

KILOCALORIES

HOW DO YOU DIVE
INTO OUR WORLD?

TASK AHEAD

GO
À LA CARTE
OR
CHOOSE
A
SET MENU

JOB DONE



LET'S BE CLEAR.

When we try to tempt you – with sticks, sushi, soup and sashimi – navigating our menu and your appetite is perhaps taking your overview out on the deep end.

Yet.

While you could argue we haven't made choosing easy – you can also claim that finding it hard to make up your mind is only a positive sign of what's to come.

And by the way it's more simple than it looks.

Ask yourself, do I want a set menu or à la carte?

The first is at the back of the menu. The latter in the front.

You can of course also give up, tell the waiter 'surprise me, make my day'.

In any case the outcome will probably be this:

You started confused – ended seduced.



À LA CARTE

HOTATE KATAIFI | 402 kcal
Scallops, miso aioli, trout roe,
kataifi & shiso cress 12.9



KINOKO KOROKKE | 339 kcal
Mushroom croquette, Danish
Rød Krystal cheese, miso aioli
& truffle dust 8



SHAKE TATAKI | 151 kcal
Salmon, sake-tamari marinated
trout roe, daikon, miso, ponzu
& daikon cress 11



KARAAGE | 533 kcal
Chicken, pickled red onion,
served with wasabi Caesar 10



TUNA TARTARE BITES | 240 kcal
Tuna, avocado, sesame, miso,
yuzu and spring onion on crispy
flat bread 12



LOBSTER & IKURA TEMAKI | 151 kcal
Lobster, yuzu mayonnaise & sake-tamari marinated
roe with sushi rice on crispy nori 12.5

EDAMAME BEANS
Grilled, supreme soy & soya sesame 4.5 | 198 kcal
Spicy miso & sesame 4.5 | 150 kcal
Sea salt & lemon 4.5 | 99 kcal



BROCCOLI | 258 kcal
Grilled in supreme soy, served with spicy goma 6.5





HIRAMASA CEVICHE | 201 kcal
Yellowtail kingfish, lime & coriander dressing, yuzu miso, red onion, green chilli, kataifi & coriander 12

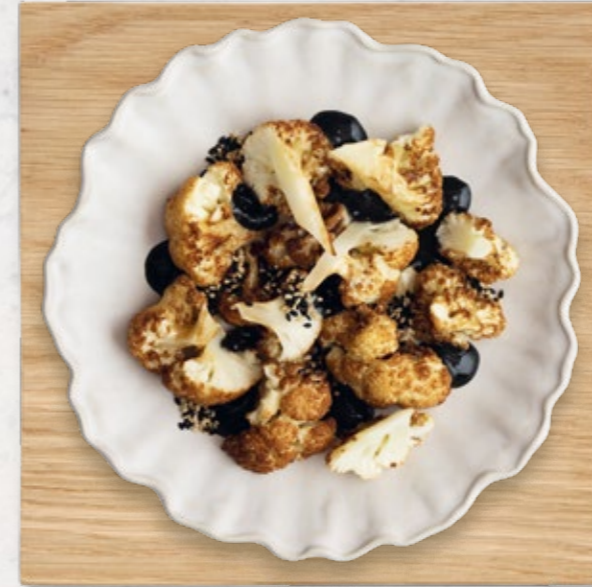


COME FOR A SWIM | 804 kcal
Hotate Kataifi. Scallops, miso aioli, trout roe, kataifi & shiso cress
Kani Korokke. Crab croquettes with wasabi Caesar
Ebi Bites. Tempura shrimp, miso aioli, chilli, lime & coriander
Hiramasa Kataifi. Hiramasa, kataifi, chives, shiso, truffle oil & ponzu
Shake Tataki. Salmon, sake-tamari marinated trout roe, daikon, miso, ponzu & daikon cress
Tuna Tartare. Tuna, avocado, sesame, miso, yuzu and spring onion with crispy flat bread



"I grew up in the kitchens of Sticks'n'Sushi and learned from an early age to appreciate perfect rice and miso soup. The core principles of precision and consistency in our kitchens are rooted in mastering simple, fundamental elements like these first—everything else is built on this foundation."

