



Sushi
& fresh
Japanese
food

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 **Ve** 135kcal

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

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



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

desserts

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

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

strawberry cheesecake little moons mochi £4.75
Bites of creamy strawberry cheesecake, in a sweet rice casing, with a raspberry drizzle **V** 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 **Ve** 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 **Ve** 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 **Ve** 193kcal **chicken** 232kcal **prawn** 241kcal



quench YO! thirst

soft drinks

belu water **Ve**
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 **Ve** 330ml £3.35

coke zero / diet coke **Ve** 330ml £3.25

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

sprite **Ve** 330ml £3.25

fanta orange **Ve** 330ml £3.25

chu-lo apple **Ve** 330ml £3.95

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

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

happy inside lemon, yuzu & ginger **Ve** 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 **Ve** 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 **Ve** £2.25

cawston press apple & mango **Ve** £2.25

unlimited green tea **Ve** £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 **Ve** 330ml £5.75
Super refreshing, super dry (Japan) 500ml £6.50

metroland two tribes IPA 330ml £6.25
4% abv **Ve** Toyko IPA, with bustling flavours of florals, grapefruit and pineapple

wine

prosecco 11% abv **V** 200ml £7.75

red wine 12% abv **V** 187ml £6.25

rosé 12% abv **V** 187ml £6.25

white wine 12% abv **V** 187ml £6.25

mixed drinks

ELLC grapefruit G&T 5% abv **Ve** £6.75
Award-winning London Dry Gin mixed with East London Liquor Co's own grapefruit-infused tonic.

ELLC vodka rhubarb 5% abv **Ve** £6.95
British Wheat Vodka cut with natural rhubarb soda

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



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

NR/D/Kcal/02/23

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**
 Avocado & mayo, wrapped in a nori roll
 204kcal **6 pieces** **£3.75**
- cucumber maki**
 Crunchy cucumber with toasted sesame seeds in a nori roll 150kcal **6 pieces** **£3.50**
- salmon maki**
 Fresh salmon, wrapped in a nori roll 195kcal **6 pieces** **£3.95**
- mixed maki**
 The best of both worlds, 3 salmon maki and 3 avocado maki 199kcal **6 pieces** **£3.95**



nigiri

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



sushi rolls

- yasai**
 Inari, kaiso, avocado, cucumber, lettuce & carrot roll, topped with teriyaki, mayo and spring onion 170kcal/339kcal **3 pieces** **£4.95** **6 pieces** **£8.95**
- spicy chicken katsu roll**
 Delicious chicken katsu & lettuce, rolled in shichimi powder & topped with tonkatsu sauce 147kcal/294kcal **3 pieces** **£4.95** **6 pieces** **£8.95**
- crunchy california**
 Surimi & avocado roll, topped with mayo, teriyaki & crunchy onion 285kcal/571kcal **3 pieces** **£4.95** **6 pieces** **£8.95**
- YO! roll**
 Our signature salmon, avocado & mayo, rolled in orange masago 191kcal/382kcal **4 pieces** **£5.25** **8 pieces** **£9.50**
- salmon dragon roll**
 California roll topped with salmon, shichimi powder & spring onion 201kcal/446kcal **4 pieces** **£5.50** **8 pieces** **£9.95**

sushi sharers serves two

- salmon selection**
 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 **£18.95**
- salmon & tuna selection**
 2 YO! rolls, 2 salmon maki, 2 tuna maki, 2 salmon nigiri, 2 tuna nigiri, 2 thick cut slices of salmon & tuna sashimi 505kcal **£18.95**
- YO! mix**
 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 **£17.50**
- plant platter**
 2 yasai roll pieces, 2 veggie volcano roll pieces, 2 inari taco, 2 kaiso gunkan, 2 avocado maki & 2 cucumber maki 652kcal **£14.95**



teriyaki

- Served in a tempting, sticky soy glaze, topped with sesame & a fresh chilli kick
- beef** 331kcal **£7.50**
- add steamed rice** 559kcal **£9.25**
- chicken** 197kcal **£5.95**
- add steamed rice** 425kcal **£7.75**



