



BENTO 屋
YA JAPANESE FUSION



(V) = Vegetarian (GF) = Gluten Free

Soft Drinks

Coke, Diet Coke, 7up, Ginger beer £2.30
Still/Sparkling water (330ml) £2.30
orange juice £2.30
Ramune melon, Ramune Lychee £2.80
Calpis £2.30

Refreshing and light, sweet-and-tangy
With a hint of citrus & yogurt flavours

Japanese Beer



ASAHI SUPER DRY BEER 5% 330ml £3.90

A refreshing barley flavour and crisp after taste. Perhaps unsurprisingly the brewery states it goes well with Sushi. Clean and crisp with a restrained bitterness and a subtle citrus aroma, this light golden beer was Japan's first "dry" lager.



KIRIN BEER ICHIBAN (330ML) 5% £3.90

Brewed using the finest, most carefully selected malt available as well as the Ichiban Shibori brewing technique (where the beer is made from a single first pressing of the ingredients), this lager is as sweet and flavour-some as they come.

SAPPORO 4.7% 330ml £3.90

Sapporo Premium Lager is Japan's oldest beer and has been brewed since 1876. Sapporo is a classic Japanese beer, easy to drink, with no aftertaste and a clean, crisp taste



Wines

House white (glass 175ml) £4.40
Glass of White, Red & Rose

WHITE

Pinot Grigio, Italy £16.50
Wonderfully fresh with crisp apple flavours

Sauvignon Blanc, Chile £16.50
A lovely, refreshing wine with lots of fresh gooseberry and citrus flavours

ROSE

Cabernet Rose, Chile £16.50
Delightful flavours of berries and cherries with a fresh, crisp finish

RED

Merlot, Italy £16.50

Soft and juicy with red berry and plum flavours, enhanced with a hint of cassis



Choya original Plum Wine

A sweet and tart plum wine with notes of almonds

50ml £3.90 175ml £9.50 bottle 750ml £31.90

PLUM

Shochu

Nishi Shuzo Satsuma Hozan imo Shochu 25%

A smooth Shochu, well-rounded and robust with delicious sweet potato flavours

25ml £3.90 Bottle £39.90



Kuroki Honten Nakanaka Mugi Shochu

A slight hiny sweetness at the start which develops into a rich, deep barley flavour

25ml £3.50 Bottle £38.90



Sake

WARM

150ml £3.90 300ml £6.90



SPARKLING



OZEKI HANA FUGA PEACH SPARKLING SAKE 7% (250ML) £11.90

An elegant and refined sparkling sake with a hint of peach.

OZEKI HANA AWAKA SPARKLING SAKE 7% (250ML) £11.90

A crisp, sparkling sake with lively bubbles and a soft, round sweetness.



COLD



KIKUSUI PERFECT SNOW

21.5% (300ML) £10.90

Sweet and rich, yet crisp and dynamic with a surprisingly chewy rice element.

HAKUTSURE JUNMAI NAMACHOZOSHU

14% (300ML) £8.90

A light and refreshing, yet smooth easy-drinking sake. Ideal for sake novices



ECHIGO KOSHI NO HAPPOU JUNMAI

14.5% (300ML) £10.90

A smooth, elegant, savoury sake with hints of sea breeze and herbs on the nose



TAKASAGO TAISETSU JUNMAI GINJO

15% (300ML) £13.90

A fragrant, elegant sweet sake with caramel, chocolate fudge and anise aromas

KIKUSUI JUNMAI GINJO

15.5% (300ML) £12.90

A junmai ginjo with fresh cantaloupe and banana aromas and mandarin orange overtones.



SHINDOSHUZOTEN GASANRYU KISARAGI DAIGINJO

14.2% (720ML) £44.90

The large brewing sake from the finest rice which is fragrant, gorgeous and clean.



YAMAMOTO KAGUYAHIME JUNMAI

14.5% (500ML) £21.90

An easy drinking, smooth junmai with a refreshingly sweet rice flavour and hint of pineapple.