—Chef Sune



CAULIFLOWER | 266 kcal
Fried and served with black truffle goma 6.5



GYOZA | 331 kcal
Chicken gyoza topped with okonomiyaki sauce,
Japanese mayonnaise, chives & bonito 9



KANI KOROKKE | 417 kcal
Crab croquettes with wasabi Caesar 9



HIRAMASA KATAIFI | 182 kcal
Hiramasa, kataifi, chives, shiso, truffle oil & ponzu 14



HIRAMASA KAMA | 373 kcal
Hiramasa collar with sea salt & lemon,
served with miso soup and rice
[Limited availability]
26

SEAWEED SALAD | 280 kcal
Seaweed, daikon, snow
peas, cucumber & sesame
dressing 6



MISO SOUP | 41 kcal
Miso with tofu, spring
onion & wakame 2.5

RICE PAPER SHAKE | 273 kcal
Soy-cured salmon, pickled red
onion, avocado, cucumber &
coriander served with goma 11



EBI BITES | 378 kcal
Tempura shrimp,
miso aioli, chilli, lime
& coriander 9.5



WAGYU BITES | 138 kcal
Wagyu tartare with shiso,
spring onion and kizami
wasabi on toasted bread
22



EXMOOR CAVIAR | 26 kcal
Royal Beluski [10 g] 22



BEEF TATAKI | 167 kcal
Beef fillet with miso aioli, spring
onion, artichoke chips, shiitake &
truffle ponzu 14.5



Adults need around 2000 kcal a day
Allergy information is available. Please ask your server

SASHIMI



MAGURO | 115 kcal
Yellowfin tuna 10.8



SHAKE | 143 kcal
Salmon 8.6



HIRAMASA | 193 kcal
Yellowtail kingfish 14.2



SASHIMI DELUXE | 500 kcal
Salmon, yellowfin tuna,
yellowtail kingfish, lobster
daikon roll, hiramasa ceviche
and tamago ikura 36

NIGIRI

KINOKO | 74 / 140 kcal
Portobello with lime salt
3 / 2 pcs 5.8

HIRAMASA | 62 / 115 kcal
Yellowtail kingfish
3.5 / 2 pcs 6.8

NASU ABURI | 72 / 135 kcal
Seared aubergine,
miso & kizami wasabi
2.8 / 2 pcs 5.4

AKA PIMAN | 50 / 92 kcal
Grilled red pepper &
yuzu-kosho
2.8 / 2 pcs 5.4

HIRAMASA YAKI | 65 / 121 kcal
Seared yellowtail kingfish
3.7 / 2 pcs 7.2

SHAKE NEW YORK | 54 / 100 kcal
Salmon & garlic
2.8 / 2 pcs 5.4

INARI | 77 / 146 kcal
Tofu with ginger,
shiitake, cress & sesame
3 / 2 pcs 5.8



INARI IKURA | 81 / 154 kcal
Tofu with ginger, trout roe,
shiitake, cress & sesame
3.9 / 2 pcs 7.6

TAMAGO | 41 / 73 kcal
Japanese omelette
2.5 / 2 pcs 4.8

EBI | 44 / 80 kcal
Shrimp
3.3 / 2 pcs 5.5

ABOKADO | 87 / 166 kcal
Avocado, yuzu-kosho
& soya sesame
2.9 / 2 pcs 5.6

MAGURO | 49 / 90 kcal
Yellowfin tuna
3.5 / 2 pcs 6

SHAKE | 54 / 100 kcal
Salmon
2.7 / 2 pcs 5

SHAKE YAKI | 59 / 111 kcal
Seared salmon
2.8 / 2 pcs 5.4

KYOTO NON-STOP | 326 kcal
Nigiri. Tofu with ginger &
shiitake, grilled red pepper,
seared aubergine, avocado
and portobello mushroom
10



TOKYO NON-STOP | 286 kcal
Nigiri. Seared salmon, avocado,
tuna and seared yellowtail
kingfish, topped with Exmoor
Caviar – Royal Beluski [10 gr]
32

