

# KINTAN BAR FOOD MENU

Mon-Sat: 12:00-23:00 (Kitchen Closes 22:30)

## Cold Dish

	£
Kintan Salad	7.00
Kaiso Salad	8.00
Umami Salad	3.00
<b>combo</b>	
Wakame Seaweed Mini Salad	2.00
<b>combo</b>	
Addicting Cabbage	3.00
<b>combo</b>	
Spicy Addicting Cabbage	4.00
<b>combo</b>	
Hakusai Kim-chee	3.00
<b>combo</b>	
Edamame	3.00
<b>combo</b>	
Spicy Tofu	3.00
<b>combo</b>	
Sushi Cold Omelet	5.00
<b>combo</b>	
Camembert Seaweed	4.00
<b>combo</b>	
Crispy Seaweed	1.00
<b>combo</b>	
Spicy Salmon Tartar Volcano	7.00
<b>combo</b>	
Kintan Seared Salmon	7.00
Wasabi Peas	2.00
<b>combo</b>	
Wasabi Popcorn	2.00
<b>combo</b>	

## Bar Combo Special

1 drink + 2 dishes

choose 1 drink below

- Asahi Draft (Pint)
- Whitstable Bay Black Oyster Stout (Pint)
- Red/White Glass (175ml)

max value : 22

(+) choose 2 dishes from ***combo*** icon

## Hot Dish

Agedashi Tofu	4.50
<b><i>combo</i></b>	
Kintan Buns	6.00
<b><i>combo</i></b>	
Ebi Furai	4.00
<b><i>combo</i></b>	
Chicken Karaage	4.00
<b><i>combo</i></b>	
Arare Karaage	7.00
Prawn Gyoza	4.00
<b><i>combo</i></b>	
Steamed Chili Gyoza	5.00
<b><i>combo</i></b>	
Chicken Gyoza	3.00
Mentai Cheese Takoyaki	4.50
Takoyaki	4.00
<b><i>combo</i></b>	
Wasabi Crunchy Prawn	6.50
<b><i>combo</i></b>	
Squid Karaage	4.00
<b><i>combo</i></b>	
Vegetable Spring Roll	3.00
<b><i>combo</i></b>	
Iidako Karaage	5.00
<b><i>combo</i></b>	
French Fries	3.00
<b><i>combo</i></b>	
Onion Ring Tower	5.00
Fried Shishito	3.00
<b><i>combo</i></b>	
Rice	2.00
<b><i>combo</i></b>	
Miso Soup	2.00
<b><i>combo</i></b>	

## Dessert

Apple Gyoza	5.00
Yogurt Ice Cream	3.00
Kintan Green Tea Ice Cream	4.00
Kintan Ice Cream	3.00

Green Tea Ice Cream	3.00
Vanilla Ice Cream	2.00

## Rice, Noodles & Soup

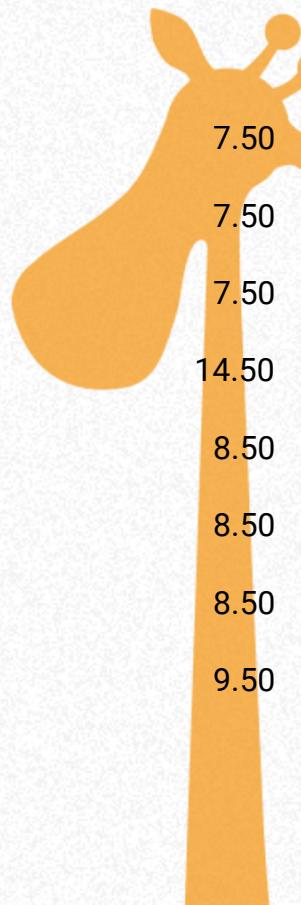
Sukiyaki Bibimbap	7.00
Garlic Fried Rice	5.00
Spicy Salmon £7 > £6	6.00
Tartar Don	
Aburi Salmon Ochazuke	8.00
Niku Udon	8.00
Kuppa	7.00
Garlic Noodles	8.00
Garlic Vegetable Noodles	8.00
Goma Negi Ramen	8.00
Tofu Chigae	9.00
Seafood Chigae	15.00
Egg Drop Soup	3.00
Wakame Seaweed Soup	3.00
Miso Soup	2.00
Rice	2.00

