

PLANT-BASED EATING AT MOSHIMO

MOSHIMO is the winner of the prestigious **PETA "Progy" Award** for the promotion of vegan food and for the **Great MOSHIMO Vegan Challenge** which invites Brighton's best chefs to compete to create the best vegan food. Remember, **plant-based** plates & kozara are at half-price on our **50% Vegan Wednesdays** as well as on Mondays and Tuesdays with a valid Moshimo Membership card.

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

PLANT-BASED SUSHI

NIGIRI from £3.20

Inarizushi (vgn)
Tamago omelette nigiri (v)

MAKI from £3.90

Vegan cheese & Japanese pickle uramaki coated with goma wakame (vgn)
Tofu, mizuna, sun dried tomato, red onion & cucumber maki (vgn)
'Allotment' crunchy vegetable (vgn)
Vegan 'prawn' tempura maki (vgn)
(w/teriyaki or chilli sauce)

HOSOMAKI from £2.80

Avocado hosomaki (vgn) (gf)
Cucumber kappamaki (vgn) (gf)
Oshinko hosomaki (vgn) (gf)

CRISPY TEMAKI HANDROLLS from £3.20

Avocado (vgn) (gf)
Natto soy bean & spring onion (vgn)(gf)
Ume pickled plum & cucumber (vgn)(gf)

GUNKAN from £3.20

Japanese mushroom teriyaki (vgn)
Natto soy bean (vgn)(gf)
Pickled walnut (vgn) (gf)

VEGAN SUSHI PLATTERS & BOATS

£15+

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

RICE & MISO SOUP

Steamed Japonica white rice (vgn) (gf) £3
Genmai brown rice (vgn) (gf) £3.20
Classic Miso (vgn) (gf) £2.95
Spicy chilli Miso (vgn) (gf) £3.20
Spicy mushroom Miso (vgn) (gf) £3.60

MOSHIMO SALAD (vgn) £5.50/£8.50

A healthy salad of kale and green leaves, avocado, cucumber, bell peppers, carrots, oshinko pickles, goma wakame & edamame beans, drizzled with a soy-based Japanese wafu dressing

OUR VEGAN KOZARA

Wakame salad* (vgn) £4.60

Super-healthy seaweed in a tart vinegar dressing

Aubergine dengaku* (gf) (vgn) £3.90

Succulent fried aubergine chunks with a delicious sweet miso sauce

Agedashi tofu* (vgn) £4.30

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

Kale crisps* (vgn) £4.10

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

Vegetable tempura* (vgn) £4.40

Seasonal vegetables in a light fluffy tempura batter

French green beans in miso* (vgn) £3.90

Fresh French beans in a delicious homemade miso sauce

Mushroom salad* (vgn) £3.90

Seasonal chestnut mushrooms in a vegan dashi and soy sauce with chunks of spring onion and julienned leeks

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

Vegan 'Chicken' kang jung* (vgn) £5.40

A plant-based version of our all-time classic: fried marinated "chicken" and peanuts in a firecracking Korean sauce

Edamame soybeans w/salt (vgn)(gf) £3.60

GYOZA DUMPLINGS

£4.10

(3 pieces per serving)

Pan-fried vegetable gyoza (vgn)

Pan-fried spinach gyoza (vgn)

Crispy-fried leek gyoza (vgn)

Quinoa gyoza (vgn)

or

Have 18 pieces on a platter

£21.50

HOT MAINS

Yaki udon* (vgn) £11.20

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

Yasai vegetable katsu £11.85

(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) £13.60

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)

Vegetable & mushroom udon (vgn) £11.90

With mounds of seasonal vegetables and mushrooms in a vegetable broth

Japanese curry udon* (vgn) £11.90

Noodles in a soup made with Japanese curry and served with vegetables. An all-time favourite

*Add VBites vegan duck for £2.95 each

VEGETABLE TEMPURA PLATTER

(vgn & gf)

£16.40

DESSERTS

Small Mochi rice cakes (vgn) £4.70

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

Dorayaki Pancake (v) £4.70

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) £4.70

Our much loved mousse, made with 70% Belgian chocolate

Tempura Ice Cream (v) £5.90

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

Boho Gelato ice cream (vgn) £4.85

Choose from a range of flavours such as matcha green and peanut brittle. Made by Brighton's best

MOSHIMO

CLEAR CONSCIENCE EATING