

EATING GLUTEN-FREE AT MOSHIMO IS EASY

MOSHIMO has an extensive gluten-free menu. Our suggestion is to stick to the sushi and sashimi menu, the majority of which is without gluten. A rule of thumb is to avoid anything fried (such as soft-shell crab or prawn tempura maki), or anything containing soya based sauces (such as the grilled salmon skin maki).

Remember to ask for our gluten-free Tamari soy sauce to enjoy with your meal.

SUSHI FROM THE BELT

We have made a photo menu with detailed allergen information for you to identify all the dishes on our conveyor belt. Please ask a member of the team if in doubt. Our plates are colour-coded according to price...

MAKI

Salmon hosomaki (gf)	£3.20
Tuna salad maki with red radish & watercress (gf)	£3.20
Tuna tekamaki (gf)	£3.20
Avocado hosomaki (vgn) (gf)	£2.80
Cucumber kappamaki (vgn) (gf)	£2.80
Oshinko hosomaki (vgn) (gf)	£2.80

NIGIRI

Mackerel (gf)	£3.90
Salmon (gf)	£3.90
Sea bass & yuzu chilli pepper (gf)	£3.90
Squid (gf)	£3.90
Tiger prawn (gf)	£4.60
Tuna (gf)	£4.60

SASHIMI

Loch Duart Salmon (3 pieces) (gf)	£4.60
Mackerel sashimi (4 pieces) (gf)	£4.85
Squid sashimi with tobiko (4 pieces)	£4.85
Seabass sashimi (4 pieces) (gf)	£4.85
Yellowfin tuna sashimi (3 pieces) (gf)	£4.85

CRISPY TEMAKI HANDROLLS

Eat these while the seaweed is still crispy!

Cornish crab meat & cucumber (gf)	£4.90
Salmon & avocado (gf)	£5.10
Spicy tuna & spring onion (gf)	£5.10
Tuna salad (gf)	£3.80
Ume pickled plum & cucumber (vgn)(gf)	£3.20
Natto soy bean & spring onion (vgn)(gf)	£3.20
Avocado (vgn) (gf)	£3.50

GUNKAN 'BATTLESHIP' SUSHI

These also should be eaten when the seaweed is still crispy...

Cornish crab (mixed) (gf)	£5.20
Ikura salmon roe (gf)	£6.70
Pickled walnut (vgn) (gf)	£4.40
Mushroom teriyaki (vgn)	£5.10
Natto soy bean (vgn)(gf)	£3.50

CONDIMENTS

Wasabi (v) (gf)	free
Gari Ginger (v) (gf)	free
Tamari Soy Sauce (please ask) (v) (gf)	free



**'OMAKASE'
SUSHI PLATTERS &
BOATS**
£18+

A fantastic option if you wish to eat sushi the traditional way and let our chefs choose for you.
(vgn option available)

BOWL SUSHI

Korean chilli sashimi bowl (gf)	£21.50
A selection of salmon, tuna and daily catch white fish served on a bed of shari rice with lettuce, carrot & cucumber and a tangy Korean chilli sauce	
Salmon & Avocado ju (gf)	£13.40
Loch Duart Salmon sashimi and avocado on a bed of shari rice topped with Ikura salmon roe	

TEMPURA PLATTER
(vgn & gf option available)
£16.40

A cornucopia of white fish, squid, prawn and vegetables in a fluffy crispy batter

RICE & MISO SOUP

Steamed Japonica white rice (gf)	£3.00
Genmai brown rice (gf)	£3.20
Classic miso soup (vgn) (gf)	£1.90
Spicy chilli miso soup (vgn) (gf)	£3.20
Spicy mushroom miso soup (vgn) (gf)	£3.60

DONBURI & POKE BOWLS

'Gyudon' beef donburi (gf)	£15.75
A winter warming bowl of rice topped with thinly cut ribeye beef, free-range egg and onions in a soy sauce	
Tofu Tantrum Poke Bowl (vgn) (gf)	£9.95
(On MOSHIMO Poke Don Sundays only)	

KOZARA

These are tapas-like dishes served in Japanese izakaya bars, many of which you can find on the conveyor belt, but there are some that you will need to order from our servers.

Aubergine dengaku* (gf) (vgn)	£3.90
Succulent fried aubergine chunks with a delicious sweet miso sauce	
Edamame soybeans w/salt* (vgn) (gf)	£3.60
Pop these out of their shells straight into your mouth. Served hot or cold	

Kimchi salad* (vgn) (gf)	£3.90
A spicy kimchi style salad with pickled cabbage and carrots	

Ika squid kara-age (gf)	£6.40
Crispy-fried in cornflour, served in a delicious chilli sauce	

Chicken kang jung (gf)	£5.40
Morsels of fried marinated free-range chicken and peanuts in a firecracking Korean sauce	

Tuna tataki w/ Korean chilli (gf)	£5.80
Seared maguro tuna sashimi served with a grated apple, apple juice and chilli paste	

Seabass sashimi 'ceviche' (gf)	£5.40
With red onion in a tangy-lime and miso-sweet marinade	

DESSERTS

Our desserts change from season to season, but we always have the following dessert on because it is so popular! (Please note that the mochi rice cakes you can find on the belt contain gluten)

Chocolate Mousse (v) (gf)	£4.70
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**ABSOLUTELY RISK-FREE
MENU**

If you're a coeliac, we have this suggestion for you

sashimi
+
bowl of rice
+
classic miso soup
+
tamari soy sauce