



Take_food_from_the_belt
 Order HOT food from a YO! Team Member
 早い、楽しい 美味しい



メニュー



食品

We care about our food!

Authenticity

- We respect the heritage of Japanese food
- We try and use as many authentic Japanese ingredients as possible in our wide ranging menu... all delivered in our YO! way

Healthy

- The Japanese have the world's longest life expectancy due to their healthy diet
- Calories are included for every dish
- Allergen/nutrition information is available for every dish
- Miso soup (unlimited at only £2.20) is full of anti-oxidants (a great hang-over cure!)

Fish

- Happy Salmon: less than 2% salmon in over 98% water
- Yellowfin Tuna: pole and line caught from the Indian Ocean. Deep-set long-line from the South Pacific
- Both approved as sustainable fishing methods to prevent bi-catch.

食品

Did you know?
We are highly recommended by fish2fork.com

'The campaigning restaurant guide for people who want to eat fish - sustainably'

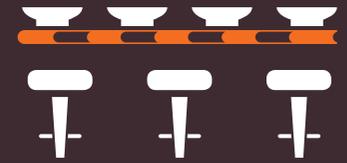
For more info about our provenance, visit yosushi.com



Eat at YO!Sushi in 4 easy steps:

SIT TAKE EAT PAY

Sit at the belt or in a booth.



Choose from the belt or order hot food.



Enjoy delicious hot food and fresh sushi!



Six colours, six prices. We'll count up the plates for you to pay.

	£1.90		£3.90
	£2.50		£4.30
	£3.40		£5.00

New to YO!Sushi? Scan me



yosushi.com



Miso
£2.20 ♡ 60kcal
 Seaweed, tofu, spring onion,
 soy bean broth (unlimited refills).



Spicy Seafood Udon
£4.30 ♣ 316kcal
 Shrimps, salmon, squid, vegetables,
 udon noodles, spicy broth.

Miso Chicken Ramen **Big Bowl**
£8.00 398kcal
 Chicken marinated in sake, miso
 & hoisin sauce, ramen noodles,
 traditional Umami broth.

Kaisen Fishcake Ramen **Big Bowl**
£8.00 391kcal
 Handmade fishcakes, ramen noodles,
 traditional Umami broth.

Nearly every region in Japan has
 its own variation of ramen, from the
 'tonkatsu' (pork bone broth) ramen
 of Kyushu to the miso ramen of
 Hokkaido. In 1994, Yokohama opened
 a dedicated ramen museum.



If it sounds delicious, looks
 delicious and smells delicious...
 Guess What?



RAMEN



Hot, tasty and
 delicious!



£1.90 £3.90
 £2.50 £4.30
 £3.40 £5.00

♡ Vegetarian ♣ Contains nuts

kcal - total amount per portion

Spicy~Sea food~Udon



Vegetable Firecracker Rice
£2.50 ♡ ♣ 339kcal
 Spicy sushi rice, Asian vegetables.



Chicken Firecracker Rice
£3.40 ♣ 411kcal
 Spicy sushi rice, chicken, Asian
 vegetables.



Salmon Firecracker Rice
£3.90 ♣ 411kcal
 Spicy sushi rice, salmon, Asian
 vegetables.

Vegetable Yakisoba
£2.50 ♡ ♣ 189kcal
 Noodles, vegetables,
 mildly spiced tangy sauce.

Chicken Yakisoba **Best Seller**
£3.40 ♣ 282kcal
 Noodles, chicken, vegetables,
 mildly spiced tangy sauce.

