

PLANT-BASED EATING AT MOSHIMO

MOSHIMO is big on plant-based eating, and we're constantly increasing and adapting our vegan menu. Rather uniquely for a fish restaurant, we won the prestigious **PETA "Proggy" Award** for the promotion of vegetarian food and every year, we hold the **Great MOSHIMO Vegan Challenge**, inviting Brighton's best chefs to compete to create the best vegan food. Enjoy!

(v) = vegetarian (vgn) = vegan (gf) = gluten free (we have gluten-free Tamari soy sauce on demand!)

SUSHI

NIGIRI

from £3.60

Tofu teriyaki nigiri (vgn)

Inari tofu (vgn)

Tamago omelette nigiri (v)

MAKI

from £2.90

Inari tofu, celery, red radish, lettuce & kampyo maki (vgn)

Vegan cheese & sun blushed tomato maki (vgn) (gf)

Tofu, mizuna, sun dried tomato, red onion & cucumber maki (vgn)

HOSOMAKI

from £2.10

Avocado hosomaki (vgn) (gf)

Cucumber kappamaki (vgn) (gf)

Oshinko hosomaki (vgn) (gf)

CRISPY TEMAKI HANDROLLS from £4.10

Avocado (vgn) (gf)

Natto soy bean & spring onion (vgn) (gf)

Ume pickled plum & cucumber (vgn) (gf)

GUNKAN & MAKI

Japanese mushroom teriyaki (vgn)

Natto soy bean (vgn) (gf)

Pickled walnut (vgn) (gf)

Edamame soybeans w/salt (vgn) (gf)

VEGAN "GETA" SET

Faroes Vegetarian (vgn)

Gunkan: Pickled walnut; Mushroom teriyaki; Natto & spring onion. Nigiri: Inari. Maki: Vegan cheese & sun blushed tomatoes; Inari tofu & kampyo; Tofu, mizuna, sun dried tomato, red onion & cucumber. Hosomaki: 2 ume plum & cucumber

£11.40

RICE & MISO SOUP

Steamed Japonica white rice (vgn) (gf) £2.70

Genmai brown rice (vgn) (gf) £2.80

Classic miso soup (vgn) (gf) £1.90

Made with our super-healthy konbu seaweed dashi, served with tofu & wakame

OUR VEGAN KOZARA

Spinach goma-ae sesame salad (vgn) £4.10

Fresh baby spinach mixed with sauce of crushed sesame and soy

Wakame salad (vgn) £4.10

Super-healthy seaweed in a tart vinegar dressing

Korean soba (vgn) £3.80

Chilled soba noodles in a hot and spicy Korean sauce on a bed of cucumber

Aubergine dengaku (vgn) £3.40

Succulent fried aubergine chunks with a delicious sweet miso sauce

Chilli carrot, courgette & daikon salad (vgn) £3.40

Fresh grated and with a hint of spice - perfect for a spring day

Crispy vegetable gyoza (vgn) £3.90

Dumplings of finely chopped vegetables, lightly fried

Agedashi tofu (vgn) £3.40

Tofu, crispy fried in cornflour and served in a dashi sauce

Kale crisps (vgn) £3.40

Gently fried in tempura batter. A great 'tsumami' snack with a cold drink

Vegetable tempura (vgn) £3.40

Seasonal vegetables grown by Ikuko and Robin at Namayasai in Lewes

'OZARA' SHARING PLATTERS

Japanese food is all about sharing, so we have created these platters for you to do just that.

Tempura platters for groups of two, four or six £20/£37.50/£55

(vgn & gf option available)

Gregarious eating at its best: just let our chefs know that you want the vegan or vegetarian option!

Yakiyasai platter for groups of two, four, or six (vgn) £20/£37.50/£55

Mountains of kushi vegetable skewers, vegetable gyoza and sweet potato & peanut tofu balls

HOT MAINS

Yaki udon* (vgn) £9.50

A stir-fry of udon noodles with seasonal vegetables and soy, sprinkled with nori powder

Yasai vegetable katsu £9.75

(v) (vgn option available)

Breaded aubergine, courgette and sweet potatoes served with a mild Japanese curry or tonkatsu sauce (served with white or brown rice)

Vegan kamo duck teriyaki (vgn) £11.95

Morsels of bites vegan duck in our much-loved teriyaki sauce. Served with mixed baby leaf salad and sweet potato (served with white or brown rice)

DESSERTS

Large Mochi rice cake (v) £4.10

Made by pounding rice to a soft paste, these cakes have a healthy red adzuki bean filling traditionally used in Japanese sweets. Some are wrapped in either black or white sesame

Small Mochi rice cakes (vgn) £4.10

Three smaller mochi cakes with a variety of fillings such as mung bean & red adzuki bean, chopped peanuts, and coconut

Dorayaki Pancake (v) £4.10

Traditional Japanese sweets made with a variety of fillings. Choose between adzuki red bean, matcha green tea custard, lemon custard, and custard

Chocolate Mousse (v) (gf) £4.10

Our much-loved mousse, made with 70% Belgian chocolate

Chocolate Trifle (v) (contains plum wine) £4.10

Layers of natural yoghurt, fresh fruits and green tea cream, topped with shavings of chocolate. A Moshi favourite!

Ice Cream Mochi (v) £6.00

A selection of three mochi rice cakes filled with ice cream, served on a platter. Choose three from the following flavours: mango, hazelnut, salted caramel

Tempura Ice Cream (v) £4.70

Vanilla ice cream rolled in a layer of madeira cake then fried in a crispy tempura batter. A must try!

Ice Cream Tubs (v) £4.10

Choose from green tea and vanilla

proggy

MOSHIMO

CLEAR CONSCIENCE EATING