

UMAI MI  
BENTO BOX



*Big on  
Flavour*

HOT BENTO • SUSHI BURRITO • POKE BOWL

## WHAT IS UMAI MI BENTO BOX?

A new concept in dining, encompassing an eclectic selection of Asian flavours and varied dishes to enjoy the full modern day Oriental experience.

## HOW TO BENTO?

There are 3 main ways to Bento, that make up the menu: **Hot Bento, Sushi Burrito and Poke Bowl**. All at your choice, with what you want, and tailored to your requirements. Dependant on how hungry you are!

## IN A HURRY?

The fridge will stock a selection of Grab N Go food which will be bursting with freshness and flavour. And a selection of drinks to choose from to complete your dining experience.

*What will you choose today?*



### HOT BENTO

Quick, Easy & Hot

There is a wide choice of Oriental favourites, which are filling & perfect for when hunger strikes!



### SUSHI BURRITO

Japanese & Mexican Fusion

Watch your Sushi Burrito be rolled and filled with a fusion of flavours, which are both nutritious & satisfying!

### *Umai Mi (oo-mah-mee) n.*

The name is the combination of the Japanese words umai (delicious) and mi (taste), a phrase that originates from the early 1900's. Used to describe the "fifth taste", the moreish combination of sweet, sour, salty and bitter.

UMAI MI   
BENTO BOX

### POKE BOWL

Your Healthier Alternative

It's your choice. Pick what you want for a colourful & fresh meal that's full of goodness!





## HOT BENTO

Quick, Easy & Hot

## ALLERGENS

### \*BASE -

Steamed Rice - V, VE, GF

Egg Fried Rice - V, GF

Vegy Chow Mein - V, VE

Chips - V, VE, GF

### \*BIG EATS -

Shredded Beef - GF, eg

Sweet & Sour Chicken - GF, ce, eg, mu

Chicken Curry - gl, mi, so

Tofu & Vegetables - V, VE, GF, se, so

Chicken Katsu - eg, gl

### \*SMALL EATS -

Vegy Dumplings - V, VE, gl, so

Vegy Samosa - V, VE, gl, se, so

Vegy Spring Roll - V, VE, gl, se, so

Chicken & Prawn Toast - cr, gl, se

Chicken Wings - (contains bones)

### \*SAUCES -

Curry Sauce - V, VE, gl

Lemon Sauce - V, VE, GF

Sweet & Sour Sauce - V, VE, GF, ce, mu

*This list is not exhaustive\**

 = Mild  = Spicy

V = suitable for vegetarians VE = suitable for Vegans GF = gluten free

ce = celery cr = crustacean eg = egg fi = fish

gl = gluten mu = mustard se = sesame seeds so = soybean

Here's how...

MAKE IT  
YOUR WAY!

Step 1

### CHOOSE BASE

e.g. Rice, Noodles & Chips

Step 2

### CHOOSE BIG EAT

e.g. Sweet & Sour Chicken, Shredded Beef

Step 3

### CHOOSE SMALL EAT

e.g. Spring Roll, Vegy Gyoza

Step 4

### CHOOSE A SAUCE

e.g. Curry, Sweet & Sour



SMALL  
EAT



Choose from...

#### BASE

MIX & MATCH...

Vegy Chow Mein, Egg Fried Rice,  
Chips (Steamed Rice on request)

#### BIG EATS

1 PORTION OF...

Sweet & Sour Chicken, Shredded Beef,  
Mixed Vegetables, Tofu & Vegetables, Curry,  
Salt & Pepper Chicken, or Chicken Katsu

#### SMALL EATS

1 PORTION OF...

Vegy Dumplings, Vegy Samosa,  
Vegy Spring Roll, Fried Chicken Wing,  
Chicken Balls or Chicken & Prawn Toast

#### SAUCE

1 PORTION OF...

Curry, Sweet and Sour or Tangy BBQ

This list is not exhaustive & subject to change

What's it going to be today?