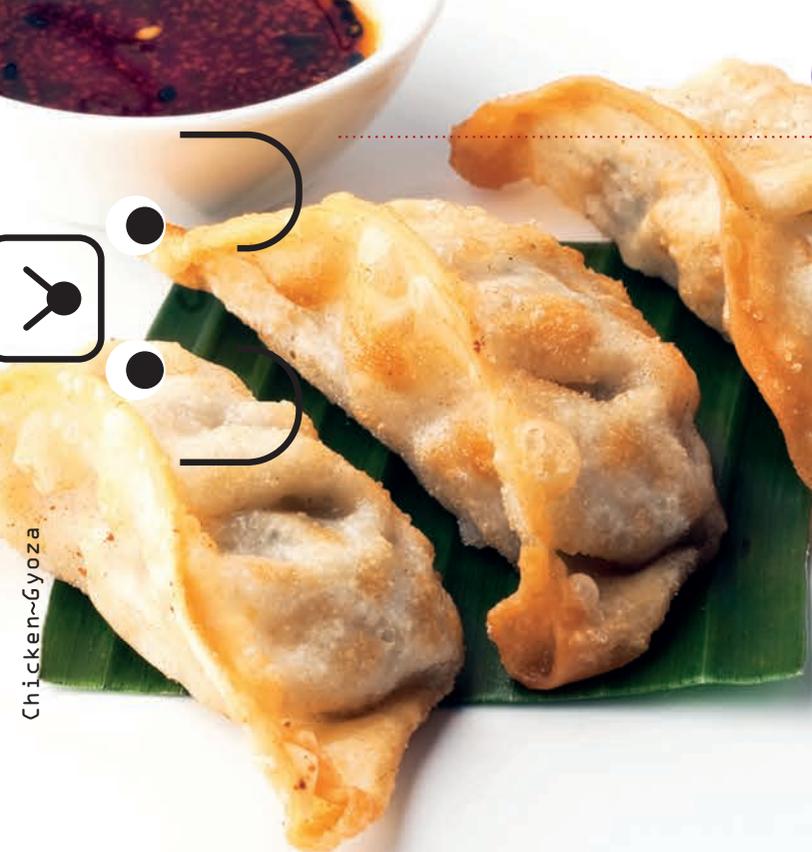
Prawn Yakisoba
£4.30 ♣ 235kcal
 Noodles, prawns, vegetables,
 mildly spiced tangy sauce.

To loudly slurp your noodles, as
 the Japanese do, is a great way
 of telling your host that you are
 enjoying your meal.



RICE BOWL

Prawn~Yakisoba



Chicken-Gyoza



Order hot dishes from a YO! Team Member

The word teriyaki is a combination of two Japanese words 'teri' and 'yaki'. Teri means luster, and yaki means grill or broil.



Chicken Teriyaki **Best Seller**
£3.90 300kcal
 Grilled chicken thigh, sweet & sticky soy sauce.

Spicy Pepper Squid
£3.90 145kcal
 Crispy spicy pepper squid, red chilli.

Chicken Gyoza **Best Seller**
£3.90 119kcal
 Chicken dumplings, soy & vinegar sauce.

Chicken Kara Age **New!**
£3.90 320kcal
 Deep fried chicken thigh marinated in sake & soy, ginger, garlic.

Pumpkin Korroke **Best Seller**
£3.40 130kcal
 Breaded pumpkin croquettes, fruity sauce.

Vegetable Gyoza
£3.40 111kcal
 Vegetable dumplings, soy & vinegar sauce.

Takoyaki
£3.90 171kcal
 Battered octopus balls, mayonnaise, red ginger, bonito flakes, aonori (seaweed powder), fruity katsu sauce.

£1.90 £3.90
 £2.50 £4.30
 £3.40 £5.00
Vegetarian **Contains nuts**

kcal – total amount per portion

YO! food facts: Tsukune is a Japanese style of meatball or skewer, usually cooked yakitori style.



Chicken Yakitori **New!**
£3.90 226kcal
 Grilled chicken thigh on skewers, sweet & sticky soy sauce.



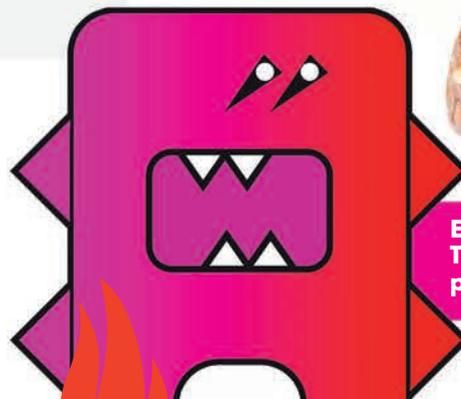
Beef Tsukune **New!**
£3.90 288kcal
 Skewered beef, cucumber & spring onion sausages, teriyaki sauce.



Duck Gyoza
£4.30 132kcal
 Duck dumplings, hoisin sauce.



Salmon Harumaki **New!**
£4.30 262kcal
 Salmon and nori spring roll, misotchup.



