

WELCOME TO TOKYO

東京へようこそ

WELCOME TO OUR NEW MENU.
FIND ALL THE FRESHEST FLAVOURS
OF TOKYO SERVED UP WITH
NEW TALES FROM THE LOCALS.
#THISISTOKYO

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HOW TO YO!

CHOOSE PLATES FROM THE BELT
OR ORDER FROM THE MENU.
SEVEN COLOURS, SEVEN PRICES.
WHEN YOU'RE DONE WE'LL COUNT
THE PLATES TO WORK OUT YOUR BILL.

	£2.15		£4.55
	£2.70		£5.25
	£3.65		£6.25
	£4.15		£8.50

Visit www.yosushi.com/nutrition for full allergen info
and Sumo kcals, or ask a YO! team member

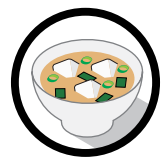
 VEGETARIAN  CONTAINS NUTS KCAL TOTAL PER PORTION

Helping us with our
tales from Tokyo

メトロポリス
METROPOLIS

MISO & RAMEN スープ

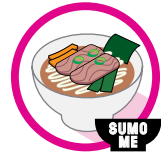
SOUP, NOODLES & BROTHS



Miso Soup (unlimited)
Light & healthy traditional soya bean broth with wakame, spring onion and tofu. **£2.20 60kcal** **V**



Spicy Seafood Udon Noodle or Rice
Spicy kimchi broth with fresh prawns, salmon, squid and vegetables. **316 kcal**



Curry Beef Ramen or Rice
Garlic, chilli and sesame paste curry broth with seared beef. **378 kcal** **N**



Miso Dumpling Ramen or Rice
Miso broth with crunchy fresh vegetables and gyoza. **346 kcal** **V**

CHAHAN チャハン

JAPANESE FRIED RICE



Plain
Plain steamed Japanese rice, piled high and served straight up. **307 kcal** **V**



Yasai
Crunchy fresh vegetables, edamame, shichimi chilli powder and sesame oil. **339 kcal** **V**



Chicken
The same as our vegetable version with fresh grilled chicken thigh. **411 kcal**



Salmon
The same as our vegetable version with flaked salmon. **411 kcal**

YAKISOBA 焼きそば

STIR-FRIED NOODLES



Plain
Hot noodles to slurp, served straight up. **158 kcal** **V**



Yasai
A tangy favourite, served with crunchy fresh vegetables. **189 kcal** **V**



Chicken
Hot noodles with fresh pieces of chicken thigh. **261 kcal**

KATSU カツ

CRISPY COATED IN PANKO



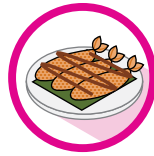
Tofu Katsu Curry
Crispy tofu with curry sauce, pickles and steamed rice. Voted 'Best Vegan Curry' by PETA. **485 kcal** **V N**



Chicken Katsu
Crispy chicken thigh drizzled with tonkatsu sauce. **164 kcal**



Chicken Katsu Curry
Crispy chicken covered in mild curry, served with pickles and steamed white rice. **519 kcal** **N**



Ebi Fry
Crispy tail-on prawns drizzled with tonkatsu sauce. **122 kcal**



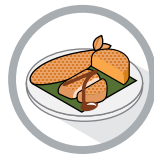
Ebi Fry Curry
Crispy prawn katsu topped with mild curry, pickles and steamed white rice. **379 kcal** **N**



Kabocha Katsu
Crispy bites of Kabocha pumpkin, drizzled with tonkatsu sauce. **130 kcal** **V**



Hotate Katsu
Sweet & crunchy Hokkaido scallops with wasabi sauce. **277 kcal**



Katsu Selection
Chicken, Kabocha, and Ebi Fry drizzled with tonkatsu sauce. **197 kcal**



Maguro Katsu
A special blend of tuna, onion and mayo with wasabi sauce. **317 kcal**

YATAI 屋台

TRADITIONAL STREET FOOD



Okonomiyaki
Cabbage filled pancake topped with smoked bonito tuna flakes and lots more. **146 kcal**



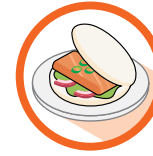
Teba No Karaage
Nagoya's favourite crispy fried chicken wings served with lime. **244 kcal**



