

ホフキ! MENU ホフキ!

早い! 楽しい! 新しい!

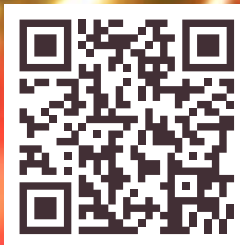
早い! 楽しい! 新しい!



ホフキ!
SUSHI



.....
New to YO! Sushi?
Scan me!



yosushi.com

Eat at YO! Sushi in 4 easy steps:

SIT TAKE EAT PAY

Five dishes make a great meal – we feature calorie labelling in our menu on all dishes, helping you make even healthier choices.



.....
Sit at the belt or in a booth.



.....
Choose from the belt
or order hot food.



.....
Enjoy delicious **HOT** food
and fresh sushi!

£1.90	£3.60
£2.50	£4.10
£3.10	£5.00

.....
Six colours, six prices.
We'll count up the plates
for you to pay at the till.

Choose from over 80 dishes...

29 Hot Classics to order



soups & broths

Miso Soup (V),
Spicy Seafood Udon,
Miso-Daré Chicken Ramen,
Kaisen (Fishcake) Ramen



hot classics

Pumpkin Korroke (V), Vegetable
Gyoza (V), Salmon Teriyaki,
Takoyaki, Chicken
Teriyaki, Spicy Pepper Squid,
Chicken Gyoza, Duck Gyoza &
Moromi Miso, Chicken Tsukune,
Hairy Prawns



rice dishes

Vegetable Firecracker Rice (V),
Chicken Firecracker Rice,
Salmon Rice



katsu

Deep fried in panko
(Japanese bread crumbs).
Tofu Katsu Curry (V) (N),
Chicken Katsu, Prawn
Katsu, Chicken Katsu
Curry (N), Prawn Katsu Curry,
Katsu Selection



noodles

Vegetable Yakisoba (V),
Chicken Yakisoba,
Prawn Yakisoba



tempura

Seafood or vegetables deep
fried in a light and crispy batter.
Vegetable Tempura (V),
Prawn Tempura,
Soft Shell Crab Tempura

6 types of Salads



Edamame (V), Kaiso Salad (V),
Aubergine (V), Spicy Chicken,
Crunchy Tofu (V), Salmon &
Broccoli

44 Sushi dishes to try



sashimi

Slices of premium seared
or raw fish.
Beef Tataki, Tuna, Coriander Tuna,
Salmon, Sesame Seared Salmon,
Salmon & Tuna, Salmon Selection,
Tuna Selection



gunkan

Two pieces of rice wrapped in
seaweed (nori) with topping.
Kaiso (V), Masago



nigiri

Two pieces of rice with
topping.
Tamago (V), Inari Pocket (V),
Salmon, Tuna, Beef,
Prawn, Assorted Nigiri,
Assorted Nigiri & Maki



maki/futomaki

Rice filled rolls wrapped in
seaweed (nori).
Avocado Maki (V), Cucumber
Maki (V), Salmon Maki, Tuna Maki,
Prawn & Chive Maki, Assorted
Fish Maki, Natsu Maki, Vegetable
Futomaki(V), Crispy Duck Futomaki



hand rolls

A seaweed (nori) cone filled
with rice and a choice of fillings.
Crispy Salmon Skin, Vegetable (V),
California, Salmon & Avocado,
Spicy Tuna, Soft Shell Crab,
Crispy Duck & Moromi Miso



ISO

Inside Out (ISO). Rice on outside
of the seaweed (nori).
Inari Mini ISO (V), Crispy Salmon
Skin ISO, California Roll, Spicy
Chicken ISO, YO! Roll, Spicy Tuna
Mini ISO, Salmon Dragon Roll,
Crunchy Prawn ISO, Soft Shell
Crab ISO, Rainbow Roll

5 Desserts to enjoy







Dorayaki (V),
Fresh Fruit (V),
Mochi (V),
Chocolate Mochi (V),
Strawberry Cheesecake Mochi (V)

Set Price Menus

Try our great value set menus





£1.90 £2.50 £3.10 £3.60 £4.10 £5.00
(V) Vegetarian (N) Contains nuts kcal = total figure for complete portion

First Timer?

