

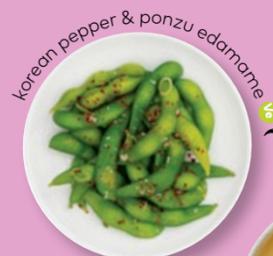
Every great YO! begins with our signature snacks and ice cold drinks

## nibbles

**classic edamame** £3.75  
Dished up warm or cold, sprinkled with sea salt and spring onions 135kcal

**korean pepper & ponzu edamame** £3.95  
Warm edamame tossed in ponzu and sprinkled with Korean red pepper 139kcal

**pr\*wn crackers** *New!* £3.50  
Introducing a new plant-based alternative to an iconic snack, served with a sweet chilli dipping sauce 117kcal



**unlimited miso soup** £3.50  
Authentic Japanese soup with wakame, spring onion & tofu; the perfect starter or accompaniment to your meal 53kcal per cup

## desserts

**cherry dough.chi™** £4.95  
Ice-cream bites wrapped in cherry cookie dough 209kcal

**chocolate dough.chi™** £4.95  
Chocolate cookie dough covered ice-cream bites 215kcal

**strawberry cheesecake** £4.75  
**little moons mochi**  
Bites of creamy strawberry cheesecake, in a sweet rice casing, with a raspberry drizzle 194kcal



adults need around 2000 kcal a day

## gyoza

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

**veggie gyoza** 3 pieces £5.25  
132kcal/193kcal 5 pieces £6.95

**chicken gyoza** 3 pieces £5.50  
140kcal/206kcal 5 pieces £7.25

**prawn gyoza** 3 pieces £5.75  
148kcal/220kcal 5 pieces £7.50

**mega teriyaki gyoza** 3 pieces £5.95

Your choice of gyoza topped with teriyaki, mayo, crispy & spring onions

**veggie** 189kcal **chicken** 228kcal **prawn** 237kcal

**mega korean gyoza** 3 pieces £5.95

Your choice of gyoza topped with Korean ketchup, shichimi, mayo, crispy & spring onions

**veggie** 193kcal **chicken** 232kcal **prawn** 241kcal



# quench YO! thirst

## soft drinks

**belu water** 330ml £2.50  
Belu profits are sent to WaterAid. Their bottles are 100% recyclable, and made from 100% recycled materials

**still** 500ml £2.50

**sparkling** 500ml £2.50

**coca-cola classic** 330ml £3.35

**coke zero / diet coke** 330ml £3.25

**irn-bru** (Scotland only) 330ml £3.50

**sprite** 330ml £3.25

**fanta orange** 330ml £3.25

**chu-lo apple** 330ml £3.95

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

**firefly peach & green tea** 330ml £4.50

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

**firefly kiwi & lime green tea** 330ml £4.50

**happy inside lemon, yuzu & ginger** 250ml £3.95

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

**lemonaid** 330ml £4.50

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** £2.25

**cawston press apple & mango** £2.25

**unlimited green tea** £3.25



### 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.

## beer

**asahi 5.2%** abv 330ml £5.75  
Super refreshing, super dry (Japan) 500ml £6.50

**metroland two tribes IPA** 330ml £6.25

4% abv Toyko IPA, with bustling flavours of florals, grapefruit and pineapple

## wine

**prosecco** 11% abv 200ml £7.75

**red wine** 12% abv 187ml £6.25

**rosé** 12% abv 187ml £6.25

**white wine** 12% abv 187ml £6.25

## mixed drinks

**ELLC grapefruit G&T** 5% abv £6.75

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

**ELLC vodka rhubarb** 5% abv £6.95

British Wheat Vodka cut with natural rhubarb soda

**ELLC grapefruit G&T** 0.5% abv £6.25

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

## sake

**hakushika ginjou sake** 180ml £6.50

13.3% abv



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

## 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!

adults need around 2000 kcal a day

# sushi rolls & bowls

## maki

- avocado maki** 6 pieces **£3.75**  
Inari, kaiso, avocado, cucumber, lettuce & carrot roll, topped with teriyaki, mayo and spring onion **Ve** 204kcal
- cucumber maki** 6 pieces **£3.50**  
Crunchy cucumber with toasted sesame seeds in a nori roll **Ve** 150kcal
- salmon maki** 6 pieces **£3.95**  
Fresh salmon, wrapped in a nori roll 195kcal
- mixed maki** 6 pieces **£3.95**  
The best of both worlds, 3 salmon maki and 3 avocado maki 199kcal



## nigiri

- inari taco** 2 pieces **£3.95**  
Golden tofu pockets filled with rice, avocado, ponzu salsa, & sriracha mayo **Ve** 170kcal
- red pepper** 2 pieces **£3.25**  
Roasted sweet red pepper on sushi rice wrapped with nori seaweed **Ve** 99kcal
- salmon** 2 pieces **£4.25**  
Fresh, hand-cut salmon on sushi rice. Try it with wasabi & soy sauce 103kcal



