

# LUNCH MENU

gochu | 愛  
To go

## SANDWICHES

All served on homemade crusty miso rye bread.

Gluten free available upon request.

### SPICY CURED SALMON

Gochujang whipped cream cheese. Avocado.

Furikake. Chive.

12.00

### GOCHU CLUB

Grilled chicken. Charred leek pesto. Gem lettuce.

Tomato. Avocado.

13.00

### GRILLED SESAME BEEF FILLET

Pickled carrot. Avocado. Sriracha. Coriander.

16.00

## HEALTH BOWLS

### POKE BOWL

Sushi rice. Spicy cucumber. Avocado. Beetroot. Chive. (Ve)

9.00

+ House cured Salmon.

+ 4.00

### ACAI BOWL

Acai. Yoghurt. Granola. Chai seeds. (VeO)

7.00

Toppings:

Banana. Raspberries. Blueberries. Kiwi. Strawberries.

+ 0.90

Goji berries. Bee pollen. Almond butter. Pomegranate.

+ 0.80

## OPENING TIMES:

THURSDAY - SATURDAY 12:00 - 13:30

Take out available until 14:30

Please call: 01253 609877

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## SALADS

### VERMICELLI NOODLE SALAD

Soy & lime vinaigrette. Mango. Carrot. Mooli. Coriander.

Sesame. 10.00

+ Crispy beef + 4.00

+ Grilled chicken + 3.50

### GRILLED CHICKEN CAESAR

Baby gem lettuce. Pickled shallots. Ranch dressing.

Parmesan. Chives. Anchovies. 15.00

+ Upgrade to Beef Fillet Caesar. + 4.00

### GRILLED PRAWN SALAD

Baby gem lettuce. Mango. Rocket. Soy & lime vinaigrette.

Spicy cucumber. Mint. 11.00

## SUSHI

### BEETROOT CURED SALMON URAMAKI 4pcs/8pcs

Salmon caviar. Shiso creme freche. Beet crisps. Chives. 8.50/16.00

### SPICY NOBASHI PRAWN MAKI

Dill sambal aioli. Sriracha. Tempura scraps. Coriander. 8.50/16.00

### HOUSE KIMCHI & AVOCADO MAKI

Cucumber. Spicy vegan mayonnaise. Tonkotsu BBQ sauce.

Crispy shallots. 7.00/13.00

### BEEF FILLET TARTARE

Crispy rice. Pickled shallots. Furikake. 14.00

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## FRESH JUICES

<b>RISE &amp; SHINE</b> - immunity - energy - focus	8.00
Orange. Carrot. Ginger. Lemon. Turmeric.	
<b>LIFE IS BERRY GOOD</b> - strengthen - unwind - align	8.50
Pomegranate. Blueberries. Apple. Beetroot.	
<b>ICED MANGO MATCHA</b> - glow - de-stress - vitality	6.50
Mango. JENKI Matcha. Oat milk. (alternative milks available)	

## SMOOTHIES

<b>IT TAKES TWO TO MANGO</b> - boost - rejuvenate - detox	8.50
Mango. Pineapple. Lime. Baobab. Banana. Coconut milk. Mint.	
<b>MATCHA MADE IN HEAVEN</b> - energy - anti-inflammatory	8.50
JENKI Matcha. Banana. Almond milk. Dates. Spinach.	
<b>NUTS ABOUT YOU</b> - collagen - antioxidant - hydrate	8.50
Almond Butter. Oat milk. Maca Powder. Banana. Date Puree. Collagen.	

## VITALITY SHOTS

<b>REBORN</b>	3.50
Collagen. Carrot. Pomegranate. Ginger. Baobab.	
<b>INVIGORATE</b>	3.50
Apple. Turmeric. Ginger. Lemon.	

## ENHANCERS

Choose one of the following to enhance your drink:

Collagen. Spirulina. Maca powder. Baobab. Whey Protein.	1.10
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## COFFEE - TEA - MATCHA

Espresso	3.00
Latte	4.30
Cappuccino	4.30
Iced latte	4.50
JENKI Matcha	4.70