

SIDE DISHES

GYOZA 5.95 Deep fried Japanese dumplings. Filled with chicken and vegetables (5 pieces)



JAPANESE 5 VEGETABLE GYOZA 5.60 Deep fried spinach dumplings. Filled with cabbage, pea, soy bean (edamame), carrot and white radish (5 pieces)  

IKA TEMPURA 6.45 Deep fried squid in a light tempura batter with a fish based sauce

IKA KARA AGE 6.35 Deep fried squid in soya sauce Seasoning, served with mayonnaise and tonkatsu sauce

TORI KARA AGE 6.35 Deep fried chicken pieces, in soy sauce

UNAGI KABAYAKI 21.10 Whole grilled imported Japanese eel with teriyaki sauce 

YASAI ITAME 5.45 Stir fried mixed vegetables in a soy ginger sauce  

TON KATSU (Pork) 6.50 Deep fried pork fillet in breadcrumbs, with tonkatsu sauce and salad

CHICKEN TERIYAKI 7.85 Sliced chicken, cooked in a rich teriyaki sauce and served with salad



EBI KATSU (Prawn) 6.75 Deep fried king prawns in breadcrumbs, with tonkatsu sauce and salad 

TORI KATSU (Chicken) 6.30 Deep fried chicken cutlet in breadcrumbs, with tonkatsu sauce and salad

VEGETABLE TEMPURA 6.35 Mushrooms, green pepper, aubergine, sweet potato and onion served with a fish based tempura sauce

EBI TEMPURA 6.45 Deep fried prawns and aubergine in a light batter served with a fish based tempura sauce 

TAKOYAKI OSAKA 6.95 Lightly battered Osaka 'street food' dough balls, with octopus. Topped with katsu sauce, Mayonnaise, bonito flakes and powdered seaweed


SALT OR CHILLI SALT EDAMAME 4.10 Steamed soy beans, harvested whilst young and tender. Low in calories, no cholesterol and an excellent source of protein, iron and calcium  





YAKI

Choose from Soba noodles **(NOW ALSO VEGAN!!!)** / Udon noodles or **go gluten free** with Vermicelli Rice noodles for 1.65 extra

YAKI 9.25 Stir fried noodles with chicken, beansprouts, carrots, green peppers, mange tout, onions, bonito flakes and Chinese leaf

SEAFOOD YAKI 12.35 Stir fried noodles with shrimp, squid, scallop, fish cake, carrots, beansprouts, green peppers, Chinese leaf, mange tout, bonito flakes and onions 

CURRY YAKI 9.35 Stir fried noodles with chicken, our own curry sauce, beansprouts, carrots, green peppers, mange tout, onions, bonito flakes and Chinese leaf

VEGAN YAKI 8.65 Your choice of stir fried noodles with, beansprouts, carrots, green peppers, mange tout, onions, Chinese leaf garnished with shredded seaweed  







SPICY YAKI 9.25 Stir fried noodles with chicken, beansprouts, carrots, green peppers, mange tout, onions, Chinese leaf and bonito flakes

GYU YAKI 9.35 Stir fried noodles with beef, beansprouts, carrots, green peppers, mange tout, onions, bonito flakes

EXTRA'S

MISO SOUP 2.45 Everyone's favourite accompaniment

KIMCHI 2.95 The classic Korean dish, well loved in Japan



WHEAT NOODLES 4.95 Your choice of Soba   or Udon   Noodles stir fried with beansprouts, onions and garlic sauce  

VERMICELLI RICE NOODLES 5.95 Gluten free vermicelli noodles stir fried with beansprouts, onions and garlic sauce  

PICKLES 1.35 Authentic traditional Japanese pickles; served with most meals in Japan  

CURRY SAUCE 2.45 Home made Japanese curry sauce  

TERIYAKI SAUCE 2.45 Chef's own teriyaki sauce, made to a traditional recipe

PICKLED GINGER (Gari) 1.55 Thinly sliced young ginger marinated in sugar and vinegar  


BOILED RICE 2.75  

DESSERTS

MOCHI 6.65 (Three pieces) a traditional gluten free Japanese dessert made with sticky rice paste and sweet ice cream filling inside

Chose from: Chocolate Ganache,  Coconut,  Mango  Salted Caramel,  Black Espresso,  Passion Fruit & Mango,  

