

HOW TO YO!

Get started with our buzzy Kaiten belt.

- 1 Choose plates from the belt or order straight from our menu (just ask a server)
- 2 The colours of the plates tell you how much each one costs
- 3 When you're done, we'll count up your plates to work out the bill

Plate key ● NOK 25 ● NOK 35 ● NOK 40 ● NOK 50 ● NOK 69 ● NOK 79 ● NOK 89 ● NOK 149

OUR CHEF RECOMMENDS

The best adventures begin with a moment of inspiration.

To start you on your food adventure, we recommend choosing around 5 plates. Our chef has chosen some favourites from the 88 dishes on our diverse menu – we think it's a perfect mix of YO! classics and new exclusives:



● YO! Roll



● Dynamite Roll



● Popcorn Shrimp



● Chicken Yakisoba



● Beef and Garlic Teriyaki



● Spicy Seafood Udon



● Chicken Katsu



● Wild North Atlantic Sea Scallops



● Salmon Selection



● Furi Furi Fries



● Salmon & Avocado Hand Roll



● Tuna & Caviar

SHINSEN! 新鮮

That's Japanese for fresh. And we love it. Because everything we do is about freshness.

Take our fresh approach to ingredients – all our seafood is 100% responsibly sourced. Then there's the fresh thinking we apply to our menu – it includes a mix of 10 vegan and 21 vegetarian dishes. But of course, freshest of all is the food itself. Unbeatably fresh ingredients, freshly prepared in front of your eyes, so you can experience the freshest flavours imaginable. So go on, dive into our new menu. You'll find it refreshingly different.

Dietary requirements? Talk to one of our friendly team, we'll be more than happy to help.

FOLLOW YO! Be the first to know about our new dishes and great offers by signing up at yosushi.com.
ヨッをフォロ Don't forget to follow us on Facebook, Twitter and Instagram.



DESSERTS



Petits Fours Assorted sweet chocolate treats. Assorterte godbiter av sjokolade. **N, M, V**



Fresh Fruit The perfect palate cleanser - our fresh and healthy fruit plate. Perfekt ganerenser - vårt friske og sunne fruktfat.



Doughnut Assorted flavours with strawberry filling, chocolate filling hazel filling or chocolate filling with topped chocolate glaze. Assorterte smaker fylt med jordbær, sjokolade og hasselnøtt eller sjokolade toppet med sjokoladeglasur. **G, M, E, Hv, V**



Chocolate Banana Harumaki Hot banana and chocolate spring roll, raspberry sauce. Varm frityrstekt banan med sjokolade, servert med bringebærsaus. **G, Hv, M, E, P, N, Ha, V**



Raspberry Cheesecake Sweet, creamy raspberry cheesecake with refreshing raspberry jelly topping and soft biscuit base. Ostekake med bringebær. **M, G, Hv, H, Se, N, V**

F FISH FISK	P PEANUTS PEANØTTER
B MOLLUSCS BLØTDYR	Ha HAZELNUTS HASSELNØTTER
S CRUSTACEANS SKALLDYR	V WALNUTS VALNØTTER
E EGG EGG	Sl CELERY SELLERI
M MILK MELK	Sn MUSTARD SEEDS SENNEPSFRØ
G GLUTEN GLUTEN	Se SESAME SEEDS SESAMFRØ
Hv WHEAT HVETE	L LUPIN LUPIN
R RYE RUG	So SOY SOYA
N NUTS NØTTER	Sv SULPHUR DIOXIDE SVOVELDIOXID
By BARLEY BYGG	H OATS HAVRE
G GLUTEN GLUTEN	*TRACES OF / SPOR AV

Please advise your server of any allergies or intolerances

Si i fra til betjeningen om vi skal ta hensyn til allergier/intoleranse

Vegetarian Vegan

Visit yosushi.com/nutrition for full allergen and nutritional info, or ask a YO! Team member.