TEMAKI SETTO | 706 kcal

Wagyu tartare, lobster & yuzu, kataifi, cress, soya sesame, avocado and sake-tamari marinated trout roe with sushi rice and crispy nori 38

Temaki means handroll. Create your own small bites



SPOIL YOURSELF

Exmoor Caviar | 26 kcal

Royal Beluski [10 g] 22

HeavenSake Junmai 12, Hyogo [12.5%]

Rich aroma with a bright fresh finish

Bottle 720 ml 78

Adults need around 2000 kcal a day

MAKI

HOUSE ROLLS | 4 pcs of each roll

Wagyu. Wagyu tartare with kizami wasabi & crispy kataifi 19.5 | 243 kcal

Aka Ebi. Shrimp, spicy gochujang, avocado, snow peas, miso aioli & trout roe 14 | 189 kcal

Black Cod. Miso-marinated black cod with artichoke chips & pickled red onion 15.5 | 275 kcal

Red'n'Green. Roasted pepper, avocado, cucumber, yuzu-kosho, shiso & tsume 12.5 | 153 kcal

Soft Shell. Softshell crab with masago & spicy sauce 14.5 | 255 kcal

Lobster Abokado. Lobster, avocado, cucumber, soya sesame, chives & coriander 15 | 181 kcal



FULL HOUSE | Menu

All 6 House Rolls 78.5 | 1296 kcal

Allergy information is available. Please ask your server

URAMAKI | 8 pcs of each roll



NANBAN | 506 kcal
Chicken, avocado, kataifi,
coriander, soya sesame &
yuzu-kosho 12.5



CRISPY EBI | 395 kcal
Tempura shrimp, avocado,
spicy sauce & sesame
10.5

KABURIMAKI | 8 pcs of each roll



NEW YORK SUBWAY | 466 kcal
Tempura shrimp, avocado
& spicy sauce, topped with
salmon & garlic 16.5



EBI PANKO | 390 kcal
Tempura shrimp & spicy
sauce, topped with
avocado 13.5



CALIFORNIA | 314 kcal
Shrimp, avocado, cucumber,
masago, sesame &
miso aioli 10



MAMMA MIA | 288 kcal
Avocado, cucumber, soya
sesame & chives 9.5



HELL'S KITCHEN | 503 kcal
Tempura shrimp, avocado
& spicy sauce, topped with
tuna & barbecue 16.5



SHAKE AÏOLI | 409 kcal
Snow peas, avocado,
miso aioli & cucumber,
topped with seared
salmon & trout roe 15



PINK ALASKA | 336 kcal
Salmon, avocado, cream
cheese & lumpfish roe
10



SPICY TUNA | 379 kcal
Tuna, cucumber, spicy
sauce, masago, kataifi &
cress 10



CEVICHE | 309 kcal
Pickled red onion, avocado
& cucumber with hiramasa,
lime & coriander 15.5



CHIRASHI MAKI | 289 kcal
Seared fish, spicy sauce,
snow peas, ginger, chilli &
pickled red onion 10

MAKI MAKI | 1570 kcal
Kaburimaki, Ceviche, Hell's Kitchen, Ebi Panko and Shake Aioli
8 pcs of each roll 54

MINI MAKI MAKI | 792 kcal
4 pcs of each roll 27



STICKS

AIGAMO TSUKUNE

126 / 247 kcal
Grilled duck meatball with egg yolk in supreme soy
6 / 2 pcs 11.6

SHISHITO YAKI

72 / 144 kcal
Padron peppers, spicy gochujang, tsume & lime sauce
3.7 / 2 pcs 7.2

IMO YAKI

56 / 112 kcal
Sweet potato, coriander cress & teriyaki
3 / 2 pcs 5.8

ERINGI YAKI

88 / 179 kcal
King oyster mushroom & miso herb sauce
4 / 2 pcs 7.8

MOMO NANBAN

146 / 292 kcal
Fried chicken thigh, sweet and sour dashi marinade, miso aioli, onion & daikon cress
3.2 / 2 pcs 6.2

SHŌYU TEBASAKI

140 / 280 kcal
Chicken wings marinated in garlic, ginger & tamari with soya sesame
3.5 / 2 pcs 6.8

