



WE HAVE INVITED THEM BOTH

A meal at Sticks'n'Sushi is not the most direct route to sainthood. We have both the angelic and the wicked on our menu.

Our overall environmental approach is that we are continually optimising and improving ourselves, but at the same time we recognise our sins and are not afraid of showing them.

A menu without tuna would probably be best — but also a mockery of the sushi tradition. Instead, we have reduced the tuna on our menus, so it can be your choice to opt in or opt out.

Our vegetarian menus can look any nutrition expert straight in the eye. On the other hand, don't eat our ebi bites if you are on a diet. And some of our sauces were discovered in the river of sin.

“Livet skal vare and livet skal smage.”

We translate that into taking care of ourselves whilst taking care to enjoy while there's time.

At sticksnsushi.com we have made a list that gives an overview of what is what.

À LA CARTE

A meal composed by you



BEEF TATAKI

Beef, smoked cheese, spring onion, tosazu, goma shiro & jerusalem artichoke chips £ 10.20



BROCCOLI

Grilled with goma shiro £ 4.50



KANI KOROKKE

Crab croquettes with wasabi caesar £ 6.80



SUZUKI KATAIFI

Shima suzuki, kataifi, chives, shiso, truffle oil & ponzu £ 12



DAIKON SHAKE

Salmon, lumpfish roe, smoked cheese, avocado & wafu £ 5.50



SHAKE TATAKI

Salmon, daikon, cress, kizami wasabi & ponzu £ 9.50



MISO SOUP

Seasonal miso with tofu, spring onion, & wakame £ 2.60



RICE PAPER
Duck, red onion, avocado, coriander
& goma £ 9.60



YASAI STICKS
Vegetables served with miso dip £ 3.80



EDAMAME BEANS
Grilled, spicy or salty
£ 4.80 / 4.50 / 4.20



TUNA TARTARE
Tuna, avocado, sesame, miso,
yuzu, ginger & lotus chips £ 9.80



Kimchi £ 3



HIRAMASA KAMA
Hiramasa collar with sea salt & lemon. Served with
miso soup & rice £ 14.50



SEAWEED SALAD
Seaweed, daikon, snow peas, avocado
& sesame £ 6



CAULIFLOWER
Fried and served with
goma kuro £ 4.50



HOTATE KATAIFI
Scallops, miso aioli,
trout roe & cress £ 10.80



OSCIETRA ROSSINI
Caviar [10 gr] £ 15

WAGYU TARTARE
Japanese wagyu with caviar,
spring onion & kizami wasabi £ 25



SHAKE CARPACCIO
Salmon, miso aioli, trout roe, chives
and lime marinade £ 8.80



EBI BITES
Tempura shrimp, miso aioli,
chili, lime & coriander £ 8



JERUSALEM ARTICHOKE
With tofu aioli £ 4



HOTATE CEVICHE
Scallops, lime, chili, coriander,
red onion, celery & tiger's milk £ 10.80



SPICY MISO SOUP
Seasonal miso with salmon, tofu, wakame,
crunchy chili & coriander £ 5

SASHIMI



SHAKE
Salmon £ 8



MAGURO
Yellowfin tuna £ 10.20



SABA
Mackerel £ 7



HIRAMASA
Yellowtail kingfish £ 13.80



Matcha tea
£ 4.50

SASHIMI MIX
Salmon, yellowfin tuna and hiramasa
£ 18.80



SUSHI SISTER
Shrimp, scallops, tamago with miso aioli & trout roe,
seared salmon, tuna, hiramasa, daikon with salmon, shima
suzuki with truffle oil & kataifi and mackerel
£ 40

NIGIRI

Shake yaki: seared salmon £ 2.60

Hiramasa: yellowtail kingfish £ 3.20

Eringi: king oyster mushroom & lime salt £ 2.80

Ebi: shrimp £ 3

Hotate yaki: seared scallops £ 3.80

Sayendo: snow peas with red onion £ 2.20

Maguro: yellowfin tuna £ 3.20

Abokado: avocado, tofu aioli & sesame £ 2.40

Smoky shake: soy cured salmon with smoked cheese and lumpfish roe £ 2.60

Shima suzuki: white rock bass £ 3

Aspara: asparagus with sesame £ 2.80

Saba: mackerel with ginger and spring onion £ 2.40

Shake NY: salmon with garlic £ 2.50

Tamago: omelette £ 2.40

Inari: tofu with ginger and trout roe £ 2.60

Hiramasa yaki: seared yellowtail kingfish £ 3.50

Shake: salmon £ 2.50

GUNKAN

Edamame: edamame & pea hummus with jerusalem artichoke chips £ 2.20

Ikuru: trout roe £ 3.60

Black cod: miso marinated black cod 2 pcs £ 9.80

Oki ebi: jumbo shrimp £ 4.80



*All prices include 20% VAT.
An optional service charge of 12.5% will be added to your bill.
Every penny is distributed to the team.*