SMALL DISHES

Miso Soup (V) (GF) £2.50

Traditional Japanese bean paste soup with wakame, tofu & spring onion



Pumpkin Croquette (V) £4.50

Deep fried mashed pumpkin with sesame seed in breadcrumbs, served with homemade BBQ Sauce

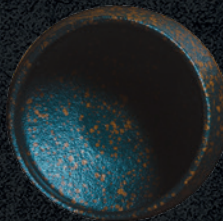
Spring rolls (8pcs) (V) £3.50

Deep fried mini veggie spring rolls



Edamame (V) (GF) £3.50

Steamed green soybeans topped with sea salt



Spicy Garlic Edamame (V) (GF) £3.90

Spicy fried soybeans with chili, garlic, shichimi & butter

Aubergine Goma (V) (GF) £4.90

Grilled Aubergine in sweet miso sauce



Age Dashi Tofu £4.90

Deep Fried tofu in potato starch with grated daikon in a dashi broth



Vegetable Gyoza (V) (5pcs) £5.20

Pan fried dumpling served with spicy vinegar sauce

Chicken & Vegetable Gyoza (5pcs) £5.20

Pan fried dumpling served with spicy vinegar sauce



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Takoyaki (4pcs) £5.20
Dough balls with octopus
served with mayo & house sauce



Chicken Yakitori (4pcs) served warm £4.90
Skewers of chicken marinated in yakitori sauce



Spicy Tofu (V) £5.50
Deep fried diced tofu with spicy salt & pepper



Spicy Squid £5.90
Deep fried squid rings with spicy salt & pepper

Chicken Katsu £4.50
Deep fried chicken fillet in breadcrumbs
served with katsu sauce & shredded cabbage



Wasabi Prawn (6pcs) £5.90
Deep fried king prawn coated with
wasabi mayo topped with flying fish roe



Prawn Katsu (5pcs) £6.50
Deep fried prawn in breadcrumb



Kataifi Prawn (4pcs) £6.20
Prawn wrapped in kataifi pastry served with mango mayo

Karaage Fried Chicken £5.90
Japanese crispy fried chicken, bonelless

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COLD PLATES

Kaiso Seaweed Salad (V) £3.50
Seasoned Sesame Seaweed Salad



Tuna Tataki (GF) £7.90
Seared tuna with homemade miso dressing

Salmon Tiradito (GF) £7.90
Sliced salmon with passion fruit & coriander



Hamachi Carpaccio (GF) £8.90
Sliced king fish (yellow tail)
with ponzu sauce & grape puree

TEMPURA



Vegetable (3 pcs) (V) £7.90
Seasonal vegetables

Prawn (5 pcs) £8.90



Soft Shell Crab £9.90

SUSHI

ask for gluten free



- Sweet Bean Curd (V) £3.00
- Sweet Egg (V) £3.00
- Salmon £3.90
- Tuna £4.20
- Prawn £3.90
- Squid £3.50
- Surf Clam £3.90
- Sweet Shrimp £3.50
- octopus £3.90
- Eel £4.80
- Mackerel £3.90
- Scallop £5.50
- Yellow tail £6.50
- Toro (Fatty Tuna) £7.90

Nigiri

2pcs

Grilled Nigiri Sashimi

2pcs 5pcs

£3.00	£4.20	£6.50
£3.00	£4.50	£6.90
£3.90	£4.50	
£4.20	£3.90	£5.50
£3.90		
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£3.90		
	£4.80	
£3.90	£4.60	£5.50
£5.50	£5.90	£6.90
£6.50		£8.90
£7.90	£8.20	£9.90 (3pcs)

Chef selections Sashimi Set

- 3 kinds Sashimi set (10pcs) £10.90
- 5 kinds Sashimi set (16pcs) £15.90
- Large Sashimi set (25pcs) £24.90



Gunkan

Sushi (2pcs)



- Kaiso seaweed (V) £3.00
- orange Tobiko Flying fish roe £3.80
- Spicy Tuna (with spring onion & tempura flakes) £4.50
- Spicy Salmon (with spring onion & tempura flakes) £4.20