TSUKUNE

139 / 278 kcal
Chicken meatballs & teriyaki
3 / 2 pcs 5.8

TSUKUNE CHILI

170 / 340 kcal
Chicken meatballs, chilli dip, teriyaki & spring onions
3.5 / 2 pcs 6.8

RAMU NIKU

163 / 326 kcal
Lamb, spring onion, yakiniku sauce, garlic butter & soya sesame
4.7 / 2 pcs 9

RICE 2.5 | 162 kcal
With crunchy chilli | 348 kcal,
teriyaki | 221 kcal or
chilli dip | 337 kcal
3.5



SHAKE TERIYAKI

78 / 156 kcal
Salmon, teriyaki & spring onion
3.5 / 2 pcs 6.8

GINDARA NO MISO

114 / 224 kcal
Black cod & miso
11.5 / 2 pcs 22.6

AKA EBI

70 / 140 kcal
Shrimp, spicy gochujang & garlic butter
8 / 2 pcs 15.6

HOTATE BACON

145 / 290 kcal
Scallops & bacon with miso herb butter
6 / 2 pcs 11.6

YAKI YAGI

110 / 220 kcal
Goat's cheese wrapped in cured ham
4 / 2 pcs 7.8

CHIIZU MAKI

188 / 376 kcal
Emmental cheese wrapped in bacon
4 / 2 pcs 7.8

BUTA YAKI

143 / 286 kcal
Free-range pork with yuzu-miso
4.5 / 2 pcs 8.8

IBERICO SECRETO

136 / 272 kcal
Miso cured black Iberian pork
7.5 / 2 pcs 14.6

GYU HABU

96 / 192 kcal
Beef fillet with miso herb butter
8 / 2 pcs 15.6

GYU KATZU

163 / 326 kcal
Fried beef fillet, okonomiyaki sauce, Japanese mayonnaise & daikon cress
7.8 / 2 pcs 15.4

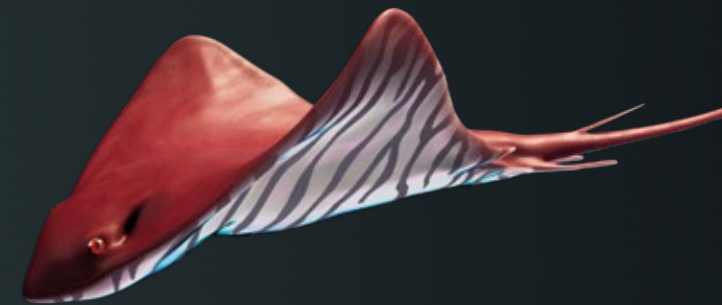
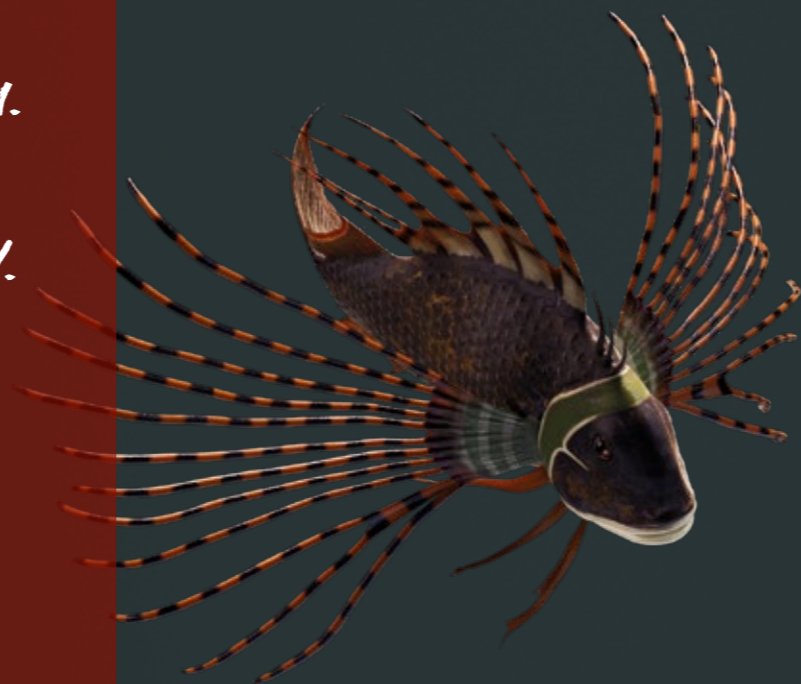
WAGYU YAKI

