

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**

Veggy Chow Mein - **V, VE**

Chips - **V, VE, GF**

*BIG EATS -

Shredded Beef - **GF, eg**

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

Chicken Curry - **gl**

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

Chicken Katsu - **eg, gl**

*SMALL EATS -

Veggy Dumplings - **V, VE, gl, so**

Veggy Samosa - **V, VE, gl, se, so**

Veggy Spring Roll - **V, VE, gl, se, so**

Chicken & Prawn Toast - **cr, gl, se**

Chicken Wings - **(conatins 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,
Chicken Curry

Step 3

CHOOSE SMALL EAT

e.g. Spring Roll, Gyoza, Wings



BIG
EATS

Choose from...

*BASE

MIX & MATCH...

Vegy Chow Mein, Fried Rice,
Steamed Rice or Chips

*BIG EATS

1 PORTION OF...

Sweet & Sour Chicken, Shredded Beef,
Chicken Curry, Chicken Katsu,
Tofu & Vegetables

*SMALL EATS

1 PORTION OF...

Vegy Dumplings, Vegy Samosa,
Vegy Spring Roll,
Chicken & Prawn Toast,
Chicken Wings

This list is not exhaustive*

UNLIMITED
COMBINATIONS

What's it going
to be today?

SMALLER
APPETITE?
CHOOSE
SMALL BENTO
FOR £3.60

A. Base + Sauce
B. 2 Portions of
Small Eats



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

P05: CHICKEN TERIYAKI (GFA) -

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

GF, se, so

Teriyaki Sauce - V, VE, gl, 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

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

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

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

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

MEAT

- ▼ **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



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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