- crunchy prawn roll**
 Crunchy prawn katsu, avocado & mayo rolled in purple shiso 158kcal/315kcal **4 pieces** **£5.25** **8 pieces** **£9.50**
- dynamite roll**
 Creamy avocado, kaiso & crunchy carrot in a nori rice roll, topped with spicy salmon 234kcal/467kcal **4 pieces** **£5.50** **8 pieces** **£9.95**



duck & 'duck'

- Your choice of real duck or Squeaky Bean plant-based mock duck
- hoisin duck roll**
 Hoisin duck & cucumber roll, wrapped in sushi rice. All rolled up in crispy onions & sprinkled with spring onion **3 pieces** **£4.95** **6 pieces** **£8.95**
 Real duck: 148kcal/296kcal
 Mock 'duck' available 158kcal/316kcal
- mighty duck fries**
 Crispy fries loaded with duck, Korean ketchup, mayo & furikake 145kcal **£5.75**
 Real duck: 333kcal
 Mock 'duck' available 324kcal

street food

- YO! fries**
 Japanese style fries drizzled in sriracha mayo, sprinkled with furikake 348kcal **£4.50**
- spicy pepper squid**
 Crispy squid, dusted in a spicy seasoning, dished up with a chilli & ginger dipping sauce 193kcal **£7.95**
- korean fried chicken**
 Fried chicken, tossed in a tasty sweet & spicy Korean chilli sauce 415kcal **£7.25**
- add steamed rice** 623kcal **£8.50**
- japanese fried chicken**
 Fried chicken breast, marinated in soy & sake; served with mayo 385kcal **£6.75**



- spicy tuna roll**
 Kaiso, lettuce, carrot & chives in a nori rice roll. Topped with spicy sriracha tuna 158kcal/317kcal **4 pieces** **£5.50** **8 pieces** **£9.95**
- veggie volcano**
 Kaiso, cucumber, carrot & chive roll, topped with chilli sauce, smashed avocado and crispy onions 228kcal/457kcal **4 pieces** **£5.50** **8 pieces** **£9.95**



temaki handrolls

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



- cheese YO!nut New**
 Mixed cheese filled donut with a panko breadcrumb, topped with fresh chive, crispy onions, sesame seeds, okonomiyaki sauce, and YO! mayo 407kcal **£3.50**
- katsu chicken YO!nut New**
 Chicken katsu curry flavoured donut with a panko breadcrumb, topped with shaved coconut, spring onion, shredded ginger and a katsu curry sauce 440kcal **£3.50**

sides

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

adults need around 2000 kcal a day

poké

- Choose your protein and base below:
- | | | | |
|---------------------------|--------|----------------------|--|
| protein: | | | |
| dynamite salmon 360kcal | £11.95 | base: | |
| spicy tuna 360kcal | £11.95 | sushi rice 337kcal | |
| sriracha chicken 301kcal | £11.95 | spinach 13kcal | |
| hoisin 'duck' 332kcal | £11.95 | half & half 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 71kcal | sriracha mayo 168kcal |
| korean ketchup 88kcal | zingy lemon & chilli 71kcal |
| sriracha 40kcal | korean sweet chilli 109kcal |
- Add toppings to have your bowl, your way:
- | | | |
|--------------------------------|-----------------------------|--------------|
| dynamite salmon 115kcal | hoisin 'duck' 87kcal | £2.20 |
| spicy tuna 64kcal | avocado 57kcal | £1.95 |
| sriracha chicken 56kcal | | |



bigger bowls

katsu curry bowl

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

- pumpkin** 430kcal/603kcal **regular** **£7.50** / **large** **£11.25**
- chicken** 517kcal/846kcal **regular** **£8.25** / **large** **£11.95**
- meatless farm chick'n** 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 383kcal

- soy egg** 43kcal
 (add me to the shiitake mushroom ramen for free!)



sushi & sharers

small plates

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



Allergies? Please speak to a team member who can help you. For a full allergen guide & nutritional information, please visit yosushi.com/nutrition. We handle several allergens in our kitchen & cannot guarantee our dishes are allergen free. A discretionary 7.5% tip for our team is added to your bill, you can opt-out of this at check-out

vegan **vegetarian** **spicy** **YO! loves**