-  **Cucumber Maki (V)**
£1.90
Cucumber and sesame seeds
..... 93 kcal
-  **California Roll**
£3.10
Crabstick, avocado, mayonnaise and sesame seeds
..... 118 kcal
-  **Chicken Teriyaki**
£3.60
Grilled chicken in a sweet, sticky soy based sauce
..... 300 kcal
-  **Kaiso Salad (V)**
£2.50
Sesame marinated kaiso (Japanese seaweed) salad with edamame and carrot
..... 120 kcal




Bundle price **£9.50** Total 631 kcal

Healthy Choice

-  **Edamame (V)**
£1.90
Salted blanched soy beans (squeeze and suck – discard the pod)
..... 121 kcal
-  **Salmon Nigiri**
£3.10
Finely sliced salmon with wasabi
..... 97 kcal
-  **Pumpkin Korroke (V)**
£3.10
Crispy Japanese breaded pumpkin croquettes with a fruity sauce
..... 130 kcal
-  **Coriander Tuna Sashimi**
£3.60
Three slices of seared coriander crusted tuna loin
..... 75 kcal

Bundle price **£11.00** Total 423 kcal

Best Seller

-  **Salmon Sashimi**
£4.10
Five slices of premium salmon
..... 140 kcal
-  **YO! Roll**
£3.60
Our signature dish! Salmon, avocado, masago (fish roe) and mayonnaise
..... 140 kcal
-  **Edamame (V)**
£1.90
Salted blanched soy beans (squeeze and suck – discard the pod)
..... 121 kcal
-  **Chicken Katsu Curry (N)**
£4.10
Chicken katsu with rice, a mild curry sauce and Japanese pickle
..... 538 kcal

Bundle price **£12.00** Total 939 kcal

Fill Me Up

-  **Duck Gyoza & Moromi Miso**
£4.10
Duck dumplings with moromi miso sauce
..... 146 kcal
-  **Chicken Katsu Curry (N)**
£4.10
Chicken katsu with rice, a mild curry sauce and Japanese pickle
..... 538 kcal
-  **Vegetable Yakisoba (V)**
£2.50
Pan fried Japanese noodles in a mildly spiced tangy sauce with vegetables
..... 205 kcal
-  **Salmon and Avocado Handroll**
£3.60
Premium salmon, avocado, mayonnaise and sesame seeds
..... 132 kcal

Bundle price **£12.50** Total 1021 kcal

soups & broths



Miso Soup (V) £2.00

A light soy bean broth with seaweed, tofu and spring onion (unlimited refills).

56 kcal



Spicy Seafood Udon

Kimchee dashi (spicy Asian broth) with prawn, salmon, squid, Asian vegetables and udon noodles.

306 kcal



£8

Miso-Daré Chicken Ramen

British barn reared chicken marinated in sake, miso & hoi sin sauce then roasted, with ramen noodles in a traditional umami broth.

Kcal 398



£8

Kaisen Ramen

Handmade fishcakes with ramen noodles, in a traditional Umami broth.

Kcal 391



rice & noodles

Order hot dishes from a YO! Team Member



Vegetable Firecracker Rice (V)

Spicy sushi rice with Asian vegetables.

341 kcal



Vegetable Yakisoba (V)

Pan fried Japanese noodles in a mildly spiced tangy sauce with vegetables.

205 kcal



Chicken Firecracker Rice

Spicy sushi rice with Asian vegetables and chicken.

413 kcal



Chicken Yakisoba

Pan fried Japanese noodles in a mildly spiced tangy sauce with vegetables and chicken.

294 kcal



Salmon Rice

Spicy sushi rice with salmon and Asian vegetables.

413 kcal



Prawn Yakisoba

Pan fried Japanese noodles in a mildly spiced tangy sauce with vegetables and prawns.

