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小鉢と野菜物	SMALL DISHE	S &	VEGETABLES	
枝豆	Edamame	•	Boiled fresh green soy beans in pods.	£4.50
いんげん胡麻和え	Ingen	•	Boiled French bean marinated with black sesame sauce.	£6.00
冷奴	Hiya-Yakko	•	Chilled bean curd with ginger and spring onion with or without Bonito flakes (dried fish).	£5.00
おひたし	Ohitashi	•	Seasoned spinach sesame with or without Bonito flakes (dried fish).	£6.00
カリフラワー甘酢	Cauliflower	•	Cauliflower and coloured peppers marinated in sweet vinegar.	£4.50
ロケットサラダ	Rocket Salad	•	Rocket, cheese and Bonito flakes (dried fish) served with Ponzu dressing.	£7.80
いくらおろし	Ikura Oroshi		Salmon eggs with grated radish.	£7.80
鰻ざく酢	Uzaku		Grilled Eel and cucumber marinated in vinegar sauce served with ginger and sesame.	£8.80
まぐろ納豆	Maguro Natto		Fermented sticky soy beans with raw Tuna marinated with Wasabi and soy sauce served with spring onion.	£9.30
板わさ	Ita Wasa		Sliced white fishcake served cold with Wasabi.	£6.80
ひじき	Hijiki	•	Cooked black seaweed with vegetables and sesame.	£5.00
魚の南蛮酢	Sakana Nanban		Sea Bass, Bream and Salmon deep fried and marinated with vegetables and vinegar.	£5.00
わかめきゅうり酢	Waka Kyu	$\Diamond$	Cucumber and green seaweed marinated in vinegar served with ginger.	£5.00
海草サラダ	Kaiso Salad	•	Seaweed salad served with sesame dressing.	£9.60
生野菜	Namayasai	•	Mixed green vegetables salad with white dressing.	£7.80
香の物	Konomono	•	Pickles: cucumber, white radish, yellow, red and burdock (root vegetable).	£6.80
汁物	SOUP			
吸い物	Suimono		Fish stock, clear soup with shiitake mushroom, fishcake and Mitsuba (Japanese herb).	£5.30
味噌汁	Miso-shiru	$\Diamond$	Fish stock Miso soup with bean curd, seaweed and spring onion.	£4.30
なめこ汁	Nameko-jiru	$\Diamond$	Fish stock Miso soup with small button mushroom, grated radish and spring onion.	£5.30

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刺身	SASHIMI	Served with Wasabi.	
刺身	Mixed Sashimi (9 pieces)	Fillets of raw Tuna (2), Salmon (3), Yellowtail (2), Sea Bass (2).	£19.80
中とろ 刺身	Chutoro Sashimi	Premium Fatty Tuna (5 pieces).	£22.00
鮪 刺身	Maguro Sashimi	Tuna (5 pieces).	£17.80
はまち 刺身	Hamachi Sashimi	Yellowtail (5 pieces).	£17.80
鮭 刺身	Sake Sashimi	Salmon (5 pieces).	£15.80
すずき 刺身	Suzuki Sashimi	Sea Bass (5 pieces).	£15.80
平目昆布〆	Hirame Konbu	Turbot seasoned with seaweed and served with Ponzu.	£16.80
うに 刺身	Uni Sashimi	Sea Urchin (25g).	£16.80
にぎり鮨	NIGIRI SUSHI	Served with Wasabi and Gari (ginger).	
松	"Matsu"	Seasoned sushi rice with today's chef's selection of mixed Nigiri (14 pieces).	£48.00
竹	"Take"	Today's chef's selection (10 pieces).	£32.00
梅	"Ume"	Today's chef's selection (7 pieces).	£23.00
中とろ	Chu Toro	Premium Tuna Nigiri (1 piece).	£5.00
まぐろ	Maguro	Tuna Nigiri (1 piece).	£4.00
はまち	Hamachi	Yellowtail Nigiri (1 piece).	£4.00
さけ	Sake	Salmon Nigiri (1 piece).	£3.20
いくら	Ikura	Salmon Eggs Nigiri (1 piece).	£5.00
ひらめ	Hirame	Turbot (tough white fish) Nigiri (1 piece).	£4.00
すずき	Suzuki	Sea Bass Nigiri (1 piece).	£3.60
たい	Tai	Sea Bream Nigiri (1 piece).	£3.30
うなぎ	Unagi	Grilled Eel Nigiri (1 piece).	£4.00
えび	Ebi	Boiled Prawn Nigiri (1 piece).	£3.20
たまご	Tamago	Omelette Nigiri (1 piece).	£2.00
うに	Uni	Sea Urchin (12g).	£6.80
ちらし	CHIRASHI	Served with Wasabi and Gari (ginger).	
上ちらし	Jo Chirashi	Rice box served with chef's selection of Sashimi on top. Please ask for any preferences or requirements.	£48.00