MAKI



HOSOMAKI

Shake maki: salmon 8 pcs £ 3.60. *Kappa maki:* cucumber 8 pcs £ 2.80
Abokado maki: avocado 8 pcs £ 3

Other hosomaki are available. Please ask your server

HOSOMAKI INSIDE-OUT

Shake kyuri: salmon, cucumber, miso aioli & sesame 8 pcs £ 5.50
Ebi hot: shrimp, spicy sauce, coriander & sesame 8 pcs £ 6.50
Green maki: jerusalem artichoke, chili, coriander, avocado & sesame 8 pcs £ 4.50



Shake aioli: snow peas, avocado, miso aioli & cucumber topped with seared salmon & trout roe
 8 pcs £ 13.60



Hell's kitchen: tempura shrimp, avocado & spicy sauce topped with tuna & barbecue
 8 pcs £ 15.20



Ebi panko: tempura shrimp & spicy sauce topped with avocado
 8 pcs £ 12.50



Ceviche: red onion, avocado & cucumber topped with shima suzuki and coriander cress 8 pcs £ 13.50



Pink Alaska: salmon, avocado, cream cheese & lumpfish roe
 8 pcs £ 8.60



Mamma Mia: avocado, cucumber, sesame & chives
 8 pcs £ 6.60



California: shrimp, avocado, cucumber, masago & miso aioli 8 pcs £ 8.80



Spicy tuna: tuna, cucumber, chili, miso aioli, masago, kataifi & herbs 8 pcs £ 9.60



Gypsy big: seared salmon, avocado, cucumber, chili, ginger & red onion 6 pcs £ 7.60



Crispy ebi: tempura shrimp, avocado, spicy sauce & tsume soy 8 pcs £ 8.60



Crunchy chicken: chicken, mizuna, smoked cheese, crunchy chili & red onion 6 pcs £ 8.60



Garden roll: sweet potato, asparagus, avocado, daikon, red onion & mizuna 6 pcs £ 7.50



New York subway: tempura shrimp, avocado & spicy sauce topped with salmon & garlic
 8 pcs £ 14.20



Black cod daikon: miso marinated black cod, avocado, cream cheese, red onion, asparagus & daikon 6 pcs £ 15



Rainbow: shrimp & snow peas, topped with salmon, tuna, hiramasa & avocado 8 pcs £ 15



Wagyu maki: wagyu tartare, kizami wasabi & spring onion
 4 pcs £ 13.50

STICKS

Aspara maki

Asparagus wrapped in bacon £ 3.80

Koushi hābu:

Veal & miso herb butter £ 5

Yaki yagi

Goat's cheese with dried ham £ 3.80

Ramu yaki

Lamb, spring onion & yakiniku sauce £ 4

Buta yaki

Organic free range pork & yuzu-miso £ 4

Ika tori

Chicken and squid sausage & miso aioli £ 3.80

Aspara wafu

Asparagus & chunky wafu £ 3.20

Eringi

Grilled king oyster mushroom & miso herb butter £ 3.20

Imo yaki

Sweet potato, coriander cress & teriyaki £ 2.40

Momo chili

Chicken, chili dip, teriyaki & spring onion £ 2.70

Tebasaki

Chicken wings & lemon £ 2.70

Tsukune

Chicken meatballs & teriyaki £ 2.70

Kushi katsu

Duck breast with panko & wasabi caesar £ 4

Aigamo

Duck hearts & teriyaki £ 2.60

Shake teriyaki

Salmon, teriyaki & spring onion £ 3

Hotate bacon

Scallops & bacon with miso herb butter £ 5.60

Gindara no miso

Black cod & miso £ 9.80

Chiizu maki

Emmental cheese wrapped in bacon £ 3.50



Wagyu yaki

Japanese wagyu from Kyushu £ 15



Gohan
Rice £ 2



Kimchi
Korean speciality with
fermented cabbage £ 3

MENUS

A meal composed by us



*Green tea with sencha
& matcha £ 4.50*

NANA-BAN

*Nigiri: seared scallop, avocado with tofu aioli, tuna, seared hiramasa, seared salmon, shima suzuki and shrimp
£ 18.50*



FIREWORKS

*Edamame: beans with spicy sauce
Ebi bites: tempura shrimp, miso aioli, chili, lime & coriander
Tuna tartare: tuna, avocado, sesame, yuzu-miso & lotus chips
Maki: ebi panko and pink alaska. Nigiri: salmon, tuna & seared hiramasa
Carpaccio: salmon, miso aioli, daikon, chives, trout roe & lime marinade
Sticks: chicken with chili & teriyaki, veal with miso herb butter and duck breast with panko & wasabi caesar*

