

me♥sushi

We want you to love sushi as much as melovesushi

Everything is prepared by our experienced sushi chefs, including the fish, which is fresh daily. We hand roll and create all of the dishes using only the finest ingredients possible. To ensure the best quality we only prepare your food once an order has been placed.

Our Menu

Items marked with this symbol ♥ denote melovevegetarians

🍴 All our meat is Halal except Chicken Gyoza

Teasers

Variety of tasty teasers to get you in the mood for love - melove, that is!

- **CRISPY TUNA TATAKI** £7.00
seared tuna fried in breadcrumbs served with tatakai sauce
- **CALAMARI CHUNKS** £5.50
crispy fried chunks of calamari sprinkled with salt and pepper
- **SEARED BEEF** £9.00
thinly sliced, seared beef rolled with siso and mustard dress drizzled with garlic olive oil
- **CRISPY SOFT SHELL CRAB** £5.50
a whole soft shell crab, crispy coated served with ponzu sauce
- **EDAMAME** ♥ £3.50
blanched soya beans, served in the pod, flavoured with sea salt
- **SPICY EDAMAME** ♥ £4.00
blanched soya beans, served in the pod, flavoured with chilli & garlic
- **CHICKEN GYOZA** £5.00
five dumplings filled with chicken
- **PRAWN GYOZA** £5.50
five dumplings filled with king prawns
- **VEGETABLE GYOZA** £4.50
five dumplings filled with vegetables
- **PUMPKIN KOROKKE** ♥ £4.50
three lightly-fried Japanese breadcrumbed pumpkin croquettes, served with our special mustard mayo

Soups

Hot, healthy and light, choose from one of our soups

- **MISO SOUP** £2.00
a light soybean broth with seaweed, tofu and chopped spring onion
- **CHICKEN UDON SOUP** £4.50
prime cuts of chicken with udon noodles and vegetables
- **WAKAME SOUP** £2.50
wakame seaweed in a light broth mixed with spring onion

Salads

Choose from one of our popular, freshly prepared house salads

- **WAKAME SALAD** ♥ £3.50
cucumber and wakame seaweed served with sunomono sauce
- **WAFU SALAD** ♥ £3.50
Japanese style crunchy salad with melove's own salad dressing
- **CHIRASHI SALAD** £5.50
a mix of raw fish, seafood and salad served on a bed of rice

Nigiri

Two pieces of finger shaped rice with various toppings

- **SALMON** sake £3.00
- **TUNA** maguro £4.00
- **YELLOW TAIL** hamachi £4.00
- **GRILLED EEL** unagi £3.50
- **PRAWN** ebi £3.00
- **SEA BASS** suzuki £3.50
- **ASPARAGUS & MUSHROOM** ♥ £2.50
- **EGG OMELETTE** tamago ♥ £2.00
- **RICE & VEG TOFU POUCH** inari ♥ £2.50

Sashimi

Six thin slices of fresh raw fish

- **SALMON** sake £6.00
- **TUNA** maguro £8.00
- **SEA BASS** suzuki £7.00
- **YELLOW TAIL** hamachi £8.00
- **SASHIMI PLATTER** basashi £8.00
two slices of salmon, tuna, sea bass and yellow tail

Temaki

A large cone-shaped hand roll stuffed with rice and fillings

- **SALMON & AVOCADO** £3.50
sliced fresh salmon, avocado and sesame seeds with Japanese mayonnaise
- **SPICY TUNA** £4.00
hand-chopped yellow fin tuna and spring onion with kimchee sauce
- **CALIFORNIA** £4.00
crabstick, avocado, sliced cucumber and sesame seeds with mayonnaise topped with tobiko
- **CRISPY DUCK** £4.50
shredded crispy duck, sliced cucumber and hand-chopped spring onion with sweet miso sauce
- **VEGETABLE** ♥ £3.00
asparagus, avocado, sweet omelette, tofu and cucumber with sesame sauce
- **PRAWN TEMPURA** £5.50
deep-fried king prawn, sliced avocado with Japanese mayonnaise topped with tobiko
- **SOFT SHELL CRAB** £6.00
deep-fried crispy soft shell crab, sliced cucumber, flying fish roe and chopped spring onion with sweet chilli sauce
- **TUNA & CUCUMBER** £5.00
seared yellow fin tuna with mayonnaise and kimchee sauce, slices of cucumber topped with sesame seeds
- **CRISPY SALMON SKIN** £3.50
grilled crispy salmon skin, mizuna, sprinkled with hand-chopped spring onions and Japanese chili powder

