

Ciscoes

Pan Asian & Sushi



Gluten Free



Vegetarian



Adjustable

Gluten-free options are available for main courses. Teriyaki and tempura gluten-free dishes incur a surcharge. This is also available for sushi if served with tamari instead of soy. We're unable to serve wasabi to gluten-intolerant customers.

All prices are in GBP. A discretionary 10% service charge will be added to the bill for groups of 6 or more.



Free WiFi: Ciscoes Guest
ilovesushi

JFC (UK) LTD.
Food Supplier

Lunch Menu

served Monday - Thursday from 12pm - 3pm

Why not treat yourself to our Chef's special lunch? With two courses for 9.99, indulge in a choice of our delicious starters and mains. Our main courses come with a side salad, a duo of California roll and a choice of rice or chips...

Starter of Miso Soup, Wasabi Balls
or Tempura Vegetables

A choice of:

Chicken, Beef, Salmon, Tuna,
Prawn or Vegetables

9.99

Side Salad

Rice or Chips

Duo of California Rolls

Fancy something a little different for lunch? Take your pick from our selection of speciality mains, along with a starter from our lunch menu, for just £16! (All vegetarian and vegan adaptable!)

Sushi Donut *A ✓*

A rice ring laden with delicate slices of sashimi, avocado and other vegetables topped with delicious tobiko and sesame

Sushi Burger *A ✓*

A rice bun filled with your choice of salmon or tuna, pickled mooli and finished with Ciscoe's special 'burger' sauce

Kaisen Don *A ✓* +2

A rice bowl topped with slices of salmon and tuna, fresh salad and delicate prawns: a rainbow in a bowl!



Children's Menu

Served with a choice of rice or chips.

A child-friendly choice of:

Crispy katsu chicken 8

Lightly-battered tempura fish 8

Mixed vegetables 8

Small Plates

Ideal as starters, even better as Asian Tapas. All freshly cooked and with Ciscoe's beautiful garnish.

Miso Soup <i>A</i>	4.5	Minced Pork & Prawn Shumi	7
With soft tofu, seaweed, and dashi		Plump and juicy won ton wrapped dumplings grilled and steamed	
Kakiage <i>GF</i>	7	Agadashi Tofu <i>A</i>	6
Delicious prawn, squid and vegetable tempura fritters		Soft tofu crispy fried, served with dashi stock, grated mooli, ginger and spring onion	
Wasabi Balls <i>V</i>	5.5	Teriyaki <i>GF</i>	7
Globes of potato seasoned with wasabi and coriander. Served with a sweet chilli sauce		Choice of grilled beef, duck, tuna, salmon or chicken seasoned and served with our homemade sweet teriyaki sauce	
Fish Satay	8	Umami	8
Minced mixed fish blended with cashews, lemongrass and kaffir lime leaves, grilled and served with a homemade satay sauce		Your choice of fried salmon or teppanyaki chicken in a marriage of mango, spring onion, coriander, fresh chilli and fish sauce	
Seared Tuna	9	Fish Balls	7
Fresh sesame-encrusted tuna, seared rare, and expertly perfected by Cisco		Crispy deep fried balls of fresh fish seasoned with Cisco's special recipe served with a homemade satay sauce	
Ramuyaki	8	Chicken Yakitori	7
Lamb chop served in a spicy Korean-style sauce		Grilled chicken in a homemade sweet, savoury and sticky sauce	

Tempura

Tempura Soft Shell Crab <i>GF</i>	9	Tempura Vegetables <i>GF</i>	6
The largest farm-bred crabs on the market fried in first-class tempura.		A selection of seasonal vegetables in our light, crisp tempura	
Tempura Prawns <i>GF</i>	7	Tempura Squid <i>GF</i>	7
Super-king prawns fried in tempura		Fried in our delicate tempura	

Sushi

These delicately-presented sushi dishes feature the freshest ingredients. Each is individually sliced, garnished and presented with soy sauce and wasabi to compliment each layer of flavour

Futomaki

The larger version of the traditional rice roll, served with sweet chilli sauce and Japanese mayo. 4 pieces in each serving

- Tempura Prawn Salad GF 7
- Soft Shell Crab Tempura GF 9
- Soft Shell Crab Double Tempura GF 10
- Ciscoe's speciality. The whole roll twice delicately-cooked for a satisfyingly warm, crispy finish
- Spicy Salmon Tempura GF 10
- Served with prawns

Nigiri

2 beautifully cut portions of fresh fish resting on a seasoned pillow of rice

- Tuna 5
- Smoked Eel 6
- Salmon 5
- Prawn 4
- Yellow Tail Tuna 6.5
- Tamago (sweet Japanese omelette) 4
- Avocado 3.5
- Mixed Vegetable (7 pieces) 8
- Sea Bass 5
- Ama Ebi 5

Uramaki

A caviar-wrapped rice roll containing an expertly-matched variety of flavours and textures. 6 pieces in each serving

