



itadaku

Gluten Free Menu

We have gluten free soy sauce.

If you would like to use it for dipping just ask us.

All prices are inclusive of applicable 5% VAT.

炭火焼き | Robata : Charcoal Grill

肉 | Meat

焼鳥 もも (照焼タレ) Yakitori Momo	40
Skewered chicken thigh with sweet soy sauce	[2skewers]
[Allergy] Soybean , Honey	
焼鳥 手羽先 (柚子胡椒) Yakitori Tebasaki	40
Skewered chicken wings with spicy yuzu sauce	[2skewers]
焼鳥 つくね (味噌タレ) Yakitori Tsukune	40
Skewered chicken meatballs with garlic miso sauce	[2skewers]
[Allergy] Soybean , Egg	
串焼き 黒毛和牛 (塩) Kushiyaki Kuroge-Wagyu	150
Skewered Japanese wagyu beef with sea salt and wasabi	[2skewers]
「黒樺牛」和牛ステーキ "Kurohanagyu" Wagyu Steak	250
Japanese wagyu beef steak 200g	
[Allergy] Fish , Soybean	
鶏照り焼き Tori Teriyaki	70
Chicken steak 200g with sweet soy sauce	
[Allergy] Soybean , Honey	
焼鳥三種盛り Yakitori Sanshumori	
Yakitori assortment of 3 kinds	[2skewers each] 117
[Allergy] Soybean , Egg , Honey	[3skewers each] 175

Please note

"itadaku" is an authentic, traditional and 100% pure Japanese restaurant.

If you like fusion Japanese restaurants, you may not like us.

If you would like to experience Real Japanese Cuisine,
you can taste it at "itadaku" without having to travel to Japan.

炭火焼き | Robata : Charcoal Grill

魚介 | Seafood

串焼き サーモン (柚子胡椒)	Kushiyaki Salmon	90
Skewered Tasmanian salmon with spicy yuzu sauce		[2skewers]
[Allergy] Fish		
勘八カマ塩焼き	Kampachi Kama Shioyaki	95
Salt-grilled collar of greater amberjack		
[Allergy] Fish		
鮭柚庵焼き	Shake Yuan Yaki	115
Tasmanian salmon marinated in yuzu soy sauce		
[Allergy] Fish , Soybean , Honey		
銀鱈西京焼き	Gindara Saikyo Yaki	170
Black cod marinated in sweet miso		
[Allergy] Fish , Soybean , Honey		

野菜 | Vegetable

串焼き 埼玉県産さつまいも (柚子胡椒)	Kushiyaki Satsumaimo	60
Sweet potato produced in Japan with spicy yuzu sauce		[2skewers]
[Vegetarian]		
串焼き 岩手県産原木椎茸	Kushiyaki Iwate Shiitake	60
Shitake mushroom produced in Iwate, Japan with dashi broth		[2skewers]
[Allergy] Fish , Soybean		
串焼き 日本産オクラ (梅タレ)	Kushiyaki Okura	60
Lady's finger imported from Japan with pickled plum sauce		[2skewers]
[Vegetarian]		
串焼き 日本産ししとう (醤油タレ)	Kushiyaki Shishito	60
Sweet pepper imported from Japan with soy sauce		[2skewers]
[Vegetarian] [Allergy] Soybean		

鮓 | Nigiri Sushi

Sushi = Fish with rice / Sashimi = Fish only

おまかせ握り五種 Omakase Nigiri Goshu

Chef selection sushi assortment of 5 kinds [2pcs each] 330

[Allergy] Fish , Soybean [3pcs each] 495

握り 本鮪赤身 Hommaguro Akami Nigiri 90

Bluefin lean tuna imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り 本鮪中トロ Hommaguro Chutoro Nigiri 120

Bluefin medium fatty tuna imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り 本鮪大トロ Hommaguro Otoro Nigiri 160

Bluefin super fatty tuna imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り サーモン Salmon Nigiri 50

Salmon imported from Tasmania [2pcs]

[Allergy] Fish , Soybean

握り とろサーモン Toro Salmon Nigiri 70

Fatty belly part salmon imported from Tasmania [2pcs]