巻き鮨	ROLL SUSHI			2202 80 61
ハムステッド ロール	Hampstead Roll		Avocado, Prawn, egg, watercress INSIDE OUT with white sesame (5 pieces).	£8.50
天ぷら ロール	Tenpura Roll		King Prawn Tenpura roll INSIDE OUT with white sesame (5 pieces).	£9.60
まぐろ アボカド	Maguro Avo		Tuna avocado roll INSIDE OUT with black sesame (5 pieces).	£9.60
はまち アボカド	Hamachi Avo		Yellowtail avocado roll INSIDE OUT with black sesame (5 pieces).	£9.60
さけ アボカド	Sake Avo		Salmon avocado roll INSIDE OUT with black sesame (5 pieces).	£8.60
はまち ねぎ	Hamachi Negi		Yellowtail roll with spring onion INSIDE OUT with black sesame (8 pieces).	£9.80
スパイシー ツナ	Spa Tuna		Minced spicy Tuna roll with spring onion INSIDE OUT with black sesame (8 pieces).	£9.80
アボカド ロール	Avocado Roll	•	Avocado roll INSIDE OUT with white sesame (5 pieces).	£4.80
鰻玉巻	Una Tama		Grilled Eel with egg roll (5 pieces) INSIDE OUT.	£8.00
鰻きゅう巻	Una Kyu		Grilled Eel with cucumber and sesame roll (6 pieces).	£6.00
とろたく	Toro Taku		Chopped Fatty Tuna with Yellow Pickle roll (6 pieces).	£8.00
ねぎとろ巻	Negitoro		Chopped Fatty Tuna with spring onion (6 pieces).	£8.00
鉄火巻	Tekka		Tuna roll (6 pieces).	£6.00
鮭巻	Sake Maki		Salmon roll (6 pieces).	£5.00
かっぱ巻	Kappa	•	Cucumber with sesame roll (6 pieces).	£3.50
梅しそ巻	Ume Shiso		Chopped, pickled plum with Shiso and sesame (6 pieces).	£3.80
なっとう巻	Natto	•	Fermented soy with spring onion (6 pieces).	£3.80
山ごぼう	Yama Gobo	•	Pickled mountain burdock with sesame (6 pieces).	£3.80
たくあん	Takuan	•	Yellow Pickle roll (6 pieces).	£3.50
かんぴょう	Kanpyo	•	Cooked strips of dried gourd (6 pieces).	£3.30
手巻き鮨	HAND ROLL SUSHI		Choose any filling from our 'Roll Sushi' selection.	
手巻き A	Temaki A		Cone shape hand rolls with Tuna, Salmon and cucumber (3 rolls).	£9.00
手巻き B	Temaki B		Fermented soy, sour plum, cucumber and mountain burdock (3 rolls).	£8.00