Eat, drink and be merry. This isn't an ancient Japanese proverb – just common sense.



温かい料理

Beef~Tsukune

Prawn~Katsu



Deep fried in Panko. Katsu curry served with rice and a mild curry sauce.

Tofu Katsu Curry
£3.90

Best Seller
483kcal

Tofu katsu, rice, mild curry sauce, spring onion.

Chicken Katsu
£3.90

164kcal

Chicken thigh, Japanese breadcrumbs, fruity sauce.

Prawn Katsu
£4.30

122kcal

Prawns, Japanese breadcrumbs, fruity sauce.

£1.90 £3.90
£2.50 £4.30
£3.40 £5.00
Vegetarian Contains nuts

kcal - total amount per portion



YO! food facts: Chicken Katsu Curry is our #1 best-selling hot dish.

Because katsu is the verb meaning 'to win' or 'to be victorious', modern Japanese students now eat 'katsudon' (bowl of rice topped with a deep-fried cutlet, egg and condiments) the night before taking an important exam.



Chicken Katsu Curry **Best Seller**
£4.30 519kcal

Chicken katsu, rice, mild curry sauce, red ginger.

Prawn Katsu Curry
£4.30 380kcal

Prawn katsu, rice, mild curry sauce, red ginger.

Katsu Selection
£5.00 197kcal

Prawn and chicken katsu, pumpkin korroke.

Spoilt for choice? Ask our chefs what they would recommend. Go on - they don't bite (often).



Tempura is only available at selected restaurants with open fryers YO!



Since the Genroku era (1688-1704), tempura was a popular food eaten at street vendors called 'yatai' and today remains a popular side dish, often eaten as a topping in Japan or soba (Japanese noodle made from buckwheat flour) stands.



Vegetable Tempura
£3.40 144kcal
Aubergine, carrot, avocado, red and spring onion, harusame sauce.



Popcorn Shrimp Tempura **New!**
£4.30 342kcal
Shrimps glazed in creamy miso sauce.



Soft Shell Crab Tempura
£5.00 181kcal
Soft shell crab, sweet chilli mayonnaise.

天ぷら
TEMPURA

Seafood or vegetables deep fried in a light crisp batter.

Vegetable~Tempura



TASTE JAPAN

日本の味

1 Ramen

Ramen is a Japanese noodle dish with a meat or fish-based broth, soy sauce or miso.

2 Tsukune & Yakitori

Tsukune means 'kneaded by hand'. Yakitori is a Japanese type of skewered chicken.

3 Tsukiji Fish Market

Known as Jōgai Shijō and Japan's 'Food Town', this is the world's biggest wholesale fish, seafood and food market.

4 Wasabi

Japanese horseradish with its root used as a condiment – mix with soy sauce when eating sushi.

5 Meiji shrine

Located in Shibuya, Tokyo, this is one of the most popular shrines in Japan.

6 Katsu

Coated in breadcrumbs (panko) for crunchiness, deep fried and often served with cabbage.

7 Edamame

Edamame is a popular bar snack with beer.

8 Geishas

Kyoto is famous for its geishas, located around Sijō Avenue.

9 Takoyaki

Delicious ball-shaped Japanese snack made of a wheat flour-based batter.

10 Sushi Dai

Located in Tsukiji fish market, this is one of Japan's most famous restaurants with queues from 5am.

11 Octopus (Tako)

Japan eat about two thirds of the world's share of this popular delicacy.

12 Itsukushima Gate

Miyajima is a small island less than an hour from Hiroshima famous for its giant torii gate.

13 Fugu master and his apprentice

Fugu is the Japanese name for the poisonous pufferfish served in Kyoto.

14 Izakaya

A Japanese pub which also serves food.

15 Sashimi

Japanese delicacy consisting of very fresh raw meat or fish slices into thin pieces.

16 Gion

Gion is Kyoto's most famous geisha district.

17 Tempura

Battered and deep-fried seafood and vegetables.

18 Tempura Soba

A noodle based dish with a tempura topping of shrimp.

19 Grilled Squid

Known as 'ikayaki' in Japanese and served in many izakayas. A grilled tentacle on a stick is popular at Japanese festivals.

20 Tamago

A Japanese omelette made by rolling together layers of cooked egg.

