

APPETIZERS

Edamame £2.75

Bowl of Rice £3.00

Salmon Tartar £6.05

Sushi Poppers - Lightly Battered and Fried Rice Balls filled with Salmon, topped with Sweet Sauce, Spicy Mayo & Scallion.. **£7.75**

Kani Poppers - Bite Size Kani cubes Breaded in Panko Crumbs and fried **£6.00**

Sushi Pizza Fried Rice Base, Topped with Spicy Tuna, Avocado, Scallion and Spicy Mayo..... **£7.50**

Sweet Potato Tempura Fries **£4.40**

Crispy Avocado Fries **£5.50**

Tempura Vegetables - Sweet potato, Peppers, Asparagus, Zucchini, & Mushroom **£5.75**

Jalapeno Madness - Breaded and fried Jalapenos, stuffed with spicy tuna and topped with Sweet Sauce and Spicy Mayo **£6.50**

VEGETARIAN ROLLS

INSIDE OUT 8 PIECES

Cucumber Roll **£3.30**

Avocado Roll **£3.35**

Mango Roll **£3.35**

AAC Roll - Asparagus, Avocado and Cucumber **£3.95**

Portobello & Cucumber Roll - Portobello Mushroom and Cucumber **£3.95**

Mixed Veg Roll - Your choice of any 3 Vegetables **£3.95**

No way José Roll - Asparagus, Avocado, Chilli Pepper, and Scallion Topped with Sriracha Sauce **£4.75**

Sunshine Roll - Mango and Avocado topped with Crunch **£4.10**

Sweet Potato Roll - Sweet Potato Tempura inside **£4.75**

Magnificent Roll - Sweet Potato Tempura inside, topped with Avocado, Sweet Sauce & Crunch **£5.45**

Sapporo Roll - Asparagus, Mushroom, Scallion, wrapped with Avocado, topped with fried onion and Mango Sauce **£5.50**

Vegetable Tempura Roll - Deep Fried Avocado, Mushroom and Carrot inside, Topped with Sweet Sauce **£5.50**

REGULAR SUSHI ROLLS

INSIDE OUT 8 PIECES

Salmon Roll **£4.20**

Spicy Salmon Roll **£4.20**

Tuna Roll **£4.35**

Spicy Tuna Roll **£4.35**

Salmon Avocado Roll **£4.50**

Spicy Salmon Avocado Roll **£4.50**

California Roll - Kani, Cucumber and Avocado **£4.50**

Alaska Roll - Salmon, Avocado and Cucumber **£4.50**

Tuna Avocado Roll **£4.65**

Spicy Tuna Avocado Roll **£4.65**

Smoked Salmon and Avocado Roll **£4.65**

Yellowtail Roll **£4.65**

Scallion Roll - Spicy Yellowtail with Scallion and Crunch..... **£4.75**

Salmon Skin and Cucumber Roll - Fried Salmon Skin and Cucumber **£4.65**

Philadelphia Roll - Smoked Salmon, Non Dairy Cream Cheese and Avocado **£4.75**

Spicy Kani Roll - Spicy Kani, Cucumber and Crunch..... **£4.65**

Ninja Roll - Sea Bass, Chili Pepper and Crunch **£4.75**

Seabass and Scallion Roll **£4.65**

Salmon Teriyaki Roll - Grilled Salmon Inside, topped with Sweet Sauce **£4.75**

COMBINATION BOXES

Vegetarian Snack Box - A choice of any 2 Vegetarian rolls – 4 pcs of each and a Vegetarian Hand roll. Exclusions apply **£7.65**

Snack Box - A Choice of any Vegetarian / Sushi Roll and 4 Pieces Nigiri **£7.35**

Lunch Box - Selection of Regular and Special Sushi with some Seaweed Salad **£9.99**

Vegan Lunch Box - Fresh Tofu on a bed of colorful Vegetables **£8.99**

Bento Lunch - Mix of Sushi, Nigiri, Sashimi, Seaweed Salad and Tempura Vegetables **£12.00**