Takoyaki
Lightly battered dough balls with octopus, topped with mayo, bonito and lots more. Osaka's No.1! **171 kcal**



Spicy Pepper Squid
Marinated squid crispy fried and served with red chilli and spring onions. **145 kcal**



Salmon Steamed Bun
Grilled kimchi salmon Hirata bun, light and pillowy with pickled onions. **287 kcal**



Duck Steamed Bun
Hoisin duck in a fluffy Hirata bun with pickled cucumber and coriander. **226 kcal**

HONMONO 本物

AUTHENTIC HOME COOKING



Chazuke
Salmon, tilapia, shiso leaf, yuzu koshu, rice and nori in a fragrant umami broth. **355 kcal**



Buta No Kakuni
Slow-braised pork belly and daikon in aromatic sweet soy on rice. **430 kcal**



Nanbanzuke
Sweet & sour tilapia and pickles nestled on rice. Southern barbarian food! **399 kcal**

TEMPURA 天ぷら

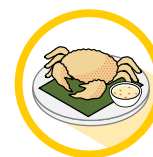
CRISP & LIGHT BATTER



Yasai
Lightly battered vegetable selection for dipping in a sesame vinegar. **153 kcal** **V**



Popcorn Shrimp
A pile of crispy shrimp topped with a sweet shiro miso & chilli sauce. **341 kcal**



Soft Shell Crab
Classic soft shell crab pieces served with our sweet chilli mayo dip. **219 kcal**



Fish Tempura
Slices of tilapia and shiso leaf with a ponzu dip. **86 kcal**

GYOZA 餃子

DUMPLINGS



Yasai
Crunchy vegetable and soya filled gyoza with soy vinegar dipping sauce. **111 kcal** **V**



Chicken
Chicken and vegetable filled gyoza with soy vinegar dipping sauce. **119 kcal**



Duck
Duck gyoza with hoisin dipping sauce. **132 kcal**

TERIYAKI 照り焼き

GLAZED IN A SWEET SOY



Chicken Teriyaki
Fresh chicken thighs, sliced and diced hot off the grill. **300 kcal**



Salmon Teriyaki
Fresh pieces of tender salmon served hot from the grill. **222 kcal**



Beef Teriyaki
Crispy slices of beef cooked up in a tempting sticky garlic & soy glaze with a fresh chilli kick. **227 kcal**

HOT DISHES

温まる料理

OTSUMAMI おつまみ

JAPANESE SIDES & SNACKS



Edamame
Pods sprinkled with salt flakes and spring onion. Pop the beans out and eat! 121 kcal **V**



Kaiso Seaweed
Marinated mixed seaweed, edamame and carrots in a su-miso sauce. 120 kcal **V**



Goma Salad
Crunchy fresh vegetables with nutty goma-sesame dressing. 60 kcal **V**



Kimchi Ika
Poached squid with quick-pickled kimchi chilli vegetables. 71 kcal



Harusame Aubergine
Fried slices of aubergine with a garlic & ginger sesame soy dressing. 82 kcal **V**



Potato Salada
The izakaya classic. Potato, quick-pickled vegetables with karashi mustard mayo dressing. 210 kcal **V**



Spicy Chicken Salad
Kimchi grilled chicken thigh with crunchy salad and a sesame soy dressing. 204 kcal



Ramen Noodle Salad
Noodles coated in sesame sauce with pickled ginger, wakame and crisp shallots. 331 kcal **V**

COLD DISHES

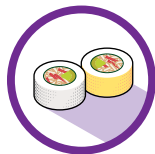
冷たい食物

ROLLS ロール

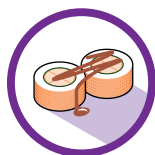
LARGE AND SMALL SUSHI ROLLS



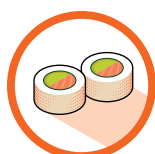
Crispy Salmon Skin
Crispy fried salmon skin nori roll with shichimi powder and spring onion. 114 kcal



California
Surimi, avocado and Japanese mayo nori roll with toasted black and white sesame seeds. 142 kcal



