

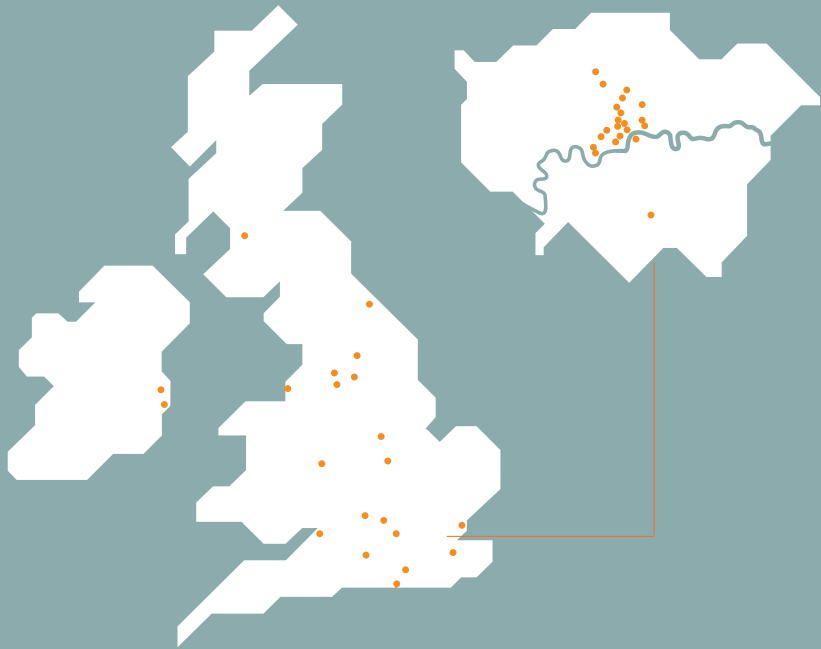
ヨシ
sushi

Visit www.yosushi.com to:

- Place an order with YO! ToGo (our speedy take-away or delivery service) for delivery to your office, home or favourite hot spot
 - Purchase YO! Sushi – The Japanese Cookbook for easy peasy make-at-home recipes
 - Download our Nutritional & Allergen Information booklet
 - Secure your place at YO! Sushi School transforming from a sushi novice to a sushi master
 - Book our portable conveyor belt for your corporate or private event
 - Hire one of our restaurants for your unique YO! Sushi experience
 - Treat a friend to our gift vouchers (£5 and £10 denominations)
 - Sign up to the YO! Love Club and receive our latest news and promotions (handy if you're footing the bill)
- Raise those chopsticks and salute your fellow YO! Virgin, YO! One Night Stand, YO! Regular or YO! Lover.
- Just mind your elbows as you fight for the last dish standing.



yosushi.com



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|-----------------------|--------------------------|-----------------------------|
| 01 !Angel | 16 !Harvey Nichols Leeds | 30 !Selfridges |
| 02 !Bluewater | 17 !Haymarket | 31 !Selfridges Birmingham |
| 03 !Brent Cross | 18 !Heathrow T3 | 32 !Selfridges Manchester |
| 04 !Brighton | 19 !House of Fraser | 33 !Selfridges Trafford |
| 05 !Bristol | Croydon | 34 !Silverburn Glasgow |
| 06 !County Hall | 20 !Lakeside | 35 !Soho |
| 07 !Dundrum Dublin | 21 !Leicester | 36 !Spinningfields |
| 08 !Eden High Wycombe | 22 !Liverpool | Manchester |
| 09 !Farringdon | 23 !MyHotel | 37 !St Pancras Station |
| 10 !Fenwick Newcastle | 24 !Nottingham | 38 !St Paul's |
| 11 !Finchley Road | 25 !Oxford | 39 !Swords Pavillion Dublin |
| 12 !Fulham Broadway | 26 !Paddington Station | 40 !Trocadero |
| 13 !Gatwick North | 27 !Reading | 41 !Victoria Station |
| 14 !Harrods 102 | 28 !Russell Square | 42 !Whiteleys |
| 15 !Harvey Nichols | 29 !Sedley Place | |

UK + Ireland

restaurants

- Help yourself to any dish off the conveyor belt
- Plates are colour coded by price
- 3 Unlimited offers –
Miso Soup £1.75; Filtered Water £1;
Japanese Green Tea £1.25
- Fancy a hot dish or hand roll?
You can order from any team member – some restaurants have help buttons to attract attention
- At the end of your meal we count up your empties for your bill and you then pay at the till or to a team member



£1.70



£2.20



£2.70



£3.20



£3.70



£5.00

how to YO!

