

POKÉ BOWLS

HOUSE BOWLS..... £8.60

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, Chillli 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 £9.10
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 / Chillli 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£8.50

Kani Salad - Shredded Kani and Cucumber, mixed with Spicy Mayo..... £5.20

Chirashi - Bowl of steamed Rice, fresh Cucumber and Carrot topped with 5pcs of thinly sliced Salmon/Tuna Sashimi'£7.99

Seaweed Salad £3.30

Healthy Salad - 6 slices of Seared Salmon on a bed of Fresh Vegetables £8.50

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 £5.45

Avocado Salad - Sliced Avocado on top of a bed of Fresh Veg. Served with your choice of any of our Dressings..... £5.20

NIGIRI - 1 PIECE

Salmon	£1.30
Seared Salmon	£1.35
Tuna	£1.80
Seared Tuna	£1.85
Yellowtail	£1.80
Seabass	£1.80
Black Pepper Tuna	£1.80
Kani	£1.80
Masago	£1.80
Ikura	£3.20
Avocado	£1.55

SASHIMI - 3 PIECES

Salmon	£4.10
Seared Salmon	£4.20
Tuna	£4.95
Seared Tuna	£5.05
Yellowtail	£4.95
Seabass	£4.85
Black Pepper Tuna	£5.30

MIXED SUSHI PLATTERS

Large (128 pieces) Served on 2 small trays - 5 Special 7 Regular, 4 Vegetarian.....£74.99

Medium (88 Pieces) - 4 Special, 5 Regular, 2 Vegetarian .. £52.99

Small (64 Pieces) 3 Special, 3 Regular, 2 Vegetarian..... £38.99

Mini (40 Pieces) 2 Special, 3 Regular £24.99

VEGETARIAN SUSHI PLATTERS

Large (160 pieces, Served on 2 small trays) 20 Rolls..... £69.99

Medium (96 Pieces) 12 Rolls £45.99

Small (48 Pieces) 6 Rolls £24.99

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

APPETIZERS

Edamame	£3.00
Bowl of Rice	£3.30
Salmon and Rice Tartar	£7.50
Sushi Poppers - Lightly Battered and Fried Rice Balls filled with Salmon, topped with Sweet Sauce, Spicy Mayo & Scallion ..	£8.50
Kani Poppers - Bite Size Kani cubes Breaded in Panko Crumbs and fried	£6.60
Sushi Tacos - Filled with Citrus Salmon, Avocado and red Onion. Topped with Spicy Mayo	£8.50
Sushi Pizza Fried Rice Base, Topped with Spicy Tuna, Avocado, Scallion and Spicy Mayo.....	£8.25
Sweet Potato Tempura Fries	£4.50
Crispy Avocado Fries	£5.75
Tempura Vegetables - Sweet potato, Peppers, Asparagus, Zucchini, & Mushroom.....	£5.85
Jalapeno Madness - Breaded and fried Jalapenos, stuffed with spicy tuna and topped with Sweet Sauce and Spicy Mayo	£7.00

VEGETARIAN ROLLS
INSIDE OUT 8 PIECES

Cucumber Roll	£3.60
Avocado Roll	£3.70
Mango Roll.....	£3.70
AAC Roll - Asparagus, Avocado and Cucumber	£4.35
Portobello & Cucumber Roll - Portobello Mushroom and Cucumber	£4.35
Mixed Veg Roll - Your choice of any 3 Vegetables	£4.35
No way José Roll - Asparagus, Avocado, Chilli Pepper, and Scallion Topped with Sriracha Sauce	£4.95
Sunshine Roll - Mango and Avocado topped with Crunch	£4.50
Sweet Potato Roll - Sweet Potato Tempura inside	£4.95
Magnificent Roll - Sweet Potato Tempura inside, topped with Avocado, Sweet Sauce & Crunch	£5.95
Sapporo Roll - Asparagus, Mushroom, Scallion, wrapped with Avocado, topped with fried onion and Mango Sauce.....	£5.95
Vegetable Tempura Roll - Deep Fried Avocado, Mushroom and Carrot inside, Topped with Sweet Sauce	£6.05

REGULAR SUSHI ROLLS
INSIDE OUT 8 PIECES

Salmon Roll	£4.65
Spicy Salmon Roll.....	£4.65
Tuna Roll.....	£4.80
Spicy Tuna Roll.....	£4.80
Salmon Avocado Roll	£4.95
Spicy Salmon Avocado Roll	£4.95
California Roll - Kani, Cucumber and Avocado	£4.95
Alaska Roll - Salmon, Avocado and Cucumber	£4.95
Tuna Avocado Roll	£5.10
Spicy Tuna Avocado Roll.....	£5.10
Yellowtail Roll	£5.10
Scallion Roll - Spicy Yellowtail with Scallion and Crunch.....	£5.20
Salmon Skin and Cucumber Roll - Fried Salmon Skin and Cucumber	£5.10
Philadelphia Roll - Salmon, Non Dairy Cream Cheese and Avocado	£5.10
Spicy Kani Roll - Spicy Kani, Cucumber and Crunch.....	£5.10
Ninja Roll - Sea Bass, Chili Pepper and Crunch.....	£5.20
Seabass and Scallion Roll	£5.10
Salmon Teriyaki Roll - Grilled Salmon Inside, topped with Sweet Sauce	£5.25
Katsucado Roll - Panko fried Chicken, Avocado, Lettuce and Mayo	£6.05