Spicy Chicken
Crispy chicken katsu nori roll with shichimi powder and tonkatsu sauce. 130 kcal



YO! Roll
Our signature roll! Fresh salmon, avocado, Japanese mayo and orange masago. 140 kcal



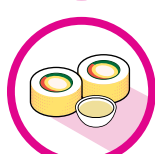
Yasai
Veggie heaven: inari, avocado, cucumber, carrot nori roll with teriyaki, mayo and cress. 170 kcal **V**



Spicy Tuna
Chopped yellowfin tuna, spicy sriracha and rayu chilli oil nori roll with shichimi powder. 132 kcal



Ebi
Prawn katsu and avocado filled nori roll with dried purple shiso yukari. 127 kcal



Spider
Tempura soft shell crab and pickled ginger roll with yuzu tobiko and sweet chilli sauce. 179 kcal



Blossom
Prawn katsu and avocado nori roll with purple shiso yukari and spicy tuna topping. 199 kcal



Dynamite
Salmon & avocado nori roll with rayu chilli oil, sriracha mayo and spring onion. It's a hot one! 168 kcal



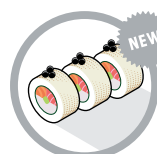
Ginza
Fresh salmon, cream cheese and cucumber roll with arënkha caviar, teriyaki, sriracha and mayo. 260 kcal



Fish No Chip Roll
Tilapia tempura, onion, cucumber and wasabi sauce nori roll with citrus yuzu furikake. 139 kcal



Hoisin Duck
Duck, cucumber and spring onion nori roll with hoisin & orange sauce. 117 kcal



Ichi-Ni-San Roll
Scallop, salmon, tuna, cucumber and yuzu kosho nori roll with arënkha caviar. 209 kcal



Dragon Roll
California roll topped with fresh salmon, shichimi powder and spring onion. 178 kcal



Roll Selection
One piece of each of our premium rolls: Ichi-Ni-San, Ginza and Spider. 225 kcal



Avocado
Soft avocado & mayo nori roll. 131 kcal **V**



Kappa
Crunchy cucumber and toasted sesame seed nori roll. 93 kcal **V**



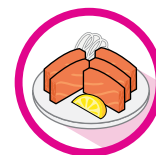
Salmon
Fresh salmon and wasabi nori roll. 122 kcal



Tuna
Yellowfin tuna and wasabi nori roll. 115 kcal

SASHIMI 刺身

PREMIUM SLICES OF FISH OR MEAT



Salmon
Our freshest cuts of thick-sliced salmon, with mooli and lemon. 140 kcal



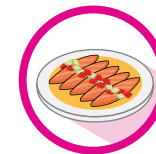
Tuna
Thick cut slices of yellowfin tuna with mooli and lime. 105 kcal



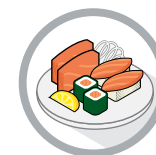
Albacore Truffle Ponzu Tatakai
Lightly seared tuna with a truffle ponzu dressing. 87 kcal



Beef Tataki
Pepper-seared rare beef and tangy coriander pesto. 159 kcal



Salmon & Yuzu Salsa
Thin sliced salmon served up with a yuzu salsa & ponzu dressing. 102 kcal



Salmon Selection
Two pieces each of sashimi, sushi and maki all on one plate. 214 kcal



Salmon & Yuzu Tartare
Finely chopped salmon with yuzu tobiko, salmon roe & coriander pesto. 174 kcal



Tuna & Caviar
Sake & soy marinated, pepper-seared tuna served with shiso leaf. 112 kcal

TEMAKI 手巻き

HAND ROLLS



Crispy Salmon Skin
Salmon skin, spring onion and salad, wrapped in a nori rice cone. 99 kcal



Yasai
Cucumber, inari and tamago with mayo, wrapped in a nori rice cone. 184 kcal **V**



California
Surimi, avocado, mayo and toasted sesame seeds in a nori rice cone. 179 kcal



Salmon & Avocado
Fresh salmon, avocado, mayo and toasted sesame seeds in a nori rice cone. 131 kcal