£ 80

For 3 persons £ 120



We have many kinds of bubbles.
Veuve Clicquot £ 76



PAY DAY

Edamame: grilled beans with soy & sesame
Suzuki kataifi: shima suzuki, truffle oil & kataifi
Maki: ebi panko, hell's kitchen and wagyu maki
Nigiri: oki shrimp, seared hiramasa and salmon
Tataki: beef, smoked cheese, tosaizu & goma shiro
Hotate kataifi: scallops, kataifi, miso aioli & trout roe
Sticks: black cod with miso, lamb with spring onion & yakiniku
and scallops with bacon & miso herb butter
£ 105

For 3 persons £ 155



PERFECT DAY

Nigiri: seared salmon, tuna and avocado with tofu aioli & sesame

Tataki: salmon, kizami wasabi & ponzu

Maki: crispy ebi, spicy tuna and rice paper with duck & goma

Edamame: beans with salt & lemon

Kani Korokke: crab croquettes & wasabi caesar

Sticks: chicken meatballs with teriyaki, asparagus with bacon and salmon with teriyaki
£ 68

For 3 persons £ 102



FOUR MEAL DRIVE

Nigiri: salmon, seared salmon, shrimp and tuna

Maki: ebi hot, pink alaska, spicy tuna, ebi panko, hell's kitchen, shake aioli and gypsy big
£ 100



MIXED EMOTIONS

Edamame: beans with salt & lemon

Sticks: organic free range pork with yuzu-miso, chicken with chili & teriyaki and chicken meatballs with teriyaki

Nigiri: shrimp, tuna, salmon & hiramasa

Maki: pink alaska, spicy tuna and gypsy big

£ 23



ROBUST

Sticks: chicken and squid sausage with miso aioli, chicken with chili & teriyaki, veal with miso herb butter, duck breast with panko and wasabi caesar, emmental cheese with bacon, organic free range pork with yuzu-miso. Rice and grilled broccoli with goma shiro
£ 26



TABLE FOR TWO | SUSHI

Nigiri: tuna, salmon NY, salmon, inari, shrimp and hiramasa

Maki: pink alaska, spicy tuna and gypsy big

£ 46



DUCK, SALMON & THEIR FRIENDS

Nigiri: salmon
Maki: pink alaska, spicy tuna, ebi panko
 and rice paper with duck & goma
 £ 19.80



SALMON OD

Daikon shake: salmon with daikon & wafu
Nigiri: salmon NY and seared salmon
Maki: pink alaska and shake kyuri
Tataki: salmon, kizami wasabi & ponzu
 £ 22



EBI KIT

Kaburimaki: hell's kitchen,
 ebi panko and new york subway
 £ 38.50



MAKI MAKI

Kaburimaki: hell's kitchen, ebi panko, shake aioli
 and ceviche roll
 £ 48
Mini Maki Maki: 4 pcs of each roll £ 24

SALADS



GREEN BIRD SALAD

Chicken, grilled broccoli, snow peas, red cabbage, shiitake, spring onion & herbs topped with soy marinated eggs, chicken skin & goma shiro
£ 17



OSAKA CHAOS

Salmon, tuna, shrimp, tamago, avocado, shiitake, snow peas, trout roe, cress & sushi rice
£ 18



GREEN GRASS SALAD

Grilled broccoli, sweet potato, king oyster mushroom, marinated tomatoes & fennel. On a base of edamame & pea hummus and topped with hazelnuts, yuzu vinaigrette and jerusalem artichoke chips
£ 15



GREEN FISH SALAD

Tuna tataki, salmon, shima suzuki, cress & mizuna, topped with lotus chips, chunky wafu, aged danish cheese & miso mustard
£ 18



SMALL CHAOS

Salmon, avocado, snow peas, trout roe, ginger, sesame & sushi rice
£ 9.80



OUR AQUARIUM HAS BECOME MORE GREEN

The cow, the pig and the fish have got a fight on their hands.
The chef is perfectly capable of creating great taste without them.

The following suggestions are vegan dishes with ingredients carefully
picked from the vegetable market.

