



TENKAICHI

SUSHI AND
NOODLE BAR

MENU



Wales's premier sushi Restaurant
Best for sushi & sashimi 2018 -wales
Best Japanese sushi experience 2019- south wales
Best sushi Restaurant south wales -2022



TENKAICHICARDIFF



TENKAICHICARDIFF



TENKAICHI236

WWW.TENKAICHI.CO.UK

the MENU

Maki Rolls



TENKAICHI IS KNOWN FOR ITS 'MAKI ROLLS, 'WE MAKE OURS BY HAND (MOST COMMERCIAL MAKI IS MACHINE MADE) WHICH MAKES THEM LIGHTER AND LESS DENSE, GIVING THE FLAVORS ROOM TO MERGE INTO ABSOLUTE DELICIOUSNESS. OUR CHEF'S PRODUCE STUNNING FLAVOR COMBINATIONS, MIXING TWO, THREE OR MORE FILLINGS CHOSEN FOR THEIR COMPLEMENTARY TASTES AND COLORS. THE SUSHI EXPERIENCE!



• ALASKA MAKI



9.00

SUSHI RICE ROLLED IN NORI AND FILLED WITH A DELICIOUS MIX OF ATLANTIC SALMON AND AVOCADO



• PHILADELPHIA MAKI



10.00

SUSHI RICE IN SEAWEED AND FILLED WITH A STUNNING COMBINATION OF TUNA, AVOCADO, CREAM CHEESE AND GARNISH WITH CREAM AND TOASTED CHEESE.



• CHICKEN KATSU MAKI

9.00

SUSHI RICE ROLLED IN NORI AND FILLED WITH CRISPY CHICKEN KATSU, MIXED LETTUCE, KATSU SAUCE AND TOPPED SHICHIMI POWDER AND SPRING ONION.



• RAINBOW MAKI



11.00

PRETTY AS A PICTURE; PRAWNS, AVOCADO, SALMON, TUNA, SQUID & CAVIAR, ALL ROLLED IN CUCUMBER AND JUICY CRAB STICKS



• CHICKEN TERI MAKI

8.00

SUCCULENT CHICKEN IN A RICH TENKAICHI'S TERIYAKI AND MAYONNAISE SAUCE WITH CUCUMBER



• SPICY SALMON MAKI



9.00

SPICY SEASONED SALMON WITH AVOCADO TOPPED WITH FRIED ONIONS, SIRACHA MAYO AND SPRING ONIONS.



• CALIFORNIA MAKI

8.00

MR TENKAICHI'S FAVOURITE SUSHI ROLL; WITH A DELICIOUS CAVIAR AND JUICY AVOCADO, CUCUMBER AND CRAB STICK FILLING



• SPICY TUNA MAKI



10.00

SUSHI RICE ROLLED IN NORI, INCORPORATE WITH AVOCADO AND SPICE SEASONED TUNA GARNISH WITH SHICHIMI POWDER, FRIED ONION AND SPRING ONIONS.



• DEEP FRIED SALMON TEMPURA MAKI



10.00

SUSHI RICE ROLLED IN SEAWEED AND FILLED WITH CRISPY, DEEP FRIED TEMPURA SALMON AND TOPPED WITH CRUNCHY TEMPURA CRUMBS AND TENKAICHI SPECIAL SAUCE.



• SPIDER MAKI



13.00

PROBABLY THE MAKI WE ARE BEST KNOWN FOR; OUR DEEP FRIED SOFT SHELL CRAB ROLL, WITH AVOCADO, CUCUMBER, CAVIAR AND WASABI MAYONNAISE



• DRAGON ROLL MAKI



12.00

A DELICIOUS DEEP FRIED ATLANTIC SALMON COVERED WITH SUSHI RICE, CRUNCHY CUCUMBER, AVOCADO, CRABSTICK AND GARNISH WITH FRESH CAVIAR, SIRACHA MAYO AND TERIYAKI SAUCE



• TENKAICHI BEEF MAKI

11.00

OUR SECRET RECIPE MARINATED BEEF, COOKED IN A SWEET JAPANESE SAUCE WITH LETTUCE AND TRADITIONAL WASABI MAYONNAISE


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- **EBI KATSU MAKI WITH SWEET POTATO**  10.00


SUSHI RICE ROLLED IN SEAWEED AND FILLED WITH EBI KATSU (DEEP FRIED TEMPURA PRAWN) WITH SLICED AVOCADO AND COMPLETED WITH FRIED SWEET POTATO AND TERIYAKI SAUCE.



