

## 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 for you to identify all book with all the Please ask a member of the team if in doubt. Our plates are colour-coded according to price...

#### ORANGE PLATE

£2.00

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

#### GREEN PLATE

£2.90

Tuna salad maki with red radish & watercress (gf)  
Salmon hosomaki (gf)  
Vegan cheese & sun blushed tomato maki (vgn) (gf)

#### WOODEN BOWL

£3.10

Edamame soybeans w/salt (gf)

#### BLACK PLATE

£3.40

Tuna tekkamaki (gf)

#### GRANITE PLATE

£3.60

Mackerel nigiri (gf)  
Octopus nigiri (gf)  
Salmon nigiri (gf)  
Sea bass & yuzu chilli pepper nigiri (gf)  
Squid nigiri (gf)

#### BLUE PLATE

£4.10

Tiger prawn nigiri (gf)  
Tuna nigiri (gf)  
Salmon sashimi (4 pieces) (gf)  
Salmon & avocado maki (gf)

#### FLOWER PLATE

£4.40

Seabass sashimi (gf)  
Mackerel sashimi (gf)  
Yellowfin maguro tuna sashimi (gf)

#### STRIPE PLATE

£4.80

Tuna sashimi tataki w/ Korean chilli (gf)  
Salmon sashimi tataki w/ mustard miso (gf)

### SUSHI A LA CARTE

You'll need to order the following from our team.

#### CRISPY TEMAKI HANDROLLS

Avocado (vgn) (gf) £2.90  
Cornish crab meat & cucumber (gf) £4.80  
Natto soy bean & spring onion (vgn)(gf) £2.90  
Salmon & avocado (gf) £4.40  
Salmon & spring onion (gf) £4.40  
Spicy tuna & spring onion (gf) £4.80  
Tuna salad (gf) £2.80  
Tuna & spring onion (gf) £4.40  
Ume pickled plum & cucumber (vgn)(gf) £2.80

#### GUNKAN & MAKI

Cornish crab (mixed) (gf) £4.80  
Ikura salmon roe (gf) £5.20  
Natto soy bean (vgn)(gf) £3.50  
Uni sea urchin (gf) £8.00  
Pickled walnut (vgn) (gf) £3.90

### SHARING PLATTERS

**'Omakase' platter with sashimi and/or sushi** £12-£60  
Sushi and sashimi served on black lacquered platters. This option is fantastic if you wish to eat sushi the traditional way and let our chefs choose for you - just let them know that you wish to eat gluten-free and they will look after you - and remember to ask for our Tamari gluten-free sauce to accompany your meal.

#### 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

### 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. These are less likely to be gluten free, so please check the seasonal menu or ask a member of staff.

**Seabass sashimi 'ceviche'** (gf) £4.60  
With red onion in a tangy-lime and miso-sweet marinade

### RICE & MISO SOUP

**Steamed Japonica white rice** (gf) £2.70  
**Steamed white rice with flakes of Loch Duart salmon & watercress** (gf) £3.90  
**Genmai brown rice** (gf) £2.80  
**Classic miso soup** (vgn) (gf) £1.90  
Made with our super-healthy konbu seaweed dashi, served with tofu & wakame

### CONDIMENTS

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

### 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) £4.10

**MOSHIMO**  
CLEAR CONSCIENCE EATING