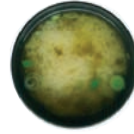
- All seafood is from quality sustainable fisheries
- All fish is supplied 6 days a week and is delivered within 72 hours of harvesting
- YO!Sushi serves yellowfin tuna loin which is line caught and "dolphin friendly" (operated to the Earth Island Institute standard)
- Tuna is high in protein and low in fat
- YO!Sushi serves farmed salmon from sea-lochs around the coast of Scotland
- Our salmon are happy, with a 2% to 98% ratio of salmon to sea water
- Oily fish, such as salmon, is recommended to be eaten at least once a week by the FSA (Food Standards Agency) as it is high in omega 3 which helps to sustain a healthy balanced diet
- Nori (seaweed) is high in fibre, vitamins, protein and minerals. Nori provides calcium and iron. It is traditionally eaten to strengthen the circulatory system and help lower cholesterol
- Japanese life expectancy is the highest in the world, to which their diet is a large contributory factor. The Japanese are also one of the worlds great consumers of beer!
- Delicious food that's good for you – why not order a beer, sake or glass of wine to reward yourself for having such a balanced meal!



food facts

Order now

Miso Soup (V) £1.75
A light soy bean broth with seaweed, tofu and spring onion (unlimited).



Mushroom Miso Udon
Miso broth with shiitake mushrooms, fresh tofu, watercress and udon noodles.



Chicken Dumpling Udon
Steamed chicken dumplings in dashi (Asian broth) with Asian vegetables and udon noodles.



Spicy Seafood Udon
Kimchi dashi (spicy Asian broth) with prawn, salmon, squid, Asian vegetables and udon noodles.



(V) Vegetarian

-  £1.70
-  £2.20
-  £2.70
-  £3.20
-  £3.70
-  £5.00



SOUPS & broths

Order now

Chicken Teriyaki

Grilled chicken in a sweet, sticky soy based sauce.



Pumpkin Korroke (V)

Crispy Japanese breaded pumpkin croquettes with a fruity sauce.



Salmon Teriyaki

Grilled salmon in a sweet, sticky soy based sauce.



Chicken Katsu

Crispy fried chicken in Japanese bread crumbs, with a fruity sauce.



Chicken Yakitori

Char-grilled chicken skewers with a soy-mirin glaze.



Salmon & Aonori Katsu

Crispy fried salmon in Japanese bread crumbs and seaweed powder with a mayonnaise dip.



Salmon & Asparagus Yakitori

Char-grilled salmon and asparagus skewers with a soy-mirin glaze.



Prawn Katsu

Crispy fried prawns in Japanese bread crumbs, with a fruity sauce.



Chicken Katsu Curry

Chicken katsu with rice, a mild curry sauce and Japanese pickles.



(V) Vegetarian

- £1.70
- £2.20
- £2.70
- £3.20
- £3.70
- £5.00

Order now

Hairy Prawns

Prawns wrapped in kadaifi pastry with wasabi mayonnaise.



Vegetable Firecracker Rice (V)

Spicy sushi rice with Asian vegetables.



Vegetable Gyoza (V)

Crispy dumplings with vegetables.



Chicken Rice

Spicy sushi rice with Asian vegetables and chicken.



Chicken Gyoza

Crispy dumplings with chicken.



Seafood Rice

Spicy sushi rice with Asian vegetables, prawns, salmon and squid.



Miso Black Cod

Pan fried Alaskan black cod in a miso mirin sauce.



Vegetable Yakisoba (V)

Pan fried Japanese noodles in a mildly spiced tangy sauce with vegetables.



Chicken Yakisoba

Pan fried Japanese noodles in a mildly spiced tangy sauce with vegetable and chicken.



Prawn Yakisoba

Pan fried Japanese noodles in a mildly spiced tangy sauce with vegetables and prawns.



hot classics

Off the belt

Crispy Salmon Skin

Classic Japanese.
Crispy fried salmon skin.



YO! Roll

Salmon, avocado,
masago (fish roe)
and mayonnaise.