233 kcal

hot classics

Order hot dishes from
a YO! Team Member 🔥



Pumpkin Korroke (V)

Crispy Japanese breaded pumpkin croquettes with a fruity sauce.

130 kcal



Chicken Teriyaki

Grilled chicken in a sweet, sticky soy based sauce.

300 kcal



Chicken Tsukune

Grilled minced chicken breast and leg, ginger and onion skewers glazed with a sweet and sticky soy with shichimi chilli powder.

126 kcal



Hairy Prawns

Prawns wrapped in kadaifi pastry with wasabi mayonnaise.

242 kcal



Vegetable Gyoza (V)

Vegetable dumplings with a soy and vinegar sauce.

111 kcal



Spicy Pepper Squid

Hot coils of spicy pepper squid topped with red chilli.

145 kcal



Salmon Teriyaki

Grilled salmon in a sweet, sticky soy based sauce.

223 kcal



Chicken Gyoza

Chicken dumplings with a soy and vinegar sauce.

119 kcal



Takoyaki

Crispy battered octopus balls with a fruity katsu sauce, Japanese mayonnaise, red ginger and dried bonito flakes and aonori (seaweed powder).

171 kcal



Duck Gyoza & Moromi Miso

Duck dumplings with moromi miso sauce.

146 kcal

£1.90 £2.50 £3.10 £3.60 £4.10 £5.00

(V) Vegetarian kcal = total figure for complete portion



katsu

Deep fried in panko (Japanese bread crumbs).
Katsu Curry served with rice and a mild curry sauce.

Order hot dishes from
a YO! Team Member 



Tofu Katsu Curry (V)(N)

Fresh tofu katsu with rice,
a mild curry sauce and
spring onion.

490 kcal



Chicken Katsu Curry (N)

Chicken katsu with rice,
a mild curry sauce and
Japanese pickle.

538 kcal



Chicken Katsu

Crispy fried chicken in
Japanese bread crumbs, with
a fruity sauce.

164 kcal



Prawn Katsu Curry (N)

Prawn katsu with rice,
a mild curry sauce and
Japanese pickle.

555 kcal



Prawn Katsu

Crispy fried prawns in
Japanese bread crumbs, with
a fruity sauce.

122 kcal



Katsu Selection

Prawn and chicken katsu with
pumpkin korroke.

214 kcal

tempura

Seafood or vegetables deep fried
in a light and crispy batter.

Tempura is only available
in selected restaurants



Vegetable Tempura (V)

Lotus root, tender stem
broccoli, red onion, carrot
and aubergine fried in a
crispy and light batter with
tempura sauce.

124 kcal



Soft Shell Crab Tempura

Soft, tasty and tender soft
shell blue crab fried in a
crispy and light batter with
tempura sauce.

181 kcal



Prawn Tempura

Black tiger prawns fried in a
crispy and light batter with
tempura sauce.

133 kcal

 £1.90  £2.50  £3.10  £3.60  £4.10  £5.00

(V) Vegetarian (N) Contains nuts kcal = total figure for complete portion



We care about our food!

As salmon and tuna make up 50% of fish consumed, here are the facts surrounding our two main types of best sellers...

About our salmon

- Fresh salmon is delivered to YO! Sushi six days per week.
- Our salmon are very happy, with less than 2% fish in over 98% sea water. Happier, healthy salmon ensures tastier salmon on the plate.
- **We know where our salmon comes from.** Through DNA, there is full traceability back to the parents of the egg which produced the salmon.

About our tuna

- YO! Sushi has never sold, and will not sell, Bluefin tuna.
- Yellowfin tuna sold at YO! Sushi is predominantly sourced in the South Pacific through a combination of pole and line fishing methods – which reduces “by-catch” (other fish species) and ensures only Yellowfin tuna are caught.
- **Our tuna is only sourced from areas with the lowest level of pollution and all the vessels are approved by the Organisation For The Promotion of Responsible Tuna Fisheries.**

Did you know? We are highly recommended by fish2fork.com
‘The campaigning restaurant guide for people who want to eat fish – sustainably’
For more info about our provenance, visit yosushi.com

sashimi

Slices of premium seared or raw fish.