SPECIAL ROLLS

SPECIALTY ROLLS WITH TOPPINGS 8 PIECES

Sweet Heart Roll - Spicy Salmon and Crunch inside, topped with Salmon, Tuna & Avocado **£6.30**

Kawasaki Roll - Chopped Kani and Crunch inside, topped with Avocado, Sweet Sauce, & Crunch **£6.30**

Rainbow Roll - Kani, Cucumber and Avocado Inside, topped with Tuna, Salmon and Yellowtail **£6.30**

Black Pepper Tuna Roll - Spicy Tuna, Avocado and Crunch inside, topped with Black Pepper Tuna & Avocado **£7.30**

Fireman Roll - Spicy Tuna, Mango and Crunch inside, topped with Mango and Vietnamese Sauce **£7.15**

Kamikaze Roll - Tuna, Crunch and Sriracha Sauce inside, Topped with Spicy Yellowtail & Vietnamese Sauce **£7.15**

Healthy Roll (Brown Rice) - Grilled Salmon, Avocado, Asparagus and Cherry Tomato inside, Wrapped in Soy Paper..... **£7.15**

Godzilla Roll - Tempura Kani, Avocado and Crunch inside, topped with Spicy Tuna **£7.30**

Volcano Roll - Spicy Tuna, Spicy Salmon and Crunch inside, topped with shredded Spicy Kani and Vietnamese Sauce **£7.60**

OTT Roll - Salmon, Tempura Kani, Avocado and Crunch inside, topped with Spicy Tuna, Scallion and Sweet Sauce **£7.30**

Tokyo Roll - Grilled Tuna, Mushroom, Scallion inside, topped with Salmon, Crispy Fried Onion and Mango Sauce **£7.75**

Cucumber Skin Roll - Tuna, Salmon, Sea Bass and Avocado inside, wrapped in Cucumber **£7.99**

Samurai Roll - Spicy Salmon, Kani and Cucumber inside, topped with Seared Salmon **£7.30**

Galaxy Roll - Salmon, Asparagus and Sweet Potato Tempura inside, topped with Tuna, Sweet Sauce and Wasabi Sauce **£7.75**

Caterpillar Roll - Fried Tuna, Kani and Scallions inside, topped with Avocado, Spicy Mayo and Vietnamese Sauce **£7.60**

Grilled Salmon Avocado Roll - Topped with Spicy Mayo **£5.00**

Grilled Crunchy Salmon Avocado Roll - Topped with Sweet Sauce and Crunch **£5.30**

Sushi Sandwich - Spicy Salmon, Avocado and Cucumber, Sandwiched in Nori and Rice with Sesame Seeds outside ... **£8.50**

Sunny Roll - Salmon, Cucumber, Lettuce, Carrot inside, Wrapped in Rice Paper **£7.60**

TEMPURA ROLLS

BATTERED AND DEEP FRIED 8 PIECES

Salmon & Avocado Tempura Roll - Topped with Spicy Mayo.. **£6.50**

Crunchy Tempura Roll - Salmon and Avocado inside, topped with Sweet Sauce and Crunch **£6.95**

Spider Roll - Salmon, Kani and Carrots inside, topped with Sweet Sauce **£6.95**

Smoked Salmon Tempura Roll - Smoked Salmon, Avocado and Crunch inside, topped with Spicy Mayo..... **£7.10**

Super Roll (Seaweed outside) - Salmon, Tuna, Yellowtail, Scallion and non Dairy Cream Cheese inside **£7.10**

Dynamite Roll - Salmon, Avocado, non Dairy Cream Cheese and Asparagus inside, Topped with Sriracha Sauce **£7.10**

OMG! Roll - Salmon, Sweet Potato Tempura, Avocado and Scallion inside, Topped with Sweet Sauce **£7.10**

Haven Roll - Salmon, Avocado, Asparagus, and Portobello Mushrooms inside, topped with Sweet Sauce, Spicy Mayo and Crunch **£7.10**

Super Spicy Tempura Roll - Salmon / Tuna, Scallion, Lettuce and Chilli Pepper inside, topped with Vietnamese Sauce **£7.10**