## Lunch Set

(Mon-Fri) Weekday

Lunch Hour 12 - 5PM

Chicken Teriyaki Don	7.50
Served with soup & salad	
Chicken Karaage Don	7.50
Served with soup & salad	
Salmon Tartar Don	7.50
Served with soup & salad	
Una Don (Eel Rice Bowl)	14.50
Served with soup & salad	
Salmon Teriyaki	8.50
Served with soup, salad & rice	
Beef Kalbi Yakiniku Don	8.50
Served with soup & salad	
Pepper Beef Stone Bowl	8.50
Served with soup & salad	
Tofu Chigae	9.50
Served with salad & rice	



# KINTAN YAKINIKU GRAND MENU

## OPENING HOURS

Mon-Sat: 12:00-23:00 (Kitchen Closes 22:30)

Sun: 12:00-22:00 (Kitchen Closes 21:30)

## HAPPY HOUR

Mon: 12:00-23:00 (Kitchen Closes 22:30)

Tue-Sat: 12:00-18:30, 21:00-23:00 (Kitchen Closes 22:30)

Sun: 12:00-18:30, 20:00-22:00 (Kitchen Closes 21:30)

## COURSE MEALS

COUPLE SPECIAL	78.00
	£111 Value / £39.00 Per Person

Edamame

Spicy Salmon Tartar Volcano

Kaiso Salad

2 Wakame Seaweed Soup

US Premium Kalbi Short Rib

US Premium Harami Skirt Steak

Premium Rib Eye

Filet Mignon

Tiger Prawn

Scallops

Mushroom Medley

2 Apple Gyoza

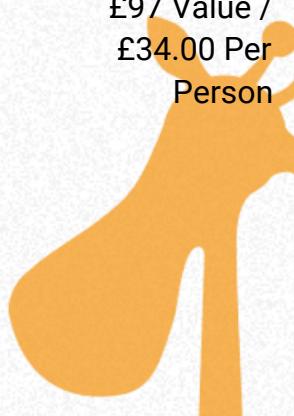
PARTY SPECIAL	£375 For 12 people
	£579 Value / £31.30 Per Person
	£255 For 8 people
	£372.80 Value / £31.90 Per Person

£135 For 4  
people  
£186.40 Value /  
£33.80 Per  
Person

- 
- 4 Miso Soup
  - Kintan Salad
  - Sukiyaki Bibimbap
  - Garlic Noodles
  - 2 Popcorn
  - Takoyaki
  - Arare Karaage
  - 2 US Premium Harami Skirt Steak
  - 2 US Premium Flat Iron
  - 2 Premium Rib Eye
  - Assorted Taste Chicken
  - Tiger Prawn
  - Squid
  - Assorted Vegetables
  - Assorted Mushrooms
  - 4 Yogurt Ice Cream

## KINTAN

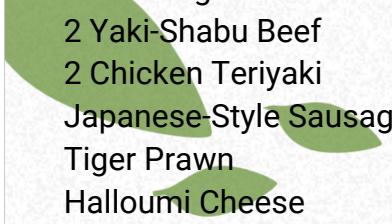
£68 For 2 people  
£97 Value /  
£34.00 Per  
Person

- 
- Edamame
  - Kintan Seared Salmon
  - Kintan Salad
  - 2 Miso Soup
  - Sukiyaki Bibimbap
  - S'mores or 2 Yogurt Ice Cream
  - US Premium Kalbi Short Rib
  - US Premium Harami Skirt Steak
  - US Premium Flat Iron
  - Spicy Chicken
  - Tiger Prawn
  - Garlic Spinach

