

HOT FOOD

- V** SUITABLE FOR VEGETARIANS
- V** CONTAINS FISH SEASONING, VEGETARIAN OPTION AVAILABLE FOR MOST DISHES ON REQUEST

RICE

CHA HAN

Egg fried rice with mange tout, shiitake mushrooms, carrots, spring onions, sweetcorn and a choice of fresh ingredients:

- V** YASAI £5.80
- CHICKEN £7.00
- KING PRAWN £9.00

KATSU CURRY

Our signature curry sauce, served with rice, pickled ginger & a choice of fresh ingredients in panko breadcrumbs:

- V** BUTTERNUT SQUASH £7.00
- CHICKEN £7.80
- KING PRAWN £9.00

TERIYAKI GLAZED

PORK £7.80
Pork fillet wok fried with carrots and mange tout, glazed with thick teriyaki sauce. Served with sticky white rice & sesame seeds.

TEMPURA

Fresh ingredients in a light tempura batter, served with choice of spicy mayo, teriyaki or tempura sauce:

- V** YASAI £3.50 (Peppers, carrots, mange tout)
- KING PRAWN (6) £7.80
- SHICHIMI CHICKEN £4.50
- SOFT SHELL CRAB £5.25

WOK NOODLES

YAKISOBA

Wok-fried egg noodles with spring onions, peppers, mange tout, beansprouts and shiitake mushrooms garnished with fried shallots, pickled ginger and a choice of fresh ingredients:

- V** YASAI £5.80
- CHICKEN £7.00
- KING PRAWN £9.00

GLASS NOODLES

Wok fried glass noodles in soy and sesame based sauce with Chinese cabbage, carrots, courgettes, red onions and a choice of fresh ingredients:

- V** YASAI £5.80
- CHICKEN £7.00
- PORK £7.80
- KING PRAWN £9.00

YAKI UDON

Wok-fried, thick udon noodles with shiitake mushrooms, spring onions, red peppers cooked with egg in a soy based sauce & a choice of fresh ingredients:

- V** YASAI £5.80
- CHICKEN £7.80
- KING PRAWN £9.00

EDAMAME BEANS

- V** SALTED £1.90
- V** HOT SALTED £1.90
- V** SPICY TERIYAKI £2.50
- V** JAVA CURRY OIL AND GARLIC £2.50

SOUP NOODLES

MISO RAMEN

Thin egg noodles in a miso broth with bean sprouts, spring onions, wakame and a choice of fresh ingredients:

- V** YASAI £7.00
- CHICKEN £7.80
- SALMON £9.00

CHILLI RAMEN

Our famous chilli ramen comes in a spiced chicken broth with fresh chilli, spring onion, red onion, coriander and a choice of fresh ingredients:

- PORK £7.80
- CHICKEN £9.00
- BEEF £9.00
- SALMON £9.00

MORE

- V** MISO SOUP £1.90
Classic miso soup with tofu, spring onions and wakame.

- V** WASABI PEAS £1.90

INARI (2)

Soya bean pouches filled with stir-fried vegetables, shiitake mushrooms and a choice of fresh ingredients:

- V** YASAI £2.50
- CHICKEN £2.90
- PRAWN £3.50

- V** PUMPKIN KORROKE £3.50
Crispy pumpkin croquettes with tangy tonkatsu sauce.

TORI KARA AGE £3.50

Deep fried chunks of chicken thigh with oregano, thyme and our own chilli, spring onion and ginger dressing.

MORE

GYOZA

Choice of either crisp deep-fried or soft & steamed Japanese dumplings served with homemade spicy dipping sauce.

- CHICKEN & VEG £3.50
- DUCK £3.50

NEGIMA YAKITORI £3.50

Two pan fried chicken and spring onion skewers glazed with thick teriyaki sauce.

TUNA FISHCAKES £3.90

Two tuna and butternut squash fishcakes with chilli peppers, served with garlic and coriander mayo dip.