## 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** **Ve** 153kcal **£5.50**
- chicken** 217kcal **£5.95**
- meatless farm chick'n** **Ve** 292kcal **£5.95**
- prawn** 175kcal **£7.25**



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## sushi rolls

- yasai** 3 pieces **£4.95**  
Kaiso, kaiso, avocado, cucumber, lettuce & carrot roll, topped with teriyaki, mayo and spring onion **Ve** 170kcal/339kcal
- spicy chicken katsu roll** 3 pieces **£4.95**  
Delicious chicken katsu & lettuce, rolled in shichimi powder & topped with tonkatsu sauce **£** 147kcal/294kcal
- crunchy california** 3 pieces **£4.95**  
Surimi & avocado roll, topped with mayo, teriyaki & crunchy onion 285kcal/571kcal
- YO! roll** 4 pieces **£5.25**  
Our signature salmon, avocado & mayo, rolled in orange masago 191kcal/382kcal
- salmon dragon roll** 4 pieces **£5.50**  
California roll topped with salmon, shichimi powder & spring onion **£** 201kcal/446kcal

## sushi sharers serves two

- salmon selection** **£18.95**  
Indulge in a salmon platter made up of: 4 salmon maki, 4 salmon nigiri, 2 YO! roll pieces & 4 slices of thick cut salmon sashimi 578kcal
- salmon & tuna selection** **£18.95**  
2 YO! rolls, 2 salmon maki, 2 tuna maki, 2 salmon nigiri, 2 tuna nigiri, 2 thick cut slices of salmon & tuna sashimi 505kcal
- YO! mix** **£17.50**  
4 crunchy prawn roll pieces, 3 crunchy Cali roll pieces, 3 spicy chicken katsu roll pieces, 2 kaiso gunkan, 2 avocado maki & 2 cucumber maki **£** 866kcal
- plant platter** **£14.95**  
2 yasai roll pieces, 2 veggie volcano roll pieces, 2 inari taco, 2 kaiso gunkan, 2 avocado maki & 2 cucumber maki **Ve** 652kcal

## teriyaki

Served in a tempting, sticky soy glaze, topped with sesame & a fresh chilli kick

- beef** **£7.50**  
add steamed rice 559kcal **£9.25**
- chicken** **£** 197kcal **£5.95**  
add steamed rice 425kcal **£7.75**



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- crunchy prawn roll** 4 pieces **£5.25**  
Crunchy prawn katsu, avocado & mayo rolled in purple shiso 158kcal/315kcal
- dynamite roll** 4 pieces **£5.50**  
Creamy avocado, kaiso & crunchy carrot in a nori rice roll, topped with spicy salmon **£** 234kcal/467kcal



## duck & 'duck'

- Your choice of real duck or Squeaky Bean** **Ve** plant-based mock duck
- hoisin duck roll** 3 pieces **£4.95**  
Hoisin duck & cucumber roll, wrapped in sushi rice. All rolled up in crispy onions & sprinkled with spring onion **£** 8.95  
Real duck: 148kcal/296kcal  
Mock 'duck' available **Ve** 158kcal/316kcal
- mighty duck fries** **£5.75**  
Crispy fries loaded with duck, Korean ketchup, mayo & furikake **£** 324kcal  
Real duck: 333kcal  
Mock 'duck' available **Ve** 324kcal

## street food

- YO! fries** **£4.50**  
Japanese style fries drizzled in sriracha mayo, sprinkled with furikake **Ve** 348kcal
- spicy pepper squid** **£7.95**  
Crispy squid, dusted in a spicy seasoning, dished up with a chilli & ginger dipping sauce **£** 193kcal
- popcorn shrimp** **£7.95**  
Tempura shrimp drizzled with a sweet shiro miso & chilli sauce 355kcal
- cheese YO!nut** **New** **£3.50**  
Mixed cheese filled donut with a panko breadcrumb, topped with fresh chive, crispy onions, sesame seeds, okonomiyaki sauce, and YO! mayo 407kcal

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- spicy tuna roll** 4 pieces **£5.50**  
Kaiso, lettuce, carrot & chives in a nori rice roll. Topped with spicy sriracha tuna **£** 158kcal/317kcal
- veggie volcano** 4 pieces **£5.50**  
Kaiso, cucumber, carrot & chive roll, topped with chilli sauce, smashed avocado and crispy onions **Ve** 228kcal/457kcal



## temaki handrolls

- salmon & avocado** **£5.50**  
Fresh salmon, avocado, mayo & toasted sesame seeds in a nori rice cone 178kcal
- california** **£5.25**  
Surimi, avocado, mayo & toasted sesame seeds in a nori rice cone 223kcal
- yasai** **£4.95**  
Cucumber, inari & avocado with mayo & toasted sesame seeds in a nori rice cone **Ve** 145kcal



- katsu chicken YO!nut** **New** **£3.50**  
Chicken katsu curry flavoured donut with a panko breadcrumb, topped with shaved coconut, spring onion, shredded ginger and a katsu curry sauce 440kcal
- korean fried chicken** **£7.25**  
Fried chicken, tossed in a tasty sweet & spicy Korean chilli sauce **£** 415kcal
- add steamed rice** 623kcal **£8.50**
- japanese fried chicken** **£6.75**  
Fried chicken breast, marinated in soy & sake; served with mayo 385kcal