21 Okonomiyaki

Japanese savoury pancake meaning 'what you like' or 'what you want'.

22 Katsu Curry

The Japanese 'katsu' comes from the English word 'cutlet' and this dish is called 'kare' in Japanese.

23 Mochi

Japanese rice cake made with glutinous rice pounded into paste and molded into a ball.

24 Yakitori Alley

Rows of traditional Yakitori places sell grilled and skewered treats.



Detail imagery: Mike Lewis
Group Executive Chef, YO! Sushi



Sapporo

Aomori

Akita

Sendai

Fukushima

Niigata

Nagano

Tokyo 3 5

Chiba

Yokohama 1

Kyoto

Kobe

Osaka

Hiroshima

12 21

Tokushima

Nagasaki



YO! food facts: A sushi chef's knives must be sharpened every day.



YO! food facts: Yuzu has 3 times more vitamin C than lemon.



Beef Tataki

£3.90 (4 slices) 159kcal
Black pepper seared beef, coriander dressing.



Tuna Sashimi

£4.30 (3 slices) 65kcal
Yellowfin tuna.



Coriander Seared Tuna Sashimi

£4.30 (3 slices) 75kcal
Coriander seared Yellowfin tuna.



Salmon Sashimi

£4.30 (5 slices) 140kcal
Salmon. **Best Seller**

Best Seller

Sesame Seared Salmon Sashimi

£4.30 (5 slices) 178kcal
Sesame seared salmon.

Tuna Tataki & Ponzu **New!**

£4.30 (4 slices) 72kcal
Pepper seared Yellowfin tuna, chilli daikon, crispy shallots, ponzu.

Salmon & Yuzu Salsa Tataki **New!**

£4.30 (5 slices) 102kcal
Salmon, cucumber and cherry tomato salsa, ponzu.

Salmon Selection

£5.00 215kcal
3 slices of salmon sashimi, 2 salmon nigiri, 2 salmon maki.



Meaning 'pierced body', sashimi is considered as the finest dish in Japanese cuisine and should be eaten before other strong flavours affect your palate so is often served as the first course in a formal Japanese meal (but can be the main course with rice and miso soup).

Slices of premium seared or raw fish and meat.

£1.90 £3.90
£2.50 £4.30
£3.40 £5.00
Vegetarian **Contains nuts**

kcal - total amount per portion



Tamago Nigiri

£1.90 (2 pieces) 262kcal
Sweet egg omelette.



Inari Pocket

£1.90 (2 pieces) 102kcal
Sweet soy bean curd pocket, rice.



Salmon Nigiri

£3.40 (2 pieces) 97kcal
Salmon, wasabi. **Best Seller**

Two pieces of rice with topping.



Kaiso Gunkan

£1.90 (2 pieces) 107kcal
Su-miso marinated Japanese seaweed, rice, nori.



Masago Gunkan

£3.40 (2 pieces) 114kcal
Smelt fish roe, rice, nori.

Two pieces of rice wrapped in seaweed (nori) with topping.



Beef~Nigiri



Tuna Nigiri

£3.40 (2 pieces) 88kcal
Yellowfin tuna, wasabi.

Seared Beef Nigiri

£3.40 (2 pieces) 102kcal
Seared rare beef, mayonnaise.

Cooked Prawn Nigiri

£3.90 (2 pieces) 137kcal
Cooked prawn, wasabi.

Assorted Nigiri

£4.30 (1 of each) 161kcal
Yellowfin tuna nigiri, salmon nigiri, cooked prawn nigiri, wasabi.

Nigirizushi is the most common form of sushi known in the world and consists of the topping resting on top of a small oblong brick of rice. Always dip your nigiri upside down into the soy sauce so the topping is covered, not the rice side, and ideally, it should be eaten in one bite.



NIGIRI!

GUNKAN!

Salmon~Sashimi



YO! food facts: We have never, and will never, sell Bluefin tuna.



YO! food facts: Nori (edible seaweed) is rich in vitamins A, B, K and iron.



Crispy Salmon Skin ISO
£1.90 (2 pieces) 114kcal
 Crispy fried salmon skin roll coated in spring onion.



California ISO
£3.40 (2 pieces) 142kcal
 Crabstick and avocado, mayonnaise roll coated in sesame seeds.