COMBINATION BOXES

Vegetarian Snack Box - 16 piece combo. Exclusions apply.	£8.50
Snack Box - A choice of any Vegetarian / Sushi Roll and 4 Pieces Nigiri	£8.10
Lunch Box - Selection of Regular and Special Sushi with some Seaweed Salad	£10.99
Vegan Lunch Box - Tofu on a bed of colorful Vegetables.....	£9.90
Bento Lunch - Mix of Sushi, Nigiri, Sashimi, Seaweed Salad and Tempura Vegetables	£13.20

SPECIAL ROLLS
SPECIALTY ROLLS WITH TOPPINGS 8 PIECES

Sweet Heart Roll - Spicy Salmon and Crunch inside, topped with Salmon, Tuna & Avocado.....	£6.95
Kawasaki Roll - Chopped Kani and Crunch inside, topped with Avocado, Sweet Sauce, & Crunch.....	£6.95
Rainbow Roll - Kani, Cucumber and Avocado Inside, topped with Tuna, Salmon and Yellowtail.....	£6.95
Black Pepper Tuna Roll - Spicy Tuna, Avocado and Crunch inside, topped with Black Pepper Tuna & Avocado	£8.05
Fireman Roll - Spicy Tuna, Mango and Crunch inside, topped with Mango and Vietnamese Sauce.....	£7.85
Kamikaze Roll - Tuna, Crunch and Sriracha Sauce inside, Topped with Spicy Yellowtail & Vietnamese Sauce	£7.85
Healthy Roll (Brown Rice) - Grilled Salmon, Avocado, Asparagus and Cherry Tomato inside, Wrapped in Soy Paper.....	£7.85
Godzilla Roll - Tempura Kani, Avocado and Crunch inside, topped with Spicy Tuna	£8.05
Volcano Roll - Spicy Tuna, Spicy Salmon and Crunch inside, topped with shredded Spicy Kani and Vietnamese Sauce	£8.05
OTT Roll - Salmon, Tempura Kani, Avocado and Crunch inside, topped with Spicy Tuna, Scallion and Sweet Sauce	£8.05
Tokyo Roll - Grilled Tuna, Mushroom, Scallion inside, topped with Salmon, Crispy Fried Onion and Mango Sauce	£8.50
Cucumber Skin Roll - Tuna, Salmon, Sea Bass and Avocado inside, wrapped in Cucumber	£8.75
Samurai Roll - Spicy Salmon, Kani and Cucumber inside, topped with Seared Salmon.....	£8.05
Galaxy Roll - Salmon, Asparagus and Sweet Potato Tempura inside, topped with Tuna, Sweet Sauce and Wasabi Sauce	£8.50
Caterpillar Roll - Fried Tuna, Kani and Scallions inside, topped with Avocado, Spicy Mayo and Vietnamese Sauce	£8.35
Grilled Salmon Avocado Roll - Topped with Spicy Mayo	£5.50
Grilled Crunchy Salmon Avocado Roll - Topped with Sweet Sauce and Crunch	£5.85
Sushi Sandwich - Spicy Salmon, Avocado and Cucumber, Sandwiched in Nori and Rice with Sesame Seeds outside ...	£8.95
Sunny Roll - Salmon, Cucumber, Lettuce, Carrot inside, Wrapped in Rice Paper	£8.35

TEMPURA ROLLS
BATTERED AND DEEP FRIED 8 PIECES

Salmon & Avocado Tempura Roll - Topped with Spicy Mayo..	£7.50
Crunchy Tempura Roll - Salmon and Avocado inside, topped with Sweet Sauce and Crunch	£7.65
Spider Roll - Salmon, Kani and Carrots inside, topped with Sweet Sauce	£7.65
Smoked Salmon Tempura Roll - Smoked Salmon, Avocado and Crunch inside, topped with Spicy Mayo.....	£7.80
Super Roll (Seaweed outside) - Salmon, Tuna, Yellowtail, Scallion and non Dairy Cream Cheese inside	£7.80
Dynamite Roll - Salmon, Avocado, non Dairy Cream Cheese and Asparagus inside, Topped with Sriracha Sauce	£7.80
OMG! Roll - Salmon, Sweet Potato Tempura, Avocado and Scallion inside, Topped with Sweet Sauce	£7.80
Haven Roll - Salmon, Avocado, Asparagus, and Portobello Mushrooms inside, topped with Sweet Sauce, Spicy Mayo and Crunch	£7.80
Super Spicy Tempura Roll - Salmon / Tuna, Scallion, Lettuce and Chilli Pepper inside, topped with Vietnamese Sauce	£7.80
Crispy Salmon Roll (Seaweed outside) - Salmon, Avocado, Cucumber and Crunch inside, Topped with Sweet Sauce and Honey Wasabi Sauce	£7.80

HOT FOOD

Miso Soup	£3.85
Miso + Udon Noodles - Choice of toppings: Crispy Tofu / Vegetable Tempura / Grilled Salmon. Garnished with Seasonal Veg, Wakame and scallions	£6.95
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	£10.50
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.....	£8.50
Grilled Vegetable Skewers - On a bed of Rice and Fresh Veg, Garnished with Scallion and Sesame Seeds and Topped with Teriyaki Sauce	£8.35
Tokyo Greens - Stir Fried String Beans flavored with Chefs Seasoning	£4.60
Chicken Katsu Curry - Panko fried Chicken Breast, served on a bed of Rice, topped with Japanese Curry Sauce	£9.95
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	£9.45