- **TEMPURA MAKI**  8.00

SUSHI ROLLED IN SEAWEED WITH PRAWNS DEEP FRIED IN A LIGHT TEMPURA BATTER COMPLEMENTED BY AN AUTHENTIC JAPANESE WASABI MAYONNAISE DRESSING



- **GREEN MAKI**  11.00


SUCCULENT ATLANTIC SALMON WITH AVOCADO AND CREAM CHEESE AS WELL AS AVOCADO CREAM CHEESE, CAVIAR ON TOP TO FINALISE THIS MAKI.



- **VEGAN CALIFORNIA MAKI** 


SESAME SUSHI ROLL WITH A DELICIOUS AVOCADO AND CUCUMBER FILLING



- **MANGO MAKI**  9.00

DELICIOUS MANGO COVERED SUSHI RICE WITH JUICY PRAWN, WASABI MAYO, AVOCADO FILLING AND GARNISHED WITH MANGO DELIGHT SAUCE.



- **WAKAME VEGAN CALIFORNIA MAKI**  9.00


SUSHI RICE ROLLED WITH DELICIOUS AVOCADO AND CUCUMBER FILLING TOPPED WITH JUICY SEAWEED AND WHITE SESAME SEEDS

Hoso maki Rolls



- **AVOCADO HOSO MAKI**  5.00



- **SALMON HOSO MAKI**  5.50



- **PICKLE HOSO MAKI**  5.00




- **TUNA MAKI**  5.60



- **CUCUMBER MAKI**  5.00




- **TAMAGO HOSO MAKI**  5.00

the Nigiri MENU

RICE BLOCKS WITH TOPPING (2PCS)



- AVOCADO  NIGIRI 4.00



- MACAREL NIGIRI 4.20



- TUNA NIGIRI 4.80



- CAVIAR NIGIRI 4.50



- SWEET  SHRIMP NIGIRI 4.50



- TAKO NIGIRI 4.50



- EBI  NIGIRI 4.50



- SALMON NIGIRI 4.50



- TAMAGO  NIGIRI 4.00



- INARI  NIGIRI 4.20




- SQUID NIGIRI 4.30



- UNAGI NIGIRI 5.00



- WAKAMA  NIGIRI 4.00

Shashmi

PREMIUM SLICES OF FISH OR MEAT



- SALMON SHASHMI (5PCS) 9.50 



- TUNA/ SALMON MIXED (6PCS) 12.00 






- TUNA SHASHMI (5PCS) 10.00 


Temaki

HAND ROLLS WRAPPED IN NORI RICE (1PCS)



- CALIFORNIA HAND ROLL 4.50
- EBI KATSU HAND ROLL  5.00
- SALMON HAND ROLL  4.90
- SPICY SALMON MIX HAND ROLL  4.90

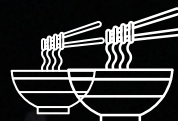
- SPICY TUNA HAND ROLL  5.00
- TEMPURA HAND ROLL 5.00
- UNAGI HAND ROLL 5.25
- WAKAMA HAND ROLL  4.50
- YASAI HAND ROLL  4.50

 Shell & Bones

 Vegetarian

 Vegan

the Yaki Soba-udon MENU



CHOOSE FROM SOBA NOODLES, UDON NOODLES OR GO GLUTEN FREE WITH VERMICELLI RICE NOODLES FOR 1 EXTRA (STIR FRIED NOODLES WITH BEANSPOUTS, CARROTS, GREEN PEPPERS, MANGE TOUT, ONIONS, CHINESE LEAF WITH BONITO FLAKES, RED GINGER)



- | | | | |
|-----------------------|-------|------------------------------|-------|
| • YAKI(CHICKEN) | 12.00 | • CURRY YAKI(BEEF/CHICKEN) | 12.50 |
| • SPICY YAKI(CHICKEN) | 12.00 | • TENKAICHI SPECIAL YAKI (L) | 12.50 |
| • VEGAN YAKI (V) | 11.00 | • SEA FOOD YAKI (L) | 15.00 |
| • GYU(BEEF) YAKI | 12.00 | | |

Katsu curry



KATSU WITH MILD CURRY SAUCE
(SERVED WITH CRUNCHY SALAD WITH HOMEMADE SAUCE,
JAPANESE FRIES AND TENKAICHI SPECIAL CURRY SAUCE.)



