

Every great YO! begins with our signature snacks and ice cold drinks

edamame

classic edamame *Glow Up!* **£3.50**
Dished up warm or cold, sprinkled with sea salt and spring onions *Ve* 135kcal

ponzu edamame *New!* **£3.50**
Warm edamame tossed in ponzu and sprinkled with Korean red pepper *Ve* 139kcal

truffle edamame *New!* **£3.50**
Warm edamame drizzled in truffle oil *Ve* 179kcal



authentic miso **£2.95**
Authentic Japanese soup with wakame, spring onion & tofu; the perfect starter or accompaniment to your meal *Ve* 53kcal per cup

gyoza

Plump dumplings packed with your choice of chicken, prawn or veggie, dished up with a soy vinegar dipping sauce

veggie gyoza *Ve* **£4.95**
132kcal/193kcal 3 pieces **£6.50**
5 pieces

chicken gyoza **£5.10**
140kcal/206kcal 3 pieces **£6.75**
5 pieces

prawn gyoza **£5.25**
148kcal/220kcal 3 pieces **£6.95**
5 pieces

mega teriyaki gyoza *New!* **£5.50**
Your choice of gyoza topped with teriyaki, mayo, crispy & spring onions

veggie *Ve* 189kcal

chicken 228kcal

prawn 237kcal

mega korean gyoza *New!* **£5.50**
Your choice of gyoza topped with Korean ketchup, shichimi, mayo, crispy & spring onions

veggie *Ve* 193kcal

chicken 232kcal

prawn 241kcal



chocolate & hazelnut little moons mochi **£4.40**

Indulgent chocolate & hazelnut ice-cream in a sweet rice casing *Ve* 193kcal / contains nuts

strawberry cheesecake little moons mochi *Glow Up!* **£4.40**

Bites of creamy strawberry cheesecake, in a sweet rice casing *Ve* 194kcal

chocolate little moons mochi *Glow Up!* **£4.40**
Chocolate truffle ganache in a light mochi rice casing. A must try! *Ve* 233kcal

dorayaki pancakes **£4.40**

Japanese pancakes with a light custard centre, served with a tangy raspberry coulis *Ve* 130kcal



quench YO! thirst

soft drinks

belu water *Ve*
Belu profits are sent to WaterAid. Their bottle are 100% recyclable, and made from 100% recycled materials

still sparkling 500ml **£2.05**

coca-cola classic *Ve* 330ml **£3.10**

coke zero / diet coke *Ve* 330ml **£2.95**

irn-bru *Ve* (Scottish sites only) 330ml **£3.10**

sprite *Ve* 330ml **£2.95**

fanta orange *Ve* 330ml **£2.95**

chu-lo apple *Ve* 330ml **£3.70**

A tangy soft drink inspired by Japan's popular drink Chuhai, with a fizzy, sour apple taste

firefly peach & green tea *Ve* **£4.10**

A perfect pick-me-up with succulent peaches and grapes, positively enlivened with green tea and kola nut

firefly kiwi & lime green tea *Ve* 330ml **£4.10**

happy inside lemon, yuzu & ginger *Ve* 250ml **£3.70**

A lip-smacking still drink made from completely natural ingredients, including Japanese knotweed. 1% of all sales donated to Mind Charity

lemonaid *Ve* 330ml **£4.10**

A fiery ginger and lemon drink with a dash of raw cane sugar. Every bottle sold funds the Lemonaid & ChariTea Foundation

kids' drinks

cawston press apple & pear *Ve* **£2.05**

cawston press apple & mango *Ve* **£2.05**

unlimited green tea *Ve* **£2.80**



Get YO! reward points!
For every 50 points you collect at our restaurants (dine in or click & collect), you'll get £5 off on your next order.



Follow us on Facebook, Instagram & Twitter @yosushi
Snap YO! meal and tag us for your chance to win a treat!

beer

asahi 5.2% abv *Ve* 330ml **£5.45**
Super refreshing, super dry (Japan) 500ml **£6.30**

metroland two tribes IPA 330ml **£5.85**
4% abv *Ve* Toyko IPA, with bustling flavours of florals, grapefruit and pineapple

brulo lust for life DDH IPA 330ml **£5.70**

0% abv *Ve* Flavourful and sharp, double dry hopped IPA with an extra punch of juicy hop flavours and aromas

wine

prosecco 11% abv *V* 200ml **£7.35**

red wine 12% abv *V* 187ml **£5.85**

rose 12% abv *V* 187ml **£5.85**

white wine 12% abv *V* 187ml **£5.85**

mixed drinks

ELLC grapefruit G&T 5% abv *Ve* **£6.30**

Award-winning London Dry Gin mixed with East London Liquor Co's own grapefruit-infused tonic.