Uramaki

Five large rolls with rice on the outside and a choice of fillings

- **PRAWN KATSU ROLL** £5.00
breaded deep-fried tiger prawn with sliced avocado wrapped in wasabi flying fish roe
- **SPICY TUNA ROLL** £6.00
hand chopped yellow fin tuna and spring onion with kimchee sauce
- **DUCK ROLL** £6.00
shredded crispy duck, sliced cucumber and hand-chopped spring onion with sweet miso sauce wrapped in finely shredded seaweed
- **CALIFORNIA ROLL** £6.00
fresh hand-picked white crab meat, avocado, sliced cucumber and mayonnaise wrapped in flying fish roe

- **TEMPURA ROLL** £6.00
tempura fried king prawn, hand-picked white crab meat, cucumber, flying fish roe with mayo all wrapped in shredded seaweed
- **CRISPY SALMON SKIN ROLL** £4.50
grilled crispy salmon skin and mizuna sprinkled with hand-chopped spring onions, wrapped in Japanese chilli powder
- **VEGETABLE TEMPURA ROLL** ♥ £4.50
tempura fried fresh vegetables consisting of asparagus, peppers, sweet potato and shitake mushroom wrapped in finely shredded seaweed
- **SALMON & AVOCADO ROLL** £6.50
sliced fresh salmon and avocado with Japanese mayonnaise wrapped in sesame seeds
- **CHICKEN KATSU ROLL** £5.00
breaded chicken, mizuna, spring onions and mayo with katsu sauce wrapped in sesame seeds
- **TUNA & AVOCADO ROLL** £7.50
sliced fresh tuna and avocado with Japanese mayonnaise wrapped in sesame seeds

Futomaki

Five large seaweed rolls of rice filled with fish or vegetables

- **SOFT SHELL CRAB ROLL** £9.00
deep-fried crispy soft shell crab, sliced cucumber, flying fish roe and chopped spring onion wrapped with mayo and sweet chilli sauce
- **EEL & CUCUMBER ROLL** £7.00
barbequed freshwater eel, sliced cucumber and sesame seeds wrapped with sweet barbeque sauce
- **VEGETARIAN ROLL** ♥ £4.50
fresh asparagus, avocado, sliced cucumber, sweet omelette, tofu and pickled radish
- **PHOENIX ROLL** £6.50
sliced salmon, tuna, seabass, cucumber and flying fish roe fried in tempura batter
- **NEW YORK ROLL** £6.00
smoked salmon and chopped cucumber wrapped with cream cheese
- **SPICY VEGETABLE ROLL** ♥ £5.50
spicy Asian vegetables (kimchee), with red chilli for additional spice

Gunkan

Two battleship-shaped rolls of rice wrapped in seaweed with topping

- **SPICY TUNA** negi toro £4.00
- **SALMON ROE** ikura £3.50
- **FLYING FISH ROE** tobiko £3.50

Hosomaki

Six small seaweed rolls of rice filled with fish or vegetables

- **SALMON** sake £3.00
- **TUNA** tekka £4.00
- **PRAWN & AVOCADO** ebi £4.00
- **CUCUMBER** kappa ♥ £2.00
- **PICKLED ASIAN RADISH** oshinko ♥ £2.00
- **ASPARAGUS** asuparagasu ♥ £2.50
- **AVOCADO** abokado ♥ £2.00
- **EGG OMELETTE** tamago ♥ £2.00
- **FRESH CRAB MEAT** kani £3.50

Donburi

An oversized bowl of rice and toppings served with a wafu salad

- **CHICKEN TERIYAKI** £7.50
grilled boneless chicken served on rice with teriyaki sauce
- **SALMON TERIYAKI** £8.00
grilled salmon steak served on rice with teriyaki sauce
- **CHICKEN KATSU CURRY** £7.50
breaded deep-fried chicken served on rice with Japanese curry sauce
- **BARBEQUED EEL** £9.50
barbequed freshwater eel served on rice with eel barbeque sauce
- **YELLOW FIN TUNA** £10.50
grilled yellow fin tuna steak served on rice with teriyaki sauce
- **TOFU & VEGETABLES** ♥ £6.00
tofu and seasonal vegetable stir-fry with teriyaki sauce, served on rice
- **BREADED VEGETABLES** ♥ £6.50
breaded seasonal vegetables served on rice with Japanese curry sauce
- **GRILLED BEEF** £12.50
thinly sliced beef steak, gently seared, served on rice with yaki niku sauce
- **PRAWN & CRAB** £9.00
pan-fried king prawn, fresh snow crab meat and vegetables, served on rice with melove's own garlic sauce
- **CRISPY MACKEREL** £7.50
pan-fried crispy mackerel served on rice with teriyaki sauce