SUSHI 寿司

RICE BLOCKS WITH A TOPPING



Ama Ebi
Sweet raw shrimp with traditional wasabi and nori. 80 kcal



Tamago
Sweet and light egg omelette and nori. 262 kcal **V**



Salmon
Fresh slices of salmon with a touch of wasabi. 97 kcal



Inari
Sweet parcels of soft beancurd filled with sticky rice. 102 kcal **V**



Saba
Teriyaki glazed cured mackerel slices and spring onion. 316 kcal



Kaiso
Marinated seaweed with su-miso sauce, wrapped in nori. 106 kcal **V**



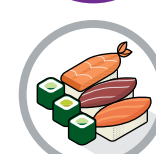
Ebi
Poached & butterflied sweet prawn with a wasabi kick. 137 kcal



Albacore Tuna
Quick-seared albacore tuna, spring onion and cress with truffle ponzu. 91 kcal



Beef
Seared beef with nori and 7-chilli shichimi powder for spice. 102 kcal



Assorted Sushi & Maki
Salmon, Tuna and Ebi sushi, Avocado and Kappa Maki. 220 kcal



Sushi Selection
Tasting plate of Albacore Tuna sushi, Ama Ebi and Saba sushi. 259 kcal

MAKE YOUR OWN HAND ROLL

Choose one filling from each section

1	Hoisin Duck, Soft Shell Crab Tempura, Spicy Tuna, Ebi Fry, Chicken Katsu, Fresh Salmon
2	Avocado, Cucumber, Salad, Gari Ginger, Spring Onion, Inari
3	Mayo, Hot Chilli Sauce, Katsu Sauce, Sweet Chilli Mayo, Sesame Sauce, Su-Miso



Photograph: Christabelle Ong

SWEETS

和菓子



Fresh Fruit

The perfect palate cleanser - our fresh and healthy fruit plate. 51 kcal **V**



Dorayaki

Classic Japanese pancake sandwich with a light custard filling. 138 kcal **V**



Chocolate Mochi

Bite into the glutinous soft rice outer to reveal a rich chocolate ganache centre. 207 kcal **V**



Strawberry Cheesecake Mochi

Sweet rice ball filled with strawberry cheesecake. 188 kcal **V**



NEW!

Matcha Roll

Premium green tea sponge swirled with fresh cream & azuki beans. 231 kcal **V**



NEW!

Japanese Souffle Cheesecake

Soft, moist & light baked soufflé cheesecake. 165 kcal **V**



Apple Gyoza

Served sizzling hot, sweet & crispy dumplings with salted miso caramel. 115 kcal **V**

SOFT DRINKS

Fresh-pressed Watermelon Juice

£3.40 250ml

100% watermelon, nothing added.

Fresh-pressed Orange Juice

£2.90 250ml

100% orange juice, nothing else.

Ramune Soda

£2.90 200ml

Japan's oldest and most popular soft drink, also known as 'marble soda'.

Jax Coco

Coconut Water

£2.70 330ml

Yuzu & Pear Juice

£3.00 250ml

Aloe Vera Drink

£2.70 500ml

Pomegranate & Green Tea

£2.60 330ml

Coke/Diet Coke/Sprite

£2.40 330ml

H2YO! Still/Fizzy Water

£1.60 500ml

UNLIMITED

Japanese Green Tea

£1.70

Triple filtered water Still/Fizzy £1.20

We promote a Zero Waste Society. Our water is chilled, purified and triple filtered using both ultraviolet and natural carbon blocks. Excellent clarity and taste whilst reducing waste – saving 1.7 million bottles a year from hitting the bins.

WHITE WINE

ABV

Sauvignon Blanc

Tropical and fresh (South Africa)

£2.00 75ml £3.00 125ml

£4.50 175ml £6.00 250ml

£16.00 Bottle

Pinot Grigio

Light and zesty (Australia)

£2.00 75ml £3.50 125ml

£5.00 175ml £6.50 250ml

£18.00 Bottle

RED WINE

ABV

Merlot

Smooth and mellow (Australia)

£2.00 75ml £3.00 125ml

£4.50 175ml £6.00 250ml

£16.00 Bottle

ROSE WINE

ABV

Zinfandel

Sweet and juicy (USA)

£2.00 75ml £3.00 125ml

£4.50 175ml £6.00 250ml

£16.00 Bottle

WINE BY THE GLASS

75ml – a cheeky lunch break
125ml – hump day tipple
175ml – that Friday feeling
250ml – it's the weekend...