ELLC vodka rhubarb 5% abv *Ve* **£6.30**

British Wheat Vodka cut with natural rhubarb soda

ELLC grapefruit G&T 0.5% abv *Ve* **£5.85**

East London Liquor Co's Grapefruit 0.5% ABV G&T, made with natural fruit extracts and juices

sake

hakushika ginjo sake 180ml **£5.85**



how to YO!

Scan the QR code on your table

Browse, order, pay. Chopsticks and seasonings will be sent your way

Now it's YO! time. Our LED light will let you know when your food and drink is on the belt

- Red = hands off!
- Amber = your food is on its way!
- Green = grab it and enjoy!

If you're new to YO!, we'd suggest 4-5 small dishes, or one larger bowl and two smaller dishes per person

When you're finished, pop your plate to the side of your table so our team can take it away

If you're stuck, our friendly team are on hand to help - just give them a wave!

sushi rolls & bowls

maki

- avocado maki** 
 Avocado & vegan mayo, wrapped in a nori roll  204kcal 6 pieces **£3.25**
- cucumber maki**
 Crunchy cucumber with toasted sesame seeds in a nori roll  150kcal 6 pieces **£2.95**
- salmon maki**
 Fresh salmon, wrapped in a nori roll 195kcal 6 pieces **£3.70**
- mixed maki**
 The best of both worlds, 3 salmon maki and 3 avocado maki 199kcal 6 pieces **£3.65**



nigiri

- inari taco** 
 Golden tofu pockets filled with rice, avocado, ponzu salsa, & vegan sriracha mayo  170kcal 2 pieces **£3.45**
- red pepper** **I'm Back!**
 Roasted sweet red pepper on sushi rice wrapped with nori seaweed  99kcal 2 pieces **£2.95**
- kaiso gunkan** **I'm Back!**
 Marinated seaweed with su-miso sauce, wrapped in nori  126kcal 2 pieces **£2.95**
- salmon**
 Fresh, hand cut salmon on sushi rice. Try it with wasabi & soy sauce! 103kcal 2 pieces **£3.95**
- tuna**
 Slices of yellowfin tuna on sushi rice. Try it with wasabi & soy sauce! 85kcal 2 pieces **£4.15**

katsu (no rice)

- Your choice of succulent chicken, chick'n, prawn or pumpkin, in Japanese panko breadcrumbs; drizzled with fruity tonkatsu sauce & dished up with a fresh pak choi & ponzu salad
- pumpkin**  153kcal **£4.95**
- meatless farm chick'n**  292kcal **£5.55**
- chicken** 217kcal **£5.55**
- prawn** 175kcal  **£6.30**



Allergies? Please speak to a team member who can help you. For a full allergen guide & nutritional information, please visit yosushi.com/nutrition. We handle several allergens in our kitchen & cannot guarantee our dishes are allergen free. A discretionary 7.5% tip for our team is added to your bill, you can opt-out of this at check-out

sushi rolls

- yasai**
 Inari, avocado, cucumber, lettuce & carrot roll, topped with teriyaki & vegan mayo  170kcal/339kcal 3 pieces **£4.40**
6 pieces **£7.80**
- spicy chicken katsu**
 Chicken katsu & lettuce, topped with shichimi powder & tonkatsu sauce  147kcal/295kcal 3 pieces **£4.50**
6 pieces **£7.95**
- crunchy california** 
 Surimi & avocado roll, topped with mayo, teriyaki & crunchy onion 285kcal/571kcal 3 pieces **£4.50**
6 pieces **£7.95**
- YO! roll** **Glow Up!**
 Our signature salmon, avocado & mayo, rolled in orange masago 189kcal/378kcal 4 pieces **£4.80**
8 pieces **£8.60**
- salmon dragon roll** **Glow Up!**
 California roll topped with salmon, shichimi powder & spring onion  201kcal/442kcal 4 pieces **£5.05**
8 pieces **£9.10**

sushi sharers serves two

- salmon selection** **Glow Up!**  **£17.50**
 Indulge in a salmon platter made up of: 4 salmon maki, 4 salmon nigiri, 2 YO! rolls & 4 slices of thick cut salmon sashimi 577kcal
- salmon & tuna selection** **Glow Up!** **£17.50**
 2 YO! rolls, 2 salmon maki, 2 tuna maki, 2 salmon nigiri, 2 tuna nigiri, 2 thick cut slices of salmon & tuna sashimi 501kcal
- mixed selection**  **£15.95**
 4 crunchy prawn rolls, 3 crunchy cali rolls, 3 spicy chicken katsu rolls, 2 kaiso gunkan, 2 avocado maki & 2 cucumber maki 858kcal
- veggie selection** **£13.75**
 2 yasai rolls, 2 veggie volcano rolls, 2 inari taco, 2 kaiso gunkan, 2 avocado maki & 2 cucumber maki  645kcal

teriyaki (no rice)

