

RAMEN

43. **Chicken Ramen** £17.97
Broth, Chicken, Noodles, Sweetcorn, boiled Egg, Nori, Mushroom and Spring Onion.
- 43a. **Hakata** £17.97
Broth, Pork, Noodles, Sweetcorn, boiled Egg, Nori, Mushroom and Spring Onion.

*Shoyu based Ramen on the Vegan menu.

YAKISOBA Japanese Stir Fry Noodles

44. **Chicken** £14.55
45. **Vegetable** £13.56

UDON

- 45a. **Spicy Udon Noodles** £16.86
Stir Fried Chicken and Vegetables with Udon Noodles, Sriracha Sauce, Teriyaki Sauce and Chilli oil, topped with crispy Shallots.

TERIYAKI Served with Rice and Vegetables

46. **Chicken** £15.68
47. **Pork** £15.56
48. **Salmon** (Sushi grade) £20.11
49. **Vegetable** (V) (VE) £13.36

KATSU

Served with Steamed Rice, Leeks and Pickled Ginger

50. **Panko Chicken** £18.47
51. **Panko Pork** £18.47
52. **Panko Tofu** (V) (Ve) £15.88
53. **Panko Prawn** £20.21

GYUDON

54. **Simmered Fillet Beef and Rice bowl** with caramelised Eggs, Leeks and Pink Ginger. £21.78

UNADON

55. **Fillet of Eel grilled in Kabayaki Sauce** on a bed of Rice. £23.47

SET MEAL – NIKUJAGA

- 55a. **Braised Beef with Potatoes and Carrots** £21.11
- Bowl of Rice
 - Side dish of pickled Vegetables
 - Spinach Gomaae
 - 4 x House Futomaki

SIDE DISHES

56. **Chicken Yakitori** (x 3) £7.98
- 56a. **Beef Yakitori** (3 Skewers) £9.36
57. **Vegetable Gyoza** (x 5) (V) (VE) £7.37
58. **Chicken Gyoza** (x 5) £8.37
- 58a. **Duck Gyoza** (x 5) £8.75
- 58b. **Beef Gyoza** (x 5) £9.08
59. **Ebi** (Prawn) **Gyoza** (x 5) £8.76
60. **Pork Gyoza** (x 5) £8.86
61. **Ebi** (Prawn) **Tempura** (x 5) £11.86
62. **Vegetable Tempura** (V) (VE) £8.97
63. **Edamame** (V) (VE) (GF) £5.32
64. **Broccolini Gomaae** (V) (VE) £6.18
65. **Rice** (V) (VE) (GF) £3.52
- 65a. **Karaage** £9.97
- 65b. **Pork Belly** £10.87
- 65c. **Kakiage Vegetables** (V) (VE) £7.12
- 65d. **Spicy Chicken Wings** (x 6) £8.23
Sriracha Sauce, Sake, Mirin and Soy.
- 65E. **Takoyaki** (x 3) £8.76
Octopus balls, topped with Tonkatsu Mayo Sauce, Nau Pongdu and Bonito Flakes.

KOBACHI MENU

- Baby Octopus** £10.72
Delicious baby Octopus cooked in a light and crunchy Tempura Batter with a sweet Chilli dip.
- Salt and Pepper Squid** £8.82
Our famous and favourite dish with a sweet Chilli dip
- Cod Tempura** £8.87
Deliciously crispy and light Cod Tempura with a beautiful Avocado dip.
- Crispy New Potatoes** £5.87
Crispy, crunchy utterly munchie Potatoes with sweet Chilli dip.
- Grilled Prawns** (x5) £13.12
Five delicious King Prawns grilled in our secret spices.
- Salmon kobachi** £11.21
Salmon Sashimi, Avocado, Cucumber, Mango, Scallions and Sesame Seed in Ginger, Wasabi and Soy dressing.
- Tuna Kobachi** £12.19
Tuna Sashimi, Avocado, Cucumber, Mango, Scallions and Sesame Seed in Ginger, Wasabi and Soy dressing.
- Hirata Bun** £7.71
Choose your filling: Teriyaki Pork Belly, Karaage Chicken with Chilli sauce or Prawn Tempura; served with Mayo with sliced Cucumber, Lettuce and Pickled Onions.
- Salmon Korokke** £8.97
3 pieces of Japanese Croquette of Salmon and a drizzle of Teriyaki Sauce.

“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.