Vegetable ISO (V)

Tamago (sweet omelette),
cucumber, avocado,
rocket and mayonnaise.



Spicy Tuna

Tuna and shichimi
powder (Japanese chilli).



California Roll

Crabstick, avocado,
mayonnaise and
sesame seeds.



Crunchy Prawn

Prawn katsu, avocado,
wasabi masago (fish roe)
and mayonnaise.



Spicy Chicken Katsu

Crispy chicken, katsu
sauce and shichimi
powder (Japanese chilli).



Soft Shell Crab & Rocket

Tempura soft shell crab,
Japanese pickles, yuzu
tobiko (fish roe) and chilli
mayonnaise.



Poached Salmon & Dill

Poached salmon,
cucumber and dill.



(V) Vegetarian

-  £1.70
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-  £2.70
-  £3.20
-  £3.70
-  £5.00

Off the belt

Salmon Dragon Roll

Crabstick, avocado,
mayonnaise, shichimi
powder (Japanese chilli)
and salmon topping.



**Smoked Salmon
& Cream Cheese**

Cucumber, cream cheese
and smoked salmon.



**Fresh Crab,
Cucumber & Tobiko**

Fresh crab meat,
cucumber, mayonnaise
and tobiko (fish roe).



Eel Dragon Roll

Fresh crab, avocado,
shichimi powder
(Japanese chilli)
and BBQ'd eel topping.



**Mini Hamachi &
Yuzu Tobiko ISO**

Hamachi (yellowtail)
with yuzu tobiko
(citrus infused fish roe).



Assorted ISO

YO! Roll, Spicy Tuna
and Fresh Crab,
Cucumber and Tobiko.



**Mini Eel &
Cucumber ISO**

BBQ'd eel, cucumber and
wasabi masago (fish roe).



ISO
Inside Out
(ISO) rice on
outside of the
seaweed (nori).



ISO

Off the belt

Tamago (V)
Sweet omelette.



Seared Beef
Seared rare striploin with mayonnaise.



Roasted Red Pepper (V)
Roasted red pepper.



Prawn
Cooked prawn and wasabi.



Salmon
Finely sliced salmon with wasabi.



Hamachi
Hamachi (yellowtail) with grated ginger and spring onion.



Octopus
Cooked octopus with a nori band.



Eel
BBQ'd and glazed freshwater eel.



Tuna
Finely sliced tuna with wasabi.



Assorted Nigiri
Prawn, tuna and salmon.



(V) Vegetarian

-  £1.70
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-  £2.70
-  £3.20
-  £3.70
-  £5.00

Assorted Nigiri Maki
Premium cut salmon and tuna nigiri, with cucumber, avocado and asparagus rolls.



Nigiri
Two pieces of rice with topping.

nigiri

Off the belt

Salmon
Five slices of premium Scottish salmon.



Sesame Tuna
Five slices of black sesame crusted tuna loin.



Sesame Salmon
Five slices of sesame seared Scottish salmon.



Hamachi
Five slices of buttery textured hamachi (yellowtail).



Shichimi & Dill Salmon
Five slices of shichimi (Japanese chilli) and dill seared Scottish salmon.



Assorted Sashimi
Two slices each of salmon, tuna and hamachi.



Tuna
Five slices of premium tuna loin.



Salmon Selection
Three slices of premium Scottish salmon sashimi, two salmon nigiri and two salmon maki.



Coriander Tuna
Five slices of seared coriander crusted tuna loin.



Sashimi
Slices of premium seared or raw fish.



sashimi

Order now

Crispy Salmon Skin

Crispy fried salmon skin with spring onion.



Hamachi Ceviche

Chopped hamachi (yellowtail) marinated with ginger, citrus juice and chopped chives.



Vegetable (V)

Asparagus, kampyo and tamago.



Fresh Crab & Avocado

Fresh white crab meat, avocado, mayonnaise and sesame seeds.



California

Crabstick, avocado, mayonnaise and sesame seeds.



Soft Shell Crab & Rocket

Tempura fried soft shell crab, rocket, pickled radish, yuzu tobiko and sweet chilli mayonnaise.



Salmon & Avocado

Premium salmon, avocado, mayonnaise and sesame seeds.



Crispy Duck & Moromi Miso

Shredded crispy duck, brown rice miso, sliced cucumber and spring onion.



Spicy Tuna

Chopped tuna, shichimi and spring onion.