## HIMAWARI

£105 For 4 people  
£148 Value /  
£26.30 Per  
Person

- 2 Edamame
- 2 Popcorn



- Spicy Addictive Cabbage
- Chicken Gyoza
- French Fries
- 2 Garlic Fried Rice
- 2 US Premium Harami Skirt Steak
- 2 Filet Mignon
- 2 Yaki-Shabu Beef
- 2 Chicken Teriyaki
- Japanese-Style Sausages
- Tiger Prawn
- Halloumi Cheese
- 2 Spicy Pork Kalbi

## MEAT LOVER'S

£58 For 2 people

£87 Value /  
£29.00 Per  
Person

- Crispy Seaweed
- Chicken Gyoza
- Umami Salad
- 2 Miso Soup
- 2 Steamed Rice
- US Premium Harami Skirt Steak
- US Premium Flat Iron
- Premium Rib Eye
- Garlic Butter Beef Kalbi
- Chicken Teriyaki
- Spicy Pork Kalbi
- Japanese-Style Sausages
- Butter Corn
- S'mores or 2 Yogurt Ice Cream



## EN-KAI

£155 For 6 people

£209 Value /  
£25.90 Per  
Person

- 2 Popcorn
- 2 Chicken Karaage
- Takoyaki
- 2 Sanchu Lettuce Wrap
- 2 Garlic Noodles
- 2 US Premium Kalbi Short Rib
- 2 US Premium Harami Skirt Steak
- 2 US Premium Flat Iron
- 2 Premium Rib Eye

2 Garlic Butter Beef Kalbi  
2 Spicy Chicken  
Tiger Prawn  
Scallops  
2 Assorted Vegetables

## SALAD

Kintan Salad	7.00
Served with sesame dressing	
Sanchu Lettuce Wrap	3.00
To wrap grilled item with sweet miso paste	
Kaiso Salad	8.00
7 kinds seaweeds & prawn salad	
with sesame dressing	
Umami Salad	5.00
Tossed with house special sauce	
Wakame Seaweed Mini Salad	3.00
Served with sesame dressing	

## SOUP

Seafood Chigae	15.00
Spicy seafood soup with scallop, prawn, squid, kim-chee & egg	
Served in sizzling hot bowl	
Egg Drop Soup	4.00
Wakame Seaweed Soup	4.00
Miso Soup	3.00
Tofu Chigae	9.00
Spicy tofu soup with pork, kim-chee & egg	
Served in sizzling hot bowl	

## RICE & NOODLES

Garlic Fried Rice	6.00
Garlic & egg on rice with white soy sauce served in sizzling hot bowl	
Aburi Salmon Ochazuke	8.00
Seared salmon on rice with wasabi, soaked in clear tail soup	
Spicy Salmon Tartar Don	7.00
Spicy salmon tartar & avocado on rice with aojiso & wasabi sauce	
Garlic Noodles	8.00
Fried noodles with meat & vegetables served on	
sizzling hot plate	
Garlic Vegetable Noodles	8.00
Fried noodles with vegetables served on	
sizzling hot plate	
Goma Negi Ramen	8.00
Noodle in clear tail soup with white	
sesame & spring onion	

Sukiyaki Bibimbap	8.00
Sukiyaki beef & onion on rice served in sizzling hot bowl	
Steamed Rice	2.00
Kuppa	7.00
Beef, vegetables, egg & rice in clear tail soup	
Niku Udon	8.00
Udon noodles in bonito soup topped with Sukiyaki beef	