SOFT DRINKS

Freshly Squeezed Orange Juice	330 ml / NOK 49
Lier Eplemost	250 ml / NOK 49
Nobe Aloe Vera	500 ml / NOK 41
Froosh Smoothies	250 ml / NOK 39
Bundaberg Brewed Drinks	375 ml / NOK 49
Pepsi, Pepsi Max, Solo, 7-Up	300 ml / NOK 39
Farris Sparkling Water	375 ml / NOK 39
Imsdal Water	500 ml / NOK 34
Imsdal Iste	500 ml / NOK 36
Ask Brygghus Økologisk Kombucha	330 ml / NOK 74

BEER & CIDER

Hansa (Norway) ABV 4,6%, B, Y	500 ml / NOK 79
Autmann Utpå (Norway) ABV 4,6%, B, Y	400 ml / NOK 99
Tiger (Singapore) ABV 4,6%	330 ml / NOK 79
Asahi Super Dry Beer (Japan) ABV 4,6%	330 ml / NOK 82
Clausthaler Non Alcohol (Germany) ABV 0%	330 ml / NOK 45
Heineken (Holland) ABV 4,6%	330 ml / NOK 86
Sol (Mexico) ABV 4,5%	330 ml / NOK 86
Brewdog Punk IPA (Scotland) ABV 5,6%	330 ml / NOK 119
Fjord Cider Apple (Norway) ABV 4,5%	275 ml / NOK 79
Fjord Cider Pear (Norway) ABV 4,5%	275 ml / NOK 79

RED WINE

Principiano Piemonte Barbera (Italy) ABV 13%, Sv	750 ml / NOK 525
	125 ml / NOK 119
	250 ml / NOK 159



SPARKLING WINE

François Montand Brut Blanc De Blancs (France) ABV 12%, Sv	750 ml / NOK 315
	per gl / NOK 49
Canaletto Prosecco (Italy) ABV 12%, Sv	750 ml / NOK 525
	per gl / NOK 119
Champagne Maily Grand Cru Brut Reserve (France) ABV 12%, Sv	750 ml / NOK 845

WHITE WINE

La Roche Mas la Chevaliere (økologisk) (France) ABV 12%, Sv	750 ml / NOK 399
	125 ml / NOK 96
	250 ml / NOK 139
Les Deux Pins Sauvignon Blanc (France) ABV 12%, Sv	750 ml / NOK 525
	125 ml / NOK 119
	250 ml / NOK 159

Domaine Laroche Chablis St. Martin (France) ABV 12%, Sv	750 ml / NOK 699
	125 ml / NOK 149
	250 ml / NOK 189

Von Winning Riesling (Tyskland) ABV 12,5%, Sv	750 ml / NOK 589
	125 ml / NOK 129
	250 ml / NOK 179

SAKE

Sparkling Sake	330 ml / NOK 299
Junmai Sake	350 ml / NOK 349
	60 ml / NOK 72
Kijoshu Sake	350 ml / NOK 359
	40 ml / NOK 69

ROSÉ WINE

Miradou by Gassier Rosé (France) ABV 12%, Sv	750 ml / NOK 399
	125 ml / NOK 96
	250 ml / NOK 139

UNLIMITED REFILLS

Japanese Green Tea	NOK 34
Coffee	NOK 36

YO! 活







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JULY17PN

COLD DISHES



















SASHIMI

Premium slices of fish or meat

-  **Salmon**
Our freshest cuts of thick-sliced salmon, with mooli and lemon. Norsk laks servert med daikon-reddik og sitron. **F**
-  **Tuna**
Tuna (3 slices).
Tunfisk. **F**
-  **Sesame Seared Salmon Sashimi (5 slices)**
Sesame seared salmon. Lettsteckt norsk laks med sesam. **F, Se**
-  **Salmon & Yuzu Salsa**
Thinly sliced salmon served up with a yuzu & ponzu dressing. Tynt skåret laks, agurk, cherrytomatsalsa og ponzusaus. **G, So, Hv, F**
-  **Salmon Selection**
Three pieces of salmon sashimi, two salmon nigiri and two salmon maki all on one plate. Tre skiver norsk laksesashimi, to laks nigiri og to laks maki. **G, So, Hv, F**
-  **Tuna & Caviar**
Seared tuna, marinated in sake & soy and served with shiso leaf. Lettsteckt tunfisk marinert i sake og soya, servert på shisoblod. **So, F, Sn, Se**









