



Salmon Avocado Crunch



Sashimi Mix



Edamame



Mochi



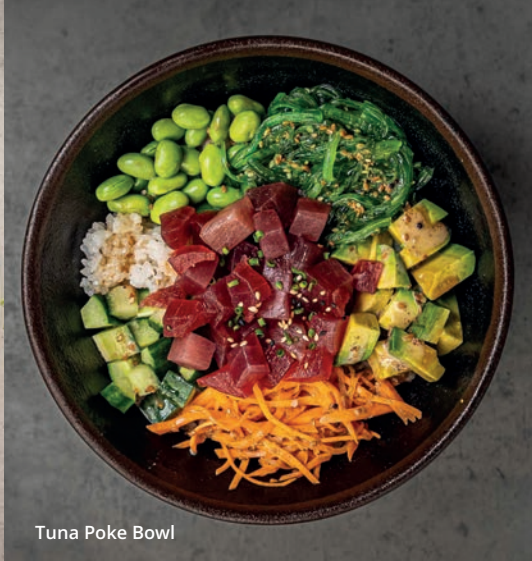
California Roll



Black Pepper Chicken



Tofu Yaki Udon



Tuna Poke Bowl



Chicken Katsu Curry Rice



Premium Platter



Salmon Avocado Futomaki



Tuna

THE HOME OF MINUTES FRESH SUSHI

At The Sushi Co. we follow the path less trodden to seek out the highest quality ingredients.

Our dedicated team works with a small hand-picked, highly accredited group of suppliers who deliver flavoursome ingredients daily. Our team follows authentic Japanese processes to prepare our handmade minutes Fresh Sushi, and for those who aren't convinced, we also have deliciously prepared hot food. From decadently cooked dishes and top-grade raw ingredients, to our slightly soured specialist sushi rice, we're proud to take all the necessary extra steps to provide exceptional sushi.

Vegetarian

Spicy

Cooked

THE SUSHI CO. LIVE SUSHI KITCHENS



Chicken Katsu Bao Bun



All products are subject to availability. We do not use nuts in our kitchens; however, some ingredients are produced in factories that handle nuts and therefore some menu items may contain nuts. For full ingredient and allergen information please visit our website. Our kitchens are busy working environments and there is a risk of cross contamination. If you have an allergy, please order only in-store and when doing so inform your order taker of your allergies and food intolerances. Great care is taken when preparing meat but we cannot guarantee that all bones will be removed. Some products may have been previously frozen. Vegetarian or religious food requirements should be passed onto our in-store team prior to order. Some products are produced from ingredients of genetically modified origin. Delivery: We use third party delivery platforms. Subject to minimum spend, stores offer a limited delivery service to certain predefined delivery areas to ensure our products are at their best when they reach customers. If you live outside of these predetermined areas then you will not be able to receive delivery, in this case you may still be able to order and collect from one of our stores. We strive to maintain our excellent delivery reputation although sometimes deliveries may be impacted by factors outside of our control. Offers: All offers will be subject to availability and cannot be used in conjunction with any other deals in-store or online. Offers can be withdrawn at any time without prior notice.

FIND US ON: thesushico.co.uk



Ask a member of the team for gluten free products.

SCAN HERE FOR: Allergen information and product imagery



Eat-in | Takeaway | Delivery



MAIN DISHES

Stir Fried Rice		Stir Fried Noodles	
Egg 509kcal	10.99	Vegetable 503kcal	10.30
Chicken 559kcal	11.99	Chicken 614kcal	11.99
Any selection mixed with rice served with seasoned vegetables. Topped with spring onion, sesame and lemon.		Any selection mixed with rice noodles, served with seasoned vegetables. Topped with spring onion, sesame and lemon.	
Katsu Curry		Yaki Udon	
Pumpkin 717kcal	9.75	Tofu 684kcal	13.20
Chicken 715kcal	11.99	Chicken 793kcal	13.20
Prawn 618kcal	11.99	Stir fried thick udon noodles served with seasoned vegetables and topped with spring onion, sesame and lemon.	
Your choice of katsu served with carrots, beni shoga, rice and a side of curry sauce topped with sesame and spring onion..			
Teriyaki Chicken with Rice 731kcal		13.20	
fried chicken thigh in teriyaki sauce mixed with seasoned vegetables and topped with spring onion and sesame.			
Sweet Chilli Chicken with Rice 760kcal		13.20	
Fried chicken pieces with mixed peppers and onions. Cooked in a speciality sauce and a sprinkle of spring onion and sesame.			
<i>Swap your rice for noodles for £1.05.</i>			
Black Pepper Chicken with Rice 655kcal		13.20	
Fried chicken pieces with mixed peppers and onions. Cooked in a speciality sauce, sprinkle of spring onion and sesame.			
<i>Swap your rice for noodles for £1.05.</i>			
Teriyaki Salmon with Rice 691kcal		14.25	
Salmon cooked in teriyaki sauce served with carrots, beni shoga, rice topped with sesame and spring onion.			