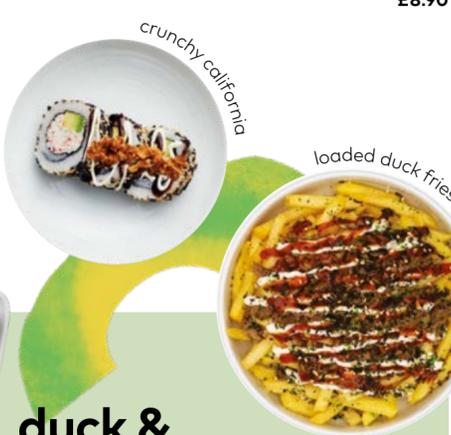
- Served in a tempting, sticky soy glaze, topped with sesame & a fresh chilli kick. Dished up with crunchy slaw
- beef**  331kcal **Glow Up!** **£6.50**
- chicken**  197kcal **I'm Back!** **£5.50**
- shiitake & oyster mushroom**  76kcal **New!** **£5.95**



- aburi salmon dragon roll** **New!**
 California roll topped with seared salmon, mayo, chive & shichimi powder 235kcal/471kcal 4 pieces **£5.05**
8 pieces **£9.10**

- red pepper dragon roll** **New!**
 Kaiso, cucumber, carrot & chive roll, topped with sweet roasted red pepper. Garnished with mayo & chives  104kcal/209kcal 4 pieces **£4.80**
8 pieces **£8.60**

- crunchy prawn roll**
 Crunchy prawn katsu, avocado & mayo rolled in purple shiso 158kcal/315kcal 4 pieces **£4.95**
8 pieces **£8.90**



duck & 'duck'

- Your choice of real duck or Squeaky Bean** 
 vegan mock duck
- hoisin duck roll** **I'm Back!**
 Hoisin duck & cucumber roll, wrapped in sushi rice. All rolled up in crispy onions & sprinkled with spring onion 
 Real duck:148kcal/295kcal Mock duck:158kcal/316kcal 3 pieces **£4.60**
6 pieces **£8.20**
- hot topped duck maki** **New!**
 Crunchy veggie roll topped with hot shredded duck in Korean ketchup 
 Real duck:154kcal/308kcal Mock duck:164kcal/329kcal 4 pieces **£5.05**
8 pieces **£9.10**
- mighty duck fries** **New!**  **£4.95**
 Crispy fries loaded with duck, Korean ketchup, mayo & furikake 
 Real duck: 333kcal Mock duck: 324kcal

street food

- YO! fries** **Glow Up!**  **£3.95**
 Japanese style fries drizzled in sriracha mayo and sprinkled with sesame & aonori seaweed  348kcal
- spicy pepper squid** **Glow Up!** **£7.15**
 Crispy squid, dusted in a spicy seasoning, dished up with a chilli & ginger dipping sauce  193kcal
- popcorn shrimp** **£7.50**
 Tempura shrimp drizzled with a sweet shiro miso & chilli sauce 355kcal
- korean fried chicken** **Glow Up!**  **£6.30**
 Fried chicken, tossed in a tasty sweet & spicy Korean chilli sauce  395kcal
- japanese fried chicken** **Glow Up!** **£6.20**
 Fried chicken breast, marinated in soy & sake; served with mayo 385kcal

 **vegan**  **vegetarian**  **spicy**  **YO! loves**

- dynamite roll** **Glow Up!** 
 Creamy avocado, kaiso & crunchy carrot in a nori rice roll, topped with spicy sriracha salmon  233kcal/465kcal 4 pieces **£5.05**
8 pieces **£9.10**

- spicy tuna roll** **Glow Up!**
 Kaiso, lettuce, carrot and chives in a nori rice roll, topped with spicy tuna & sriracha  157kcal/314kcal 4 pieces **£5.05**
8 pieces **£9.10**

- veggie volcano**
 Kaiso, cucumber, carrot & chive roll, topped with chilli jam, smashed avocado and crispy onions  227kcal/454kcal 4 pieces **£4.80**
8 pieces **£8.60**



temaki handrolls

- salmon & avocado** **£4.95**
 Fresh salmon, avocado, mayo & toasted sesame seeds in a nori rice cone 178kcal
- california** **£4.75**
 Surimi, avocado, mayo & toasted sesame seeds in a nori rice cone 223kcal
- yasai**  **£4.50**
 Cucumber, inari & avocado with vegan mayo & toasted sesame seeds in a nori rice cone  145kcal