159 / 318 kcal

Our Japanese Wagyu beef is expertly reared by the Hiramatsu Farm, Kagoshima Prefecture, Kyushu, Japan with only the best cuts selected by a Kobe beef specialist
18 / 2 pcs 36

*STILL
UNDECIDED?*

*DON'T WORRY.
OUR CHEFS HAVE
YOU COVERED.
ORDER A SET MENU.
EVERYTHING IS
COMING YOUR WAY.*



SET FOR SUCCESS

- Broccoli.** Grilled in supreme soy, served with spicy goma
- Ebi Bites.** Tempura shrimp, miso aioli, chilli, lime & coriander
- Shake Tataki.** Salmon, sake-tamari marinated trout roe, daikon, miso, ponzu & daikon cress
- Beef Tataki.** Beef fillet with miso aioli, spring onion, artichoke chips, shiitake & truffle ponzu
- Ebi Panko.** Tempura shrimp & spicy sauce, topped with avocado
- Hell's Kitchen.** Tempura shrimp, avocado & spicy sauce, topped with tuna & barbecue
- Pink Alaska.** Salmon, avocado, cream cheese & lumpfish roe
- Nanban.** Chicken, avocado, kataifi, coriander & yuzu-kosho
- Aka Ebi.** Shrimp, spicy gochujang & garlic butter
- Tsukune Chilli.** Chicken meatballs, chilli dip, teriyaki & spring onions
- Gyu Katzu.** Fried beef fillet, okonomiyaki sauce, Japanese mayonnaise, daikon cress

Price per person 45 | 1476 kcal per person

[Minimum two people]





SAPPORO [5%]
Crisp, clean and refreshing
Can 650 ml 8.5

- ROBUST | 1366 kcal**
Edamame. Grilled, supreme soy & soya sesame
Karaage. Chicken, pickled red onion, served with wasabi Caesar
Beef Tataki. Beef fillet with miso aioli, spring onion, artichoke chips, shiitake & truffle ponzu
Aigamo Tsukune. Grilled duck meatball with egg yolk in supreme soy
Shōyu Tebasaki. Chicken wings marinated in garlic, ginger & tamari with soya sesame
Tsukune Chilli. Chicken meatballs, chilli dip, teriyaki & spring onions
Gyu Habu. Beef fillet with miso herb butter