[Allergy] Fish , Soybean

握り ふくいサーモン炙り Fukui Salmon Aburi Nigiri 90

Seared skin Japanese salmon sushi [2pcs]

[Allergy] Fish , Soybean

握り 勘八 Kampachi Nigiri 60

Greater amberjack imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り トロ勘八 Toro Kampachi Nigiri 80

Fatty belly part greater amberjack imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り 真鯛 Tai Nigiri 70

Red sea bream imported from Japan [2pcs]

[Allergy] Fish , Soybean

握り 烏賊 Ika Nigiri 80

Cuttlefish imported from Japan [2pcs]

[Allergy] Molluscs , Fish , Soybean

鮓 | Nigiri Sushi

Sushi = Fish with rice / Sashimi = Fish only

握り 鰯 Shime-Saba Nigiri	90
Mackerel imported from Japan marinated in vinegar	[2pcs]
[Allergy] Fish , Soybean	
握り 蒸し海老 Ebi Nigiri	90
Boiled prawn imported from Japan	[2pcs]
[Allergy] Crustacean , Fish , Soybean	
握り 穴子 Anago Nigiri	100
Sea eel imported from Japan	[2pcs]
[Allergy] Fish , Soybean , Honey	
握り 帆立 Hotate Nigiri	120
Scallop imported from Japan	[2pcs]
[Allergy] Molluscs , Fish , Soybean	
握り 黒毛和牛炙り Kuroge Wagyu Aburi Nigiri	120
Seared Japanese wagyu beef	[2pcs]
軍艦 甘海老 Ama-Ebi Gunkan	120
Japanese sweet shrimp imported from Japan	[2pcs]
[Allergy] Crustacean , Fish , Soybean	
軍艦 イクラ Ikura Gunkan	120
Salmon roe imported from Alaska marinated in soy sauce	[2pcs]
[Allergy] Fish , Soybean	
軍艦 雲丹 Uni Gunkan	300
Sea urchin imported from Japan	[2pcs]
[Allergy] Fish , Soybean	

Sushi restaurant etiquette in Japan

At "itadaku", chef puts Nikiri (original blend soy sauce) on the Nigiri Sushi.

Chef also puts Wasabi into the Nigiri Sushi.

So it's already seasoned just right by Nikiri and Wasabi.

If you would like to taste the fish and rice carefully,
you do not need to add soy sauce and wasabi.

If you like strong flavours, you can also dip in a little soy sauce and wasabi.

In Japanese sushi restaurant etiquette,
it is not classy to put more soy sauce on the plate than you can use.

刺身 | Sashimi

Sashimi = Fish only / Sushi = Fish with rice

お刺身五点盛り Osashimi Gotemmori

Chef selection sashimi assortment of 5 kinds	[2pcs each]	300
[Allergy] Fish	[3pcs each]	450

本鰯赤身 Hommaguro Akami Sashimi

Bluefin lean tuna imported from Japan	[5pcs]	180
[Allergy] Fish		

本鰯中トロ Hommaguro Chutoro Sashimi

Bluefin medium fatty tuna imported from Japan	[5pcs]	240
[Allergy] Fish		

本鰯大トロ Hommaguro Otoro Sashimi

Bluefin super fatty tuna imported from Japan	[5pcs]	320
[Allergy] Fish		

サーモン Salmon Sashimi

Salmon imported from Tasmania	[5pcs]	100
[Allergy] Fish		

ふくいサーモン炙り Fukui Salmon Aburi Sashimi

Seared skin Japanese salmon sashimi	[5pcs]	180
[Allergy] Fish		

勘八 Kampachi Sashimi

Greater amberjack imported from Japan	[5pcs]	120
[Allergy] Fish		

勘八薄造り Kampachi Usuzukuri

Greater amberjack thin sashimi with ponzu sauce		180
[Allergy] Fish , Soybean		

真鯛 Tai Sashimi

Red sea bream imported from Japan	[5pcs]	150
[Allergy] Fish		

烏賊 Ika Sashimi

Cuttlefish imported from Japan	[5pcs]	170
[Allergy] Molluscs		

鰯鯖炙り Shime-Saba Sashimi

Mackerel imported from Japan marinated in vinegar	[5pcs]	180
[Allergy] Fish		

帆立 Hotate Sashimi

Scallop imported from Japan	[6pcs]	190
[Allergy] Molluscs		

巻物	Makimono : Maki Rolls Sushi
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手巻き | Hand Rolls / 細巻き | Cut Rolls