Maki

Negi Toro Futomaki (4F) 6pcs £9.50
Maki with the best part of bluefin tuna tartar with spring onions, shiso & shallots



- Avocado (V) (4F) £3.50
- Cucumber (V) (4F) £3.50
- Takuwan (V) (4F) (Japanese radish pickles) £3.50
- Kanpyo (V) (4F) (Japanese gourd pickles) £3.50
- Salmon (4F) £4.30
- Salmon Avocado (4F) £4.50
- Tuna (4F) £4.50
- Tuna Avocado (4F) £4.90
- Spicy Salmon (with spring onion & tempura flakes)
- Eel & Cucumber £4.90
- Teriyaki Salmon Avocado £4.90
- Spicy Tuna (with spring onion & tempura flakes) £4.90
- Salmon Panko Maki (deep fried breaded maki) 5pcs £5.90



Temaki Sushi

(Hand Roll) with mayo



- Mix Vegetables (V) £3.50
 - Salmon Avocado £3.90
 - California £3.90
 - Prawn Tempura & Avocado £4.20
 - Spicy Salmon £4.20
 - Spicy Tuna £4.50
 - Eel & Cucumber £4.90
 - Soft shell Crab & Avocado £4.90
 - Negi Toro Temaki £5.90
- Handroll with the best part of bluefin tuna with spring onions & shallots

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Roll Sushi 8pcs

ask for gluten free

Vege California Roll (V) £7.90

Pickled radish, cucumber, avocado and sweet potato tempura roll, topped with sesame seed



Sweet Tofu Roll (V) £7.90

Pickled radish, cucumber, avocado and sweet potato tempura roll, topped with sweet bean curd

California Roll £9.50

Crab stick, avocado and cucumber roll topped with flying fish roe



Tokyo Roll £9.50

Deep fried breaded chicken fillet, lettuce and avocado roll topped with mayo, flying fish roe and tempura flakes

Crunchy Ebi Roll £9.90

Prawn tempura, avocado and cucumber roll topped with mayo, eel sauce and crispy fried onions



Choi-marillo roll (V) £9.90

Pickled raddish, cucumber, and sweet potato tempura roll topped with avocado, Amarillo & sesame

Tiger roll (6pc) £9.50

Salmon, tuna, white fish, shell fish, avocado topped with crispy onion



Crispy jungle roll (V) £10.90

Deep fried tempura roll with asparagus, avocado and cucumber topped with cranberry jam and green

Spider Roll £12.50

Crispy soft shell crab and avocado roll topped with sesame, mayo, flying fish roe and tempura flakes



Rainbow Roll £9.90

Crab stick, avocado and cucumber roll topped with salmon, tuna, avocado, mayo and flying fish roe

Crazy Salmon Roll £9.90

Asparagus, avocado and cucumber roll topped with sesame, spicy salmon, spring onion and tempura flakes

Crazy Tuna Roll £10.90

Asparagus, avocado and cucumber roll topped with sesame, spicy tuna, spring onion and tempura flakes



Green Dragon Roll £9.90

Prawn tempura and cucumber roll topped with avocado, mayo, eel sauce and flying fish roe

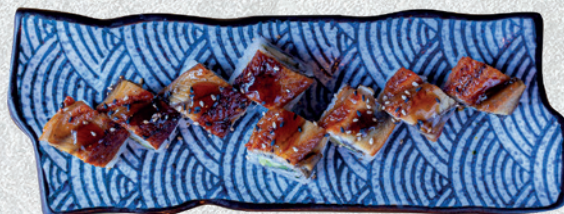


Red Dragon Roll £10.90

Prawn tempura and cucumber roll topped with torched salmon, mayo, parsley and flying fish roe

Volcano Roll £10.90

Prawn tempura, avocado, and cucumber roll topped with creamy sauce, flying fish roe, spring onion and dried shredded chili