ICE CREAM 4.65 (Three Scoops) Chef's home made Japanese matcha, black sesame seed or vanilla

DEEP FRIED MANGO 5.65 Fresh mango, deep fried in a light coconut batter and drizzled with a luxurious golden syrup.  **(Add a scoop of ice cream of your choice for 1.55)**

DRINKS

All Drinks are Vegan unless stated otherwise

WATER

TONIC WATER (125ml) 1.95

STILL WATER (250ml) 1.95

SPARKLING WATER (250ml) 1.95

TEA

KONACHA (Green Tea) 1.35

Sorted from high grade tea leaves, it has an intense green colour and strong taste which erases any flavour of fishiness left in the mouth

JASMINE TEA 1.55

Green tea is flavoured with jasmine flowers creating the unique scent and taste

ICED GREEN TEA 350ml 2.65



DRAUGHT BEER

KIRIN ICHIBAN Pint 5.55 Half 3.55

BOTTLED BEERS 330 ml 4.15

TIGER BEER

Bold, distinctive flavour, which perfectly complements both spicy and fragrant dishes

ASAHI

Super crisp, super clear and super dry the beer embodies Japanese discernment and good taste

SAPPORO

Crisp, refreshing flavour and clean finish. The perfect beer to pair with any meal and any occasion

SINGHA THAI BEER

A full-bodied 100% barley malt beer that is distinctively rich in taste with strong hop characteristics

SOFT DRINKS & JUICES

COCA COLA 350ml 2.85

DIET COLA 350ml 2.85

LEMONADE 350ml 2.85

ORANGE JUICE 350ml 2.85

APPLE JUICE 350ml 2.85

MANGO JUICE 350ml 2.85

PINEAPPLE JUICE 350ml 2.85

RAMUNE KOBE LEMONADE

200 ml 3.65 a fun filled Japanese soft drink, that kids love!

COCKTAILS

MR. TENKAICHI'S PLUM COCKTAIL (100ml) 7.20

Japanese botanical gin, with traditional plum wine, orange juice and grenadine

CHEEKY MONKEY (80ml) 7.20

Yuzo liqueur, sour mix, cane syrup and brandy

JAPANESE G&T (200ml) 9.25

Gin, created from uniquely Japanese botanicals, sakura flower, yuzu peel, sencha tea, sansho pepper, sakura leaf, gyokuro tea, mixed with aromatic Japanese melon liquor and sparkling tonic water

TOKYO SLINGSHOT (200ml) 9.25

Japanese botanical gin, benedictine, cherry liquor, tonic water, sour mix and angostura bitters **(not Vegan)**

JAPANESE SLIPPER (125ml) 9.25 Imported Japanese vodka, aromatic Japanese melon liquor and sour mix

LIQUEURS

KYOTO YUZO LIQUEUR

Blended with yuzu-citrus juice, this fruits liqueur has nice and unique balance of refreshing citrus notes

On the rocks (50ml) 3.80 Shot (20ml) 1.85

JAPANESE MELON LIQUEUR

On the rocks (50ml) 3.80 Shot (20ml) 1.85



HOUSE WINES

SENTINA WHITE (Pinot Grigio) Glass (175ml) 4.95 Bottle 15.55

SENTINA RED (Merlot) Glass (175ml) 4.95 Bottle 15.55

SENTINA ROSÉ (P. G. Rosé) Glass (175ml) 4.95 Bottle 15.55

JAPANESE PLUM WINE

Plum wine has a sweet, fruity flavour without a strong alcoholic taste. Best served cold, this is a perfect accompaniment to all types of Japanese cooking Glass (175ml) 6.45 Bottle 18.55

SAKE

OZEKI (14,5%) Hot or Cold small (150ml) 6.15 regular (250 ml) 9.55 **(not Vegan)**

SHO CHIKU BAI PREMIUM JUNMAI SAKE 15% 17.45

This premium version of sho chiku bai junmai has a smoother finish and a deeper, richer flavour. Bottle (300ml)

SHO CHIKU BAI CLASSIC JUNMAI SAKE 15% 10.25

Rich flavour with plenty of depth, this medium dry sake has a hard, crisp texture and a mild, complex aroma, best with mildly seasoned food Bottle (180ml)



TENKAICHI

SUSHI AND NOODLE BAR

WALES'S PREMIER SUSHI RESTAURANT

BEST FOR SUSHI & SASHIMI 2018 – WALES



BEST JAPANESE SUSHI EXPERIENCE 2019 – SOUTH WALES

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Vegetarian and Vegan dishes are marked with the following key: Vegan  Vegetarian 

Please ask to see our separate vegetarian and vegan menu if that is your preference.