(V) Vegetarian

-  £1.70
-  £2.20
-  £2.70
-  £3.20
-  £3.70
- £5.00

Hand Rolls

A seaweed (nori) cone filled with rice and a choice of fillings.

handrolls

Off the belt

Asparagus (V)

Blanched asparagus and Japanese mayonnaise.



Salmon

Salmon and wasabi.



Avocado (V)

Avocado and Japanese mayonnaise.



Tuna

Tuna and wasabi.



Cucumber (V)

Cucumber and sesame seeds.



Smoked Salmon & Chive

Smoked salmon and chive.



Oshinko (V)

Pickled Asian radish and sesame seeds.



Crayfish & Cucumber Futomaki

Crayfish, cucumber and rocket.



Red Pepper (V)

Crunchy red pepper.



Assorted Fish

Two each of salmon, tuna and smoked salmon with wasabi.



Vegetable Futomaki (V)

Cucumber, kampyo, pickled radish, tamago and red pepper.



Crispy Duck Futomaki

Shredded duck, sliced cucumber and spring onion with brown rice miso.



Maki/ Futomaki

Rice filled rolls wrapped in seaweed (nori).

maki/futomaki

Order now

Masago

Smelt fish roe, rice and nori.



Tobiko

Flying fish roe, rice and nori.



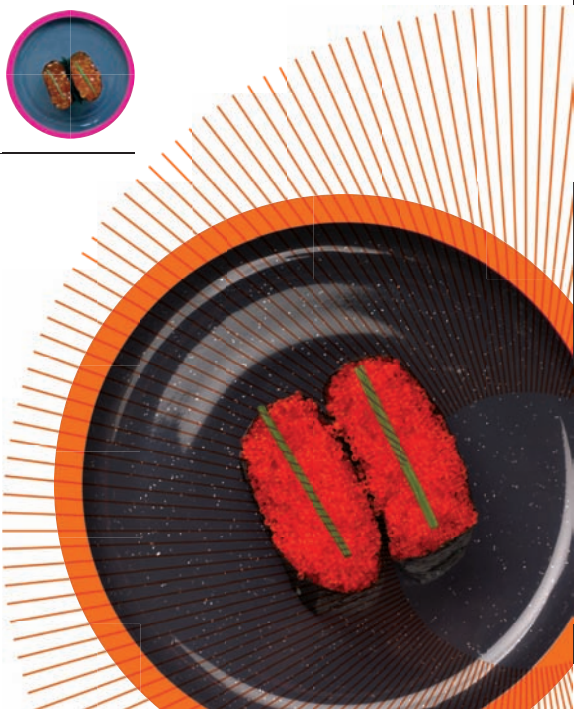
Ikura

Salmon roe, rice and nori.



Gunkan

Two pieces of rice wrapped in seaweed (nori) with topping.



Off the belt

Edamame (V)

Salted blanched soy beans (squeeze & suck - discard the pod).



Green Beans (V)

Blanched beans and su-miso sauce (mustard-vinegar miso sauce).



Aubergine (V)

Harusame dressing (garlic, sesame, ginger).



Tofu, Wakame & Cucumber (V)

Tofu, wakame (seaweed), cucumber and harusame dressing.



Spicy Chicken Salad

Spicy ginger and garlic dressing.



Squid Salad

Kimchee and sesame seeds.



Crunchy Tofu (V)

Su-miso sauce (mustard-vinegar miso sauce).



Marinated Salmon & Dill

Lemon, dill and sesame oil marinade.



Crayfish Salad

Chilli and vinegar dressing.



(V) Vegetarian

	£1.70
	£2.20
	£2.70
	£3.20
	£3.70
	£5.00

gunkan

salads

Off the belt

An additional selection of desserts are available on the conveyor belt every day.

Mochi

Glutinous rice cake.



Dorayaki

Japanese pancake with custard filling and raspberry sauce.



Fresh Fruit

Freshly sliced pineapple, honeydew melon, grapes and strawberry.



White Chocolate & Toffee Cake



Exotic Kiwi & Mango Cake



Chocolate & Hazelnut Shortbread Cake



Morello Cherry & Chocolate Cake



Some of these desserts may contain nuts



desserts

(V) Vegetarian

- £1.70
- £2.20
- £2.70
- £3.20
- £3.70
- £5.00