Unagi Supreme Roll £12.50

Asparagus, avocado and cucumber roll topped with sesame, eel and eel sauce

Ultimate Wagyu roll £21.90

Avocado, salmon and shallot roll topped with A5 grilled Wagyu beef in teriyaki sauce & sesame

Sushi Sets

ask for gluten free



Garden Sushi Set (V) 14pcs £10.50

4pcs vege California roll, 6pcs avocado maki and 2pcs finger shaped sushi (sweet bean curd & sweet egg)

Vegan Sushi Set (V) 14pcs £10.50

4pcs vege California roll, 6pcs avocado maki and 2pcs finger shaped sushi (sweet bean curd & cucumber)



Bentoya Sushi Set 10pcs £11.50

4pcs California roll and 6pcs finger shaped sushi (Salmon, Tuna, Prawn, Squid, Saba, Mackerel)



Classic Sushi Set 12pcs £11.50

3 pcs finger shaped sushi (Salmon, Tuna, Prawn), 6pcs salmon avocado maki and 3pcs salmon sashimi



Bento Box

(Served with rice
and miso soup)

Chicken Box £10.50

Chicken katsu, 2pcs chicken yakitori
and 2pcs chicken gyoza



Vegetable Box (V) £10.50

3pcs vege spring rolls,
6pcs avocado maki and 5pcs vege tempura



Prawn Box £11.90

2pcs prawn katsu, 2pcs kataifi prawn
and 2pcs prawn sushi

Salmon Box £11.90

Salmon teriyaki, 3pcs salmon sashimi
and 2pcs salmon sushi



Seafood Box £11.90

Salmon Teriyaki, 2pcs Takoyaki,
prawn sushi and tuna sushi



Mixed Box £11.50

Roast duck (served warm), 2pcs yakitori
(served warm), salmon and tuna nigiri



Bentoya Box £11.50

Chicken Teriyaki, 2pcs Takoyaki,
and Edamame



Noodle Dishes

Wok Fried Noodles

Wok fried thin Noodle
with pepper, onion & bean sprouts

Vegetable (V) £7.90

Tofu (V) £8.50

Chicken £8.50

Duck £8.90

King Prawn £8.90

Special £9.50

(chicken, prawn, squid, duck, fish cake & crab stick)



Yaki Udon/Soba

Stir-fry Japanese fat white noodle/
Japanese thin noodle in house sauce

Vegetable (V) £8.50

Chicken £8.90

Duck £9.50

King Prawn £9.50

Special £9.90

(chicken, prawn, squid, duck, fish cake & crab stick)

Tonkotsu Ramen

Rich & creamy pork broth with
homemade noodles, aki-tama soft boiled egg,
corns, fungus, spring onion and greens

Chashu (Pork Belly) £10.90

Pork Katsu £10.90

Chicken Katsu £10.90

Prawn Katsu £12.50



Crazy Tonkotsu Ramen

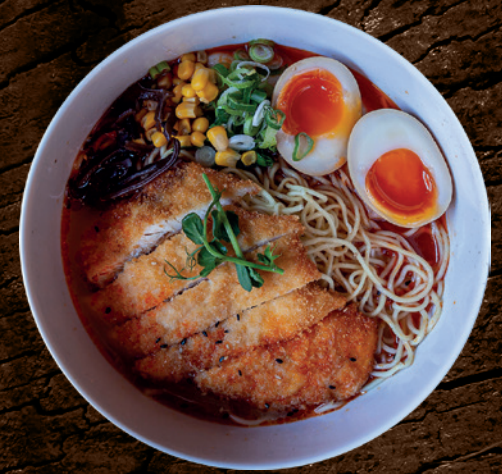
Spicy & creamy pork broth with homemade noodles, aki-tama soft boiled egg, corns, fungus, spring onion and greens

Chashu (pork Belly) £11.90

Chicken Katsu £11.90

Pork Katsu £11.90

Prawn Katsu £12.90



Ask for vegan

Vege Ramen (V) £11.90

Rich & creamy vege broth in soy milk with homemade noodles, soft tofu, aki-tama soft boiled egg, corns, fungus, spring onion and greens