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.

CHEF'S SPECIALS

- NEW** **CRUNCHY CALIFORNIA MAKI** 6.15 Your favourite California maki with a crunchy coconut twist and hint of spice
- NEW** **CRAB MAKI** 8.15 (8 Piece) Sushi rice rolled in sheet nori filled with salmon, spicy crabstick, avocado & cucumber
- NEW** **CHEF'S MIXED NIGIRI** 14.75 (Ten Pieces) 27.95 (Twenty Pieces) A true taste of Japan and the dream dish of any sushi lover. A selection of chef's amazing nigiri
- OLD MAN TENKAICHI'S FAVOURITE PLATTER** 21.95 Twenty four pieces of the choicest maki, there's rainbow maki, green maki, mango maki, tempura maki and Philadelphia maki with wasabi and pickled ginger to cleanse your pallet!
- NEW** **SPICY TUNA MAKI** 8.45 (8 Piece) Sushi rice rolled in nori and filled with a delicious mix of spicy tuna, avocado & cucumber
- NEW** **YASAI ITAME TOFU KING SIZE** 7.75 Tofu with stir fried mixed vegetables in a sesame, soy, ginger sauce
- NEW** **HOT PEPPERED SQUID** 6.25 You asked & here it is! Spicy squid with onions & peppers
- NEW** **HOT PEPPERED CHICKEN** 5.75 Not to forget meat lovers, here it is in chicken
- NEW** **HOT PEPPERED TOFU** 5.75 A spicy tofu version for our vegan friends

✔ Vegetarian ✔ Vegan ⌚ May contain shells or small bones



THE TENKAICHI EXPERIENCE



NEW

- | | | |
|-------------------------------------|----------------------------------|------------------------------------|
| TENKAICHI EXPERIENCE 27.95 ⌚ | VEGAN EXPERIENCE 27.95 ✔✔ | WITH DRINKS 44.95 |
| TEMPURA MAKI | VEGAN CALIFORNIA MAKI | Mr TENKAICHI PLUM COCKTAIL |
| SALMON NIGIRI | AVOCADO NIGIRI | BOTTLE OF ASAHI BEER |
| KATSU CURRY (Chicken or Pork) | VEGAN NINIKU CHAHAN | LARGE OZEKI SAKE 250ml (not vegan) |
| CHICKEN TERIYAKI | JAPANESE 5 VEGETABLE GYOZA | or SHO CHIKU BAI CLASSIC |
| EDAMAME | EDAMAME | JUNMAI SAKE ✔✔ |
| ICE CREAM | PASSION FRUIT & MANGO MOCHI | CHOICE of JASMIN OR GREEN TEA |

RAMEN AND NOODLE SOUPS

- GYOZA RAMEN** 11.85 Traditional Japanese egg noodles, with chicken gyoza, narutomaki & wakame in a delicious original Japanese shoyu broth with a fermented wheat, soy beans and salt base
- SEAFOOD RAMEN** 13.25 Japanese style egg noodles in a traditional shoyu broth with shrimps, scallops, mussels, squid, crabstick and fishcake
- SPICY BEEF RAMEN** 10.55 Traditional Japanese style egg noodles on a miso soup base with beef
- SPICY CHICKEN RAMEN** 10.25 Traditional Japanese style egg noodles on a miso soup base with chicken
- SALMON RAMEN** 13.25 Japanese style egg noodles in a traditional shoyu broth with salmon in a teriyaki sauce
- KITSUNE UDON** 9.25 Udon noodles in a traditional shoyu broth topped with sweetened deep fried tofu pockets