Crispy Salmon Roll (Seaweed outside) - Salmon, Avocado, Cucumber and Crunch inside, Topped with Sweet Sauce and Honey Wasabi Sauce **£7.10**

HOT FOOD

Miso Soup **£3.50**

Miso + Udon Noodles - Choice of toppings: Crispy Tofu / Vegetable Tempura / Grilled Salmon. Garnished with Seasonal Veg, Wakame and scallions **£5.50**

Ramen Bowl - Organic Brown Rice Ramen Noodles in our Vegetarian Broth garnished with Soft Boiled Egg, Carrots, Snow Peas, Raddish, Bok choy and Enoki Mushrooms. Choice of toppings: Crispy Tofu / Chicken / Beef..... **£7.95**

Teriyaki Dish - Choice of Salmon / Tuna / Chicken / Tofu on a bed of Rice and Fresh Veg, Garnished with Scallion and Sesame Seeds and Topped with Teriyaki Sauce..... **£7.65**

Grilled Vegetable Skewers - On a bed of Rice and Fresh Veg, Garnished with Scallion and Sesame Seeds and Topped with Teriyaki Sauce **£7.65**

Tokyo Greens - Stir Fried String Beans flavored with Chefs Seasoning **£4.50**

Chicken Katsu Curry - Panko fried Chicken Breast, served on a bed of Rice, topped with Japanese Curry Sauce **£8.95**

Yaki Noodles - Egg Noodles cooked on a griddle with a delicious Teriyaki flavour and a topping of your choice: Stir-fry Veg / Grilled Salmon / Crispy Tofu / Vegetable Tempura / Kani Tempura **£8.50**

POKÉ BOWLS

HOUSE BOWLS..... **£7.85**

Hampstead - Cucumber Carrot & Lettuce Base, topped with Salmon, Tuna and Seabass, finished with Avocado, Mango, Scallion and Edamame Peas. Dressed with Ponzu Sauce

Chelsea - Rice Base, topped with Salmon and Tuna, finished with Avocado, Cucumber, Mango, Edamame Peas and Crunch. Dressed with Sushi Salad Dressing

Soho - Brown Rice Base, topped with Tuna and Seabass, finished with Pineapple, Seaweed Salad, Scallion, Chilli pepper and Lime. Dressed with Sweet Sauce and a touch of Sriracha Sauce

Marylebone - Quinoa Base, topped with Seared Salmon and Seared Tuna, finished with Avocado, Mushroom and Edamame Peas. Dressed with Sushi Salad Dressing

BUILD YOUR OWN BOWL **£8.10**

Style

Mixed with Dressing / Mixed W/O Dressing / Layered (Not Mixed)

Base it (Includes 1)

Rice / Brown Rice / Cucumber Carrot & Lettuce / Quinoa

Top it (Includes 2)

Salmon / Tuna / Seared Salmon / Seared Tuna / Yellowtail / Seabass / Black Pepper Tuna / Grilled Salmon / Grilled Tuna / Fresh Tofu / Fried Tofu / Kani / Smoked Salmon / Masago

Finish it (Includes 5)

Cucumber / Avocado / Carrot / Mango / Sweet Potato Tempura / Scallion / Edamame Peas / Nori / Coconut Flakes / Lettuce / Spinach / Chilli Pepper / Asparagus / Mushroom / Seaweed Salad / Crunch / Ginger / Pineapple / Lemon / Lime / Wasabi Paste / Crispy Fried Onion / Toasted Sesame Seeds / Wasabi Peas

Dressing (Up to 3)

Sushi Salad Dressing / Soy Sauce / Spicy Mayo / Sweet Sauce / Low Sodium Soy / Ponzu Sauce / Sriracha Sauce

SALADS

Sushi Salad - Chopped Salmon and Tuna on a bed of Rice, Cucumber and Carrot, garnished with Nori and a sprinkle of Sesame Seeds **£7.80**

Kani Salad - Shredded Kani and Cucumber, mixed with Spicy Mayo **£4.75**

Chirashi - Bowl of steamed Rice, fresh Cucumber and Carrot topped with 5pcs of thinly sliced Salmon/Tuna Sashimi' **£7.25**