ROLLS

Large and small nori rolls with rice

-  **Cucumber Maki** 
Crunchy cucumber and toasted sesame seed nori roll. Agurk og ristet sesamfrø. **Se**
-  **California**
Surimi, avocado and Japanese mayonnaise nori roll with toasted black and white sesame seeds. Crabstick, avokado, majones, nori og ristede sesamfrø. **G, E, So, Hv, F, S, Sn, Se**
-  **Dragon**
California roll topped with fresh salmon, shichimi powder and spring onion. Laks lagt på California-roll, shichimpulver (Japansk chili) og vårløk. **G, E, So, Hv, F, S, Sn, Se**
-  **Dynamite**
Salmon, avocado and rayu chilli oil nori roll topped with sriracha, mayo and spring onion. Laks og avokado nori med Rayu chilli olje, sriracha (chillisaus) majones og vårløk. **E, So, F, Sn**
-  **Ginza**
Fresh salmon, cream cheese and cucumber roll with arénkha caviar, teriyaki, sriracha and mayo. Laks, kremost og agurk rull. Servert med norsk silderogn, teriyaki, sriracha (chillisaus) og majones. **G, M, E, So, Hv, Sn**
-  **Roll Selection**
On piece each of our premium rolls; Ginza, soft shell crab and YO!
Et stykke hver av våre premiumruller: Ginza, Spider og YO!
G, F, M, E, So, Hv, Sn, S, Se
-  **NEW! Smoked Salmon**
Fresh salmon, avocado, mayo and toasted sesame seeds wrapped in nori rice cone. Agurk, inari (fritert tofu) og tamago (Japansk omelett) med majones. **G, E, So, Hv, Sn, Se**
-  **Avocado Maki** 
Soft avocado & mayo nori roll. Avokado og majones. **E, So, Sn**
-  **YO! Roll**
Our signature roll! Fresh salmon, avocado and Japanese mayonnaise roll with orange masago. YO! Sushi sin signaturrett! Laks, avokado, majonesrull med masago (fiskerogn). **E, So, F, Sn**
-  **Spider**
Tempura soft shell crab and pickled radish roll with yuzu tobiko and sweet chilli sauce. Frityrsteckt softshell-krabbe og japansk sylteagurk med yuzu tobiko (fiskerogn) og søt chilimajones. **G, E, So, Hv, F, S, Sn, Se**
-  **Prawn Katsu Roll**
Prawn katsu, avocado, wasabi masago (fish roe) and mayonnaise. Sprøstekt kylling, shichimpulver (Japansk chili) og tonkatsusaus (Japansk BBQ saus). **G, E, Hv, Se**
-  **Salmon Maki**
Fresh salmon nori roll. Mini laks rull. **F**
-  **Yasai** 
Veggie heaven; tamago, inari, avocado, cucumber and carrot nori roll with teriyaki and mayo. Vegetar favoritt; tamago (Japansk omelett) Inari, (fritert tofu) avokado, agurk, gulrot nori med teriyaki og majones. **G, E, So, Hv, Sn**
-  **Spicy Chicken**
Crispy chicken katsu nori roll with shichimi powder. Sprøstekt kylling, shichimpulver (Japansk chili) og tonkatsusaus (Japansk BBQ saus). **G, E, Hv, Se**
-  **Tuna Maki**
Yellowfin tuna roll. Mini tunfisk rull. **F**


NIGIRI

Rice blocks with topping

-  **Kaiso Gunkan** 
Marinated seaweed with su-miso sauce, wrapped in nori. Su-miso marinert kaiso og nori (Japansk tang). **G, So, Hv, F, Se**
-  **Inari** 
Sweet parcels of soft bean curd filled with sticky rice. Fritert tofu med ris. **G, So, Hv**
-  **Ebi**
Poached, butterflied prawn. Kokte reker. **F, S**
-  **Salmon**
Fresh-cut salmon. Nyskåret laks. **F**
-  **Tuna**
Yellowfin tuna. Tunfisk. **F**
-  **Assorted Nigiri & Maki**
Salmon, Tuna and Ebi Nigiri, Avocado and Cucumber Maki. Laks, tunfisk, kokt reke, avokado og agurk maki. **F, S, Se**