- VEGETABLE RAMEN** 9.10 Japanese style egg noodles in a miso base with mixed vegetables and a spring onion topping
- VEGAN RAMEN** 9.65 Vermicelli (rice) noodles served in a deep bowl with mixed greens, menma (pickled bamboo shoots) mixed vegetables in a vegetable stock
- CURRY UDON** 10.25 Udon noodles in a traditional Japanese beef curry
- CHICKEN or PORK KATSU UDON** Udon noodles in a traditional shoyu broth topped with deep fried chicken cutlet or pork fillet in panko breadcrumbs. Chicken 10.45 Pork 10.75
- CHA SIEW RAMEN** 11.85 Slices of marinated pork belly in a shoyu broth with ramen noodles, fish cakes, seaweed and spring onions

Go Gluten Free with Vermicelli Rice Noodles for an extra 1.65

HOSOMAKI

- SALMON HOSOMAKI** 4.65 Sushi rolled in seaweed with a delicate salmon centre
- SPICY TUNA HOSOMAKI** 5.35 Sushi roll with a delicious spicy tuna filling
- TEKKA HOSOMAKI** 5.15 Sushi rolled in seaweed with succulent tuna loin
- KANI HOSOMAKI** 4.15 Sushi rolled in seaweed, filled with mouth watering crab sticks and cucumber

- KAPA HOSOMAKI** 4.15 Sushi rice rolled in seaweed and filled with juicy cucumber
- OSHINKO HOSOMAKI** 4.15 Sushi rolled in seaweed, filled with traditional Japanese yellow radish pickle
- ASSORTED HOSOMAKI** (16 piece) 7.95 Assorted hosomaki with cucumber, egg, yellow radish pickle & avocado
- AVOCADO HOSOMAKI** 4.15 Sushi rice rolled in seaweed and filled with avocado

MAKI ROLLS

Tenkaichi is famous for its 'Maki Rolls.'

Probably- because we make them by hand (most commercial Maki is machine made) which makes ours lighter and less dense, giving the flavours room to merge into absolute deliciousness.

Possibly- because we use authentic Japanese ingredients of the very best quality, imported directly from Japan; even if that costs a little extra, because you deserve the very best.

Definitely- because our chef's produce such stunning flavour combinations, mixing two, three or more fillings chosen for their complementary tastes and colours, to flood your mouth with flavour and excite all your senses.

THE Sushi Experience!



TEMPURA MAKI (8 Piece) ⌚

Sushi rolled in seaweed with prawns deep fried in a light tempura batter complemented by an authentic Japanese wasabi mayonnaise dressing 5.35

RAINBOW MAKI (8 Piece) ⌚

Pretty as a picture; prawns, avocado, salmon, tuna, squid & caviar, all rolled in cucumber and juicy crab sticks 8.55

ALASKA MAKI (8 Piece) ⌚

Sushi rice rolled in nori and filled with a delicious mix of atlantic salmon and avocado 6.55

TENKAICHI MAKI (8 Piece)

Our secret recipe marinated beef, cooked in a sweet Japanese sauce with lettuce and traditional wasabi mayonnaise 7.95

MANGO MAKI (8 Piece) ⌚

Delicious mango covered sushi rice, with a juicy prawn, wasabi mayo, and avocado filling 6.75

CHICKEN TERI MAKI (8 Piece)

Succulent chicken in a rich teriyaki and mayonnaise sauce with cucumber 5.15

NIGIRI

2 Piece Servings

- UNAGI NIGIRI** (Eel) 6.35 ⌚
- INARI NIGIRI** (Tofu) 3.85 ✔✔
- CAVIAR NIGIRI** 3.95
- TAMAGO NIGIRI** (Egg) 3.55 ✔
- AVOCADO NIGIRI** 3.65 ✔✔
- TUNA NIGIRI** 4.15 ⌚
- SWEET SHRIMP NIGIRI** 3.65 ⌚
- SALMON NIGIRI** 3.85 ⌚

RICE DISHES

KATSU CURRY

Succulent chicken or pork fillet deep fried in authentic Japanese panko breadcrumbs, served with traditional pickle & boiled rice. Chicken 11.65 Pork 11.95

KATSU DONBURI

Deep fried chicken or pork fillet in breadcrumbs on a bed of rice, with delicious leek, onions, mushroom and egg, topped with seaweed and spring onion in our very own donburi sauce. Served with miso soup. Chicken Katsu Donburi 10.65 Pork Katsu Donburi 10.95