# SUSHI BURRITO

Japanese & Mexican Fusion



## ALLERGENS

### S01: SAKANA BURRITO (GF) -

Salmon, Tuna, Cucumber,  
Avocado, Spring Onion

GF, fi

Japanese Mayo - V, GF, eg, mu, so

### S05: CHICKEN TERIYAKI (GFA) -

Chicken Breast, Cucumber,  
Carrot, Avocado, Red Onion

GF

Teriyaki Sauce - V, VE, gl, so

### S02: UMAI BURRITO -

Salmon, Wakame Seaweed,  
Cucumber, Avocado, Spring Onion

fi, gl, se, so

Japanese Mayo & Poke Sauce -  
V, GF, eg, mu, so & V, VE, gl, se, so

### S06: CHICKEN KATSU -

Chicken Katsu, Cucumber,  
Carrot, Avocado, Red Onion

eg, gl

Japanese Mayo &  
Sweet Chilli Sauce 🌶️ -  
V, GF, eg, mu, so & V, VE, GF

### S03: SEAFOOD SPECIAL -

Salmon, Wakame Seaweed, Prawn,  
Cucumber, Avocado, Spring Onion

cr, fi, gl, se, so

Japanese Mayo & Poke Sauce -  
V, GF, eg, mu, so & V, VE, gl, se, so

### S07: TOFU YASAI (V, VE, GFA) -

Tofu, Cucumber, Carrot,  
Avocado, Red Onion, Beansprouts

V, VE, GF, se, so

Poke Sauce - V, VE, gl, se, so

### S04: SPICY MAYO BEEF (GF) 🌶️ -

Spicy Mayo Beef, Cucumber,  
Carrot, Avocado

GF, eg, mu, so

Spicy Mayo 🌶️ - V, GF, eg, mu, so

### S08: WAKAME YASAI (V, VE) -

Wakame Seaweed, Cucumber, Carrot,  
Avocado, Red Onion, Beansprouts

V, VE, gl, se, so

Poke Sauce - V, VE, gl, se, so

🌶️ = Mild    🌶️🌶️ = Spicy

Recommended Sauce    Gluten Free Sauces - Japanese Mayo / Sweet Chilli Sauce / Spicy Mayo

V = suitable for vegetarians    VE = suitable for Vegans    GF = gluten free    GFA = gluten free available on request  
cr = crustacean    eg = egg    fi = fish    gl = gluten    mu = mustard    se = sesame seeds    so = soybean

▶ **S01: SAKANA BURRITO (GF)** -

Salmon, Tuna, Cucumber,  
Avocado, Spring Onion

GF, fi

Japanese Mayo - V, GF, eg, mu, so

▶ **S02: UMAI BURRITO** -

Salmon, Wakame Seaweed,  
Cucumber, Avocado, Spring Onion  
fi, gl, se, so

Japanese Mayo & Poke Sauce -  
V, GF, eg, mu, so & V, VE, gl, se, so

▶ **S03: SEAFOOD SPECIAL** -

Salmon, Wakame Seaweed, Prawn,  
Cucumber, Avocado, Spring Onion  
cr, fi, gl, se, so

Japanese Mayo & Poke Sauce -  
V, GF, eg, mu, so &  
V, VE, gl, se, so

## SEAFOOD

▶ **S07: TOFU YASAI (V, VE, GFA)** -

Tofu, Cucumber, Carrot, Avocado,  
Red Onion, Beansprouts  
V, VE, GF, se, so

Poke Sauce - V, VE, gl, se, so

▶ **S08: WAKAME YASAI (V, VE)** -

Wakame Seaweed, Cucumber, Carrot,  
Avocado, Red Onion, Beansprouts  
V, VE, gl, se, so

Poke Sauce - V, VE, gl, se, so

## VEGY

## DIETARY REQUIREMENTS?

We'll tailor your Sushi Burrito to suit your needs! Choose from Japanese Mayo, Spicy Mayo or Sweet Chilli Sauce to make your Sushi Burrito Gluten Free!\*

\*Provided the remaining ingredients of the burrito are gluten free

## SAUCES

Choose from:

- Sweet Chilli Sauce
- Japanese Mayo
- Teriyaki Sauce
- Poke Sauce
- Spicy Mayo

## MEAT

▶ **S04: SPICY MAYO BEEF (GF)** 🌶️ -

Spicy Mayo Beef, Cucumber,  
Carrot, Avocado

GF, eg, mu, so

Spicy Mayo 🌶️ - V, GF, eg, mu, so

▶ **S05: CHICKEN TERIYAKI (GFA)** -

Chicken Breast, Cucumber,  
Carrot, Avocado, Red Onion  
GF

Teriyaki Sauce - V, VE, gl, so

▶ **S06: CHICKEN KATSU** -

Chicken Katsu, Cucumber, Carrot,  
Avocado, Red Onion  
eg, gl

Japanese Mayo &  
Sweet Chilli Sauce 🌶️ -

V, GF, eg, mu, so & V, VE, GF

# POKE BOWL

Your Healthier Alternative

S01

S04

S05

S03

S07

## ALLERGENS

### P01: SAKANA BOWL (GF) -

Salmon, Tuna, Cucumber, Avocado, Red Onion, Edamame, Sweetcorn, Tomato, Spring Onion  
GF, fi, so

Japanese Mayo - V, GF, eg, mu, so

### P02: UMAI BOWL -

Salmon, Wakame Seaweed, Cucumber, Carrot, Avocado, Edamame, Spring Onion  
fi, gl, se, so

Japanese Mayo & Poke Sauce -  
V, GF, eg, mu, so & V, VE, gl, se, so

### P03: SEAFOOD SPECIAL -

Salmon, Wakame Seaweed, Prawn, Cucumber, Carrot, Red Onion, Edamame, Sweetcorn, Tomato  
cr, fi, gl, se, so

Japanese Mayo & Poke Sauce -  
V, GF, eg, mu, so & V, VE, gl, se, so

### P04: SPICY MAYO BEEF (GF) 🌶️ -

Spicy Mayo Beef, Cucumber, Carrot, Tomato, Beansprouts, Spring Onion  
GF, eg, mu, se, so

Spicy Mayo 🌶️ - V, GF, eg, mu, so

### P05: CHICKEN TERIYAKI (GFA) -

Chicken Breast, Cucumber, Carrot, Red Onion, Sweetcorn, Tomato, Beansprouts, Pickled Radish  
GF, se, so

Teriyaki Sauce - V, VE, gl, so

### P06: CHICKEN KATSU -

Chicken Katsu, Cucumber, Carrot, Red Onion, Edamame  
eg, gl, so

Japanese Mayo &  
Sweet Chilli Sauce 🌶️ -  
V, GF, eg, mu, so & V, VE, GF

### P07: TOFU YASAI (V,VE,GFA) -

Tofu, Cucumber, Carrot, Avocado, Red Onion, Edamame, Sweetcorn, Tomato, Beansprouts  
V, VE, GF, se, so

Poke Sauce - V, VE, gl, se, so

### P08: WAKAME YASAI (V,VE) -

Wakame Seaweed, Cucumber, Carrot, Avocado, Red Onion, Edamame, Sweetcorn, Tomato, Beansprouts  
V, VE, gl, se, so

Poke Sauce - V, VE, gl, se, so

🌶️ = Mild    🌶️🌶️ = Spicy

Recommended Sauce    Gluten Free Sauces - Japanese Mayo / Sweet Chilli Sauce / Spicy Mayo

V = suitable for vegetarians    VE = suitable for Vegans    GF = gluten free    GFA = gluten free available on request  
cr = crustacean    eg = egg    fi = fish    gl = gluten    mu = mustard    se = sesame seeds    so = soybean

## SEAFOOD



- ▲ **P01: SAKANA BOWL (GF)** -  
Salmon, Tuna, Cucumber, Avocado,  
Red Onion, Edamame, Sweetcorn,  
Tomato, Spring Onion  
GF, fi, so  
Japanese Mayo - V, GF, eg, mu, so