- | | |
|------------------------------|-------|
| • CHICKEN KATSU CURRY | 14.00 |
| • EBI KATSU CURRY(PRAWN) (L) | 14.00 |
| • VEGAN KATSU CURRY (V) | 14.00 |
| • PUMPKIN KATSU CURRY (V) | 14.00 |

Chahan(fried rice)



JAPANESE FRIED RICE(ALL COME WITH MIXED
VEGETABLES ,CARROTS, GREEN PEPPERS, MANGE TOUT,
ONIONS, SPRING ONIONS)



- | | | | |
|---------------------|-------|---------------------------|-------|
| • UNAGI CHAHAN (L) | 18.00 | • SEAFOOD CHAHAN (L) | 16.00 |
| • BEEF CHAHAN | 15.00 | • VEGAN NINUKU CHAHAN (V) | 12.00 |
| • NINUKU CHAHAN (V) | 12.00 | • TORI CHAHAN | 13.00 |
| • SALMON CHAHAN (L) | 15.00 | | |

BENTO BOX

THREE VEGETABLE CALIFORNIA MAKI ROLLS, TWO CHICKEN GYOZA OR TWO SPINACH GYOZA IN THE VEGAN TERIYAKI BENTO, MIXED SALAD (WITH OUR HOME MADE SALAD SAUCE),BOILED RICE ,AND CHOICE OF TWO PIECES NIGIRI(AVOCADO NIGIRI FOR VEGAN) OR JAPANESE FRIES AND MISO SOUP



- | | | | |
|---------------------------------|-------|----------------------------|-------|
| • CHICKEN KATSU BENTO | 19.00 | • EBI KATSU BENTO (L) | 20.00 |
| • CHICKEN TERIYAKI | 19.00 | • UNAGI BENTO (L) | 24.00 |
| • SALMON TERIYAKI (L) | 20.00 | • SALMON SASHIMI BENTO (L) | 20.50 |
| • TUNA/SALMON SASHIMI BENTO (L) | 21.50 | • VEGAN TERIYAKI BENTO (V) | 18.00 |
| • FRIED SEAFOOD BENTO (L) | 24.00 | • PUMPKIN KATSU BENTO | 18.00 |



(L) Shell & Bones

(V) Vegetarian

(V) Vegan

the MENU

Don Buri +Miso

DEEP FRIED CHICKEN OR PRAWN IN BREAD CRUMBS ON A BED OF RICE WITH DELICIOUS LEEKS, ONIONS, MUSHROOM AND EGG, TOPPED WITH SEAWEED AND SPRING ONION IN OUR VERY OWN DON BURI SAUCE.



- CHICKEN KATSU DONBURI 14.00
- EBI KATSU DONBURI 14.00

- VEGETABLE DONBURI 13.00
- UNAGI GOHAN 18.00

JAPANESE EEL, GARNISHED WITH SEAWEED AND SPRING ONION AND ACCOMPANIED WITH MISO SOUP

Ramen & Noodles soup

SOUP, NOODLES & BROTHS



RAMEN



UDON

- CHICKEN OR EBI KATSU UDON 14.00

TRADITIONAL SHOYU BROTH TOPPED WITH DEEP FRIED CHICKEN CUTLET OR FRIED PRAWN IN PANKO BREADCRUMBS.

- CURRY UDON 14.00

UDON NOODLES IN BEEF CURRY

- KITSUNE UDON 14.00

UDON NOODLES IN A VEGAN RAMEN STOCK TAPPED WITH SWEETENED, DEEP FRIED TOFU POCKETS

- CHICKEN GYOZA RAMEN 15.00

CHICKEN GYOZA, FISH CAKE, WAKAME, BAMBOO SHOOT, SPRING ONION AND HALF EGG IN A SHOYU SOUP

- SPICY BEEF RAMEN 15.00

MISO SOUP BASE WITH BEEF & EGG NOODLS

- SPICY CHICKEN RAMEN 15.00

MISO SOUP BASE WITH CHICKEN & EGG NOODLS

- VEGAN RAMEN 14.00

VERMICELLI(RICE)NOODLES SERVED IN A DEEP BOWL WITH MIXED GREENS, MENMA (PICKLED BAMBOO SHOOTS) MIXED VEGETABLES IN A VEGAN RAMEN STOCK