BAO BUNS

Vegetable Tempura 243kcal	9.75
Two steamed buns filled with vegetable tempura, micro parsley, pickled cucumber, pickled red onion, spring onions and sesame seeds. Served with vegan sweet chilli mayo and.	
Chicken Katsu 343kcal	10.30
Two steamed buns filled with chicken katsu, micro parsley, pickled red onion, red chilli, spring onion and sesame seeds. Served with curry mayo.	
Crispy Prawn 195kcal	10.30
Two steamed buns filled with cooked crispy prawns, micro parsley, pickled cucumber, pickled red onion, spring onion and sesame seeds. Served with yuzu kosho mayo.	
Spicy Korean Chicken 255kcal	10.30
Two steamed buns filled with spicy chicken, micro parsley, pickled cucumber, pickled onion, red chilli, spring onion and sesame seeds. Served with spicy mayo.	

POKE BOWLS

Vegetable Poke Bowl 743kcal	9.77
A mix of sushi rice, seaweed and edamame, sweetcorn, avocado, cucumber and carrot. Served with signature poke bowl sauce, topped with chive & sesame.	
Salmon Poke Bowl 865kcal	11.99
Salmon with sushi rice, edamame, cucumber, avocado and carrots. Served with signature poke bowl sauce, topped with chive & sesame.	
Tuna Poke Bowl 737kcal	12.50
Tuna with sushi rice, edamame, cucumber, avocado and carrots. Served with signature poke bowl sauce, topped with chive & sesame.	



SASHIMI Raw pleasure

Thick slices of your fish of salmon, tuna or a mix of both, served with ginger and wasabi.	
Salmon Sashimi 5pc 229kcal	10.90
Tuna Sashimi 5pc 114kcal	11.99
Sashimi Mix 10pc 401kcal	17.50



URAMAKI Inside out sushi

These are sushi rolls with a difference – choice ingredients are wrapped in nori seaweed and rolled in a generous outer coating of seasoned sushi rice.	
Green Uramaki 8pc 299kcal	10.90
Avocado, cucumber and seaweed powder wrapped in nori seaweed and rolled in rice. Served with ginger and wasabi.	
Crispy Ebi Uramaki 8pc 354kcal	10.90
Avocado, fried ebi prawn and sesame seeds wrapped in nori seaweed and rolled in rice. Served with ginger, wasabi and a sweet and salty unagi sauce.	
California Uramaki 8pc 342kcal	11.99
Avocado, crab sticks and tobiko wrapped in nori seaweed and rolled in rice. Served with ginger, wasabi and a seasoned mayo.	
Salmon Avocado Uramaki 8pc 268kcal	11.99
Avocado, salmon and tobiko wrapped in nori seaweed and rolled in rice. Served with ginger and wasabi.	
Spicy Salmon Uramaki 8pc 402kcal	11.99
Salmon cooked in spices, avocado and Shichimi chilli pepper wrapped in nori seaweed and rolled in rice. Served with ginger, wasabi and spicy mayo.	
Spicy Tuna Uramaki 8pc 316kcal	12.50
Avocado, tuna and Shichimi chilli pepper wrapped in nori seaweed and rolled in rice. Served with ginger, wasabi and a spicy mayo.	

CRUNCH Crisp and well cut

These contemporary rolls are sprinkled with caramelised onions.	
Veg Crunch 8pc 298kcal	9.75
Cucumber, avocado and rice wrapped in nori seaweed and topped with caramelised onions. Served with a sweet and salty unagi sauce.	
Salmon Crunch 8pc 365kcal	11.99
Salmon, avocado and rice wrapped in nori seaweed and topped with caramelised onions. Served with spicy mayo and a sweet and salty unagi sauce.	
California Crunch 8pc 323kcal	11.99
Crab sticks, avocado and rice wrapped in nori seaweed and topped with caramelised onions. Served with a spicy mayo and a sweet and salty unagi sauce.	
Spicy Salmon Crunch 8pc 426kcal	11.99
Salmon cooked in spices, avocado and rice wrapped in nori seaweed and topped with caramelised onions. Served with a spicy mayo and a sweet and salty unagi sauce.	
Crispy Crunch 8pc 408kcal	11.99
Fried ebi prawn, avocado and rice wrapped in nori seaweed and topped with caramelised onions. Served with a spicy mayo and a sweet and salty unagi sauce.	
Tuna Crunch 8pc 329kcal	12.50
Tuna, avocado and rice wrapped in a nori seaweed and topped with caramelised onions. Served with a spicy mayo and a sweet and salty unagi sauce.	