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串焼	GRILLED SKEV	VERS	
炭焼 セット A	Set A (7 skewers)	Fresh green asparagus with pork (1), Pork with Shiso leaf (1), Chicken with onion (2), Minced chicken meat ball (1), Shiitake mushrooms (1), King Prawn (1).	£23.00
炭焼 セット B	Set B (7 skewers)	Chicken gizzard (2), Quail eggs (1), Chicken with onion (2), Chicken liver (1), Chicken wings (1).	£19.50
焼鳥	Yakitori	Grilled skewer of chicken and onion served with Yakitori sauce.	£3.00
つくね	Tsukune	Grilled skewer of chicken meatballs with Yakitori sauce.	£4.30
砂肝	Sunagimo	Grilled skewer of chicken gizzard with salt.	£3.00
鶏皮	Torikawa	Grilled skewer of chicken skin with salt.	£4.30
レバー	Liver	Grilled skewer of chicken liver with Yakitori sauce.	£3.00
手羽先	Tebasaki	Grilled skewer of chicken wings with salt.	£3.20
かもねぎ	Kamonegi	Grilled skewer of duck with spring onion.	£3.60
牛タン	Gyu Tan	Grilled skewer of ox tongue with salt.	£4.30
ラム	Lamb	Grilled skewer of lamb with salt and pepper.	£3.00
しそ巻	Shiso Maki	Grilled skewer of Shiso leaf and pork rolls with Teriyaki sauce.	£4.00
アスパラ巻	Asupara Maki	Grilled skewer of fresh asparagus and pork rolls with salt.	£4.00
しいたけ	Shiitake	<ul> <li>Grilled skewer of Shiitake mushrooms with Vegetable sauce.</li> </ul>	£2.80
玉葱	Tamanegi	• Grilled skewer of onion with Vegetable sauce.	£2.00
アスパラガス	Asparagus	<ul> <li>Grilled skewer of fresh green asparagus with Vegetable sauce.</li> </ul>	£2.80
うずらの卵	Uzura Tamago	Grilled skewer of quail eggs with Yakitori sauce.	£3.50
ししとう	Shishito	• Grilled skewer of Spanish chilli pepper with Vegetable sauce.	£2.80



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焼物	GRILLED DISHES		
鮭 照焼	Sake Teri	Grilled Salmon with Teriyaki sauce.	£13.80
鯖 塩焼	Saba Shio	Grilled Mackerel with salt.	£10.80
黒鯛 塩焼	Kuro-Dai	Grilled Black Sea Bream with salt.	£13.80
鮭 かま	Sake Kama	Grilled Salmon jaw with salt.	£9.80
はまち かま	Hamachi Kama	Grilled Yellowtail jaw with salt.	£16.80
たい かぶと	Tai Kabuto	Grilled Sea Bream bones with salt.	£7.80
ギンダラ	Gindara	Grilled Black Cod (marinated in white Miso) served with ginger.	£22.00
えび 焼	Ebi Yaki	Grilled Prawn served with lemon.	£6.00
焼なす	Yakinasu •	Grilled aubergine with or without Bonito flakes.	£6.80
煮物	SIMMERED DISH	ES	
ほうれん草玉子とじ	Horen Tamago $\Diamond$	Cooked spinach, shiitake and egg in fish stock.	£ $6.80$
厚揚げ豆腐	Atsuage •	Fried Tofu cooked with ginger served with spring onion.	£6.50
豚角煮	Buta Kakuni	Tender stewed belly pork served with vegetable.	£8.80
炒め物	PAN-FRIED DISH	ES	
和牛ミニステーキ	Wagyu Mini-Steak	Australian Wagyu beef served with soya lemon and chilli sauce.	£19.80
豚生姜焼き	Buta Shouga	Pan fried sliced pork with ginger sauce and spicy Miso served from hot pan.	£15.80
ほうれん草バター	Horen Butter •	Pan fried spinach and shiitake with butter.	£6.80
きのこ達の和風 ソテー	Kinoko Butter 🔸	Butter sautéed mushrooms marinated with lemon dressing.	£6.80
自家製ギョウザ	Gyouza	Homemade grilled pork dumpling served with	£6.80



spicy sauce.