- SEAFOOD RAMEN 15.00

SHOYU SOUP BASE WITH MIXED SEA FOOD(SHRIMPS, SCALLOPS, MUSSELS, SQUID, CRAB STICK AND FISH CAKES)

- SALMON RAMEN 15.00

SHOYU SOUP BASE, TOPPED WITH SALMON IN A TERIYAKI SAUCE

- VEGETABLE RAMEN 13.00

MISO SOUP BASE WITH MIXED VEGETABLES, GARNISHED WITH SPRING ONIONS IN A VEGETABLE STOCK

- VEGETABLE GYOZA RAMEN 15.00

VEGETABLE GYOZA WITH MUSHROOM, WAKAME, IN A SHOYU SOUP

Extras

- MISO SOUP 2.50

EVERYONE'S FAVORITE ACCOMPANIMENT

- KIMCHI 4.00

THE CLASSIC KOREAN DISH, WELL LOVED IN JAPAN

- TERIYAKI SAUCE 2.50

CHEF'S OWN TERIYAKI SAUCE, MADE TO A TRADITIONAL RECIPE

- PICKLES 4.00

AUTHENTIC TRADITIONAL JAPANESE PICKLES; SERVED WITH MOST MEALS IN JAPAN

- CURRY SAUCE 4.00

HOME MADE JAPANESE CURRY SAUCE

- PICKLED & GINGER 3.00

THINLY SLICED YOUNG GINGER MARINATED IN SUGAR AND VINEGAR

- BOILED & SUSHI RICE 2.50

the MENU

Chef specials



• MR.TENKAICHI FAVORITE PLATER 25.00

24 PECES OF THE CHOICEST MAKI , THERE'S A RAINBOW MAKI, GREEN MAKI, MANGO MAKI,TEMPURA MAKI AND PHILADELPHIA MAKI WITH WASABI AND PICKLED GINGER TO CLEANSE YOUR PALLET.



• TENKAICHI TOKYO YASAI PLATER 26.00

OUR PREMIER VEGAN PLATTER , 40 PIECES - KAPA HOSOMAKI, CARROT HOSOMAKI SPICY RED PEPPER HOSOMAKI, SPICY VEG MAKI, SPICY INARI MAKI

• TENKAICHI TOKYO PLATER 26.00

THE ORIGINAL AND BEST, OUR PREMIER 36 PIECE SALMON PLATTER-SEARED SALMON NIGIRI, SALMON HOSOMAKI,SPICY SALMON MAKI,SALMON TOBIKO MAKI

• TENKAICHI SALMON AND 26.00

TUNA SHUSHI PLATER

A SELECTION OF THREE PIESCS EACH SALMON AND TUNA SASHIMI WITH TWO EACH PIESES OF SALMON AND TUNA NIGIRI COME WITH SALMON PHILADELPHIA MAKI

• CHEF SPECIAL MIXED SASHMI 27.00 (20 pcs)

• CHEF SPECIAL MIXED NIGIRI 26.00 (20 pcs)

• CHEF SPECIAL SALMON 20.00 CHIRASI BOWL WITH MISO SOUP

Starters



• EDAMAMEE SALT/CHILLI 4.50



• EBI TEMPURA 8.00



• TORI KARAGE (HOT PEPPER CHICKEN NEW) 9.00



• SEAWEED SALAD 7.00



• TAKO YAKO (OCTOPUS BALLS) 7.00



• IKKA KARAGE (HOT PEPPER SQUID NEW) 9.00



• GYOZA - VEG 6.50 CHICKEN 6.50 PRAWN 6.80



• CHICKEN KATSU 9.00



• JAPANESE SPICY FRIES 4.50



• SOFT SHELL CRAB 9.75



• VEGETABLE TEMPURA 9.00



• PUMPKIN KATSU 8.00

the MENU

DESSERTS



• MOCHI (3 PIECES) 4.99

A TRADITIONAL GLUTEN FREE JAPANESE DESSERT MADE WITH STICKY RICE PASTE AND SWEET ICE CREAM FILLING INSIDE

- CHOSE FROM CHOCOLATE, GANACHE, COCONUT, PASSION FRUIT AND MANGO



• ICE CREAM (THREE SPOOP) 4.00

CHEF'S HOME MADE JAPANESE MATCHA, BLACK SESAME SEED OR VANILLA



• DEEP FRIED MANGO 7.50

-FRESH MANGO, DEEP FRIED IN A LIGHT COCONUT BATTER AND DRIZZLED WITH A LUXURIOUS GOLDEN SYRUP

• MANGO CHEESE CAKE 4.00

MOCHI(2PCS)