HOSOMAKI Small but perfectly formed

These little slices of pleasure hold a single fresh ingredient, wrapped in seasoned rice and rolled in nori seaweed.	
Kappa Maki 8pc 126kcal	5.25
Cucumber and rice wrapped in nori and served with ginger and wasabi.	
Avocado Maki 8pc 159kcal	6.25
Avocado and rice wrapped in nori and served with ginger and wasabi.	
Salmon Maki 8pc 185kcal	7.49
Salmon and rice wrapped in nori and served with ginger and wasabi.	



FUTOMAKI Big and beautiful

Mega Maki, the thickest of the sushi rolls – combining a delicious balance of fresh ingredients in rice, all rolled in nori seaweed.	
Salmon Avocado Futomaki 5pc 190kcal	7.35
Salmon, avocado, cucumber and rice wrapped in nori seaweed and served with ginger, wasabi and a sweet and salty unagi sauce.	
Prawn Katsu Futomaki 5pc 190kcal	7.99
Fried ebi prawn, avocado, cucumber and rice wrapped in nori seaweed and served with ginger, wasabi and a sweet and salty unagi sauce.	
Eel Futomaki 5pc 210kcal	7.99
Eel, avocado, cucumber and rice wrapped in nori seaweed and served with ginger, wasabi and a sweet and salty unagi sauce.	

NIGIRI The perfect pillow

These delicate, hand-formed bases of rice are not rolled but raised and hold a variety of choice toppings.	
Inari Nigiri 4pc 430kcal	7.45
Fish roe known as tobiko and an avocado slice and rice placed inside a soybean pocket sprinkled with sesame. Served with ginger and wasabi.	
Salmon Nigiri 4pc 222kcal	9.75
Sliced salmon placed on rice and served with ginger and wasabi.	
Shake Yaki Salmon Nigiri 4pc 236kcal	9.75
Gently seared sliced salmon placed on rice with chives and served with ginger, wasabi and a sweet and salty unagi sauce.	
Ebi Nigiri 4pc 134kcal	9.75
Cooked prawn placed on rice with sliced seaweed and served with ginger and wasabi.	
Tuna Nigiri 4pc 144kcal	10.25
Sliced tuna placed on rice and served with ginger and wasabi.	
Eel Nigiri 4pc 250kcal	10.25
Gently seared sliced eel and chives placed on rice and served with ginger, wasabi and a sweet and salty unagi sauce.	



SUSHI BOXES

Maki Mix 16pc	19.99
4 salmon avocado uramaki, 4 California uramaki, 4 green uramaki and 4 spicy tuna uramaki. Served with ginger and wasabi.	
Salmon Orange 14pc	19.99
8 salmon avocado uramaki and 6 salmon nigiri. Served with ginger and wasabi.	
Veggie Box 16pc	13.49
8 green rolls, 8 kappa maki. Served with edamame and seaweed salad, ginger and wasabi.	
Maki 3 24pc	29.99
8 salmon avocado uramaki, 8 California uramaki and 8 crispy ebi uramaki. Served with ginger, edamame, cabbage and wasabi.	
Tasty Blend 32pc	29.99
8 California uramaki, 8 salmon avocado uramaki, 8 salmon maki and 8 kappa maki. Served with ginger, edamame, cabbage and wasabi.	
Nigiri and Sashimi Super Box 18pc	35.99
2 shake yaki salmon nigiri, 2 tuna nigiri, 2 ebi nigiri, 2 eel nigiri, 2 avocado nigiri, 2 inari nigiri, 3 salmon sashimi and 3 tuna sashimi. Served with ginger and wasabi.	

TATAKI A rare treat

Unlike sashimi, these delicate slices of fresh fish are gently seared and served rare alongside a citrus-soy sauce.	
Salmon Tataki 5pc 236kcal	10.90
Thick gently seared salmon slices served with ginger, chives, wasabi and a citrus-soy tataki sauce.	
Tuna Tataki 5pc 120kcal	11.99
Thick gently seared tuna slices served with ginger, chives, wasabi and a citrus-soy tataki sauce.	



KABURI Specially wrapped

A delicious balance of complementary ingredients wrapped in nori and rolled in rice – similar to uramaki but with a distinctive outer wrapping.	
Shake Aburi Kaburi 8pc 525kcal	14.30
Avocado and cucumber wrapped in nori seaweed, rolled in rice and topped with gently seared salmon slice and sprinkle of chives. Served with ginger, wasabi, spicy mayo and a sweet and salty unagi sauce.	
Ebi Panko Kaburi 8pc 459kcal	15.50
Fried ebi prawn wrapped in nori seaweed, rolled in rice and topped with avocado, fried noodles and tobiko. Served with ginger, wasabi, spicy mayo and a sweet and salty unagi sauce.	
New York Subway Kaburi 8pc 530kcal	15.50
Avocado and a fried ebi prawn wrapped in nori seaweed, rolled in rice and topped with salmon and a slice of garlic. Served with ginger, wasabi and a seasoned mayo.	
Salmon, Avocado and Eel Kaburi 8pc 529kcal	15.50
Avocado and salmon wrapped in nori seaweed, rolled in rice and topped with gently seared eel and chives. Served with ginger, wasabi and a sweet and salty unagi sauce.	
Red Dragon Kaburi 8pc 410kcal	16.50
Avocado and a fried ebi prawn wrapped in nori seaweed, rolled in rice, topped with tuna and chives. With ginger, wasabi and a sweet and salty unagi sauce.	