## APPETISERS

Kintan Seared Salmon	8.00
Sashimi grade salmon in house citrus sauce	
Seared at table	
Agedashi Tofu	6.00
Deep fried tofu soaked in bonito soup	
Addicting Cabbage	5.00
Tossed with special white soy sauce	
Spicy Addicting Cabbage	6.00
Tossed with house special crunchy garlic sauce	
Umami Salad	5.00
Tossed with house special sauce	
Wasabi Popcorn	3.00
Wasabi Peas	3.00
Hakusai Kim-chee	4.00
Korean style pickle	
Edamame	3.00
Served with sea salt	
Crispy Seaweed	8.00
Korean style	
Camembert Seaweed	2.00
Wasabi flavour	
Spicy Salmon Tartar Volcano	6.00
Spicy Salmon on crunchy rice cracker	
Kintan Buns (2pcs)	6.00
With beef	
Ebi Furai	6.00
Deep fried breaded prawn	
Chicken Gyoza	5.00
Deep fried chicken dumpling	
Prawn Gyoza	5.00
Deep fried prawn dumpling	
Steamed Chili Gyoza	6.00
Steamed chicken dumpling with chili sauce	
Takoyaki	5.00
Octopus dumpling	
Mentai Cheese Takoyaki	6.00
Takoyaki with cod caviar sauce & cheese	

Iidako Karaage	6.00
Deep fried octopus	
Chicken Karaage	6.00
Deep fried chicken	
Vegetable Spring Rolls	4.00
Squid Karaage	6.00
Deep fried squid	
Wasabi Crunchy Prawn	8.00
Prawn Tempura with Wasabi sauce	
French Fries	4.00
Served with cod caviar sauce	
Arare Karaage	7.00
Crispy rice-cracker-buttered chicken	

## BBQ PORK, POULTRY & LAMB

Lamb Chops (3pcs)	11.00
Marinated with basil sauce	
Pork Kalbi	6.50
Marinated with white soy sauce	
Duck Breast	8.00
Marinated with miso sauce	
Chicken Teriyaki	6.00
Marinated with teriyaki sauce	
Spicy Pork Kalbi	6.50
Marinated with spicy sauce	
P-Toro Pork Jowl	7.00
Marinated with white soy sauce	
Japanese-style Sausages	5.00
Chicken Basil	6.00
Marinated with basil sauce	
Spicy Chicken	6.00
Marinated with spicy sauce	

## Dipping & Topping

Sesame Oil & Sea Salt	1.00
Leek Sauce	1.50
Teriyaki Sauce	1.00
Crunchy Garlic Chili Sauce	1.00
Wasabi & Soy Sauce	1.00
Spicy Curry Sauce	1.00
Garlic Butter	1.00
Sanchu Lettuce Wrap	3.00

## BBQ BEEF



US Premium Harami Skirt Steak	12.00
Marinated with miso sauce	
US Premium Kalbi Short Rib (Tare/Shio)	13.00
Marinated with sweet soy or white soy sauce	
US Premium Flat Iron	11.00
Marinated with salt & pepper	
US Premium Harami Skirt Steak Garlic	13.00
Marinated with white soy sauce & garlic	
Kalbi Short Rib	6.50
Marinated with sweet soy sauce	
Filet Mignon	15.00
Served with ponzu	
Garlic Butter Kalbi	7.50
Marinated with white soy sauce served with garlic sauce	
Premium Rib Eye	10.00
Marinated with sweet soy sauce	
Beef Tongue	7.50
Served with lemon	
Yaki-Shabu Beef	6.00
Thinly cut beef, marinated with garlic sauce	
Negi Beef Tongue	9.00
Served with leek sauce & lemon	

## BBQ SEAFOOD



Tiger Prawn (4pcs)	8.00
Marinated with garlic sauce	
Scallops (3pcs)	8.00
Marinated with miso sauce	
Squid	6.00
Marinated with miso sauce	
Ahijo Prawn	7.00
Foil-grilling	
Butter Scallops	9.00
Foil-grilling	

## BBQ VEGETABLES & OTHERS



Assorted Vegetables	8.00
Spanish shishito, cabbage, courgettes, peppers, corn & sweet onion	
Marinated with white soy sauce	
Eringi Mushrooms	5.00
Marinated with white soy sauce	
Portobello Mushrooms	4.00
Marinated with basil sauce	
Shiitake Mushrooms	5.00
Marinated with white soy sauce	