## sides

- curry sauce** **Ve** 88kcal **£1.50**
- steamed rice** **Ve** 303kcal **£2.50**

adults need around 2000 kcal a day

## poké

Choose your protein and base below:

- protein:**
  - dynamite salmon **£** 11.95 (360kcal)
  - spicy tuna **£** 11.95 (360kcal)
  - sriracha chicken **£** 11.95 (301kcal)
  - hoisin 'duck' **Ve** **£** 11.95 (332kcal)
- base:**
  - sushi rice **Ve** 337kcal
  - spinach **Ve** 13kcal
  - half & half **Ve** 175kcal

Topped with avocado, YO! slaw, sweetcorn, edamame and kaiso. Sprinkled with pomegranate seeds, red chilli and sesame, drizzled with your favourite sauce:

- citrus ponzu** **Ve** 71kcal
- korean ketchup** **Ve** 88kcal
- sriracha** **Ve** 40kcal
- sriracha mayo** **Ve** 168kcal
- zingy lemon & chilli** 71kcal
- korean sweet chilli** **Ve** 109kcal

- Add toppings to have your bowl, your way:
  - dynamite salmon **£** 2.95 (115kcal)
  - spicy tuna **£** 2.95 (64kcal)
  - sriracha chicken **£** 2.50 (56kcal)
  - hoisin 'duck' **Ve** **£** 2.20 (87kcal)
  - avocado **Ve** **£** 1.95 (57kcal)

## sashimi & salad

- salmon ponzu salsa** 5 slices **£6.95**  
Thinly sliced salmon, topped with salsa & a zingy ponzu dressing 115kcal
- tuna tatakai** 6 slices **£8.25**  
6 slices of seared yellowfin tuna dressed in citrus ponzu 91kcal
- tuna & avocado tartare** **£7.95**  
Premium yellowfin tuna with diced avocado & a ponzu sauce, topped with crispy onions 145kcal
- salmon sashimi** 4 pieces **£6.95**  
Our freshest cuts of thick-slice salmon, with a crisp pak choi salad 125kcal
- tuna sashimi** 4 pieces **£7.95**  
Thick cut slices of yellowfin tuna, with a crisp pak choi salad 70kcal
- kaiso seaweed salad** **£3.95**  
Marinated mixed seaweed, edamame & carrot in a su-miso dressing, topped with sesame seeds **Ve** 142kcal

## firecracker rice

- Seasoned sushi rice stir-fried with fresh vegetables & shichimi chilli powder
- veggie** **Ve** **£** 391kcal **£4.95**
- chicken** **£** 417kcal **£5.95**
- salmon** **£** 460kcal **£6.50**

## yakisoba noodles

- Fresh yakisoba noodles stir-fried in a tangy sauce served with crunchy vegetables
- veggie** **Ve** **£** 279kcal **£5.25**
- chicken** 319kcal **£6.25**



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# bigger bowls

## katsu curry bowl

A Japanese classic. Mild curry sauce, dished up with steamed rice, pickled ginger & spring onion

- pumpkin** **Ve** 430kcal/603kcal regular **£7.50** / large **£11.25**
- chicken** 517kcal/846kcal regular **£8.25** / large **£11.95**
- meatless farm chick'n** **Ve** 583kcal/977kcal regular **£8.25** / large **£11.95**
- prawn** 465kcal/704kcal regular **£8.50** / large **£12.25**

## korean donburi

Fried chicken, tossed in a tasty sweet & spicy Korean chilli sauce, dished up with steamed rice, pak choi & radish

- korean chicken** **£** 1126kcal **Glow Up!** large **£12.25**

## teriyaki bowl

Served in a tempting, sticky soy glaze, topped with sesame & a fresh chilli kick. Dished up with steamed rice, pak choi & radish

- beef** **£** 983kcal **Glow Up!** large **£12.95**
- chicken** **£** 715kcal **Glow Up!** large **£11.25**

## ramen

- spicy seafood** **Glow Up!** **£13.50**  
Prawn, salmon and calamari with pak choi, bamboo shoots, beansprouts in a kimchee ramen sauce, served with a soy-marinated egg, crispy fried noodles, spring onion, fresh red chilli and nori **£** 407kcal
- teriyaki chicken** **Glow Up!** **£12.95**  
Teriyaki chicken with pak choi, crunchy radish, bamboo shoots & beansprouts in a dashi broth, served with a soy-marinated egg and topped with crispy fried noodles, spring onion, fresh red chilli and nori 508kcal
- shiitake mushroom** **Glow Up!** **£12.95**  
Vegetable gyoza & shiitake mushroom with pak choi, bamboo shoots, beansprouts in a miso ramen, crispy fried noodles, spring onion, fresh red chilli and nori **Ve** 383kcal
- soy egg** **Ve** 43kcal (add me to the shiitake mushroom ramen for free!)

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