• STRAWBERRY CHEESE CAKE 4.00

MOCHI(2PCS)

• COOKIE DOUGH 4.00

MOCHI(2PCS)

• HOUSE WINES

• SENTINA WHITE (PINOT GORGIO)

BOTTLE 18.00

GLASS(175 ML) 6.00

• SENTINA RED (MERLOT)

BOTTLE 18.00

GLASS (175ML) 6.00

• SENTINA ROSE (P.G.ROSE)

BOTTLE 18.00

GLASS(175ML) 6.00

• JAPANESE PLUM WINE

BOTTLE 20.00

GLASS (175ML) 8.00

PLUM WINE HAS A SWEET, FRUITY FLAVOUR WITHOUT A STRONG ALCOHOLIC TASTE. BEST SERVED COLD THIS IS A PERFECT ACCOMPANIMENT TO ALL TYPES OF JAPANESE COOKING.)

• SAKE

• OZEKI 12.00

(14.5%) HOT OR COLD SMALL (150ML) REGULAR (250ML) (NOT VEGAN)

• SHO CHIKU BAI PREMIUM JUNMAI SAKE 19.00 15%

(THIS PREMIUM VERSION OF SHO CHIKU BAI JUNMAI HAS A SMOOTHER FINISH AND A DEEPER, RICHER FLAVOR 300ML BOTTLE)

• SHO CHIKU BAI CLASSIC JUNMAI SAKE 12.00

(RICH FLAVOR WITH PLENTY OF DEPTH, THIS MEDIUM DRY SAKE HAS A HARD , CRISP TEXTURE AND A MILD , COMPLEX AROMA , BEST WITH MILDY SEASONED FOOD 180ML BOTTLE)

Drinks



• BOTTLED BEERS

• ASAHI (330ML) 4.50

• SAPPORO BOTTLE(330ML) 4.50

• KIRIN ICHIBAN(330ML) 4.75

• SAPPORO CAN(650ML) 6.99

(SUPER CRISP, SUPER CLEAR AND SUPER DRY THE BEER EMBODIES JAPANESE DISCERNMENT AND GOOD TASTE)



• WATER 1.00

• STILL WATER 500ML-1.00

• TEA

• KONACHA (GREEN TEA) 2.50

(SORTED FROM HIGH GRADE TEA LEAVES , IT HAS AN INTENSE GREEN COLOUR AND STRONG TASTE WHICH ERASES ANY FLAVOR OF FISHINESS LEFT IN THE MOUTH)

• JASMINE TEA 2.50

(GREEN TEA IS FLAVORED WITH JASMINE FLOWERS CREATING THE UNIQUE SCENT AND TASTE)

• ICED GREEN TEA 350ML 3.00

• SOFT DRINKS & JUICES

• COCA COLA330ML 2.50

• DIET COKE 330ML 2.50

• PEPSI COLA 330 ML 2.00

• DIET PEPSI 330 ML 2.00

• 7 UP 330 ML 2.00

• MANGO JUICE 330ML-3.50 3.50

• RAMUNE KOBE LEMONADE 200ML 3.75

(FUN FILLED JAPANESE SOFT DRINKS , THAT KIDS LOVE)



ALLERGIES, INTOLERANCES AND GENERAL INFORMATION.—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. WE CANNOT GUARANTEE OUR DISHES ARE 100%FREE OF THESE INGREDIENTS THERE ARE OCCASIONS IN WHICH OUR RECIPES CHANGE. IT IS ALWAYS BEST TO CHECK WITH YOUR SERVER BEFORE ORDERING. WE USE SOYA BEAN OIL PRODUCED FROM GENETICALLY MODIFIED SOYA. PLEASE NOTE WHILST WE TAKE CARE TO REMOVE ANY SMALL BONES OR SHELLS FROM OUR DISHES, THERE IS A SMALL CHANCE THAT SOME MAY REMAIN. OUR FANTASTIC TEAM RECEIVE 100% OF TIPS.



Shell & Bones



Vegetarian



Vegan