

# HARE & TORTOISE

## TAKE AWAY MENU

**ALL PRICES ARE INCLUSIVE OF VAT**

We regret to inform you that we do not accept payment by cheque.

Our vegetarian dishes may contain eggs, dairy products and seafood.

For food allergies and intolerances, please consult our staff for more information.

### SALADS

- S1 Green Salad** *V* ..... £4.80  
Mixed leaves, avocado, cucumber, tomato and wakame served with homemade Japanese dressing.
- S1A Gomadare Tofu Salad** *V* *P* ..... £5.80  
Mixed leaves, asparagus, tomato, wakame and tofu served with sesame dressing.
- S2 Sashimi Salad** ..... £7.50  
Slices of mixed raw fish with green leaves and tomato, topped with tobiko and served with a shoyu-based dressing with a hint of wasabi and yuzu flavour.
- S2C Kani Salad** ..... £7.80  
Snow crab leg meat and green leaves, served with homemade Japanese dressing.

### TEMPURA

- T1 Ebi Tempura** ..... £6.00  
3 deep-fried prawns in a light batter, served with a dashi-based dipping sauce.
- T2 Yasai Tempura** *V* ..... £5.40  
Deep-fried selection of 5 seasonal vegetables in a light batter, served with a dashi-based dipping sauce.
- T3 Tempura Moriawase** ..... £6.80  
2 deep-fried prawns and 3 seasonal vegetables in a light batter, served with a dashi-based dipping sauce.

### SASHIMI fillet of fresh raw fish

- H18 Sake Sashimi** (salmon) ..... 7pcs £8.20
- H19 Maguro Sashimi** (tuna) ..... 7pcs £11.20
- H19B Toro Sashimi** (tuna belly) ..... 5pcs £14.90  
*(Not available at Bloomsbury and Kensington)*
- H19W Hokkigai Sashimi** (surf clam) ..... 5pcs £6.50
- H20 Hamachi Sashimi** (yellowtail) ..... 5pcs £14.10
- H21 Sashimi Moriawase** ..... 6pcs £10.50  
A mix of raw salmon, tuna and yellowtail.
- H22 Deluxe Sashimi Moriawase** ..... 12pcs £21.00  
Salmon, tuna, yellowtail, botan shrimp, surf clam and scallop.

### NIGIRI fresh raw fish on top of a small bed of rice

- H1 Sake Nigiri** (salmon) ..... 2pcs £3.20
- H2 Maguro Nigiri** (tuna) ..... 2pcs £4.30
- H2A Hamachi Nigiri** (yellowtail) ..... 2pcs £5.40
- H2B Toro Nigiri** (tuna belly) ..... 2pcs £6.00  
*(Not available at Bloomsbury and Kensington)*
- H3 Tako Nigiri** (octopus) ..... 2pcs £3.50
- H4 Tamago Nigiri** (omelette) ..... 2pcs £3.00
- H5 Ikura Gunkan** (salmon roe) ..... 2pcs £6.00
- H5A Tobiko Gunkan** (flying fish roe) ..... 2pcs £5.00
- H6 Unagi Nigiri** (eel) ..... 2pcs £5.00
- H7 Ebi Nigiri** (prawn) ..... 2pcs £3.50
- H8 Botan Ebi Nigiri** (sweet shrimp) ..... 2pcs £4.30
- H9 Inari Pocket** (tofu pocket) *V* ..... 2pcs £3.00
- H10 Hotate Nigiri** (scallop) ..... 2pcs £5.40
- H12 Kani Gunkan** (snow crab) ..... 2pcs £4.80
- H13 Hokkigai Nigiri** (surf clam) ..... 2pcs £3.20