Seaweed Salad **£4.00**

Healthy Salad - 6 slices of Seared Salmon on a bed of Fresh Vegetables **£7.75**

Sesame Noodle Salad - Noodles dressed with our Sesame and Chili Oil dressing, garnished with Red Pepper, Edamame Peas, Shredded Carrots, Chopped Scallion and Sesame seeds **£4.95**

Avocado Salad - Sliced Avocado on top of a bed of Fresh Veg. Served with your choice of any of our Dressings **£4.75**

NIGIRI - 1 PIECE

Salmon **£1.25**

Seared Salmon **£1.75**

Tuna **£1.75**

Seared Tuna **£1.75**

Yellowtail **£1.75**

Seabass **£1.75**

Black Pepper Tuna **£1.75**

Kani **£1.75**

Masago **£1.75**

Ikura **£2.95**

Smoked Salmon **£1.75**

Avocado **£1.50**

SASHIMI - 3 PIECES

Salmon **£3.75**

Seared Salmon **£3.85**

Tuna **£4.55**

Seared Tuna **£4.65**

Yellowtail **£4.55**

Seabass **£4.55**

Black Pepper Tuna **£4.85**

Smoked Salmon **£4.55**

MIXED SUSHI PLATTERS

Large (128 pieces) Served on 2 small trays - 5 Special 7 Regular, 4 Vegetarian..... **£69.99**

Medium (88 Pieces) - 4 Special, 5 Regular, 2 Vegetarian ... **£49.50**

Small (64 Pieces) 3 Special, 3 Regular, 2 Vegetarian..... **£38.50**

Mini (40 Pieces) 2 Special, 3 Regular **£21.99**

VEGETARIAN SUSHI PLATTERS

Large (160 pieces, Served on 2 small trays) 20 Rolls..... **£65.00**

Medium (96 Pieces) 12 Rolls **£42.50**

Small (48 Pieces) 6 Rolls **£27.50**

ADD ONS

Brown Rice Hot Food or Salad **£0.50**

Brown Rice Sushi Roll..... **£0.30**

Extra Fish inside..... **£0.50**

Extra Fish on top **£1.00**

Extra Veg inside or on top **£0.25**

Cooked inside..... **£0.50**

Deep fried entire roll..... **£1.00**

Crunch inside or on top..... **£0.30**

No Seaweed **£0.75**

Large size Specialty roll (10 pieces)..... **£1.00**

Large size inside out raw (10 pieces) **£3.00**

Large size inside out cooked (10 pieces) **£2.75**

NOTES

- All our Vegetarian Rolls and Regular Sushi Rolls can be made with Seaweed outside or as a Hand Roll.
- All our Tempura Rolls can be made with Seaweed outside.
- Special Rolls in platters can be substituted for 4 pieces of Sashimi or Nigiri.
- Special Rolls in platters can be substituted for Tempura Rolls.
- Regular Rolls in platters can be Substituted for 3 pieces of Sashimi or Nigiri.

Important Allergen information

- Our Spicy Fish is chopped and mixed with Spicy Mayo. Contains Eggs and Sesame Oil.
- Our Grilled Salmon/Tuna contains Soy Sauce and Teriyaki Sauce
- All dishes may contain traces of the following allergens: Wheat; Gluten; Sesame Seeds; Soybeans; Eggs; Mustard; Fish.

For any questions regarding the allergen contents of specific dishes please ask a member of our team.

Visit our website:
sushihaven.co.uk

Call us:
020 8123 0555

Locations:

KOSHER KINGDOM SUPERMARKET (GOLDERS GREEN)
7-9 Russell Parade, Golders Green Road, London NW11 9NN

GOLDERS GREEN RESTAURANT (GOLDERS GREEN)
98a Golders Green Road, London NW11 8HB

HADAR KOSHER SUPERMARKET (EDGWARE)
301 - 303 Hale Lane, Edgware HA8 7AX

HABIBAS DELI (WEST HAMPSTEAD)
51 Fairfax Road, London NW6 4EL

SUSHI HAVEN MENU