- money bags** **New!** **£6.50**
 Plant based, flavour-packed, fried wontons with a citrus ponzu dipping sauce  289kcal

- takoyaki doughballs** **£6.10**
 Osaka's #1 street food! Lightly battered octopus doughballs, drizzled with tonkatsu & mayo topped off with aonori & ginger 275kcal

sides

- curry sauce**  75kcal **£1.00**
- steamed rice**  303kcal **£2.00**

adults need around 2000 kcal a day

poké

- Avocado, sweetcorn, edamame, slaw & wakame, with sesame, chilli & soy dressing. Add sushi rice, spinach or both!
- vitality bowl**  **£10.95**
 Spicy salmon 714kcal/390kcal/552kcal
- glow bowl**  **£10.95**
 Spicy tuna 663kcal/339kcal/501kcal
- power bowl**
 Pulled sriracha chicken  655kcal/331kcal/493kcal **£10.75**
- nourish bowl**
 Tenderstem broccoli  616kcal/291kcal/454kcal **£10.50**
- extra avocado**  57kcal **£1.75**
- extra salmon** 115kcal **£3.50**
- extra tuna** 64kcal **£3.50**
- extra chicken** 56kcal **£2.75**
- extra broccoli**  17kcal **£2.75**

sashimi & salad

- salmon ponzu salsa**  **£6.50**
 Thinly sliced salmon, topped with salsa & a zingy ponzu dressing 115kcal 5 pieces
- tuna tatakai** **New!** **£7.95**
 6 slices of seared yellowfin tuna dressed in citrus ponzu 91kcal 6 pieces
- tuna & avocado tartare** **£7.50**
 Premium yellowfin tuna with diced avocado & a ponzu sauce, topped with crispy onions 145kcal
- salmon sashimi** **Glow Up!** **£6.50**
 Our freshest cuts of thick-slice salmon, with the freshest pak choi salad 125kcal 4 pieces
- tuna sashimi** **Glow Up!** **£7.25**
 Thick cut slices of yellowfin tuna, with a crisp pak choi garnish 70kcal 4 pieces
- kaiso seaweed salad**  **£3.65**
 Marinated mixed seaweed, edamame & carrot in a su-miso dressing  183kcal

firecracker rice

- Seasoned sushi rice stir-fried with fresh vegetables & shichimi chilli powder
- veggie**  391kcal **£4.50**
- chicken**  417kcal **£5.50**
- salmon** 460kcal **£5.95**

yakisoba noodles

- Fresh yakisoba noodles stir-fried in a tangy sauce served with crunchy vegetables
- veggie**   279kcal **£4.75**
- chicken** 319kcal **£5.75**



bigger bowls

katsu curry bowl

- A Japanese classic. Mild curry sauce, pickles, spring onion & steamed rice
- pumpkin**  434kcal/603kcal **£6.95** /go large **£10.25**
- meatless farm chick'n**  **£7.40** /go large **£10.80**
 583kcal/977kcal **New!**
- chicken** 522kcal/846 kcal  **£7.40** /go large **£10.80**
- prawn** 432kcal/704kcal **£7.50** /go large **£11.15**

korean donburi

- Fried chicken, tossed in a tasty sweet & spicy Korean chilli sauce, dished up with steamed rice
- korean chicken** **New!** **£7.50** /go large **£11.15**
  623kcal/1119kcal

teriyaki bowl

- Served in a tempting, sticky soy glaze, topped with sesame & a fresh chilli kick. Dished up with steamed rice
- beef** **£7.95** /go large **£11.95**
  559kcal/983kcal
- chicken** **I'm Back!** **£6.95** /go large **£10.50**
  425kcal/716kcal
- shiitake & oyster** **New!** **£7.40** /go large **£10.95**
- mushroom**  304kcal/473kcal

ramen

- spicy seafood**  **Glow Up!** **£9.95**
 Prawns, salmon, squid and vegetables in a hot & spicy kimchi broth served with fresh noodles  272kcal
- chicken curry** **Glow Up!** **£8.95**
 Japanese fried chicken & noodles in a delicious curry broth. Topped with pak choi & pickled onions 474kcal
- shiitake mushroom** **Glow Up!** **£7.95**
 Fresh noodles in a vegetable broth with sautéed shiitake mushrooms, tofu & pak choi. Topped with pickled onions & red chilli  231kcal