### MAKI sushi rolls

- M1 Sake Maki** (salmon) ..... 6pcs £4.20
- M1S Spicy Sake Maki** (salmon) ..... 6pcs £5.00  
Seaweed roll filled with fresh raw salmon, spring onions, chilli oil and sesame oil.
- M1A Salmon & Avocado Maki** ..... 6pcs £5.00
- M2 Tekka Maki** (tuna) ..... 6pcs £5.40
- M2S Spicy Tekka Maki** (tuna) ..... 6pcs £6.20  
Seaweed roll filled with fresh raw tuna, spring onions, chilli oil and sesame oil.
- M3 Futomaki** ..... 8pcs £6.30  
Big seaweed roll filled with omelette, avocado, cucumber, crab stick, takuan, kanpyo pickles and sakura denbu.
- M4 California Maki** ..... 8pcs £6.20  
Inside-out seaweed roll filled with omelette, avocado, crab stick, cucumber and mayonnaise, garnished with tobiko.
- M5 Inari & Avocado Maki** *V* ..... 8pcs £5.00  
Seaweed roll filled with sweet tofu skin, avocado, cucumber, lettuce and mayonnaise.
- M6 Unagi & Avocado Maki** ..... 6pcs £13.40  
Inside-out seaweed roll filled with avocado and omelette with grilled eel on top.
- M7 Kappa Maki** (cucumber) *V* ..... 6pcs £3.60
- M7A Avocado Maki** *V* ..... 6pcs £4.30
- M8 Dragon Roll** ..... 8pcs £7.80  
Inside-out seaweed roll with tempura prawns, cucumber and mayonnaise, dressed with tobiko.
- M9 Avocado & Asparagus Maki** *V* ..... 6pcs £5.40  
Inside-out seaweed roll filled with asparagus, avocado and kanpyo, dressed with black sesame.
- M10 Temaki Hand Rolls** ..... each £4.10  
(Choice of) California / Salmon / Tuna / Tempura Prawn / Eel or Vegetarian
- M11 Soft Shell Crab Hand Roll** ..... each £5.50
- M12 Negi-Toro Maki** ..... 6pcs £8.00  
Seaweed roll filled with tuna belly and spring onions.
- M13 Spider Maki** ..... 4pcs £10.60  
Seaweed roll filled with deep-fried soft shell crab, cucumber, tobiko and lettuce.
- M14 Rainbow Roll** ..... 8pcs £12.00  
Inside-out seaweed roll filled with avocado, crab stick, cucumber and mayonnaise, wrapped with salmon, tuna, prawn and avocado.
- M15 Tori Katsu Maki** ..... 6pcs £7.50  
Inside-out seaweed roll filled with deep-fried chicken in panko breadcrumbs with cucumber, avocado dressed with tonkatsu sauce, mayonnaise and tempura flakes.

### SUSHI BOXES

- V1 Essential Sushi Box** (10 pieces) ..... £9.00  
2 salmon nigiri, 2 tuna nigiri, 3 salmon maki and 3 tuna maki.
- V2 Vegetarian Box** (14 pieces) *V* ..... £8.00  
2 inari nigiri, 6 asparagus & avocado maki, 3 cucumber maki and 3 takuan maki.
- V3 Salmon Box** (12 pieces) ..... £11.00  
2 salmon nigiri, 1 salmon temaki, 6 salmon maki and 3 salmon sashimi.
- V4 Classic Sushi Box** (13 pieces) ..... £15.00  
Salmon, tuna, yellowtail, prawn, unagi nigiri, tobiko gunkan, 3 salmon maki, 3 tuna maki and omelette.
- V5 Deluxe Sushi Box** (16 pieces) ..... £18.30  
Salmon, tuna, yellowtail, botan shrimp, scallop, surf clam, omelette nigiri, ikura gunkan, 3 salmon maki, 3 tuna maki and 2 futomaki.
- V6 Gourmet Selection Box** (21 pieces) ..... £22.50  
Salmon, tuna and inari nigiri, kani gunkan, negi-toro gunkan, 4 california maki, 6 negi hamachi maki, 2 pieces of salmon, tuna and yellowtail sashimi.

### DONBURI

- D1 Sake Don** ..... £8.30  
Slices of fresh raw salmon on top of sushi rice.
- D3 Chirashi Don** ..... £11.40  
Slices of mixed raw fish, eel, omelette and crab stick, garnished with Japanese pickle and ginger on top of sushi rice.