BUBBLES

ABV

Prosecco

Delicate and fizzy (Italy)

£4.50 125ml

£23.00 Bottle

SAKE PAIRINGS

Sake is a Japanese rice wine that's brewed more like a beer than a wine. It's umami flavour can be enjoyed both warm or cold. Like a wine, it goes well with lots of dishes, from salmon sashimi and udon noodles right the way through to crispy tempura. Here's a few of our top pairings:

Gekkeikan (warm)

Buta No Kakuni
Nanbanzuke

Hakushika Ginjou (cold)

Dragon Roll
Albacore Truffle Ponzu Tataki

SAKE

ABV

Gekkeikan

Mild and semi-sweet (warm)

£5.50 250ml

Hakushika Ginjou

Gentle and fruity (cold)

£4.50 180ml £7.00 300ml

BEER

ABV

Asahi

Super crisp. Super dry.

£3.90 330ml £5.20 500ml

Sapporo

Big can. Premium beer.

£6.40 650ml

Kagua Craft Rouge

Craft Ale. Copper colour, creamy head.

£5.80 330ml

Kagua Craft Blanc

Craft Ale. Yuzu aroma, creamy taste.

£5.80 330ml

DRINKS

飲物

FASHION FIX

There's no way around it. Kawaii 'cuteness' is the dominant cultural force in Tokyo fashion at the moment, and it shows little sign of abating. In the past the party-bound gyaru or cemetery-bound Goth might have held our interest a bit more with parallel conversations on a sub-cultural level, but now kawaii sets the style pace - and everyone else falls in line.

It might be cute, but look past the pretty and kawaii reveals unexpected depth. Ever since 6% *DokiDoki* creative director Sebastian Masuda proclaimed, "kawaii is the new punk", it has become an avenue for subversion in Japanese fashion. And it doesn't just rely on the garments themselves, but on their context. Kawaii fashion is both a societally acceptable avenue for the young - and a state celebrated by the male gaze - but take it out of those contexts and it can be a powerful tool for rebellion. After all, there is nothing inherently transgressive about a Lolita fashion party dress. But rather it's the fact that an adult woman is wearing it. This is an act of rebellion against Japanese societal expectations which stipulate 'good wife, wise mother'. Set against the spikes and scum of punk that - until gentrified by the fashion establishment - were a rebellion themselves, kawaii is an ironically more cerebral, more mature 'middle finger' to society at large.

And now this kawaii revolution has spread to men's fashion, with designers such as Mikio Sakabe long realising the counter-culture implications of a kawaii man. With menswear tastes veering away from the conventionally masculine, this is the fashion frontier to watch. Ultimately, extremes of kawaii culture only serve to highlight that kawaii is not about being feminine, but un-gendered. After all, anything can be kawaii: a certain silent cat, even a pen, and certainly a man.

BY SAMUEL THOMAS
metropolisjapan.com

BEYOND KAWAII



BY SAMUEL THOMAS
metropolisjapan.com

THUNDERBOX AT PLAY

THUNDERBOX FROM DESIGNER TSUYOSHI MORITA IS A SURPRISINGLY WELL-KEPT SECRET ON THE TOKYO FASHION SCENE.

Word of the brand originally spread across the city with each wear. Fellow streetwear aficionados would clock the geek-chic references and gravitate to the Thunderbox mothership - a stone's throw from the sub-culture mecca of Nakano Broadway.

It's this all-important sense of style that separates Thunderbox from the usual fandom fare and takes it into fashion proper. Its references are kept relatively guarded - but pleasingly obscure - so that only those in the know, will know.

Frequently retro games take centre stage in Morita's designs. A fact which delights serious gaming fans who love their fashion, with pieces inspired by the colours and lines of Nintendo's Japanese Famicom and the Western NES - with even the ubiquitous NES Zapper turning up. If that last sentence lost you somewhere around Nintendo, this might not be the brand for you. But these are collections that are all about their references. What about the red armbands inspired by the legendary avant-garde electronic act Yellow Magic Orchestra? Or any number of nods to Star Wars? This eclectic mix is not only well observed, but also well executed. D-pads turn up as buttons, 8 bit characters are embroidered, ready to satisfy the craving to wear your subcultural affiliations in a way that other half-hearted collaborations and merchandise could never deliver on.