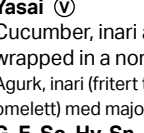

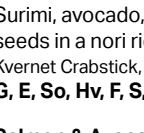
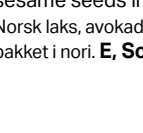

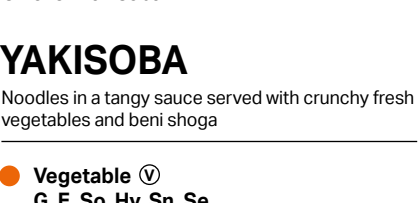

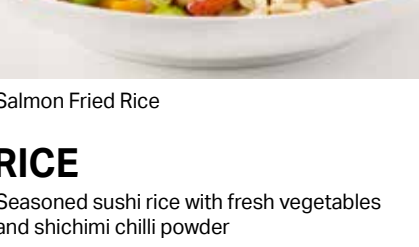
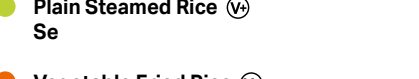









SALADS

Snacks Light bites

-  **Edamame** 
Pods sprinkled with salt flakes and spring onion. Pop the the beans out and eat! Blansjerte soyabønner med flaksalt og vårløk. **So**
-  **Kaiso Seaweed** 
Marinated mixed seaweed, edamame and carrot in a su-miso dressing. Salat med sesammarinert tang, edamame, gulrot og japansk vinaigrette. **G, So, Hv, Sn, Se**
-  **Ramen Noodle Salad** 
Noodles coated in sesame sauce with pickled ginger, wakame and crispy shallots. Nudler lagt i sesamfrøsaus med syltet ingefær, wakame og sprø sjalottløk. **G, E, So, Hv, Sn, Se**
-  **Harusame Aubergine** 
Fried slices of aubergine in a garlic & ginger sesame soy dressing. Aubergine med harusame-dressing (hvittløk, sesam, ingefær). **G, So, Hv, Sn, Se**
-  **Kimchi Squid**
Poached squid with quick-pickled spicy kimchi vegetables. Posjert blekksprut med syltet kimchi chili. **G, Hv, F, B, Se**
-  **Chuka Ika**
Marinated squid, seaweed and rocket salat. Marinert og krydret akkar, tang- og ruccolasalat. **G, So, Hv, B, Se**
-  **Spicy Chicken Salad**
Spicy Kimchee chicken thigh, salad, leaves, carrot, soy ginger & garlic dressing. Krydret kylling med salat, gulrot, ingefær og hvitløksdressing. **G, So, Hv, F, Se**

TEMAKI

Hand rolls wrapped in nori rice

-  **Yasai** 
Cucumber, inari and tamago with mayo, wrapped in a nori rice cone. Agurk, inari (fritert tofu) og tamago (Japansk omelett) med majones. **G, E, So, Hv, Sn, Se**
-  **California**
Surimi, avocado, mayo and toasted sesame seeds in a nori rice cone. Kvernet Crabstick, avokado, majones og sesamfrø. **G, E, So, Hv, F, S, Sn, Se**
-  **Beef & Avocado**
Fresh salmon, avocado, mayo and toasted sesame seeds in a nori rice cone. Norsk laks, avokado, majones og ristede sesamfrø pakket i nori. **E, So, F, Sn, Se**
-  **Chicken Teriyaki**
Chicken Yakisoba
-  **YAKISOBA**
Noodles in a tangy sauce served with crunchy fresh vegetables and beni shoga
-  **Salmon Fried Rice**
Salmon Fried Rice
-  **RICE**
Seasoned sushi rice with fresh vegetables and shichimi chilli powder
-  **Plain Steamed Rice** 
Se
-  **Vegetable Fried Rice** 
G, So, Hv, Se
-  **Chicken Fried Rice**
G, So, Hv, Se
-  **Salmon Fried Rice**
G, So, Hv, F, Se
-  **Beef & Garlic Teriyaki**
Beef & Garlic Teriyaki
-  **Teriyaki**
Served hot from the grill in a salty sweet teriyaki glaze
-  **Chicken Teriyaki**
G, So, Hv
-  **Beef & Garlic Teriyaki**
G, E, So, Hv

