

## SUSHI

### 77. OSHINKO HOSOMAKI

Sushi rolled in seaweed and filled with a traditional Japanese yellow radish pickle 3.95

### 76. AVOCADO HOSOMAKI

Sushi rice rolled in seaweed and filled with avocado 3.95

### 75. KAPA HOSOMAKI

Sushi rice rolled in seaweed and filled with juicy cucumber 3.95

### 87. VEGETARIAN CALIFORNIA MAKI

Sesame sushi roll with a delicious avocado and cucumber filling 4.75

### 101. TAMAGO NIGIRI (egg) 2.95

### 103. INARI NIGIRI 3.65

### 78. ASSORTED HOSOMAKI (12 pieces)

Assorted hosomaki rolls suitable for vegetarians, filled with cucumber, egg, yellow radish pickle and avocado 7.25

### 104. **NEW** AVOCADO NIGIRI 3.25

## 140. VEGETARIAN BENTO

Vegetable tempura with vegetarian California roll and Japanese 5 Vegetable Spinach Pastry Gyoza, rice and salad (no Miso Soup) 12.95

## SIDE DISHES

### 60. SALT OR CHILLI SALT EDAMAME

Steamed soy beans, harvested before they have hardened. Low in calories, no cholesterol, and an excellent source of protein, iron, and calcium, what's not to like! 3.95

### 49. YASAI ITAME

Stir fried mixed vegetables in a soya and ginger sauce with garlic on top 5.25

### 42. JAPANESE 5 VEGETABLE GYOZA (5 pieces)

Deep fried spinach dumplings filled with cabbage, pea, soy bean (edamame), carrot and white radish 5.10

## DESSERTS

### 153. DEEP FRIED MANGO

Fresh mango, deep fried in a light batter and drizzled with a luxurious golden syrup 3.50

## RICE

### 2. **NEW** VEGETARIAN CURRY

Lightly tempura battered, deep fried Tofu, served with boiled rice and red pickle. 10.25

### 12. NINIKU CHAHAN

Egg fried rice with garlic and mixed vegetables 9.25

### 9. **NEW** VEGETABLE DONBURI

Extra generous portion of deep fried mixed vegetables in a light crispy batter, boiled rice garnished with seaweed and spring onions (includes very lightly cooked eggs, no Miso Soup) 10.25

### 13. **NEW** VEGAN NINIKU CHAHAN

Stir fried rice with garlic and mixed vegetables 9.05

## EXTRA'S

### 150. BOILED RICE 2.45

### 149. GARI 1.15

### 148. CHILLI 1.05

### 143. PLAIN SOBA OR UDON NOODLES

Stir fried noodles with beansprouts, onions and garlic sauce 4.75

### 144. PLAIN VERMICELLI NOODLES

Stir fried vermicelli noodles with beansprouts, onions and garlic sauce 5.75

### 146. CURRY SAUCE 2.25

### 145. PICKLES 1.15

 Vegan

 Vegetarian

## NOODLES & RAMEN

### 30. KITSUNE UDON

Udon noodles in a soup topped with sweetened deep-fried tofu pockets 8.25

### 65. VEGETABLE YAKI SOBA / VEGAN YAKI UDON

A choice of soba or udon stir fried noodles with cabbage, beansprouts, carrots, green peppers, mange tout, onions, Chinese leaf garnished with shredded seaweed 8.35

### 28. VEGETABLE RAMEN

Fermented soy bean soup base with mixed vegetables, garnished with spring onions in a vegetable stock 8.45

### 29. **NEW** VEGAN RAMEN

Vermicelli Noodles (rice noodles) served in a deep bowl with mixed greens, menma (pickled bamboo shoots), mixed vegetables in a vegetable stock and garnished with spring onions 9.10

Allergies, intolerances and general information.

If you have a food allergy, intolerance or sensitivity, please let your server know before you order. They will be able to suggest the best dishes for you. Our dishes are prepared in areas where allergenic ingredients are present. We cannot guarantee our dishes are 100% free of these ingredients there are occasions in which our recipes change. It is always best to check with your server before ordering. We use soya bean oil produced from genetically modified soya. Please note whilst we take care to remove any small bones or shells from our dishes, there is a small chance that some may remain. Our staff receive 100% of tips.



# TENKAICHI

SUSHI AND NOODLE BAR

VEGETARIAN AND VEGAN MENU

**VOTED CARDIFF'S MOST AUTHENTIC  
JAPANESE CUISINE RESTAURANT 2018**

CATERING FOR VEGETARIAN'S AND VEGAN'S

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