You can find the brand online, but visit the West Tokyo Nakano store and you'll see the brand in its full cultural context, including the ultra rare, original gacha machine from Cosmos and fully functional arcade games. While an essential part of any sub-culture is hoping not too many people catch on, this one inevitably will.



TAKASHI MURAKAMI

村上隆のポップ

C.B. LIDDELL
metropolisjapan.com

THE INTERNATIONALLY ACCLAIMED ARTIST PROVES HIMSELF TO HIS HOMETLAND

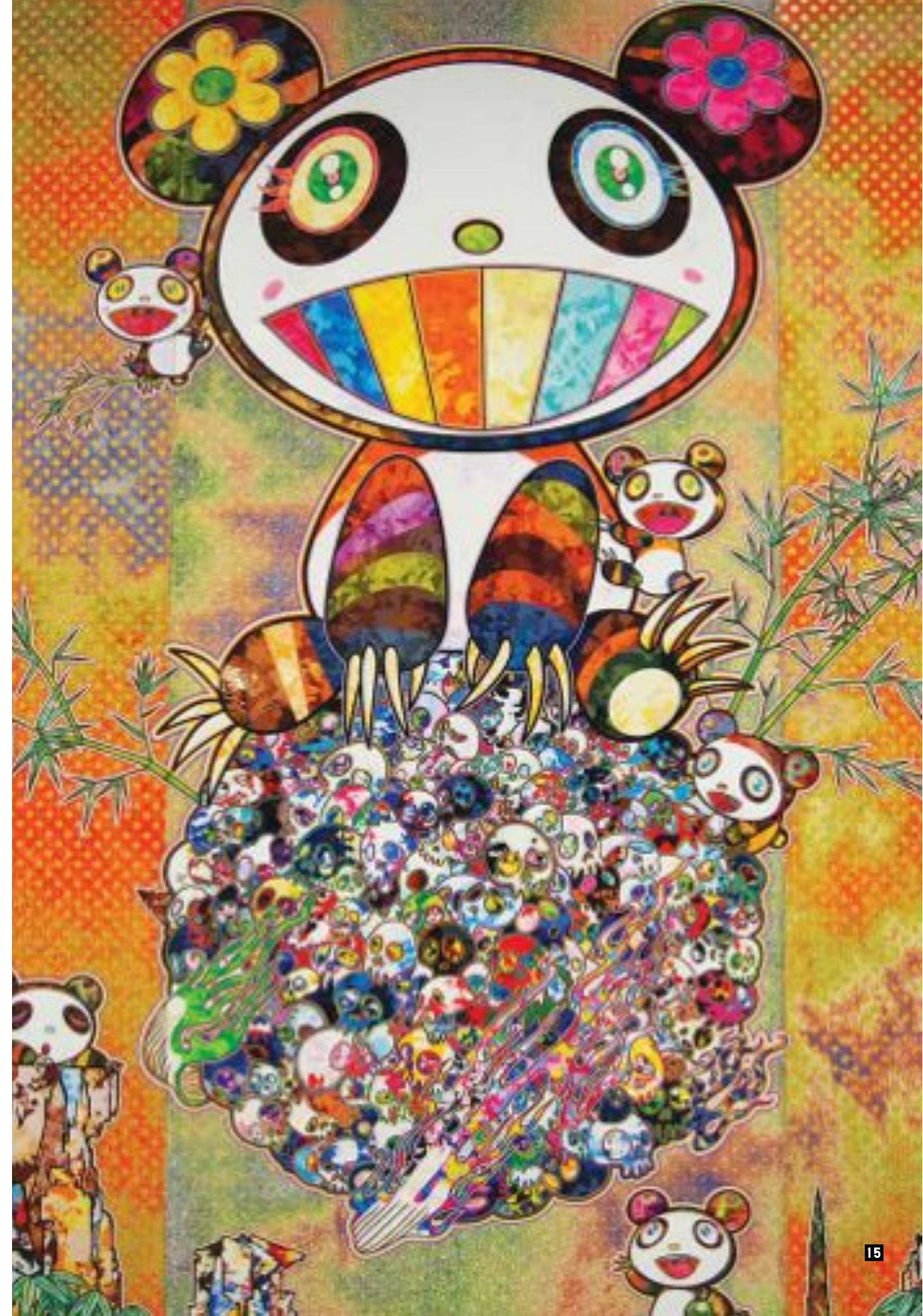
Takashi Murakami is one of those Japanese artists who seem to be a lot more popular with people outside of Japan than within. Perhaps this is a reflection of the fact that - like automobiles and electronics - the Japanese contemporary art market is skewed heavily towards export. Overseas, Murakami's otaku-flavoured pop art plays out remarkably well, yet in Japan he is often dismissed as tacky and jejune.