HOT DISHES

-  **Popcorn Shrimp**
Popcorn Shrimp
-  **Spicy Seafood Udon**
Spicy Seafood Udon
-  **Ramen & MISO**
Noodles and broths
-  **Unlimited Miso Soup** 
A light and healthy shiro miso broth with wakame, spring onion and tofu. Lett & sunn Japansk suppe laget på lys soyabuljong med tang, vårløk og tofu. (ubegrenset påfyll). **So, F**
-  **Spicy Seafood Udon /Rice**
Prawns, salmon, squid and vegetables in a hot and spicy kimchi broth served with thick udon noodles or rice. Krydret kimchi kraft med reker, laks, blekksprut og grønnsaker servert med nudler eller ris. **G, Hv, F, S, B**
-  **Miso Dumpling Ramen** 
Vegetable dumplings and crunchy vegetables in a miso broth with chilli sesame paste and ramen noodles or rice. Misosuppe med sprø grønnsaker og vegetardumpling (melbolle). Servert med ramen nudler eller ris. **G, So, Hv, F, Si, Se**
-  **Beef Ramen**
Beef from Krosby farm in five spice, garlic, ginger & sesame then roasted, with ramen noodles, umami broth, wakame, fishcake, scallion, sesame seeds and nori. Marinert og stekt biff fra Krosby gård med five spice krydder, hvitløk, ingefær og sesamfrø. Serveres med ramen-nudler, kraft med bambusspirer, wakame, fiskekake, vårløk, sesamfrø og nori. **G, E, So, Hv, F / N**
-  **NEW! Beef Curry Ramen**
Beef from Krosby farm with ramen noodles in a curry ummami broth. Marinert og stekt biff fra Krosby gård. Serveres med ramen-nudler og karri ummami kraft. **G, E, So, Hv, F/N**
-  **KATSU**
Coated in panko breadcrumbs
-  **Chicken Katsu**
Juicy chicken thigh in Japanese panko, drizzled with fruity tonkatsu sauce. Frityrsteckt panert kylling i Japansk Panko og tonkatsu saus (Japansk BBQ saus). **G, E, So, Hv, Si / N**
-  **Prawn Katsu**
Crispy tail-on prawns drizzled with tonkatsu sauce. Frityrsteckte tiggerreker med tonkatsu saus (Japansk BBQ saus). **G, E, So, Hv, S, Si, Sn**
-  **Wild North Atlantic Sea Scallops**
Crispy Japanese breaded s with wasabi mayonnaise. Frityrsteckte kamskjell med wasabimajones. **G, E, So, Hv, S, Si, Sn**
-  **Wild North Atlantic Sea Scallops**
Wild North Atlantic Sea Scallops
-  **KATSU CURRY**
Katsu smothered in mild curry sauce with pickles and steamed rice
-  **Chicken Katsu Curry**
G, E, So, Hv, Si, Sn, Se / N
-  **Prawn Katsu Curry**
G, E, So, Hv, S, Si, Sn, Se / N
-  **Soft Shell Crab**
Soft shell crab fried in a light, crisp batter served with sweet chilli mayo. Frityrsteckt softshell-krabbe. Serveres med chilimajones. **G, E, So, Hv, S, Sn**
-  **Kakiage Vegetable Tempura** 
Shredded vegetables bound together in a crisp tempura batter with a sesame vinegar sauce. Utvalgte frityrsteckte grønnsaker servert med sesamvinaigrette. **G, So, Hv, Se**
-  **Prawn Tempura**
Black tiger prawns fried in a crispy and light batter with harusame sauce. Frityrsteckte tiggerreker. Serveres med harusamesaus. **G, So, Hv, S, Se**

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