



## NUTRITIOUS OMAKASE MENU

### *Spinach Miso soup*

*Spinach is full of fibre, iron and vitamin C to help immune system to go through the cold weather*

### *Kale Salad with Dry miso*

*Kale has been known as a "super vegetable" for years now with many health benefits, it helps boosting wellbeing. It contains lot of fibre, antioxidants, calcium and Vitamin K while being also a great source of protein.*

### *Roasted Arctic Char Wasabi Zuke*

*Arctic Char is source of omega-3 fatty acids that helps maintaining a healthy heart and are good for brain development. It's also perfect to recover from excesses from holiday season and go through the cold season.*

### *Sushi Cups*

*We are offering an alternative option to sushi rice with 3 low carbs: brown rice, quinoa and Tonduburi which is a sprouted seed from a native plant from Eurasia (Bassia Scorpio).*

### *SubZero*

*Who said dessert was bad? A Greek Yogurt full of proteins but low in fat to keep the guilt away, as a frozen dessert, all drizzled with a berry sauce. Because delicious can be healthy too.*

£75