His latest big exhibition at the Mori Museum of Art, *Takashi Murakami: The 500 Arhats*, seems to be an attempt to address this imbalance. This new art is now moving strongly towards referencing traditional Japanese art.

The 500 Arhats refers to 500 'perfected persons' who've attained nirvana ... in other words, Buddhist saints. Painting 500 of them has long been considered something of a spiritual exercise for Buddhists. Many images are initially impressive - large, garishly coloured, with an excellent finish. Yet, when all's said and done, these are manga-esque images full of knowing irony. Each post-modern addition grafted onto a tradition defined by genuine belief and piety.

The real genius in Murakami's case is not so much his artistic ability - which many 'lesser artists' could match or surpass (and which is supplemented anyway by his numerous assistants). But his managerial ability, social power, and geek-like understanding of how the modern internet-driven media works.

This embrace of modern, internet-facilitated egoism runs directly counter to the self-effacing message of Buddhism the exhibition is ostensibly about. From one point of view, this represents continuity with the ironic art of Murakami's past, but from another, it contradicts Murakami's goal of becoming more accepted by the Japanese mainstream.



MOSHI MOSHI



#THISISTOKYO

LET IT ROLL

SUSHI MASTERCLASS

Perfect your sushi skills with a masterclass for two at Sushi School. Like school, but better, come hungry and get to grips with the history of this Japanese classic. We show you how to prep ingredients, cook the rice, handle and slice the fish and, finally how to roll. Then you get to eat everything.

Get in touch
yosushi.com/sushischool



THERE ARE NO ENDANGERED FISH ON THIS MENU
SUPPORT PROJECT OCEAN
selfridges.com/projectocean

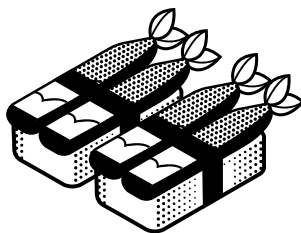
HOOKED ON HARAJUKU

We're inspired by authentic Japanese food, taking our flavours straight from the streets of Tokyo and styling them up our way.

From traditional izakaya bars with beers and bites to the freshest cuts of sushi, sake and modern street food. It's fast and fresh with a YO! twist.

Steaming bowls of ramen, straight up sashimi, pillowy buns - whatever your favourite, you can expect to eat it fresh. We'll add the finest ingredients to our dishes, sourcing yuzu oils, caviar and truffle for exciting flavour combinations.

When our Exec Chef isn't cooking, he'll be in Tokyo seeking out the latest flavours, sampling feasts of meat, noodles and spice all in the name of YO! - bringing them into the kitchen and on to the next plate.



喜びと一緒に暮らす

LIVE FAST EAT FRESH

YO LO

The world's oldest man, Yasutaro Koide from Japan, lived until he was 112 years old. He said the key to a long life was to 'live with joy'.

東京・原宿マニア

HAPPY FISH

We need to talk about fish.

We eat no evil here. It's our mission to know exactly where our fish comes from before we bring it to your plate.

Take our Norwegian salmon. Delivered to us 6 days a week, we're only happy with less than 2% fish in over 98% seawater. Why? Because healthy salmon equals tasty salmon.

And when it comes to our tuna, it's all about the mellow yellow. We'll only ever use yellowfin (never bluefin) so you can eat happy. Arigato!

ONLY THE FRESHEST SURVIVE

All our food is prepared fresh on site every single day.