

DELIVERING AN AUTHENTIC FLAVOUR OF THE EAST, A TWIST OF THE WEST, WHILE RESPECTING THE TRADITIONS OF THE PAST

NIGIRI 4 PIECES

Oval hand pressed Japanese sushi rice with fish or seafood on top

SEABASS	5.95
TUNA	6.95
EEL	9.95
SALMON	5.95
PRAWN	6.95
AVOCADO 	5.95

MAKI 8 PIECES

Nori wrapped sushi rolls cut into bitesize pieces

CUCUMBER	5.75
SALMON	6.95
AVOCADO	5.95
TUNA	6.99

URAMAKI ROLLS

Sushi inside out roll. Rice on the outside, nori on the inside

CHICKEN KATSU 5 PIECES	7.95
Chicken, cucumber, togarashi, teriyaki sauce	
SPICY TUNA 5 PIECES	8.50
Tuna, cucumber, mango, togarashi, spicy mayo	
PRAWN TEMPURA 5 PIECES	8.75
Prawn, avocado, sesame seeds, sweet chilli mayo	

SALMON & AVOCADO 5 PIECES	8.50
Salmon, avocado, tobiko, Japanese mayo	

YASAI 5 PIECES	8.50
Cucumber, red cabbage, avocado, crispy sweet potato, vegan mayo	

RAINBOW 5 PIECES	8.75
Prawn, tuna, salmon, avocado, mango, cucumber	

PLANNT POWERED 10 PIECES 	12.50
Seaweed salad, cucumber, mango, avocado	

MONDRIAN ROLL 10 PIECES	14.95
Seared beef, prawn, avocado, teriyaki sauce, wasabi mayo	

ZUMU 10 PIECES	14.95
Prawn, seared salmon, avocado, teriyaki sauce, sesame seeds	

CRUNCHY CALIFORNIA 10 PIECES	14.95
Prawn katsu, avocado, cucumber, spicy soy mayo, tempura flakes	

FIREFLY 10 PIECES	14.95
Seared seabass, prawn, avocado, Sriracha, jalapeno	

SPIDER FUTOMAKI 10 PIECES	15.95
Soft shell crab, cucumber, tobiko, sweet tangy sauce	

DRAGON 10 PIECES	15.95
Eel, cucumber, avocado, teriyaki sauce	



OMAKASE SUSHI SHARING PLATTER



OMAKASE IS THE JAPANESE TRADITION OF LETTING A CHEF CHOOSE YOUR FOOD.

So let our chefs use their creative freedom and choose 40 or 60 pieces of the freshest and tastiest sushi to create a memorable dining experience.

30 PIECES FOR 3/4 PEOPLE	50.00
60 PIECES FOR 5/6 PEOPLE	80.00

SASHIMI

Raw slices of fresh fish

SALMON 6 PIECES **9.50**

TUNA 6 PIECES **10.50**

HAMACHI YELLOW TAIL 6 PIECES **13.95**

SASHIMI MIX CHEFS CHOICE 6 PIECES **9.95**

SASHIMI MIX CHEFS CHOICE 12 PIECES **18.95**


SUSHI TACOS

SALMON TACOS **9.50**

Crispy tacos, salmon, avocado, mango salsa, tobiko

SPICY TUNA TACOS **9.95**

Crispy tacos, spicy tuna, avocado, mango salsa, tobiko

PLANNT TACOS  **8.75**

Crispy tacos, seaweed salad, avocado, mango salsa, sesame seeds

TATAKI

Traditional Japanese method of serving meat or fish. Simply seared on the outside and finely sliced

SALMON TATAKI **9.50**

Seared fillet of salmon, wasabi mayo, sesame seeds, spring onion, ponzu citrus dressing

TUNA TATAKI **10.50**

Seared tuna, spring onion, ponzu citrus dressing, black caviar

YELLOW TAIL TATAKI **11.50**

Seared fillet of yellow tail, jalapeno, tiradito dressing

BEEF TATAKI **11.50**

Seared fillet of beef, truffle mayo, apple & mango salsa, ponzu citrus dressing

plannt  plant based

PLEASE MAKE YOUR SERVER AWARE OF ANY ALLERGIES.
ALL TABLES ARE SUBJECT TO A DISCRETIONARY SERVICE CHARGE OF 10%

WWW.THEFOODWELL.CO.UK | [@FOODWELLMCR](https://www.instagram.com/foodwellmcr)
PRIVATE HIRE & EVENTS HELLO@THEFOODWELL.CO.UK

