



ZUMUKU
SUSHI

GLUTEN FREE MENU

www.zumokusushi.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. They will be able to suggest the best dishes for you. Our dishes are prepared in areas where allergenic ingredients are present so we cannot guarantee our dishes are 100% free from these ingredients. Please note there are occasions in which our recipes change, so it is always best to check with your server before ordering. Please note Fish dishes may contain bones. Whilst we take care to remove any small bones or shells from our dishes, there is a small chance that some may remain.

GLUTEN FREE MENU

SMALL PLATES

- MISO SOUP** 🌱 4.25
traditional Japanese soup, dashi stock, miso, tofu, seaweed, spring onions
- EDAMAME BEANS** 🌱 4.95
wok fried soya beans in pods in garlic and flaky sea salt
- YAKITORI** 8.50
marinated grilled chicken skewers with gluten free teriyaki sauce
- SALT & PEPPER WINGS** 7.50
fried crispy wings with salt and pepper seasoning fried with corn starch

CHAHAN

Japanese style fried rice with mix veg inside, egg and sesame seeds, gluten free soy no fried shallots

- Chicken 13.95
King Prawn 14.50
Beef 14.50

TERIYAKI

Grilled teriyaki dishes served with steamed rice, salad, gluten free teriyaki sauce

- Chicken 13.95
Salmon 14.95
Beef 14.95

SUSHI

NIGIRI

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

- salmon 7.50
tuna 7.95
prawn 7.95
avocado 6.50
cucumber 6.50

MAKI

8 pieces
nori wrapped sushi rolls cut into bitesize pieces

- cucumber 🌱 5.95
avocado 🌱 5.95
salmon 6.95
tuna 7.50

SASHIMI

raw slices of fresh fish

- salmon 6 pieces 9.50
tuna 6 pieces 11.95
hamachi yellow tail 6 pieces 13.50
scallops 6 pieces 10.50
seabass 6 pieces 10.00
- sashimi mix – chefs choice 8 pieces (2 pieces of each) 14.00
sashimi mix – chefs choice 16 pieces (4 piece of each) 25.00

URAMAKI ROLLS 5 /10 pieces

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

- Wilmslow Roll** 8.50/15.95
salmon, tuna, avocado, cucumber, gluten free mayo, gluten free teriyaki
- Veggie Crunch Roll** 7.50/15.00
sweet potato, cucumber, avocado and gluten free teriyaki sauce
- Salmon & Avocado** 8.50/15.95
salmon, avocado, gluten free mayo
- Tokyo Rainbow** 8.50/15.95
tuna, salmon, avocado, mango, cucumber (no tobico)
- Rock & Roll** 8.50/15.95
tuna, salmon, avocado, cucumber, spring onion, gluten free mayo
- Philadelphia Roll** 8.00/15.00
cucumber, avocado, Philadelphia cheese inside, topped with salmon (no tobico)

TEMAKI

coned shaped nori hand roll

- salmon & avocado, sushi rice, gluten free mayo, sesame seeds (no tobiko) 5.00

SHARING PLATTERS

Salmon Set (20 pieces) 29.95

5 pcs salmon avocado roll with gluten free mayo, 8pcs salmon maki, 4pcs salmon nigiri, 4pcs salmon sashimi

Happy Sushi (30 pieces) 39.95

8 pcs mixed nigiri, 5pcs salmon avocado roll (gluten free mayo and no tobico), 5pcs Wilmslow roll (gluten free mayo and gluten free teriyaki sauce), 8pcs cucumber maki, 4pcs sashimi

Zumuku Platter (40 pieces) 49.95

Chefs selection sushi: Omakase style where our chefs have the freedom to assemble the freshest and creative sushi platter (all using gluten free options and ingredients)