetables.

Spicy Tofu £16.32

Vegetable £14.92

VEGETABLE TERIYAKI

£14.70

Served with Rice and Vegetables in a Teriyaki sauce.

SALADS

SPRING SALAD

£14.12

Green Leaves, Grilled Sweet Potato, Portobello Mushroom, Avocado, Edamame, Broccoli, Red Cabbage, Tomatoes and Radish on a bed of Quinoa and Gomaae dressing.

Add TOFU

£14.98

DAIKON & LIME CAVIAR CEVICHE

£8.98

Daikon, radish, mango, jalapeño, avocado, shallots, coriander and lime caviar.

VEGAN SALAD OF THE DAY

£8.12

SIDE DISHES

Vegetable Gyoza £7.87

Vegetable Tempura £8.97

Edamame £5.62

Broccolini Gomaae £6.18

Wakame Salad £6.38

Spinach Gomae £5.31

Agedashi Tofu £7.09

Nasu Dengaku £6.58

Miso glazed Egg Plant.

Crispy new Potatoes £6.16

Crispy, crunchy, utterly munchie potatoes with sweet chilli dipping sauce.

Kinoko Gohan £7.58

Rice, shimeji mushroom and konbu topped with scallions.

Kakiage Vegetables (V) (VE) £7.12

Rice £3.72