SHARING PLATTERS

Share Platter 54pc	62.50
8 salmon maki, 8 spicy tuna uramaki, 8 salmon avocado uramaki, 8 crispy ebi uramaki, 8 california uramaki, 8 green uramaki, 2 salmon nigiri, 2 shake yaki salmon nigiri and 2 tuna nigiri. Served with ginger, edamame, cabbage and wasabi.	
Platters Oishi Box 52pc	73.99
8 green uramaki, 8 salmon avocado uramaki, 8 spicy tuna uramaki, 8 california uramaki, 8 shake aburi kaburi, 8 ebi panko kaburi, 2 salmon nigiri and 2 tuna nigiri. Served with ginger, edamame, cabbage and wasabi.	
Premium Platter 42pc	79.50
8 red dragon kaburi, 8 New York Subway kaburi, 8 shake aburi kaburi, 8 ebi panko kaburi, 2 salmon nigiri, 2 shake yaki salmon nigiri, 2 tuna nigiri, 2 salmon sashimi and 2 tuna sashimi. with ginger, edamame, cabbage and wasabi.	

SIDES

Miso Soup 74kcal	5.15
Hot miso soup seasoned with spring onion, kelp and topped with tofu.	
Spicy Edamame 209kcal	5.15
Edamame beans mixed with a spicy sauce served with sesame and spring onion.	
Edamame 185kcal	5.15
Edamame beans mixed with sea salt.	
Seaweed Salad 128kcal	6.10
Nori seaweed mixed with sesame and cabbage.	
Edamame Spring Rolls 5pc 423kcal	7.45
Crispy spring rolls filled with vegetables and served with a sweet chilli sauce.	
Prawn Katsu 3pc 209kcal	7.45
Crispy ebi prawns served with seasoned mayo and a sprinkle of spring onion and sesame.	
Chicken Katsu 397kcal	8.49
Crispy chicken slices served with seasoned mayo and a sprinkle of spring onion and sesame.	
Chicken Gyoza 6pc 310kcal	7.45
Crispy gyoza pieces filled with minced chicken and vegetables, served with Gyoza sauce.	
Vegetable Gyoza 6pc 307kcal	7.45
Crispy gyoza pieces filled with vegetables, served with Gyoza sauce.	
Shrimp Gyoza 6pc 331kcal	8.60
Crispy gyoza pieces filled with shrimp and vegetables, served with Gyoza sauce.	
Yasai Tempura 189kcal	8.60
Mixed vegetable tempura topped with fresh coriander and served with a sweet chilli sauce.	
Japanese Chicken Karaage 519kcal	9.15
Deep fried chicken karaage with red chilli, served with spicy mayo, cabbage and spring onion.	
Octopus Balls 6pc 240kcal	9.75
Crispy octopus balls served with a sweet and salty unagi sauce.	
Yakitori 4 skewers 359kcal	11.50
Grilled skewered chicken cooked in yakitori sauce garnished with spring onion and sesame.	
Sweet Chilli Chicken 657kcal	11.99
Fried chicken pieces with mixed peppers and onions. Cooked in a speciality sauce and a sprinkle of spring onion and sesame.	
Black Pepper Chicken 552kcal	11.99
Fried chicken pieces with mixed peppers and onions. Cooked in a speciality sauce and a sprinkle of spring onion and sesame.	

EXTRAS

Ginger	1.14	Mochi 2pc	4.59
Plain Rice	3.99	Strawberry Cheesecake 226kcal	
Sushi Rice	3.99	Mango Cheesecake 208kcal	
Curry Sauce	2.29	Raspberry and White Chocolate Cheesecake 226kcal	
		Chocolate Ganache 230kcal	
SAUCES	1.14	Dorayaki	4.00
Soy		Chocolate 210kcal	
Sweet Chilli		Custard Cream 162kcal	
Teriyaki		Chocolate Mousse 349kcal	4.49
Spicy Mayo		Layered dessert made with dark chocolate mousse and miso caramel sauce topped with chocolate crunchy pearls	
Curry Mayo		Yuzu cheesecake 268kcal	4.49
Yuzu Koshu Mayo		Topped with Mango and lime puree	