Corn	5.00
Marinated with white soy sauce	
Sweet Onion	4.00
Marinated with white soy sauce	
Spanish Shishito Padron peppers	4.00
Marinated with white soy sauce	
Assorted Mushrooms	8.00
Eringi, shiitake, white mushrooms & portobello	
Marinated with white soy sauce	
Mushroom Medley	6.00
Foil-grilling	
Garlic Spinach	5.00
Foil-grilling	
Butter Corn	4.00
Foil-grilling	
Courgettes	4.00
Marinated with white soy sauce	
Halloumi Cheese	5.00
A blend of goat & sheep milk, perfect for grilling	
Camembert Cheese	5.00
Served with honey	

## DESSERT

Maple Pao de Queijo	5.00
Maple syrup on cheese bread to grill hot, enjoy dipping with Vanilla Ice Cream	
Kintan Green Tea Ice Cream	4.00
Topped with brown sugar syrup & kinako soy bean flour	
Kintan Ice Cream	4.00
Vanilla ice cream topped with brown sugar syrup & kinako soy bean flour	
Yogurt Ice Cream	5.00
Topped with honey yuzu sauce	
Vanilla Ice Cream	2.00
Green Tea Ice Cream	3.00
Apple Gyoza	7.50
Deep fried apple dumpling with vanilla ice cream & kinako soy bean flour	
S'mores (2pcs)	5.00

## NON ALCOHOLIC BEVERAGES

Belu - Bottled Water (Still / Sparkling) 750ml	3.00
Coke / Diet Coke / Sprite / Ginger Ale	3.00
Calpico / Calpico Soda	3 / 3.5
Iced Oolong Tea	3.00

Hot Honey Citron Tea	3.00
Fruit Juice - Orange / Apple / Grapefruit	3.00
Red Bull	5.00
Real! Lemonade	3.50
Raw! Fiyah Ginger Beer	3.50

## LUNCH MENU (MON - FRI)

WEEKDAY LUNCH HOUR 12-5PM

### LUNCH 'YAKINIKU'BBQ COMBO

2 CHOICES £12  
3 CHOICES £15  
4 CHOICES £18

Filet Mignon	(+)5.00
Toro Beef Chicken Basil	
Squid	
US Premium Harami Skirt Steak	(+3.00)
Spicy Chicken	
Hakusai Kim-chee	
Yaki-Shabu Beef	
Spicy Pork Kalbi	
Chicken Karaage	
US Premium Kalbi Short Rib	(+4.00)
Chicken Teriyaki	
Edamame	
Premium Rib Eye	
Ebi Furai	
Kalbi Short Rib	
Pork Kalbi	
Chicken Gyoza	
Beef Tongue	
Tiger Prawn	
Takoyaki	
Sukiyaki Bibimbap	(+4.00)
Garlic Fried Rice	(+3.00)

### LUNCH

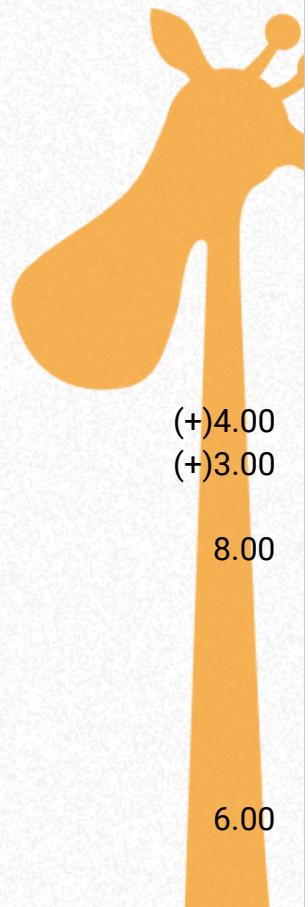
Yaki Shabu Beef 50g  
& Chicken Basil 50g  
& Spicy Pork Kalbi 50g  
SERVED WITH SALAD, SOUP AND RICE

8.00

### LUNCH 1 CHOICE VALUE SET

Yaki Shabu Beef 100g  
Chicken Basil 100g

6.00



**Spicy Pork Kalbi 100g**  
SERVED WITH SALAD, SOUP AND RICE

## LUNCH BUSINESS LUNCH SET

25.00

- 
- Chicken Gyoza
  - Edamame
  - Salad
  - Miso soup
  - Rice
  - Yogurt Ice Cream
  - US Premium Kalbi Short Rib
  - US Premium Flat Iron
  - US Premium Harami Skirt Steak
  - Tiger Prawn
  - Squid

