



PANKO &
SUSHI

GLUTEN FREE MENU



PANKO & SUSHI

www.pankoandsushi.com


 Suitable for Vegetarians  Suitable for Vegetarians/Vegans

If you have a food allergy, intolerance or sensitivity, please let your server know before you order.

GLUTEN FREE MENU


Dishes marked * not suitable for coeliacs due to cross contamination risk

SMALL PLATES



- MISO SOUP**  3.95
Traditional Japanese soup, dashi stock, miso, tofu, seaweed, spring onions
- EDAMAME**  4.95
salted, wok fried with garlic
- CHILLI SQUID** * 8.95
Spicy marinated squid, sri-racha mayo, sichimi seasoning

- YAKITORI** 8.50
Marinated grilled thighs skewered with teriyaki sauce
- TORI KARAAGE** * 8.50
Bitesize crispy marinated chicken with Salt & Pepper or Garlic & Honey sauce
- CHICKEN WINGS** * 7.50
Crispy fried chicken wings with Salt & Pepper or Garlic & Honey sauce




POKE BOWLS

avocado, cucumber, pickled red onion, kaiso, edamame beans, sesame seeds, gluten free sauce
Teriyaki Chicken 11.95 | Salmon 11.95
Tuna 12.95 | Tofu  11.95

MESSY CHIPS *

House seasoned fries, loaded with home made spicy mayo, garnished with crispy shallots, spring onions and red chilli
Teriyaki Chicken 10.95 | Tofu  9.50
Ask for vegan option 

SIDES

- Japanese Steamed Rice  3.00
Japanese Egg Fried Rice  4.00
Kaiso Seaweed Salad  4.95

- Fries  * 4.50
Salt & Pepper Fries  * 6.00

SASHIMI

raw slices of fresh fish 6 pieces

salmon 8.95 | tuna 10.50 | scallops 10.50
seabass 10.00 | hamachi yellow tail 12.50

Mixed Sashimi 10 pcs (2 pieces of each) 17.00
Mixed Sashimi 20 pcs (4 pieces of each) 30.00

MAKI

nori wrapped sushi rolls cut into bitesize pieces 8 pieces

cucumber 5.95
avocado 6.50
salmon.....7.00
tuna.....7.50

NIGIRI


oval hand pressed Japanese sushi rice with fish or seafood on top
4 pieces

seabass.....7.50	prawn.....8.50	avocado.....6.00
salmon.....8.00	scallop.....9.50	<i>Ask for vegan option</i> 
tuna.....9.50	yellowtail.....10.50	

Nigiri Sharer (12pcs) £20.00 A delicious selection of nigiri, chosen by our chefs.

TEMAKI

coned shaped nori hand roll

salmon & avocado, sushi rice, Japanese mayo5.00
spicy tuna, sushi rice, spicy Japanese mayo.....5.50
crabmeat, sushi rice, Japanese mayo.....5.50
avocado, cucumber, mango, seaweed salad, sushi rice *Ask for vegan option*  5.00

URAMAKI ROLLS 5 /10 pieces

sushi inside out roll. rice on the outside, nori on the inside

- Spicy Tuna Roll** 8.50 / 15.95
tuna, cucumber, mango, togarashi, spicy mayo
- Salmon & Avocado Roll** 8.50 / 15.95
salmon, avocado, sesame seeds, japanese mayo
- Fuji Roll** 8.50 / 15.95
spicy tuna, avocado, cucumber, shaved scallion, kimchi mayo, sesame seeds
- Philadelphia Roll** 8.50 / 15.95
cucumber, avocado, philadelphia cheese inside, topped with salmon and sesame seeds
- Tokyo Rainbow Roll** 8.50 / 15.95
cucumber, avocado, mango on the inside, topped with salmon, tuna, prawn, sesame seeds
- Butterfly Roll** 8.00 / 15.00
salmon, tuna, cucumber inside, sliced avocado, mayo, teriyaki, sesame seeds outside
- Crab California Roll** 8.50 / 15.95
fresh crabmeat, japanese mayo, sesame seeds
- VEGAN URAMAKI ROLLS**
Sweet Potato Roll  * 8.00 / 14.50
sweet potato, peppers, yellow raddish, teriyaki sauce

SUSHI SHARING PLATTER SALMON SET (21 pcs) 29.95

5pcs Salmon Avocado Roll, 8pcs Salmon Maki, 4pcs Salmon Nigiri, 4pcs Salmon Sashimi

RICE DISHES

CHAHAN

Japanese style fried rice with mix vegetables, egg, sesame seeds
Choose from:
Chicken 12.95 | King Prawn 13.50
Salmon 13.50

TERIYAKI

Grilled teriyaki dishes served with steamed rice, Asian salad and pickled ginger
Choose from:
Chicken 13.95 | Salmon 14.95 | Beef 14.95