



## sushi    from: £4.49

steamed sushi rice, sashimi grade Atlantic salmon, line-caught yellow fin tuna, nori, avocado

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|------------------------------------|------------------------------------|
| avo baby rolls 346 kcal            | salmon & avo dragon rolls 448 kcal |
| salmon sushi 252 kcal              | spicy tuna dragon rolls 276 kcal   |
| super salmon light 420 kcal        | veggie sushi collection 584 kcal   |
| salmon sashimi 205 kcal            | itsu classics 628 kcal             |
| sushi festival 510 kcal            | salmon full house 623 kcal         |
| health & happiness 565 kcal        | salmon baby rolls 382 kcal         |
| chicken teriyaki on a bed 481 kcal | salmon teriyaki on a bed 414 kcal  |
| veggie dragon rolls 359 kcal       | california rolls 315 kcal          |

## gyoza & bao’buns [served hot]    from: £5.89

steamed Asian gyoza dumplings & soft steamed filled buns

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|---------------------------------------|-------------------------------|
| vegetable fusion gyoza 240 kcal       | hoisin duck bao’buns 294 kcal |
| chicken & spring onion gyoza 251 kcal |                               |

## rice’bowl [served hot]    from: £8.49

wholegrain sesame brown rice, house sauces & a medley of up to 15 different greens, veg aromatics & fresh herbs

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|------------------------------------|----------------------------------|
| veggie meatballs teriyaki 684 kcal | Korean spicy chicken 578 kcal    |
| klean’katsu chicken 553 kcal       | Thai chicken 640 kcal            |
| chicken teriyaki 518 kcal          | double chicken teriyaki 670 kcal |

## noodle’bowl [served hot]    from: £7.49

udon noodles, gyoza dumplings or [miso-marinated] chicken, itsu brilliant’broth & a medley of up to 15 different greens, veg aromatics & fresh herbs

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|--------------------------------------|---------------------------------------------|
| veggie gyoza noodles 459 kcal        | chargrilled chicken noodles 424 kcal        |
| Thai stir-fry style noodles 538 kcal | chargrilled chilli chicken noodles 507 kcal |

## desserts    from: £2.99

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|---------------------------|--------------------------------|
| chocolate mochi 230 kcal  | white chocolate dream 292 kcal |
| mango mochi 208 kcal      | fruit’cup 76 kcal              |
| chocolate mousse 248 kcal |                                |