Beef Tataki

Premium black pepper seared beef with coriander dressing.

159 kcal



Tuna

Three slices of premium Yellowfin tuna loin.

65 kcal



Coriander Tuna

Three slices of seared coriander crusted Yellowfin tuna loin.

75 kcal



Salmon

Five slices of premium salmon.

140 kcal



Sesame Seared Salmon

Five slices of sesame seared salmon.

178 kcal



Salmon & Tuna

Three slices of premium salmon and two slices of premium Yellowfin tuna.

126 kcal



Salmon Selection

Three slices of premium salmon sashimi, two salmon nigiri and two salmon maki.

215 kcal



Tuna Selection

Two slices of premium Yellowfin tuna sashimi, two tuna nigiri and two tuna maki.

217 kcal

nigiri

Two pieces of rice with topping.



Tamago (V)

Sweet omelette.

262 kcal



Inari Pocket (V)

A pocket made from inari (fried soya bean), filled with rice, tamago, cucumber and picked radish.

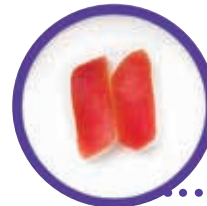
184 kcal



Salmon

Finely sliced salmon with wasabi.

97 kcal



Tuna

Finely sliced tuna with wasabi.

88 kcal



Beef

Seared rare beef with mayonnaise.

102 kcal



Prawn

Cooked prawn and wasabi.

137 kcal



Assorted Nigiri

Premium cut tuna and salmon nigiri with cooked prawn.

161 kcal



Assorted Nigiri & Maki

Premium cut salmon and tuna nigiri, with cucumber and avocado rolls.

220 kcal

£1.90 £2.50 £3.10 £3.60 £4.10 £5.00

(V) Vegetarian kcal = total figure for complete portion

hand rolls

A seaweed (nori) cone filled with rice and a choice of fillings.



Crispy Salmon Skin

Crispy fried salmon skin with spring onion.

99 kcal



Spicy Tuna

Tuna, spring onion and cucumber with spicy masago sauce, mayonnaise and masago.

135 kcal



Vegetable (V)

Inari (fried soya bean), cucumber and tamago with mayonnaise.

184 kcal



Soft Shell Crab

Tempura fried soft shell crab, rocket, pickled radish, yuzu tobiko and sweet chilli mayonnaise.

211 kcal



California

Crabstick, avocado, mayonnaise and sesame seeds.

117 kcal



Crispy Duck & Moromi Miso

Shredded crispy duck, brown rice miso, sliced cucumber and spring onion.

167 kcal



Salmon & Avocado

Premium salmon, avocado, mayonnaise and sesame seeds.

132 kcal

BEST SELLER

£1.90 £2.50 £3.10 £3.60 £4.10 £5.00

(V) Vegetarian kcal = total figure for complete portion

gunkan

Two pieces of rice wrapped in seaweed (nori) with topping.



Kaiso (V)

Su-miso marinated kaiso (Japanese seaweed) and nori.

107 kcal



Masago

Smelt fish roe, rice and nori.

114 kcal



maki

Rice filled rolls wrapped in seaweed (nori).



Avocado Maki (V)
Avocado and
Japanese mayonnaise.

131 kcal



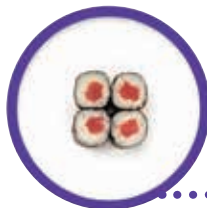
Cucumber Maki (V)
Cucumber and
sesame seeds.

93 kcal



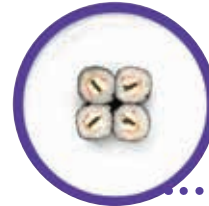
Salmon Maki
Salmon and wasabi.

122 kcal



Tuna Maki
Tuna and wasabi.

115 kcal



Prawn & Chive Maki
Cooked prawn and chives
with mayonnaise.