- ▲ **P02: UMAI BOWL** -  
Salmon, Wakame Seaweed,  
Cucumber, Carrot, Avocado,  
Edamame, Spring Onion  
fi, gl, se, so  
Japanese Mayo & Poke Sauce -  
V, GF, eg, mu, so & V, VE, gl, se, so

- ▲ **P03: SEAFOOD SPECIAL** -  
Salmon, Wakame Seaweed, Prawn,  
Cucumber, Carrot, Red Onion,  
Edamame, Sweetcorn, Tomato  
cr, fi, gl, se, so  
Japanese Mayo & Poke Sauce -  
V, GF, eg, mu, so & V, VE, gl, se, so



- ▲ **P07: TOFU YASAI (V, VE, GFA)** -  
Tofu, Cucumber, Carrot,  
Avocado, Red Onion, Edamame,  
Sweetcorn, Tomato, Beansprouts  
V, VE, GF, se, so  
Poke Sauce - V, VE, gl, se, so



- ▲ **P08: WAKAME YASAI (V, VE)** -  
Wakame Seaweed, Cucumber, Carrot,  
Avocado, Red Onion, Edamame,  
Sweetcorn, Tomato, Beansprouts  
V, VE, gl, se, so  
Poke Sauce - V, VE, gl, se, so

## VEGY



- ▲ **P04: SPICY MAYO BEEF (GF)** 🌶️ -  
Spicy Mayo Beef, Cucumber, Carrot,  
Tomato, Beansprouts, Spring Onion  
GF, eg, mu, se, so  
Spicy Mayo 🌶️ - V, GF, eg, mu, so

- ▼ **P05: CHICKEN TERIYAKI (GFA)** -  
Chicken Breast, Cucumber, Carrot,  
Red Onion, Sweetcorn, Tomato,  
Beansprouts, Pickled Radish  
GF, se, so  
Teriyaki Sauce - V, VE, gl, so

- ▲ **P06: CHICKEN KATSU** -  
Chicken Katsu, Cucumber,  
Carrot, Red Onion, Edamame  
eg, gl, so  
Japanese Mayo &  
Sweet Chilli Sauce 🌶️ -  
V, GF, eg, mu, so & V, VE, GF

## MEAT



## DIETARY REQUIREMENTS?

We'll tailor your Poke Bowl to suit your needs! Choose from Japanese Mayo, Spicy Mayo or Sweet Chilli Sauce to make your Poke Bowl Gluten Free!\*

\*Provided the remaining ingredients of the burrito are gluten free

**CHOOSE  
YOUR BASE..**  
Sushi Rice  
OR Salad!  
& **CHOOSE  
YOUR SAUCE!**





# Drinks

## SOFT

### SODA

Pepsi, Pepsi Max,  
7up, Orange, IRN BRU,  
Mango Juice

### MINERAL WATER

Still / Sparkling

## BEER

### ASAHI SUPER DRY

(5.2% ABV - 1 pint)

### ASAHI SUPER DRY

(5.2% ABV - 1/2 pint)

### BUDWAR

(0.5% ABV - 330ml)

### LONG DAY AT THE

**OFFICE?** Grab yourself a beer to accompany our amazing range of foods to finish off your day, the right way!

### IN NEED OF A REFRESHMENT?

We have a large range of drinks. From soft drinks such as Pepsi & 7up, to Longjing Green Tea or a delicious Hot Chocolate.

## HOT BEVERAGE

Jasmine Tea

Genmai Brown Rice Tea

Sweet Chrysanthemum Tea

Sweet Ginger Tea

Oolong Milk Tea

Longjing Green Tea

English Milk Tea

Americano - Black

Americano - White

Espresso

Cappuccino

Cafe Latte

Cafe Mocha

Hot Chocolate



## GRAB N GO

### IN A HURRY?

The fridge will stock a selection of Grab N Go food which will be bursting with fresh flavours. Along with a selection of drinks to choose from to complete your dining experience.



## CONTACT US

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