- California Roll AV 6
- Filled with crab stick (tofu for vegetarians), avocado, mango, caviar and Japanese mayo
- Korean Spiced Roll A 8
- Filled with prime tuna, spring onion, bird's eye chilli, sesame, Japanese mayo and Korean-spiced sauce. Great for those who like a bit of spice
- Crunchy Dynamite Roll A 9
- Filled with spicy salmon and avocado, wrapped in wasabi tobiko and topped with crispy tempura bits for that added crunch
- Asian Avocado Roll A 8
- Filled with your choice of tempura prawn teriyaki chicken or asparagus. Served with cucumber, topped with delicious avocado
- Fried Tofu Roll A 6
- Filled with deliciously crispy fried tofu, mango and avocado



Sushi

Hosomaki

Traditional seaweed-wrapped rice rolls with a fresh filling, 6 pieces in each serving

Tuna and Mango	5
Salmon	5
Tuna	5
Smoked Eel & Cucumber	6
Cucumber Sesame Seeds <i>A</i>	3.5
Avocado <i>A</i>	4
Mango and Crispy Tofu <i>V</i>	5

Special Rolls

Cucumber Roll <i>GF</i>	12
A delicious combination of salmon, mango and avocado wrapped in refreshing cucumber ribbons	
Dragon Roll	14
Double Eel	+4
One of Cisco's most elegant creations, our Dragon Rolls consist of an exotic assortment of eel and cucumber with delicately-sliced avocado that is perfectly placed on top of each roll	
Speared Tuna	12
Locally-sourced crunchy Norfolk asparagus wrapped in tuna sashimi, 6 pieces per dish	
Mango Roll	9
An exotic roll filled with salmon, fresh mango and avocado and topped with succulent and juicy mango slices. A taste of the tropics!	
Rainbow Roll	13
Fresh salmon and avocado roll topped with an array of delicately sliced fish and fresh vegetables, creating a feast for the eyes. A real rainbow!	



Sushi Platters

An ideal introduction for sushi novices and great value for everyone else!

Sushi Fanatics *GF* 42

A sushi lover's delight of nigiri, uramaki, sashimi, tempura softshell crab and caviar



Tokyo Tower *GF* 17

An eyeful plate of mango and tuna uramaki topped off with tempura soft shell crab, finished with caviar

Ciscoe's Freestyle *GF* 25+

With over 30 years of expertise, allow Cisco to perfect your platter through the exploration of his creativity to craft the most extravagant and tasteful platter for you – just let your server know what would make the ideal sushi dish for you. We recommend £25 per person for a main



Sushi Platters

An ideal introduction for sushi novices and great value for everyone else!

Small Platter

13

6 pieces of nigiri (thin slices of fish pressed over seasoned rice) and 2 California rolls (marriages of cucumber, crab meat and avocado). A delicious introductory plate!

Large Platter

18

9 pieces of nigiri with 2 California rolls – jump in at the deep end and bathe in brilliance!

Full-on Futomaki GF

15

A choice of tempura prawns and soft-shell crab or sea bass and asparagus in a futomaki roll tempura-fried, sliced and served with Cisco's secret sauce and specialist garnish

Manila Madness GF

15

You asked for a roll packed with many fabulous flavours, Cisco answered. With tuna, yellowtail tuna, salmon, prawn, sweet shrimp, eel, mango and avocado

Vegetarian Full-on Futomaki ✓ GF 12

Cisco's choice of vegetables in a tempura-fried futomaki roll, sliced and served with his secret sauce and specialist garnish

Art on a Plate Sashimi



2 or 3 (dependent on fillet) artfully-sliced portions of fish arranged and presented with our signature garnishes. Sashimi is accompanied by soy and wasabi.

Choose from tuna, yellow tail tuna, salmon, smoked eel, sea bass, giant prawn and sweet shrimp or let our Chef surprise you!

4 Kinds of Fish

14

Approx 12 pieces

7 Kinds of Fish

19

Approx 21 pieces

Spicy Korean Noodle Soup

A light and aromatic spicy broth with a kick, to indulge the taste buds, served with a choice of wheat, rice, egg or udon noodles

Mixed Seafood	16
With the added grandeur of scallop, prawn, tuna, salmon and squid	
Minute Steak & Chicken Thigh	14
Mixed Seasonal Vegetables ✓	11
Add tofu	+2

Pan-Asian Main Courses

Our Pan-Asian menu encompasses some of Ciscoe's favourite flavours and aromas from his lifelong inspiration of the cuisine of the Pacific Rim. All dishes are served with our house steamed rice (swap for special fried rice for an additional £2.00) and Ciscoe's beautiful garnishes.