182 kcal



Assorted Fish Maki
Two each of salmon, tuna and
prawn and chive maki.

208 kcal



Natsu Maki
Salmon, avocado, cucumber,
masago and mayonnaise
wrapped in rice paper with our
Asian dressing.

136 kcal

£1.90 £2.50 £3.10 £3.60 £4.10 £5.00

(V) Vegetarian kcal = total figure for complete portion

futomaki

Large rice filled rolls wrapped in seaweed (nori).



Vegetable Futomaki (V)
Cucumber, pickled radish,
tamago, avocado and carrot.

136 kcal



Crispy Duck Futomaki
Shredded duck, sliced
cucumber and spring onion
with moromi miso sauce.

165 kcal



iso

ISO (Inside Out). Rice on the outside of seaweed (nori).



Inari Mini ISO (V)

Inari (fried soya bean), tamago, cucumber and shichimi powder (Japanese chilli).

121 kcal



Spicy Chicken ISO

Crispy chicken, katsu sauce and shichimi powder (Japanese chilli).

148 kcal



Salmon Dragon Roll

Crabstick, avocado, mayonnaise, shichimi powder (Japanese chilli) and salmon topping.

154 kcal



Soft Shell Crab ISO

Tempura soft shell crab, Japanese pickles, yuzu tobiko (fish roe) and sweet chilli mayonnaise.

181 kcal



Crispy Salmon Skin ISO

Classic Japanese. Crispy fried salmon skin.

114 kcal



YO! Roll

Our signature dish! Salmon, avocado, masago (fish roe) and mayonnaise.

140 kcal



Crunchy Prawn ISO

Prawn katsu, avocado, wasabi masago (fish roe) and mayonnaise.

137 kcal



Rainbow Roll

Salmon, tuna, tamago, avocado, cucumber and masago (fish roe) rolls topped with sliced salmon, tuna and prawn.

265 kcal



California Roll

Crabstick, avocado, mayonnaise and sesame seeds.

118 kcal



Spicy Tuna Mini ISO

Tuna and spring onion with chives and a spicy masago sauce.

126 kcal

Love YO! Sushi?

For great offers, news and more, visit yosushi.com to join our YO! Love Club, follow us on [twitter](https://twitter.com/YOSushi) @YOSushi or like us on [facebook](https://facebook.com/yosushi) .com/yosushi



£1.90 £2.50 £3.10 £3.60 £4.10 £5.00

(V) Vegetarian kcal = total figure for complete portion

salads



Edamame (V)

Salted blanched soy beans (squeeze and suck – discard the pod).

121 kcal



Kaiso Salad (V)

Sesame marinated kaiso (Japanese seaweed) salad with edamame and carrot.

120 kcal



Aubergine (V)

Aubergine with harusame dressing (garlic, sesame, ginger).

82 kcal



Spicy Chicken

Spicy chicken with ginger and garlic dressing.

181 kcal



Crunchy Tofu (V)

Crunchy tofu with su-miso sauce (mustard-vinegar miso sauce).

103 kcal



Salmon & Broccoli

Premium sliced salmon, tender stem broccoli and mooli with harusame dressing (garlic, sesame, ginger).

132 kcal

£1.90 £2.50 £3.10 £3.60 £4.10 £5.00

(V) Vegetarian (N) Contains nuts kcal = total figure for complete portion

desserts

Treat yourself to something sweet at the end of your meal!



Dorayaki (V)

Japanese pancake with custard filling and raspberry sauce.

135 kcal



Chocolate Mochi (V)

Soft Japanese rice cake ball filled with dark chocolate ganache.

204 kcal



Fresh Fruit (V)

Freshly sliced pineapple, honeydew melon, grapes and strawberry.

59 kcal



Strawberry Cheesecake Mochi (V)

Soft Japanese rice cake ball filled with strawberry cheesecake coated in biscuit crumb.

224 kcal



Mochi (V)

Soft Japanese rice cake ball with a sweet filling.

131 kcal



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MENU **ヨシ** MENU

早い・楽しい・新しい