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揚げ物	DEEP-FRIED I	OIS	HES	
揚げ出し 豆腐	Agedashi Tofu	$\Diamond$	Deep fried bean curd in Tenpura sauce.	£7.00
天ぷら	Mixed Tenpura		Deep fried King Prawns (3) and vegetables served with Tenpura sauce.	£13.00
海老天	Ebi Ten		Deep fried King Prawns (4) served with Tenpura sauce and green tea salt.	£15.00
野菜天	Yasai Ten	$\Diamond$	Deep fried vegetable selection served with Tenpura sauce.	£10.80
かき揚げ	Kaki-age		Tenpura mix with Prawn and vegetables.	£11.80
鶏唐揚げ	Tori Kara		Seasoned and sliced chicken, deep fried in batter served with Ponzu sauce.	£9.00
コロッケ	Croquette	•	Deep fried potato croquette in breadcrumbs served with Tonkatsu sauce.	£8.00
海老フライ	Ebi Furai		Deep fried King Prawns (3) in breadcrumbs served with Tonkatsu sauce.	£11.80
チキンカツ	Chicken Katsu		Deep fried chicken in breadcrumbs served with Tonkatsu sauce.	£12.80
とんかつ	Tonkatsu		Deep fried Iberico pork in breadcrumbs served with Tonkatsu sauce.	£13.80
茄子田楽	Nasu Den	•	Fried aubergine with sweet, red Miso.	£8.00
砂肝ポン酢	Suna Pon		Deep-fried chicken gizzard with Ponzu sauce.	£7.00
烏賊げそ揚げ	Geso Age		Fried squid tenticles served with lemon.	£6.00



御飯	RICE DISHES		2202 80 61
御飯	Rice	Boiled TOYAMA KOSHIHIKARI (Japan) white rice.	£3.50
さけ おにぎり	Sake Onigiri	Salmon flakes rice ball rounded with dried black seaweed.	£4.80
おかか おにぎり	Okaka Onigiri	Bonito (fish) flakes rice ball rounded with dried black seaweed.	£4.80
うめ おにぎり	Ume Onigiri	Sour plum flakes rice ball rounded with dried black seaweed.	£4.80
お茶漬	Ocha-Zuke	Choice of Salmon/Sour plum/Plain seaweed on rice served in fish stock soup with Wasabi.	£6.80
雑炊	Zo-Sui	Choice of Salmon/Sour plum/Vegetable on rice served in fish stock soup cooked with egg.	£8.50
麺類	NOODLES		
鍋焼き うどん	Nabeyaki Udon	UDON cooked in soup with fishcake, egg, vegetables and a Prawn Tenpura served in hot pot.	£17.80
ざる	Zaru Udon/Soba	Chilled UDON/SOBA served on basket with chilled fish stock sauce, Wasabi and spring onion.	£9.00
天ざる	Ten Zaru Udon/Soba	Tenpura with choice of Zaru UDON/SOBA.	£15.80
かけ	Kake Udon/Soba	UDON/SOBA in hot fish stock soup with spring onion.	£9.00
たぬき	Tanuki Udon/Soba	Crispy batter with choice of Kake UDON/SOBA.	£9.00
きつね	Kitsune Udon/Soba	Cooked Bean curd with choice of Kake UDON/SOBA.	£9.80
天ぷら	Tenpura Udon/Soba	Two Prawn Tenpura with choice of Kake UDON/SOBA.	£14.80
冷し たぬき	Hiyashi Tanuki Udon/Soba	Chilled UDON/SOBA served with crispy batter, grated radish and Wasabi.	£12.00
焼うどん	Yaki Udon	Pan fried Udon with pork and vegetables.	£12.00
どらやき	DESSERTS Dora-Yaki	Sweet Red bean Pancake served with hot green tea.	£4.80
			or 4 scoops
アイスクリーム	Ice Cream	Green Tea £3.20/£6.40/£9.60 Red Bean Chestnut Yuzu Sorbet (Japanese Citrus)	)/£12.80

## **LUNCHES**

Served with rice and Miso soup.