Pan-fried Sea Bass with Mixed Vegetables	19	Unagi on Rice	19
The freshest sea bass with complementing vegetables and your choice of Korean spices or lemon butter		Japanese luxury! A delicious smoked-eel fillet served with a balanced, tangy sauce.	
Thai Holy Chicken	17	Umami Chicken or Salmon	16/18
Mouthwatering stir-grilled tender chicken with a scattering of roasted cashews and Thai holy basil		Your choice of the finest chicken or salmon served with Ciscoe's special sauce. Sprinkled with the perfect balance of salt and pepper.	
Cambodian Spiced Ribeye Steak	24	Crispy Noodles with Mixed Fish	19
Elegant slices of beef with aromatic seasoning and special spices accompanied by a delicious salad		Deep-fried crispy noodles with prawn, tuna salmon, scallops and squid.	
Giant Spatchcock Prawns	24	Ramuyaki	22
A trio of gigantic prawns grilled and served with your choice of Korean spices or melt-in-your-mouth lemon butter		For the hungry spice lover – three succulent lamb chops served drizzled with red curry sauce	
Sticky Honey Pork	19	Coriander Prawns	15
Blessed by 48 hours of marinating in chilli and garlic, the sweet ginger vinegar is an added pleasure to this palate-pleaser		Stir-fried prawns with egg-and-herb rice that commences a marriage of delicate, light flavours	

Special Curry

A wondrous bowl of the finest light, creamy, delicately-spiced curry. Cisco used three decades of tried-and-tested influence from the Pacific Rim to perfect this complex, fragrant and unique creation. Spiced with chilli, from light to hot, according to your preference

Minute Steak	17	King Prawn	16
Chicken Thigh	15	Chicken Katsu	15
Mixed Vegetables ✓	14	Red Thai	16
Add tofu	+2	Choose from chicken, prawn or vegetables	
Steamed Seafood	17		

Teppanyaki

A traditional Japanese style of hot-plate grilling served with steamed rice, stir-fried shitake mushrooms, asparagus, fresh vegetables and a taster (2 pieces) of California Roll. Add £2 for fried rice

Tender Sirloin Steak	27	Tuna	25
add £7 for Ciscoe's finest fillet	+7	Chicken Thigh	21
Spatchcock Giant Prawn (4)	27	Whole Breast of Gressingham Duck	25
Skinless Prime Scottish Salmon	24	Tofu ✓	18



Rice and Noodles

Your choice of Teppanyaki noodles (wheat, rice, egg or udon) or rice paired with fragrantly stir-grilled vegetables. Cisco will spice this as mild or hot as you'd like

Minute Steak & Chicken Thigh	14	Mixed Seafood	16
Mixed Seasonal Vegetables ✓	13	Scallop, prawn, tuna, salmon and squid	
Add tofu	+2		

Salads

A fresh, crisp delight of textures and flavours. All salads come with cucumber, tomatoes, mixed lettuce, avocado, mooli and red and yellow peppers

Steamed Seafood	14	Tempura Soft Shell Crab GF	12
A mix of fresh and locally sourced seafood accompanied by our select dressing		The crab's crisp texture combined with it's bursting flavour makes for a unique dish	

Seaweed Salad ✓ 11

A traditional and healthy Japanese dish that is loaded with nutrients and flavour

Add Salmon, Tuna or Prawns to your salad +3

Sides

Why not complement your main course with one of our delicious side dishes?

House Kimchi ✓	4	Steamed Rice	3.5
Made with Chinese cabbage.		With black sesame seeds.	
Twice Pickled Mooli ✓	4.5	Garlic Fried Rice ✓	4
With wafer-thin slices of garlic, finely chopped chillies and Ciscoe's secret seasoning.		Chips with Wasabi Mayo ✓	3.5
Stir-fried Seasonal Vegetables ✓	5.5	Egg & Garlic Fried Noodles ✓	5.5
		Wheat, rice, egg or udon noodle.	
Edamame with sea salt ✓	4	Spicy Edamame ✓	5

Desserts

Our desserts are all creations of Cisco himself. Made in house, they typify the inventiveness that comes from years of experience cultivated through eastern and western culinary traditions

All desserts are priced at £7.50

Tempura Ice Cream ✓ GF

Deep-fried ice cream will be your go-to dessert after this! Served crispy and laced with honey. Choose from vanilla, chocolate or salted caramel ice cream

Banana Spring Rolls with ✓ Vanilla Ice Cream

A spectacularly simple and successful invention that brings out the best in a banana. Add another two for £2

Coconut and Mango Parfait ✓

Capturing the sunshine of the tropics, the whipped, mousse-like texture of the parfait is both rich and indulgent, while the coconut sorbet makes a refreshing counterpoint





Cisco

After leaving school Cisco followed a burning desire to create unrivalled Pan Asian dishes. It wasn't long until he was spotted, working as a kitchen porter, and this was the spark of a prosperous pursuit for cuisine perfection

Also a finalist in the Global Sushi Challenge 2015, his personal dedication to Asian dishes spurs him on to bring the finest serving to your plate.