CRISPY CHILLI

SQUID £3.90
Crisp baby squid lightly coated in spicy shichimi flour, with spring onion and fresh chopped chilli.

JAVA CHICKEN £4.50

Chicken strips griddled in Java curry oil with sour cream dip.

SALMON TERIYAKI £4.50

Grilled salmon fillet with thick teriyaki glaze.

BEEF AND PEPPER

KUSHIYAKI £4.50
21-day aged beef rump & red pepper with thick teriyaki sauce.

PRAWN KUSHIYAKI £4.50

Asian style king prawn skewers with sweet and sour orange dipping sauce and Asian slaw.

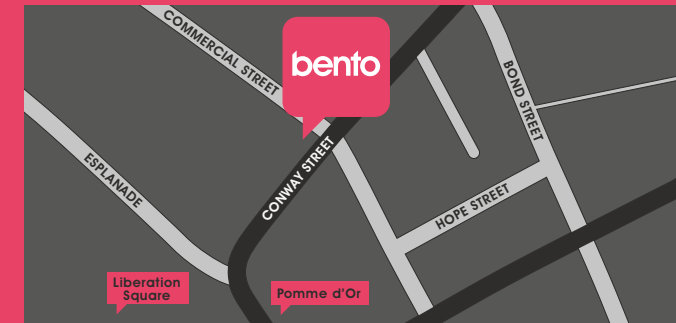
BEEF TATAKI £5.25

Lightly seared 21-day aged beef in zesty, homemade ponzu sauce topped with spring onions.

bento

TAKEAWAY MENU CLICK & COLLECT

ORDER ONLINE: BENTO.JE



MORE ITEMS AVAILABLE ONLINE

One Commercial Street, St Helier. Tel: 887577

Menu as of September 2015. All prices and availability of Bento's food service are subject to change without notice. Please order online for up-to-date menu.



Please note that all of our food is prepared in an environment where nuts are present.

SUSHI & SASHIMI

- V** SUITABLE FOR VEGETARIANS
- V** CONTAINS FISH SEASONING, VEGETARIAN OPTION AVAILABLE FOR MOST DISHES ON REQUEST
- W** CONTAINS WASABI

MAKI (6 PIECES)



- V** CUCUMBER & SESAME
- W** SEEDS £2.25



- V** AVOCADO £2.25 **NEW**



- W** SALMON £3.00



- W** CHICKEN TERIYAKI £3.25



SMOKED SALMON, CREAM CHEESE & CHIVE £3.25



- W** TUNA £3.25

GUNKAN (2 PIECES)

SPICY TUNA £3.00
Chopped tuna, spicy mayo with spring onions.

UNAGI £3.00
Chopped, cooked eel with sesame seeds and homemade unagi sauce.

FUTOMAKI (4 PIECES)

- V** **YASAI** £4.00
Tamago, cucumber, inari, pickled ginger, shiitake and sesame seeds.

CHICKEN KATSU £5.75
Katsu chicken, avocado, red pepper mayo & unagi sauce.

HOISIN DUCK £5.75
Cooked duck with hoisin sauce, cucumber and spring onion.

SOFT SHELL CRAB £6.00
Deep-fried, battered soft shell crab, mayo, cucumber, avocado & orange masago.

NIGIRI (2 PIECES)



- V** INARI (TOFU) £1.45



- V** TAMAGO £1.45



- W** SALMON £2.00



- W** SEARED SALMON £2.20



- W** EBI £2.20



- W** TUNA £2.20



UNAGI £2.75

ROLLS (4 PIECES)



- V** **AVOCADO & CHIVE** £4.00
Avocado, chives, mayo and crushed cashew nuts.



- V** **VEGAN ROLL** £5.00 **NEW**
A selection of two rolls, cucumber, mango and chives in beetroot rice. Avocado, lettuce and sundried tomatoes in matcha (Green Tea) rice, topped with honey and cress.



