




VEGETARIAN & VEGAN MENU

 hare_tortoise  hareandtortoise

V Vegetarian VG Vegan GF Gluten free  Spicy
 Contains peanuts or trace amount of peanuts

SALAD

- S1 **Green Salad** VG 5.20
Mixed leaves, avocado, cucumber, tomato and wakame, served with homemade Japanese dressing.
- SIA **Gomadare Tofu Salad**  VG 6.40
Mixed leaves, asparagus, tomato, wakame and tofu, served with sesame dressing.

SIDE DISHES

- S3 **Vegetarian Duck Rolls** V 5.00
4 pieces of pancake filled with sweet tofu skin, spring onions, cucumber and vegetarian Hoi Sin sauce.
- S6 **Pumpkin Croquette** V 3.60
Deep-fried mashed pumpkin coated with grated breadcrumbs, crispy and smooth.
- S8 **Vegetarian Spring Rolls** VG 4.00
6 pieces of light and crispy vegetarian spring rolls, served with sweet chilli sauce.
- S9 **Chinese Greens** VG GF 5.00
Steamed seasonal Chinese greens, topped with premium mushroom sauce, garlic and sesame oil.
- S11 **Edamame** VG GF 3.80
Steamed soya beans, lightly salted and perfectly complementing beers and wines.
- S12 **Goma Horenso**  VG 4.70
Steamed spinach with sesame dressing. Served chilled.

SIDE DISHES

- S20 **Chuka Wakame** VG 4.00
Fresh and crunchy seaweed salad rich in minerals.
- T2 **Yasai Tempura** V 5.70
Deep-fried selection of 5 seasonal vegetables in a light batter.
- SP17 **Veggie Gyoza** V 4.00
4 pieces of pan-fried vegetable dumplings.
- SP19 **Tofu and Kimchi** V VG  4.50
Refreshing Kimchi paired with steamed silky and smooth tofu.

SUSHI

- M5 **Inari & Avocado Maki** 8pcs V 5.50
Seaweed roll filled with sweet tofu skin, avocado, cucumber and lettuce.
- M7 **Kappa Maki** (cucumber) 6pcs VG 3.80
- M7A **Avocado Maki** 6pcs VG 4.60
- M9 **Avocado & Asparagus Maki** 6pcs VG 6.00
Inside-out seaweed roll filled with asparagus, avocado and kanpyo, dressed with black sesame.
- M10 **Vegetarian Temaki Hand Roll** VG 4.50
Seaweed roll filled with asparagus, avocado and kanpyo.
- V2 **Vegetarian Box** 14 pieces VG 8.80
2 inari nigiri, 6 asparagus & avocado maki, 3 cucumber maki and 3 takuan maki.

MAIN

- C5 **Lo-Han Vegetarian Chow Mein** V 8.50
Wok-fried egg noodles with deep-fried tofu, Chinese mushrooms, seasonal greens, carrots, onions and bean sprouts. ★Vegan option available upon request
- L3 **Tofu and Vegetable Lo Mein** V 8.80
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. ★Vegan option available upon request
- N2 **Tofu and Vegetable Ramen** V 8.80
Ramen noodles in a shoyu-based soup topped with marinated deep-fried tofu, seasonal greens, carrots, Chinese mushrooms and menma, garnished with nori and spring onions. ★Vegan option available upon request
- SP22 **Tomato Ramen** V 11.00
Ramen noodle in a tomato based soup topped with fresh rocket, courgette and grilled tomato.
- SP23 **Asparagus and Vegetable Fried Rice** V 9.50
Egg-fried rice with asparagus, Edamame, corn and carrot, with miso soup on the side.

EXTRA

- E1 **Steamed Rice** V VG GF 2.70
- E2 **Egg Fried Rice** V 4.00
- E3 **Plain Noodles** V 2.70
- E7 **Fresh Cut Chilli** V VG GF 0.80
- E8 **Sushi Ginger** V 1.20

While we do our best to reduce the risk of cross-contamination in our restaurants, we cannot guarantee that any of our dishes are free from allergens and therefore cannot accept any liability in this respect. Guests with severe allergies are advised to assess their own level of risk and consume dishes at their own risk.