MENU

ELY
SAFFRON WALDEN
STAMFORD

www.sushiandsalad.com

MISO SOUP

£3.86

SASHIMI (GF)

1. **Salmon** 5 pieces £7.73
2. **Maguro** (Tuna) 5 pieces £9.53
3. **Suzuki** (Sea Bass) 5 pieces £7.98
4. **Sashimi Fusion** (12 Pieces)
4 x Salmon, 4 x Tuna and 4 x Sea Bass. £18.76
- 4a. **Hamachi** (Yellow Tail) or Sake
With Ponzu, Tobiko, Daikon and Sesame Seed. £12.11

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** (Scallops) (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

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

£6.36

HOSOMAKI Thin Roll, 8 Pieces

12. **Salmon Maki** £6.88
Rice, Nori And Salmon. (GF)
- 12a. **Negihama Maki** £7.42
Rice, Nori, Yellowtail and Scallions. (GF)
13. **Tekka Maki** £7.67
Rice, Nori And Tuna. (GF)
- 13a. **Negitoro Maki** £7.69
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** £12.98
Rice, Nori, Tuna and Spicy Mayo and Sesame Seeds.
17. **Chicken Teriyaki** £9.98
Rice, Nori, Teriaki Chicken, Sesame Seeds, Mayo and Teriyaki Sauce.
18. **Ebi Panko** £9.64
Rice, Nori, Ebi Tempura, Sesame Seeds, and Mayo.
19. **Tobiko** © £10.97
Nori, Rice, Salmon, Avocado, Mayo and Tobiko.
20. **The Special** © £15.56
Rice, Nori, Salmon, Avocado, Cucumber, Sesame Seeds, Crab Stick and Mayo.
- 20a. **Salmon Skin** © £15.31
Crispy Salmon skin, Philadelphia, Cucumber and Spring Onions topped with Salmon Yataki.
21. **Dragon Roll** £15.67
Rice, Nori, Avocado, Cucumber, Ebi Tempura, Eel, Tobiko, Sesame Seeds, Mayo and Unagi Sauce.
22. **Rainbow Roll** £15.61
Rice, Nori, Cucumber, Avocado, Ebi Tempura topped with Salmon, Tuna, Avocado, Tobiko and Mayo.
23. **The Crunch** © £16.05
Rice, Nori, Ebi Tempura, Cucumber, Crab Stick, topped with Salmon, Avocado, Crunchy Shallots, Sesame Seeds, Mayo and Unagi Sauce.
26. **Katsu Roll** £10.83
Rice, Nori, Panko Chicken, Cucumber, Carrots, Spring Onion, Sesame Seeds, Mayo and Katsu Sauce.
27. **Super California** © £11.12
Rice, Nori, Crab Stick, Cucumber, Salmon, Sesame Seeds, and Mayo.
28. **Paradise Roll** £13.19
Rice, Nori, Avocado, Salmon topped with Salmon, Sesame Seeds and Tobiko.
29. **The Vegan** © £12.46
Rice, Nori, Avocado, Cucumber, Mango, topped with Avocado, Sesame Seeds, Spicy Vegan Mayo and Vegan Teriyaki Sauce. (V) (VE) (GF)
30. **Crispy Mushroom Tempura Roll** © £12.44
Rice, Nori, Mushroom Tempura, Mango, Cucumber, Avocado, Vegan Mayo, Sesame Seed and Vegan Teriyaki Sauce. (V) (VE)
31. **Love Stamford** © (STAMFORD ONLY) £19.61
Rice, Nori, Crab Meat, Scallops, Tobiko and Mayo.
31. **Lov'Ely** © (ELY ONLY) £19.61
Rice, Nori, Eel, Salmon, Avocado, Cucumber, topped with Eel and Avocado, Sesame Seeds, Tobiko Mayo and Kabayaki Sauce.
31. **Walden Roll** © (SAFFRON WALDEN ONLY) £19.61
Rice, Nori, Prawn Katsu, Avocado, Asparagus, topped with Salmon, seared with Teriyaki Sauce and Sesame Seeds.

FUTOMAKI 10 Pieces

24. **Spicy Crunch** © £17.29
Rice, Nori, Ebi Tempura, Avocado, Cucumber topped with Tuna, Spicy Mayo, Sesame Seeds, Unagi Sauce and Crispy Onions.
25. **Spider Roll** £15.66
Rice, Nori, Soft Shell Crab Tempura, Avocado, Cucumber, topped with Mayo, Sesame Seeds, Unagi Sauce and Tobiko.
- 25a. **House Futomaki** £11.07
Rice, Nori, Tamago, Cucumber, Kanpyo and Carrots

HOT ROLL 8 Pieces

32. **Tiger Philadelphia** © (Thick Roll) £13.19
Rice, Nori, Salmon, Philadelphia, Spring Onion, Avocado and Unagi Sauce.
- 32a. **Tiger Philadelphia Jr.** (Thin Roll) £10.94
Rice, Nori, Salmon, Philadelphia, Spring Onion Avocado and Unagi Sauce.