FROM THE GREEN KITCHEN



NIGIRI

- Edamame gunkan*: hummus with
jerusalem artichoke chips £ 2.20
Aspara: asparagus & sesame £ 2.80
Inari: tofu with ginger £ 2.40
Sayendo: snow peas & red onion £ 2.20
Eringi: king oyster mushroom £ 2.80
Abokado: avocado, tofu aioli
& sesame £ 2.40



Seaweed salad
Seaweed, daikon, snow peas,
avocado & sesame £ 6



Green grass salad

Grilled broccoli, sweet potato, king oyster mushroom,
marinated tomatoes & fennel. On a base of edamame &
pea hummus, topped with hazelnuts, yuzu vinaigrette
and jerusalem artichoke chips £ 15



Gohan: rice £ 2



Cauliflower
Fried and served with
goma kuro £ 4.50



Jerusalem artichoke
with tofu aioli £ 4



Spicy green miso
Seasonal miso with king
oyster mushroom, tofu,
wakame, crunchy chili
& coriander £ 5



Miso soup
Seasonal miso with
tofu, spring onion, &
wakame £ 2.60



Yasai sticks
Vegetables served with
miso dip £ 3.80



Can also be ordered
as á la carte
£ 3.20 / 3.20 / 2.40

GREENKEEPER

Maki: garden roll. *Seaweed salad*: seaweed, daikon, snow peas, avocado & sesame
Broccoli: grilled with goma shiro. *Nigiri*: avocado with tofu aioli & sesame and gunkan
with edamame & pea hummus topped with jerusalem artichoke chips
Sticks: king oyster mushroom with supreme soy, asparagus with chunky wafu
and sweet potato with coriander cress £ 22



HOSOMAKI

Kappa maki: cucumber £ 2.80
Abokado maki: avocado £ 3

FUTOMAKI

Garden roll: sweet potato,
asparagus, avocado, daikon, red
onion & mizuna £ 7.50

HOSOMAKI INSIDE-OUT

Mamma Mia: avocado, cucumber,
sesame & chives £ 6.60
Green maki: jerusalem artichoke,
chili, coriander, avocado
& sesame £ 4.60



Broccoli grilled with
goma shiro £ 4.50



Edamame beans grilled,
spicy or salty
£ 4.80 / 4.50 / 4.20



Kimchi: fermented
cabbage £ 3

DESSERTS



Sake with Japanese yuzu
Glass £ 7



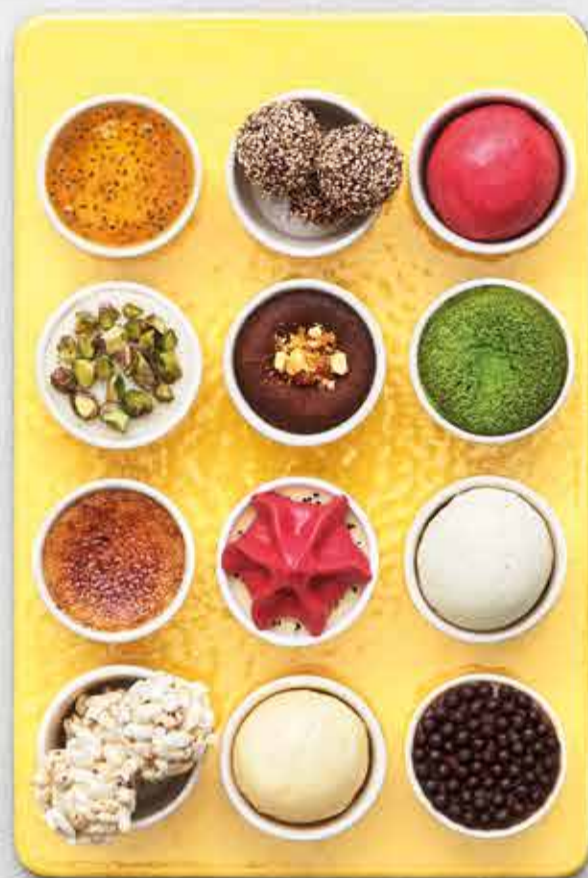
Three for £ 10



*You can take our
coziness tea home with you*
Jar £ 8



*We have all kinds of coffee.
Also as takeaway*



- Rice & coconut:* coconut rice with passion fruit coulis [vegan]
 - Dark chocolate* with caramel & toasted sesame
 - Seasonal ice cream.* Ask your server
 - Cashew creme* with tofu, walnuts, almonds & pistachios [vegan]
 - Fondant:* dark chocolate caramel, peppermint heart & caramelised hazelnut
 - Matcha fondant:* marzipan, matcha & dark chocolate
 - Crème brûlée:* vanilla
 - White chocolate mousse:* topped with liquorice & raspberry foam
 - Vanilla ice cream* with tonga vanilla bean
 - White chocolate* with sweet miso & puffed rice
 - Yuzu Sorbet* with japanese citrus fruit [vegan]
 - Gateau Marcel* topped with chocolate pearls
- Each dessert £ 3.50 three for £ 10. Taster – one of each £ 36



Matcha tea
£ 4.50