*V* Vegetarian (our vegetarian dishes may contain eggs, dairy products and seafood)  
*P* Contains peanuts or trace amount of peanuts  
*S* Spicy

Gluten free soy sauce available on request.

## NOODLE DISHES

- C1 Yaki Udon** ..... £9.20  
Wok-fried smooth white udon noodles with prawns, squid, char siu pork, naruto, crab stick, Chinese mushrooms, carrots, onions and beansprouts.
- C2 Char Kuey Tiew** 🍴 ..... £8.50  
Wok-fried flat rice noodles with prawns, Chinese sausage, egg, chives, mushrooms, carrots, onions and beansprouts.
- C3 Chicken Chow Mein** ..... £8.50  
Wok-fried egg noodles with shredded chicken, Chinese mushrooms, carrots, onions and beansprouts.
- C4 Singapore Rice Noodles** 🍴 ..... £9.20  
Wok-fried thin rice noodles with shredded chicken and pork, prawns, egg, Chinese mushrooms, carrots, onions and beansprouts, topped with chilli and served with lime.
- C5 Lo-Han Vegetarian Chow Mein** V ..... £8.00  
Wok-fried egg noodles with deep-fried tofu, Chinese mushrooms, seasonal greens, carrots, onions and beansprouts.
- C6 Phad Thai** 🍴 ..... £9.20  
Wok-fried flat rice noodles with king prawns, seasoned deep-fried tofu, peanuts, sweet radish, chives, egg, beansprouts and a hint of chilli, served with lime.
- L2 Beef Chilli & Black Bean Lo Mein** 🍴 ..... £8.50  
Stir-fried beef with onions and peppers in black bean sauce, with a touch of chilli oil, served with egg noodles.
- L2C Chicken Chilli & Black Bean Lo Mein** 🍴 ..... £8.50  
Stir-fried chicken with onions and peppers in black bean sauce, with a touch of chilli oil, served with egg noodles.
- L3 Tofu and Vegetable Lo Mein** V ..... £8.00  
Stir-fried marinated deep-fried tofu with Chinese mushrooms, peppers, carrots, seasonal greens and onions in light soy sauce, garnished with spring onions, served with egg noodles.

## RAMEN DISHES

- N2 Tofu and Vegetable Ramen** V ..... £8.00  
Ramen noodles in a shoyu-based soup, topped with marinated deep-fried tofu, seasonal greens, carrots, Chinese mushrooms and menma, garnished with spring onions and nori.
- N3 Grilled Chicken Ramen** ..... £9.00  
Ramen noodles in a shoyu-based soup, topped with grilled chicken breast slices, boiled egg and menma, garnished with nori and spring onions.
- N4 Curry Laksa** 🍴 ..... £9.80  
Rice noodles in a spicy coconut curry soup with slices of grilled chicken breast, naruto, prawns and squid, garnished with deep-fried tofu, beansprouts and cucumber.
- N6 Miso Ramen** 🍴 ..... £9.00  
Ramen noodles in a homemade miso paste soup with garlic and chilli, served with char siu pork, boiled egg, menma and beansprouts, garnished with nori and spring onions.
- N8 Seafood Ramen** ..... £9.80  
Ramen noodles in a shoyu-based soup topped with prawns, scallop, salmon, mussel, crab stick, naruto and menma, garnished with nori and spring onions.
- N9** **New** **Tantanmen** 🍴 ..... £9.30  
Ramen noodles in a sesame and chilli based soup topped with minced pork, boiled egg, seasonal greens, bamboo shoots and kikurage fungus, garnished with dry chilli strings.