Spicy Chicken ISO
£3.40 (2 pieces) 130kcal
 Chicken thigh katsu and katsu sauce roll coated in shichimi (Japanese chilli).



Salmon Dragon Roll **Best Seller**
£4.30 (2 pieces) 178kcal
 Salmon topped California roll, shichimi (Japanese chilli).

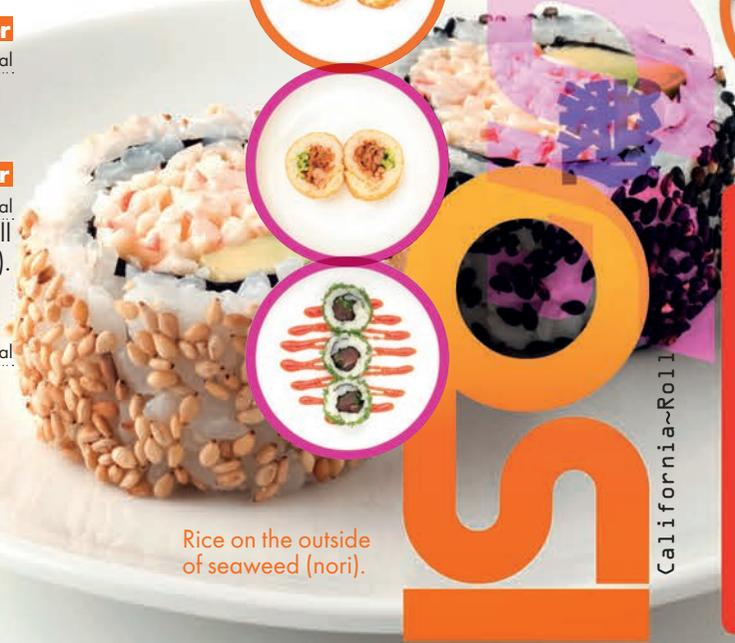


Crunchy Prawn ISO **Best Seller**
£4.30 (3 pieces) 127kcal
 Prawn katsu, avocado, mayonnaise roll coated in yukari (purple shiso powder).



Soft Shell Crab ISO
£4.30 (2 pieces) 179kcal
 Tempura crab, Japanese pickles, sweet chilli mayonnaise coated in yuzu tobiko (fish roe).

Known as 'uramaki' (inside-out roll) in Japanese, this is a medium-sized cylindrical piece with two or more fillings where the rice is deliberately on the outside and the nori inside. In Japan, it's an uncommon type of roll because the outer layer of rice can be quite tricky to handle with fingers.



Rice on the outside of seaweed (nori).

California~Roll



Crispy Salmon Skin
£1.90 99kcal
 Crispy fried salmon skin, spring onion, salad.



Vegetable
£2.50 184kcal
 Sweet soy bean curd, cucumber, sweet egg omelette, mayonnaise.



California
£3.40 179kcal
 Crabstick, avocado, mayonnaise and sesame seeds.



Salmon & Avocado **Best Seller**
£3.90 132kcal
 Salmon, avocado, mayonnaise and sesame seeds.

A seaweed (nori) cone filled with rice and a choice of fillings.



Make your own Hand Roll
£4.30

Choose one filling from each section

1

- Hoisin Duck
- Soft Shell Crab Tempura*
- Spicy Tuna Mix
- Chicken Katsu
- Prawn Katsu
- Fresh Salmon

* Only available at selected restaurants

2

- Avocado
- Cucumber
- Sakurazuke (Pink Pickled Radish)
- Spring Onion
- Salad
- Inari Beancurd

3

- Mayonnaise
- Hot Chilli Sauce
- Sweet Chilli Mayonnaise
- Katsu Sauce
- Sesame Sauce
- Misochup

£1.90 **£3.90**
£2.50 **£4.30**
£3.40 **£5.00**
Vegetarian **Contains nuts**

kcal - total amount per portion

同
寿
老

壽司
五
郎

Known as 'temikizushi' (literally: hand rolls), this is a large cone-shaped piece of nori (seaweed) filled with sushi rice and filling. To avoid the nori losing its crispness and becoming difficult to bite into, it's best to eat the hand roll quickly after being made.