松花堂	LUNCH BOX Tue-Fri ONLY	Today's 3 mains plus side dishes.	£21.00
特製ばらちらし	BARA CHIRASHI LUNCH Tue-Fri ONLY	Well-seasoned Tuna, Salmon, Turbot, Prawn, etc. traditional chirashi sushi served on rice with Suimono soup.	£19.80
刺身ランチ	SASHIMI LUNCH	Fillet of raw Tuna (2), Salmon (3), Yellowtail (2), Seabass (2), served with Wasabi.	£19.80
天ぷらランチ	TENPURA LUNCH	Deep fried king prawn (3) with vegetable served with Tenpura sauce.	£15.00
野菜天ぷらランチ	YASAITEN LUNCH	Deep fried vegetables served with Tenpura sauce.	£12.80
とんかつランチ	TONKATSU LUNCH	Deep fried Iberico pork in breadcrumbs with salad served with Tonkatsu sauce.	£15.80
チキンかつランチ	CHICKEN KATSU LUNCH	Deep fried chicken in breadcrumbs with salad served with Tonkatsu sauce.	£14.80
エビフライランチ	EBI FURAI LUNCH	Deep fried prawn in breadcrumbs with salad served with Tonkatsu sauce.	£13.80
コロッケランチ	CROQUETTE LUNCH	Deep fried mashed potato in breadcrumbs with salad served with Tonkatsu sauce.	£9.80
豚生姜焼ランチ	BUTASHOUGA LUNCH	Pan fried pork with ginger sauce served with salad.	£17.80
焼鳥ランチ	YAKITORI LUNCH	Grilled skewer of chicken (2), quail eggs (1), pork and shiso leaf (1), minced chicken balls (1).	£18.80
焼鯖ランチ	SABA SHIO LUNCH	Grilled mackerel served with grated radish.	£13.80
鮭照焼ランチ	SAKE TERI LUNCH	Grilled salmon with Teriyaki sauce.	£16.80

WINE	Wine List available.		
		100ml/bottle	
	Premier Plum wine Ume no Yado 梅の宿 あらごし梅. 12%	·	
ゆず酒	Premier Yuzu wine served with ice. 12% vol.	£7.80/£49.00	
SAKE 酒	Sake List available (hot, chilled or room temperature).		
BEERS	SAPPORO. 330ml bottle.	£5.00	
	PREMIER BEER OWA. 330ml bottle.	£7.20	
	MORI BEER. Japanese Flying Pale Ale. 310ml bottle.	£7.80	
COCKTAILS	Made with Iichiko Shochu, mixed and served in a glass with ic	e.	
Grapefruit Sour	Freshly squeezed grapefruit with lemonade. 5% vol. 生搾りグレープフルーツ サワー	£9.00/£10.00	
Lemon Sour	Freshly squeezed lemons with lemonade. 5% vol. 生搾りレモン サワー	$$\pm 9.00/$\pm 10.00$	
Calpico Soda Sour	CALPICO soda sweet yogurt drink. 5% vol. カルピコソータ	ř割り <b>£7.80/£9.00</b>	
Oolong Tea Sour	Oolong tea. 5% vol. ウーロン茶割り	£7.80/£9.00	
Green Tea Sour	Sweet Green tea with sparkling water. 5% vol. 抹茶 サワ	±9.00/£10.00	
WHISKY	Available by the glass or bottle		
	Yamazaki 山崎 Single malt whisky (12 years)		
	Hibiki 響 A harmonious blended whisky		
SHOCHU	Pickled Plum / Lemon slice / Cucumber slice / Red Chilli a 梅干、レモン、胡瓜、赤唐辛子、御用意出来ます。	re available.	
		50ml/100ml/bottle	
	Kan Noko 神の河 Barley 25% vol.	$\pounds 4.00/\pounds 8.00/\pounds 56.00$	
	Iichiko いいちこ Barley 25% vol.	£4.00/£8.00/£58.00	
	Ikko Mon 一候者 Sweet potato 25% vol.	£5.00/£10.00/£72.00	
SOFT DRINKS	Coke, Diet Coke, 7up, Orange juice, Apple juice.	£3.00	
	Calpico Soda or Still: Japanese sweet yogurt drink.	£4.80	
	Lemonade mix with fresh lemon / fresh grapefuit.	£7.80	
	Oolong Tea, 250ml served chilled.	£3.00	
	Bottled Water, 330ml Still / 330ml Sparkling.	£3.00	
	Cup of hot Japanese Green tea.	£1.00	
	Iced Green tea.	£3.50	
	Sweet Green tea with sparkling water.	£5.80	
	Sweet Green tea with soya milk.	£5.80	