


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	

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

YASAI CRUNCH 10 PIECES	12.95
Cucumber, red cabbage, avocado, crispy sweet potato, vegan mayo	

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

FIREFLY 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	

SEXY FISH 10 PIECES	14.95
Seared seabass, prawn, avocado, Sriracha, jalapeno	

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

MOTHER OF DRAGONS 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