## EXTRAS

- E1 Steamed Rice** ..... £2.50
- E2 Egg Fried Rice** ..... £3.60
- E3 Plain Noodles** ..... £2.50
- E5 Miso Soup** ..... £3.00
- E7 Fresh Cut Chilli** ..... £0.80
- E8 Sushi Ginger** ..... £1.10

## SIDE DISHES

- S3 Vegetarian Duck Rolls** V ..... £4.60  
4 pieces of pancakes filled with sweet tofu skin, spring onions, cucumber and Hoi Sin sauce.
- S5 Spicy Wing Sticks** 🍴 ..... £5.00  
4 pieces of deep-fried chicken wings seasoned with Chinese spices, tossed with garlic, spring onions, chilli, salt and pepper.
- S6 Pumpkin Croquette** V ..... £3.20  
Deep-fried mashed pumpkin coated with grated breadcrumbs, crispy and smooth.
- S7 Panko Honey King Prawns** ..... £5.10  
3 pieces of deep-fried king prawns coated with grated breadcrumbs, crispy and smooth, served with sweet chilli sauce.
- S8 Vegetarian Spring Rolls** V ..... £3.80  
6 pieces of light and crispy vegetarian spring rolls, served with sweet chilli sauce.
- S9 Chinese Greens** V ..... £4.50  
Steamed seasonal Chinese greens, topped with premium oyster sauce, garlic and sesame oil.
- S11 Edamame** V ..... £3.60  
Steamed soya beans, lightly salted and perfectly complementing beers and wines.
- S12 Goma Horenso** V 🍴 ..... £4.30  
Steamed spinach with sesame dressing.
- S13 Chicken Kara-age** ..... £4.70  
6 pieces of deep-fried marinated chicken, crispy yet tender, served with fresh salad leaves, tomato and mayonnaise.
- S14 Chicken Teriyaki** ..... £5.00  
Deliciously grilled marinated chicken thigh topped with homemade teriyaki sauce, garnished with fresh salad leaves and sesame seeds.
- S15 Deep-fried Soft Shell Crab** ..... £7.90  
Deep-fried soft shell crab served with dashi-based dipping sauce.
- S16 Tori Gyoza** ..... £3.80  
4 pieces of pan-fried chicken dumplings.
- S17 Chive & Shrimp Gyoza** ..... £4.30  
4 pieces of pan-fried chives and shrimp dumplings.
- S19 Maguro Tataki** ..... £8.60  
5 slices of seared tuna fillets covered in chopped nori and sesame with light shoyu-based Japanese dressing.
- S20 Chuka Wakame** V ..... £3.80  
Fresh and crunchy seaweed salad rich in minerals.
- S22** **New** **Okonomiyaki Stick** ..... £3.90  
3 sticks of Japanese savoury pancakes containing cabbage and octopus, dressed with okonomi sauce, mayonnaise, dried seaweed and dried fish flakes.

## RICE DISHES

- R2** **New** **Panang Curry** 🍴 ..... £8.50  
Seasoned chicken thigh and potato in a rich Thai curry, garnished with fresh chilli and kaffir lime leaves, served with steamed rice.
- R3 Ebi Katsu Curry** 🍴 ..... £8.80  
Deep-fried king prawns in panko breadcrumbs with thick Japanese curry sauce, served with steamed rice.
- R4 Tori Katsu Curry** 🍴 ..... £8.80  
Deep-fried chicken in panko breadcrumbs with thick Japanese curry sauce, served with steamed rice.
- R5 King Prawn Fried Rice** ..... £9.80  
Egg-fried rice with king prawns, green peas and spring onions, accompanied with miso soup.
- R6 Chicken Teriyaki & Rice** ..... £8.80  
Deliciously grilled marinated chicken thigh topped with homemade teriyaki sauce, served with steamed rice, garnished with seasonal greens and sesame seeds.
- R7 Chicken Fried Rice** ..... £8.50  
Egg-fried rice with chicken, green peas and spring onions, accompanied with miso soup.
- R8 Unagi Don** ..... £16.30  
Grilled eel fillets in eel sauce, garnished with Japanese pickle, served with steamed rice and miso soup.
- R9 Salmon Teriyaki & Rice** ..... £9.80  
Grilled salmon in teriyaki sauce, served with steamed rice, garnished with seasonal greens and spring onions.
- R10 Roast Duck & Rice** ..... £8.50  
Slices of roast duck, served on steamed rice with a homemade sauce mixed with cinnamon, aniseed powder and ginger, garnished with seasonal greens and spring onions.