Ask for vegan

Crazy Vege Ramen (V) £11.90

Spicy & creamy vege broth in soy milk with homemade noodles, soft tofu, aki-tama soft boiled egg, corns, fungus, spring onion and greens

Extra Ramen £1.50

Extra Egg £1.50

Extra spring onion £1.00

Extra chilli oil £1.00

Seaweed £1.00

Rice Dishes

Wok Fried Rice

(Egg fried rice with pepper, onion & carrot)

- Chicken £8.50
- Duck £8.90
- Tofu £8.50
- King Prawn £8.90
- Special £9.50



Katsu Curry Rice

(Deep fried in breadcrumbs, served with vegetable curry, boiled rice & miso soup)



- Tofu Katsu (V) £8.50
- Vegan Tofu (V) £8.50
- Chicken Katsu £8.90
- Pork Katsu £8.90
- Pumpkin Croquette (V) £8.90
- Prawn Katsu £9.50

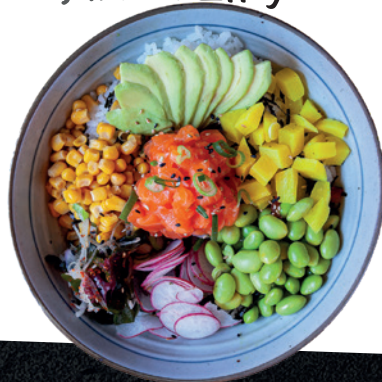
Poke Bowl

Sushi rice with salmon diced, edamame, spring onions, Japanese pickles, seaweed, avocado, sweet corn and sesame seeds

Vege (V) £9.90



Salmon £11.90



Tuna £12.90



Donburi

(Large bowl of rice served with miso soup)

Chicken Katsu Don £8.90

Deep fried chicken in breadcrumbs cooked with onion & egg on steamed rice

Pork Katsu Don £8.90

Deep fried pork chop in breadcrumbs cooked with onion & egg on steamed rice

Roast Duck Rice £9.50

Slice of roast duck served on steamed rice & seasonal green with house sauce

Teriyaki Chicken £9.50

Stir fried mixed pepper, bean sprout and onions topped with pan fried chicken in teriyaki sauce

Gyu Beef Don £9.50

Sliced of fillet beef cooked with onion & egg on steamed rice

Teriyaki Salmon £10.90

Stir fried mixed pepper, bean sprout and onions topped with pan fried salmon in teriyaki sauce

Hira Unagi rice £13.90

Grilled marinated eel with omelette and steamed rice



Chirashi Don

Salmon Chirashi Don £11.90

Slices of salmon sashimi on sushi rice



Mixed Chirashi Don £12.90

Variety of raw fish on sushi rice & tobiko



Hot Drinks

Green Tea £1.90

Genmaicha £1.90

Green tea combined with roasted brown rice.

Spirits

Chita

25ml £6.50 bottle £65

With dash (coke, Diet (oke) £7.50

From the House of Suntory Whisky, a mild, smooth single grain whisky with unparalleled sophistication and a clean, clear finish.



Haku Vodka

25ml £5 bottle £50

With dash (coke, Diet (oke) £6.50

The smooth vodka boasts a perfectly harmonised aroma of sweet florals that make it ideal for after-dinner refreshments.



Toki

25ml £5 bottle £50

With dash (coke, Diet (oke) £6.50

Subtly sweet and spicy with a hint of vanilla oak, white pepper and ginger.



Gin

25ml £5 bottle £50

With tonic £6.50

Crisp Japanese sansho pepper brings a little spiciness to the finish

Desserts

Ice cream

Sesame ice cream (2 scoop) £4.90

Green tea ice cream (2 scoop) £4.90

Mochi ice cream

Japanese rice cake with an ice cream filling

Sesame Mochi £4.20

Green tea Mochi £4.20

Vanilla Mochi £4.20