Noodles

Choose either yaki soba (thin) or yaki udon (thick) noodles

- **PRAWN** £6.50
pan-fried noodles with seasonal vegetables and king prawns in a mildly spiced sauce
- **CHICKEN** £5.50
pan-fried noodles with seasonal vegetables and chicken in a mildly spiced sauce
- **DUCK** £7.00
pan-fried noodles with seasonal vegetables and shredded duck in a mildly spiced sauce
- **VEGETABLE** ♥ £5.00
pan-fried noodles with seasonal vegetables in a mildly spiced sauce
- **BEEF** £8.00
pan-fried noodles with beef and seasonal vegetables in a mildly spiced sauce
- **SALMON** £6.50
pan-fried noodles with seasonal vegetables in a mildly spiced sauce topped with marinated salmon

Kushiyaki

Two skewers of grilled meat, fish or vegetables

- **CHICKEN** yakitori £3.50
- **PRAWN** ebi £4.50
- **TUNA** maguro £5.00
- **BEEF** gyu £6.00
- **ASPARAGUS** ♥ £5.00
- **SHITAKE MUSHROOM** ♥ £4.00
- **BABY COURGETTE** ♥ £4.50
- **SCALLOP & SHITAKE MUSHROOM** £7.50

Extras

Variety of tasty accompaniments

- **JAPANESE RICE** ♥ £2.00
steamed rice sprinkled with ukari
- **PICKLES** ♥ £2.50
Asian cucumber pickles, eggplant, cucumber and mountain vegetables
- **SAUCES & CONDIMENTS** ♥ £0.50
extra servings of any of our sauces, wasabi or ginger

Tempura

Seafood or vegetables deep-fried in batter

- **KING PRAWN** ebi (4 pieces) £8.00
- **VEGETABLE** yasai ♥ (6 pieces) £6.00
- **MIXED** (2 king prawn, 4 vegetables, 4 pieces of squid) £11.00

Exclusive

Popular dishes recommended by us... Created by our chefs... Loved by you!

- **BLACK COD MISO** £12.00
black cod marinated in sweet miso sauce then grilled until golden brown
- **SESAME SEARED TUNA** £10.00
six slices of tuna sashimi seared and lightly coated in sesame seeds
- **SESAME SEARED SALMON** £8.00
six slices of salmon sashimi seared and lightly coated in toasted sesame seeds
- **SMOKED SALMON & CUCUMBER WRAPS** £6.50
Scottish smoked salmon wrapped in thinly sliced cucumber and served with our special kiwi fruit & pineapple dressing
- **SPICY BEEF & GARLIC** £12.00
prime cuts of fillet steak cooked medium rare with roasted garlic in a spicy soy sauce

Desserts

A little treat for later...

- **CHOCOLATE TRUFFLE** £4.50
a dark chocolate truffle on a chocolate joconde base, topped with white chocolate mousse and finished with a dark chocolate glaze
- **PASSIONFRUIT SOUFFLÉ GLACÉ** £4.50
a light soufflé made with passionfruit juice set on a vanilla joconde base and finished with a passionfruit glaze (please allow 10 minutes)
- **STRAWBERRY CHEESECAKE** £4.50
an individual cheesecake with pieces of strawberry set on a crumb biscuit base
- **GREEN & BLACKS ORGANIC ICECREAM** £3.00
choose from chocolate, vanilla or vanilla caramel nut flavours, or ask for our guest flavour
- **ROOKBEARE PURE FRUIT SORBET** £2.50
choose from mango, raspberry or passionfruit flavours, or ask for our seasonal special

Catering

Office lunches, parties, banquets or if you're just feeling really hungry, we can cater it! Please call us for more details.

Sushi To Go

Delivery or collection - we call it To Go!

We offer a complimentary delivery service for all orders over £18. Our delivery zone is approximately 2 miles. If you're outside our delivery zone we can prepare your order for collection at a time that's convenient for you.

