

WHEAT & GLUTEN FREE MENU

All dishes have been altered to be wheat & gluten free

All dishes on the Small Eats, Sushi and Sides are 3 for £15 everyday.

SUSHI	Price
Alaska Roll (4pcs) <i>Inside out sushi roll with raw salmon, avocado and japanese mayonnaise rolled in toasted black and white sesame seeds.</i>	£6.50
California Roll (4pcs) <i>Inside out sushi roll with crabstick, avocado, japanese mayonnaise rolled in toasted black and white sesame seeds.</i>	£6.50
Cucumber/Avocado Maki (v) (6pcs) <i>Sushi roll filled with cucumber/avocado and japanese mayonnaise wrapped in seaweed.</i>	£6.50
Salmon Maki (6pcs) <i>Sushi roll filled with raw salmon and wasabi, wrapped in seaweed.</i>	£6.50
Tuna Maki (6pcs) <i>Sushi roll filled with raw tuna and wasabi, wrapped in seaweed.</i>	£6.50
Mixed Sashimi (6pcs) <i>Selection of thinly sliced raw tuna and salmon.</i>	£6.90
Nigiri (3pcs) <i>Hand formed small clump of sushi rice with any one topping (few are binded by a small strip of seaweed):</i>	£6.90
<i>Amaebi (Shrimp) Avocado Cucumber Ika (Squid)</i>	
<i>Salmon Surimi (Crabstick) Tako (Octopus) Tamago (Egg)</i>	
<i>Tempura Prawn Tuna</i>	
Temaki (2pcs) <i>Large cone shaped hand roll filled with rice, japanese mayonnaise and the choice of any two fillings:</i>	£6.90
<i>Amaebi (Shrimp) Avocado Cucumber Ika (Squid)</i>	
<i>Salmon Surimi (Crabstick) Tako (Octopus) Tamago (Egg)</i>	
<i>Tempura Prawn Tuna (Spicy)</i>	

Peroni Nastro Gluten Free (330ml) **£4.90**
The Italian brew masters have perfected a new gluten free recipe for Italy's most iconic beer without compromising on taste!

SMALL EATS & SIDES	Price
Yaki Ebi <i>2 Skewers of grilled prawns and vegetables glazed with a sweet, sticky yakitori sauce.</i>	£6.50
Yaki Tofu <i>2 Skewers of tofu and vegetables glazed with a sweet, sticky yakitori sauce.</i>	£6.50
Yaki Tori <i>3 Skewers of grilled chicken glazed with a sweet, sticky yakitori sauce.</i>	£6.50
Yaki Ribu <i>5 Spare ribs glazed with a sweet, sticky yakitori sauce.</i>	£6.50
Japanese Crackers (with a choice of dip) <i>Kim chi mayonnaise, sweet chilli, spicy chilli and miso mayonnaise. Extra dip, add 50p.</i>	£2.50
Miso Soup (v)	£3.50
Grilled Aubergines (v) <i>Grilled aubergine slices with sesame ponzu dressing.</i>	£3.50
Edamame (v) <i>Steamed green soya beans with sea salt and lemon.</i>	£3.90
Stir Fry Asian Greens (v) <i>Mixture of seasonal asian greens, stir fry with garlic, ginger and spring onions.</i>	£3.90
Kim Chi (v)	£3.40
Steamed/Fried Rice (v)	£1.90
Quick Fried Noodles (v)	£3.90

MAINS

All mains include rice unless specified as a noodle dish.

All mains can also be made vegetarian upon request.

Duck Udon (with vermicelli noodles instead) £12.50

Stir fried noodles with shredded duck, peppers, chinese leaf, onions, carrots and spring onions in a tonkatsu sauce. Garnished with pickled ginger and sesame seeds.

Kim Chi Fried Rice £11.50

Rice fried with eggs, chicken, prawns, spring onions, kim chi and gochujang.

Kai Sen Udon (with vermicelli noodles instead) £12.50

Stir fried noodles with squid, prawns, japanese fish cakes and chinese leaf topped with spring onions. Garnished with pickled ginger and sesame seeds.

Ginger Pork £11.50

Stir fried pork and chinese leaf in a sake and ginger sauce.

Yaki Udon (with vermicelli noodles instead) £11.50

Stir fried noodles with chicken, prawns and vegetables in a tonkatsu sauce.

Garnished with pickled ginger and sesame seeds.

DESSERT

Price

Mochi Ice Cream £4.90

A japanese confection made from sticky rice cake with an ice cream filling.

Choice of:

Black Sesame

Chocolate

Coconut

Mango

Yuzu

Mango Sorbet £4.50

If you have any specific dietary needs, or would like to enquire about our gluten free ingredients, please ask your server.

Also, although every care has been taken, Nomu cannot guarantee that its dishes are free from fish bones.