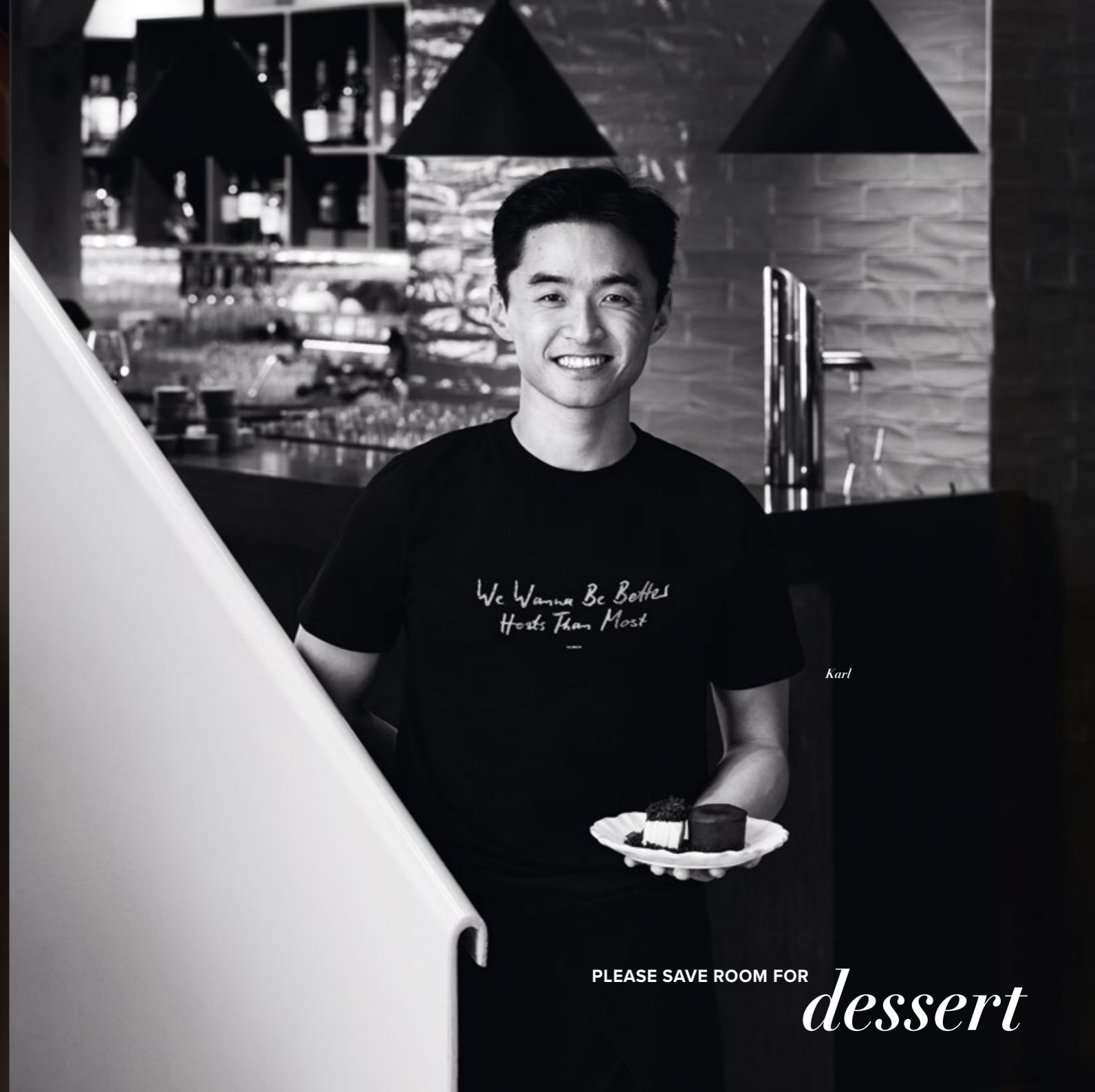
FOUR MEAL DRIVE | 3425 kcal

Shake. Salmon. Ebi. Shrimp. **Shake Yaki.** Seared salmon. **Maguro.** Yellowfin tuna
Chirashi. Seared fish, spicy sauce, snow peas, ginger, chilli & pickled red onion
Hell's Kitchen. Tempura shrimp, avocado & spicy sauce, topped with tuna & barbecue
Nanban. Chicken, avocado, kataifi, coriander, soya sesame & yuzu-kosho
Shake Aioli. Snow peas, avocado, miso aioli & cucumber, topped with seared salmon & trout roe
Spicy Tuna. Tuna, cucumber, spicy sauce, masago, kataifi & cress
Pink Alaska. Salmon, avocado, cream cheese & lumpfish roe
Ebi Panko. Tempura shrimp & spicy sauce, topped with avocado

124

PERFECTLY PAIRED WITH

Akashi Tai, Honjozo Genshu, Hyogo [10%]. Full bodied fruity sake with a silky texture
Bottle 300 ml 48 | Glass 100 ml 17



Karl

PLEASE SAVE ROOM FOR

dessert



ARE YOU A FREQUENT FISHER?

Download our Sticks'n'Sushi loyalty app, level up with rewards and earn points for pounds on every purchase. The points can be redeemed on your next visit or when ordering takeaway. Get your welcome treat by signing up today.



STICKS | N | SUSHI

DENMARK | GERMANY | ENGLAND | SCOTLAND



Scan this QR code for alternative menus, such as gluten preferences, menus with calories, allergens and more.

sticksnsushi.com