TEMAKI

33. **Temaki Salmon** © £9.68
Rice, Nori, Salmon, Philadelphia, Avocado, Cucumber, Spring Onion and Sesame Seeds and Mayo.
34. **Temaki Tuna** © £10.61
Rice, Nori, Tuna, Avocado, Cucumber, Sesame Seeds, Spring Onion and Mayo.
35. **Temaki Salmon with Tempura Prawn** © £10.24
Nori, Rice, Salmon, Crispy Prawn, Avocado, Sesame Seeds, Spring Onion and Mayo.
- 35a. **Open Temaki Crunchy Nori** £6.94
Crunchy Nori, Tuna, Cucumber, Sesame Seeds, Spring Onions and Tobiko.
- 35b. **Open Temaki Salmon** £6.92
Nori, Rice, Salmon, Cucumber, Spring Onions, Sesame Seeds and Tobiko.

GUNKAN 2 Pieces

36. **Sushi and Salad Special Gunkan** £9.97
Salmon, Rice, Ikura, Unagi Sauce and Mayo.
37. **Salmon Tataki Gunkan** £9.21
Seared Salmon, Rice, Mayo, Spring Onions and Unagi Sauce.
37. **Gunkan Arna** £9.61
Rice, Hamachi, Ama Ebi, Wasabi Mayo with Lime juice, Tobiko and crispy Sweet Potatoes.
- 37a. **Salmon with Scallops** £9.73
Salmon, Rice, Scallops, Mayo, Spring Onion, Tobiko and Unagi Sauce.
38. **Ikura** £8.12
Nori, Rice and Ikura.

INARI 2 pieces

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

COMBO'S

39. **Combo 1** (22 Pieces) £39.86
8 x California Roll, 8 x Rainbow Roll, 4 x Spicy Crunch, 2 x Nigiri Salmon.
40. **Combo 2** (28 Pieces) £47.12
8 x The Special, 8 x Paradise Roll, 8 x Hosomaki Salmon, 4 x Salmon Nigiri.
- 40a. **Combo 3** (36 Pieces) **MEGA** £69.98
Miso: x 2
Starter: Stick Pork Belly, Vegetable Tempura.
Sashimi: 3 x Tuna, 3 x Salmon, 2 x King Prawn.
Nigiri: 2 x Ebi Nigiri, 2 x Maguro, 2 x Salmon, 4 x Tuna, 4 x Tiger Philadelphia, 4 x Crab Roll, 8 x California Roll.

SUSHI AND SASHIMI FUSION

41. **Sushi And Sashimi Fusion** (28 Pieces) £53.11
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 8 x Sashimi.

SALADS

42. **Spring Salad** £14.12
Green Leaves, Grilled Sweet Potatoes, Portobello Mushroom, Avocado, Edamame, Broccoli, Red Cabbage, Tomatoes and Radish on a bed of Quinoa, and Gomaae dressing.
- Add Salmon Sashimi** £18.05
- Add Tuna Sashimi** £18.86
- Add Tofu** £14.98
- 42a. **Rice Salad Bowl** £16.47
Salmon, Avocado, Edamame, Green Beans, Red Onions, Sushi Rice and Soy Dressing. (V) (VE) (GF)
- 42b. **Seasonal Salad** £8.12
Seasonal Greens, Vegetables and Fruits. (V) (VE) (GF)
- 42c. **New Style Hamachi Sashimi Salad** £15.72
Hamachi, mixed Leaves dressed with White Truffle Oil, Tobiko and fried Onions, Ponzu Sauce. (GF)
- 42d. **Kaisendon** (Seafood Rice Bowl)
All Sashimi (Sake, Hamachi, Hotate, Ikura, Tako, Suzuki, Ebi, Cucumber on a bed of warm Rice served with Wasabi and Soy.
- Large bowl** £20.97
- Small bowl** £12.98
- 42e. **Kani Salad** £7.17
Kani (Crab Stick), Cucumber, Carrots, Japanese Mayonnaise and freshly squeezed Lemon juice.