Salmon~&~Avocado~Hand~Roll

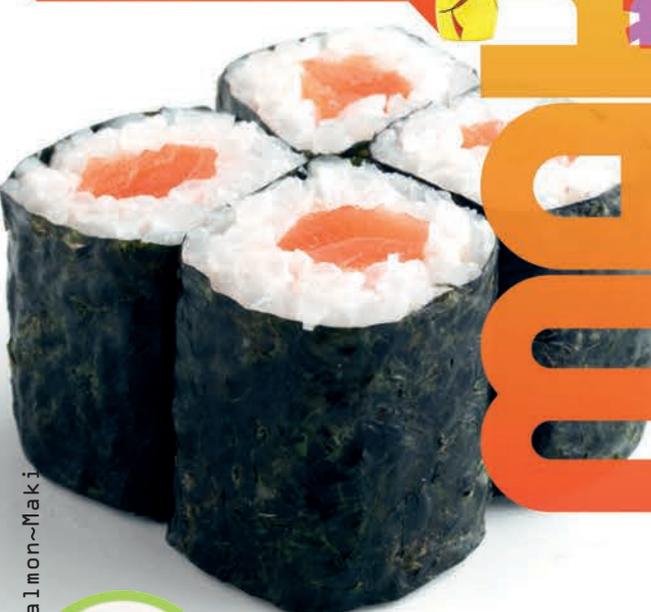
Rice filled rolls wrapped in seaweed (nori).



Sushi masters believe you don't just eat with your mouth, but also with your eyes.



MAKI



Tuna Maki
£3.40 (4 pieces) 115kcal
 Yellowfin tuna, wasabi.

Prawn & Chive Maki
£3.40 (4 pieces) 182kcal
 Cooked prawn, chives, mayonnaise.

Assorted Fish Maki
£3.90 (2 of each) 208kcal
 Salmon, tuna, cooked prawn & chive maki.

Inari & Chive Futomaki **New!**
£2.50 (3 pieces) 135kcal
 Sweet soy bean curd, chives.

'Makizushi' (rolled sushi) is generally wrapped in nori (seaweed) but sometimes can be wrapped in a thin omelette, soy paper, cucumber, or shiso (perilla) leaves. This small-sized cylindrical piece can typically be cut into six or eight pieces.



Edamame
£1.90 121kcal
 Soy beans (squeeze and suck – discard the pod), Cornish sea salt.

Kaiso Salad **Best Seller**
£2.50 120kcal
 Sesame marinated Japanese seaweed, edamame, carrot, su-miso.

Goma Salad **New!**
£2.50 60kcal
 Salad leaves, cucumber, cherry tomatoes, crispy shallots, sesame peanut sauce.



Aubergine Salad
£3.40 82kcal
 Fried aubergine, harusame sauce.

Spicy Chicken Salad
£3.90 204kcal
 Spicy Kimchee chicken thigh, salad leaves, edamame, carrot, soy ginger & garlic dressing.

Duck & Hoisin Salad **New!**
£4.30 86kcal
 Hoisin marinated duck, salad leaves, cucumber, red and spring onion, sesame.

Duck~&~Hoisin~Salad



SALAD

Avocado Maki **Best Seller**
£1.90 (6 pieces) 197kcal
 Avocado, mayonnaise.

Cucumber Maki
£1.90 (6 pieces) 140kcal
 Cucumber, sesame seeds.

Salmon Maki
£3.40 (4 pieces) 122kcal
 Salmon, wasabi.

£1.90 £3.90
 £2.50 £4.30
 £3.40 £5.00
Vegetarian **Contains nuts**

kcal – total amount per portion

Salmon~Maki





YO! food facts: In Japanese 'Dora' means gong – the shape of our delicious, sweet Dorayaki.



Custard Dorayaki
£3.40   138kcal
 Japanese pancake, custard filling, raspberry sauce.



Fresh Fruit
£3.40   59kcal
 Pineapple, honeydew melon, grapes, strawberry.



Anko Mochi
£3.40   131kcal
 Soft Japanese rice cake ball, sweet red bean filling.



Chocolate Mochi **Best Seller**
£3.90   204kcal
 Soft Japanese rice cake balls, dark chocolate ganache filling.



Strawberry Cheesecake Mochi
£4.30   185kcal
 Soft Japanese rice cake balls, strawberry cheesecake filling, biscuit crumb.