## LUNCH NON-GRILLING SETS

7.50

- Chicken Teriyaki Don  
Served with soup & salad
- Chicken Karaage Don  
Served with soup & salad
- Salmon Tartar Don  
Served with soup & salad
- Una Don (Eel Rice Bowl)  
Served with soup & salad
- Salmon Teriyaki  
Served with soup, salad & rice
- Beef Kalbi Yakiniku Don  
Served with soup & salad
- Pepper Beef Stone Bowl  
Served with soup & salad
- Tofu Chigae  
Served with salad & rice

7.50

7.50

7.50

14.50

8.50

8.50

8.50

9.50

3.00

4.00

3.00

3.00

3.00

## SOFT DRINKS

- Belu Bottled Water  
(Still / Sparkling)
- Coke / Diet Coke / Sprite / Ginger Ale
- Iced Oolong Tea
- Hot Honey Citron Tea
- Fruit Juice  
(Orange / Apple / Grapefruit)

# LATE LUNCH MENU (MON - FRI)

WEEKDAY LATE LUNCH HOUR 3-5PM

## LATE LUNCH VALUE COURSE

Edamame	29.50
Takoyaki	
Chicken Gyoza	
Sanchu Lettuce	
Wrap x2	
Beef Tongue or Rib Eye	
Beef Kalbi Short Rib	
Yaki-shabu Beef	
Chicken Basil	
Spicy Pork Kalbi	
Tiger Prawn	

## LATE LUNCH VALUE SET

8.89

Chicken Gyoza
Salad
Miso soup
Rice
Beef Kalbi Short Rib
Yaki-shabu Beef
Chicken Basil
Spicy Pork Kalbi
+1 Soft Drink (Choose from £3 Soft Drinks)

## LATE LUNCH FEAST SET

17.78

Chicken Gyoza
Edamame
Salad
Miso soup
Rice
US Premium Kalbi Short Rib
US Premium Flat Iron
US Premium Harami Skirt Steak
Tiger Prawn
Squid
(+)1 Soft Drink (Choose from £3 Soft Drink)      Or
Upgrade to a bottle wine / sparkling wine if you order 4 sets

## LATE LUNCH SPECIAL SET

2 MAIN+1  
STARTER  
£19.50

### CHOOSE 1 STARTER

- Edamame
- Spicy Tofu
- Chicken Gyoza
- Spicy Addicting Cabbage
- Spicy Salmon Tartar Volcano
- Chicken Karaage
- Takoyaki
- Hakusai Kim-chee

### CHOOSE 2 or 3 MAIN DISHES

- US Premium
- Harami Skirt Steak
- US Premium Flat Iron
- Kalbi Short Rib
- Garlic Butter Kalbi
- Tiger Prawn
- Beef Tongue
- Yaki-Shabu Beef
- Toro Beef
- Chicken Basil
- Spicy Chicken
- Pork Kalbi
- P-Toro Pork Jowl
- Spicy Pork Kalbi
- Japanese-style Sausages
- Tiger Prawn
- Squid
- Halloumi Cheese
- Sukiyaki Bibimbap
- Assorted Vegetables
- Mushroom Medley
- Garlic Spinach
- Sukiyaki Bibimbap
- Garlic Fried Rice
- Goma Negi Ramen
- Garlic Noodles
- Niku Udon

## LATE LUNCH DESSERT

S'mores	2.00
Maple Pao de Queijo	2.00

Yogurt Ice Cream	2.00
Kintan Green Tea Ice Cream	2.00
Kintan Ice Cream	2.00
Vanilla Ice Cream	2.00
Green Tea Ice Cream	2.00