Please pick up our SUSHI TO GO menu on your way out.

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Drinks

White Wine

	175ml Glass	Bottle
Sauvignon Blanc, Alameda, Chile <small>Zesty and fresh, marked by passion fruit, herbs and a hint of pineapple</small>	£3.50	£14.50
Pinot Grigio, Via Fordulo, Neszmely, Hungary <small>Bright lemon coloured with classic Pinot Grigio aromas of pears & spice</small>	£4.00	£16.00
Chardonnay, Pionero, Vina Morande, Chile <small>Crisp and clean, lemony with well judged gentle oak flavours and fine acidity</small>		£18.00
Sauvignon Blanc, Stoneburn, Marlborough, NZ <small>Subtle aromas of lemon, grapefruit and spices, with a hint of tropical fruits. Supple, ripe and easygoing.</small>		£22.00

Red Wine

	175ml Glass	Bottle
Cinsault/Shiraz, Klippenkop, Coastal Region, S. Africa <small>Full and fruity palate with cherries and pepper</small>	£3.50	£14.50
Cabernet Sauvignon, Pionero, Vina Morande, Chile <small>Ripe and round cassis laden Cabernet Sauvignon</small>	£4.25	£16.50
Malbec, Fincas Las Parades, San Rafael, Argentina <small>A powerful smoky nose of black fruits, and a full-bodied & rich palate, with fine balancing tannins and a smooth velvety finish</small>		£19.00
Pinot Noir, Stoneburn, Marlborough, NZ <small>Wonderful flavours of soft plums, raspberries, violets and great fruit character</small>		£24.50

Rose

	175ml Glass	Bottle
Syrah/Cabernet Rose, Pionero, Vina Morande, Chile <small>Abundant raspberry and cherry fruit, and a refreshing finish (dry)</small>	£4.25	£16.50
Touraine Rose, Domaine du Marce, Loire, France <small>Very pale pink, with aromas of fresh crushed redcurrant (dry)</small>		£18.50

Sparkling Wine & Champagne

	125ml Glass	Bottle
Prosecco, Spago, Carlo Botter, Veneto, Italy <small>This dry, citrus and orchard fruit flavoured wine is refreshing (lightly sparkling)</small>	£4.00	£20.00
Laytons Brut Reserve, France <small>Our house Champagne offers wonderful structure and finesse</small>	£6.50	£35.00
Laurent Perrier Brut, Tour-sur-Marne, France <small>An elegant, refined Champagne with charming purity</small>		£50.00
Laurent Perrier Rose, Tour-sur-Marne, France <small>A beautiful Pink Champagne is one of a rare breed of Champagnes</small>		£65.00

Japanese Wine

	175ml Glass	Bottle
Takara Plum Wine, Japan <small>Made from the special "Ume" plum which gives it its unique tart flavour</small>	£6.00	£24.00

Beer

Asahi Super Dry	330ml	£2.50
Kirin Ichiban	330ml	£3.00
Sapporo Premium	330ml	£3.00

Sake

Nomo Nomo, Oseki	180ml	serves 1	warm	£4.00
Honjozo, Akashi-Tai	130ml	serves 1	warm	£6.50
Sierra Cold, Takara	300ml	serves 1-2	cold	£10.00
Nigori, Takara	375ml	serves 1-2	cold	£11.00
Sho Chiku Bai, Junmai Ginjo	300ml	serves 1-2	cold	£17.00

Quenchers

Coke / Diet Coke	330ml	£1.95
Sprite / Fanta	330ml	£1.95
Victorian Lemonade	275ml	£2.50
Mandarin & Orange	275ml	£2.50
Curiosity Cola	275ml	£2.50
Belu Still Water	330ml	£1.95
Belu Sparkling Water	330ml	£1.95
Belu Still Water	750ml	£2.50
Belu Sparkling Water	750ml	£2.50
Fruit Juice (orange, apple, cranberry or pineapple)		£1.95

Teas

COLD		
Green Tea	473ml	£3.20
Pomegranate Tea	473ml	£3.20
Blueberry White Tea	473ml	£3.20
Lemon Iced Tea	473ml	£3.20

HOT

Japanese Organic Hojicha Green Tea	£2.00
Organic Spring Jasmine Tea	£2.00
Organic Mint Melange	£2.00
Ginger Twist Infusion	£2.00

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Restaurant Menu