EBI PRAWN KATSU DONBURI

Deep fried king prawns in breadcrumbs on a bed of rice, with delicious leek, onions, mushroom and egg, topped with seaweed and spring onion in our very own donburi sauce. Served with miso soup 11.95 ⌚

UNAGI GOHAN

Japanese eel, garnished with seaweed & spring onion and accompanied with miso soup 23.25 ⌚

TORI CHAHAN

The most traditional Japanese chahan! Egg fried rice with diced chicken and mixed vegetables 9.55

VEGETABLE DONBURI

Deep fried mixed vegetables in a light crispy batter; with boiled rice garnished with seaweed & spring onions (Includes very lightly cooked eggs, no miso soup) 10.60 ✔
Add Miso Soup—not vegetarian, for an extra 2.45

VEGETARIAN CURRY

Crispy tempura battered tofu, served with traditional pickle & boiled rice 10.60 ✔

CHA SIEW GOHAN

Boiled rice, with marinated pork belly, seaweed and spring onion, served with miso soup 9.95

VEGAN NINUKU CHAHAN

Stir fried rice, with garlic and mixed vegetables 9.35 ✔✔

NINUKU CHAHAN

Egg fried rice, garlic and mixed vegetables 9.55 ✔

CHA SIEW CHAHAN

Egg fried rice, with chef's signature marinated pork belly, dressed with mixed vegetables and spring onion 9.95

GOMOKU CHAHAN

Egg fried rice, with squid, prawns, scallop, mussels, crab stick, fish cake and mixed vegetables 12.65 ⌚

UNAGI CHAHAN

Egg fried rice, with grilled Japanese Eel and mixed vegetables 16.95 ⌚

BENTO BOXES

Commonly used as a lunchbox by Japanese workers and school children, the 'Bento' represents an aesthetically pleasing and nutritionally balanced meal, in a way that's so typical of Japanese culture.

The dishes in this Bento Box section come with:

Three maki rolls (kani maki), two chicken gyoza (not the Mr Tenkaichi's Bento) or two spinach gyoza in the Tempura Vegetable Bento, mixed salad (with our home made salad sauce), boiled rice and miso soup (except the Tempura Vegetable Bento where its available as an extra).

There is no particular way to eat a bento, just go ahead and enjoy in any order you like!



KATSU BENTO

Our most popular Bento Box. Chose between succulent chicken, or pork fillet deep fried in authentic Japanese panko breadcrumbs, Chicken 15.45 Pork 15.45

MR TENKAICHI'S BENTO

Mr Tenkaichi's signature atlantic salmon and tuna sashimi Bento Box, with chicken teriyaki, stir fried pork and vegetarian California roll 17.95 (**Add five gyoza** for an extra 5.95) ⌚

TUNA SALMON SASHIMI BENTO

Slices of the choicest atlantic salmon and tuna sashimi on the market 17.65 ⌚

SALMON SASHIMI BENTO

Our chefs insist on serving quality salmon and only buy and serve the finest cuts from the very best atlantic salmon on the market 16.65 ⌚

SALMON TERIYAKI BENTO

Finest quality atlantic salmon, steak served in a wonderfully rich teriyaki sauce 16.45 ⌚

SEAFOOD FRY BENTO

Fruits of the sea — Salmon, prawns, meaty scallops, mussels and juicy crab sticks deep fried in traditional Japanese panko breadcrumbs 16.25 ⌚

TEMPURA VEGETABLE BENTO

Vegetable tempura, with vegetarian California roll and Japanese spinach gyoza 13.45 ✔
(Add miso soup for an extra 2.45—Not Vegetarian)

YAKI NIKU BENTO

Stir fried slices of juicy pork belly, in chef's special garlic and soy sauce, served with mixed vegetables 14.75

CHICKEN TERIYAKI BENTO

Succulent slices of grilled chicken, cooked to perfection in a wonderfully rich teriyaki sauce 15.45

SASHIMI

- CHEF'S SPECIAL MIXED SASHIMI** 21.95 (20 Pieces) ⌚
- TUNA SALMON SASHIMI** 11.95 (8 Pieces) ⌚
- TUNA SASHIMI** 11.95 (8 Pieces) ⌚
- ATLANTIC SALMON SASHIMI** 11.95 (8 Pieces) ⌚