- V** **CALIFORNIA** £5.00 **NEW**
Fresh local crabmeat, avocado, cucumber and mayo with orange masago.



PRAWN KATSU £5.00
Katsu king prawns, avocado & mayo with wasabi masago.



CHICKEN KATSU £5.00
Katsu chicken, spring onions, shichimi with red pepper mayo.



EBI TUNA CRUNCH £5.00
Seared tuna, prawn tempura, and chives with wasabi mayo.



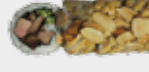
AVOCADO & SALMON £5.00 **NEW**
Salmon and avocado uramaki, with sesame seeds and Japanese mayonnaise.



SALMON DRAGON £5.00
Fresh local crabmeat, avocado, cucumber, salmon, shichimi and mayo.



SPICY TUNA £5.00
Chopped tuna, cucumber, spring onions and spicy mayo with sesame seeds.



CRISPY DUCK £5.25
Crispy duck, cucumber, spicy mayo, garlic teriyaki sauce with toasted flaked almonds.



UNAGI DRAGON £5.25
Unagi, cucumber, cream cheese, sesame seeds with eel sauce.

DEEP-FRIED ROLLS

TOKYO ROLL £5.25
King prawn tempura uramaki lightly fried in tempura batter, topped with spicy mayo, unagi sauce, orange masago and bonito flakes.

FUJI ROLL £5.25
Salmon, avocado, & cream cheese uramaki lightly fried in tempura batter, topped with spicy mayo and jalapeño.

SHIZUOKA ROLL £5.25
Avocado and asparagus uramaki deep fried in panko breadcrumbs, with chopped tuna, spring onion and mayo mix, topped with miso mayonnaise.

HANDROLLS (1 PIECE)

- V** **YASAI** £2.90
Tamago, cucumber, shiitake, coriander, inari strips & sesame seeds.

CALIFORNIA £3.50
Local white crabmeat, avocado, cucumber, mayo and orange masago.

BENTO £3.90
Salmon, avocado, chives, wasabi masago and mayo.

SPICY TUNA £3.90
Diced tuna loin, spicy mayo, cucumber, sesame seeds and spring onions.

KING PRAWN TEMPURA £3.90
Battered king prawns, avocado, cucumber, spring onions and spicy mayo.

CHICKEN KATSU £3.90
Katsu chicken, spring onions, red pepper mayo & shichimi spices.

SOFT SHELL CRAB £4.50
Deep fried soft shell crab, spring onion and spicy mayo.

DUCK £3.90
Duck in ginger, honey and teriyaki sauce with cucumber and spring onions.

ONIGIRI (2 PIECES)

SALMON BELLY £3.50
Cooked salmon with spicy mayo topped with chives.

TUNA £3.50
Cooked tuna with balsamic vinegar topped with sesame seeds.

SALADS

- V** **SEVEN KIND WAKAME** £4.00
With citrus and wasabi dressing, sesame seeds.

SASHIMI

SALMON £3.90
Plain, sesame or spicy.

TUNA £4.50
Plain, sesame or coriander.

DESSERTS

DORAYAKI £2.90
Japanese custard filled pancakes with raspberry coulis.

CHOCOLATE MOCHI £3.50
Chocolate glutinous rice cakes with vanilla cream.

PLATTERS

BENTO VEGGIE
A selection of our most popular vegetarian sushi.

(FOR 4) £24
(FOR 6) £36
(FOR 8) £48



BENTO SASHIMI
Salmon, spicy salmon, sesame salmon, tuna, coriander tuna, sesame tuna.

(FOR 4) £26
(FOR 5) £32
(FOR 6) £38
(FOR 7) £42



BENTO MIXED
A selection of our most popular meat & fish sushi.

(FOR 4) £28
(FOR 5) £34
(FOR 6) £40
(FOR 7) £46



All platters come with FREE edamame beans.