## WEEKEND LUNCH (SAT-SUN)

WEEKEND LUNCH HOUR 12-5PM

### WEEKEND BRUNCH SPECIAL

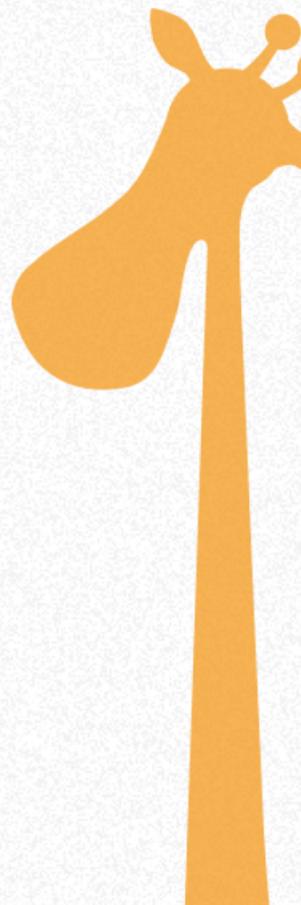
2 MAIN+1  
STARTER £19.50

CHOOSE 1 STARTER

- Edamame
- Spicy Tofu
- Chicken Gyoza
- Spicy Salmon Tartar Volcano
- Spicy Addicting Cabbage
- Takoyaki
- Hakusai Kim-chee
- Chicken Karaage

CHOOSE 2 or 3 MAIN DISHES

- US Premium Harami Skirt Steak
- US Premium Flat Iron
- Kalbi Short Rib
- Yaki-Shabu Beef
- Garlic Butter Kalbi
- Beef Tongue
- Toro Beef
- Chicken Basil
- Spicy Chicken
- Pork Kalbi
- P-Toro Pork Jowl
- Spicy Pork Kalbi
- Japanese-style Sausages
- Tiger Prawn
- Squid
- Halloumi Cheese
- Assorted Vegetables
- Mushroom Medley
- Garlic Spinach
- Sukiyaki Bibimbap
- Garlic Fried Rice
- Goma Negi Ramen
- Garlic Noodles
- Niku Udon



## SOFT DRINKS

Belu Bottled Water (Still / Sparkling) 750ml	3.00
Coke / Diet Coke / Sprite / Ginger Ale	3.00
Calpico / Calpico Soda	3/3.5
Iced Oolong Tea	3.00
Hot Honey Citron Tea	3.00
Fruit Juice (Orange / Apple / Grapefruit)	3.00
Red Bull	5.00
Real! Lemonade	3.50
Raw! Fiyah Ginger Beer	3.50

## WEEKEND LUNCH (SAT-SUN)

WEEKEND LUNCH HOUR 12-5PM

### WEEKEND FAMILY BRUNCH

39.50

- US Premium Flat Iron
- Kalbi Short Rib
- Yaki-Shabu Beef
- Pork Kalbi Short Rib
- Chicken
- Japanese Style Sausages
- Halloumi Cheese
- Tiger Prawns
- Squid
- Assorted Vegetables
- Corn
- Free Ice Cream for Children (One Each)

### WEEKEND KID'S MEAL

7.50

- Seaweed
- Rice
- Takoyaki
- Yaki-Shabu Beef
- Japanese Style Sausages
- Vanilla Ice Cream
- Juice  
(Orange / Apple / Calpico)

## LATE LUNCH MENU

WEEKEND LATE LUNCH HOUR 3-5PM

### WEEKEND LATE LUNCH VALUE COURSE

29.50

Edamame  
Takoyaki  
Chicken Gyoza  
Sanchu Lettuce Wrap x2  
Beef Tongue or Rib Eye  
Beef Kalbi Short Rib  
Yaki-shabu Beef  
Chicken Basil  
Spicy Pork Kalbi  
Tiger Prawn



## WEEKEND LATE LUNCH DESSERT

S'mores	2.00
Maple Pao de Queijo	2.00
Yogurt Ice Cream	2.00
Kintan Green Tea	2.00
Ice Cream	
Kintan Ice Cream	2.00
Vanilla Ice Cream	2.00
Green Tea Ice Cream	2.00