Banana & Chocolate Harumaki **Hot! New!**
£4.30   209kcal
 Hot banana and chocolate spring roll, raspberry sauce.



Chocolate Dorayaki **New!**
£4.30   315kcal
 Japanese pancake, chocolate ganache filling, raspberry sauce.



Custard~Dorayaki

DESSERTS

デザート

We've made our desserts nicer – so you can be naughtier.

-  £1.90
 -  £2.50
 -  £3.40
 -  £3.90
 -  £4.30
 -  £5.00
-  Vegetarian  Contains nuts
- kcal – total amount per portion

Five dishes make a great meal – we feature calorie labelling in our menu on all dishes helping you to make even healthier choices.

Did you know our chefs start very early every day to freshly prepare all your food?

To hear about our great offers and latest news, visit yosushi.com to join our YO! Love Club, like us on Facebook or follow @YOSushi on Twitter.



Creatures and art: Intro UK





KIRIN ICHIBAN *Coca-Cola* **ZEO**

Beer

Kirin Ichiban 5%
£3.85 330ml **£4.95** 500ml
 Japanese beer at its purest.
 Refreshingly crisp.

Sapporo 5%
£6.40 650ml
 Big, refreshing and served
 in its iconic silver can.

Sake

Gekkeikan Sake* **Warm** 14.6%
£4.95 250ml
 Clean, mild and a little sweet.

Hakushika Ginjou **Cold** 13.5%
Nama Cold Sake
£3.80 180ml **£5.85** 300ml
 Gentle, smooth and fruity (can be
 served warm on request).

Spirit & Mixer*

Gordons Gin & Tonic 6.4%
£3.95 250ml can

Pimms & Lemonade 5.4%
£3.95 250ml can

Smirnoff Vodka & Tonic 6.4%
£3.95 250ml can

Celebrate!

Fizz

Prosecco Sant' Orsola 11.5%
£17.50 75cl **£4.00** 125ml
 Light, lively and fruity (Italy).

Piper Heidsieck 12%
£34.00 75cl **£13.00** 200ml
 Crisp with notes of hawthorn
 blossom (France).

125ml servings available except in Scotland

Red Wine

Luis Felipe Edwards 13%
Lot 18 Merlot
£14.75 75cl **£5.35** 250ml
£4.05 175ml
 Smooth damson and
 blackberry (Chile).

Los Romeros Malbec 13%
£14.75 75cl **£5.35** 250ml
£4.05 175ml
 Ripe cherries and plums (Chile).

Rosé Wine

Belvino Pinot Grigio Rosé 12%
£17.60 75cl **£6.15** 250ml
£4.65 175ml
 Fresh summer fruit (Italy).

Los Romeros Merlot Rosé 13%
£17.60 75cl **£6.15** 250ml
£4.65 175ml
 Soft strawberry and raspberry
 (Chile).

White Wine

Los Romeros 12.5%
Sauvignon Blanc
£14.75 75cl **£5.35** 250ml
£4.05 175ml
 Zippy lemon acidity (Chile).

Berri Estate 13.5%
Unoaked Chardonnay
£14.75 75cl **£5.35** 250ml
£4.05 175ml
 Crisp and fresh (Australia).

Belvino Pinot Grigio 12%
£16.80 75cl **£5.85** 250ml
£4.50 175ml
 Slight sweet green apple
 and pear (Italy).

Softy

Zeo
£2.55 275ml
 Zest/Crush/Burst

Mangajo
£2.55 330ml
 Pomegranate & Green Tea/
 Lemon & Green Tea.

Frobishers
£2.35 250ml
 Orange/Apple/Mango Juice.

Strathmore Water
£1.30 500ml bottle
 Still or fizzy.

Coke/Diet Coke/Sprite
£2.25 330ml bottle

Irn-Bru/Diet Irn-Bru**
£1.55 330ml can

Unlimited

Water*
£1.10 Unlimited refills
 Triple filtered water (still or fizzy).

Japanese Green Tea
£1.60 Unlimited refills

* Selected restaurants only
 ** Available in Scotland only



yosushi.com

飲酒 飲食



Did we WOW! you today?
 Scan this code or visit
 yosushi.com & tell us how
 your meal was and you
 could win £100