ねぎトロ巻き	Negi-Toro Maki	Hand 60 / Cut 90
Chopped toro and Japanese leeks with wasabi		[1pc] [6pcs]
[Allergy] Fish		

ねぎサーモン巻き	Negi-Salmon Maki	Hand 50 / Cut 75
Chopped salmon and Japanese leeks with wasabi		[1pc] [6pcs]
[Allergy] Fish		

穴きゅう巻き Ana-Kyu Maki Hand 50 / Cut 75
Conger eel, cucumber and shiso leaf [1pc] [6pcs]
[Allergy] Fish , Soybean , Honey

かんぴょう巻き Kampo Maki Hand 40 / Cut 60
Dried gourd simmered in sweet soy sauce with wasabi [1pc] [4pcs]
[Vegetarian] [Allergy] Soybean , Sesame seed

梅きゅう巻き	Ume-Kyu Maki	Hand 40 / Cut 60
Pickled plums sauce, cucumber and shiso leaf	[1pc]	[6pcs]
[Vegetarian]		

かっぱ巻き	Kappa Maki	Hand 30 / Cut 45
Cucumber		[1pc] [6pcs]
[Vegetarian]		

What is Uramaki?

Traditional sushi rolls have seaweed on the outside.

Uramaki has seaweed inside.

It was created in the USA by Japanese chefs for foreigners
who dislike dark looking foods.

Japanese call Uramaki "California roll" instead of "Sushi".

Since itadaki is a 100% pure Japanese restaurant,
we do not serve Uramaki.

お惣菜：冷菜 | Side Dish : Cold Appetizer

ケール胡麻和え	Kale Gomaae	50
Kale with sweet sesame sauce [Vegetarian] [Allergy] Soybean , Sesame seed		
紫キャベツ甘酢漬け	Murasaki Cabbage Amazuzuke	50
Red cabbage pickled with Sichuan pepper [Vegetarian]		
柚子白菜漬け	Yuzu Hakusai Zuke	50
Pickled Chinese cabbage with yuzu flavour [Vegetarian] [Allergy] Sesame seed		
白滝キンピラ	Shirataki Kimpira	50
Stir-fried konjac noodles and carrots [Vegetarian] [Allergy] Soybean , Sesame seed		
海老とオクラの酢味噌和え	Ebi Okura Sumisoae	70
Boiled shrimp and lady's finger with vinegar miso sauce [Allergy] Crustacean , Soybean		
豆腐ステーキサラダ	Tofu Steak Salad	100
Grilled tofu with mizuna leaf and sesame dressing [Vegetarian] [Allergy] Soybean , Sesame seed		
黒毛和牛と春菊のサラダ	Kuroge-Wagyu Shungiku Salad	160
Japanese Wagyu and crown daisy salad with wasabi ponzu sauce [Allergy] Fish , Soybean		

お惣菜：温菜 | Side Dish : Hot Appetizer

枝豆柚子胡椒和え	Edamame Yuzukoshoe	50
Boiled young soybeans with spicy yuzu sauce [Vegetarian] [Allergy] Soybean		
胡麻豆腐揚げ出し	Goma Dofu Agedashi	50
Deep-fried sesame tofu with Japanese broth [Allergy] Fish , Soybean , Sesame seed		
茶碗蒸し	Chawanmushi	50
Steamed organic egg custard with shrimp and chicken [Allergy] Egg , Crustacean , Fish , Soybean		
出汁巻き玉子	Dashi Maki Tamago	60
Japanese-style rolled omelette [Allergy] Egg , Fish , Soybean		
茄子田楽	Nasu Dengaku	60
Eggplant with sweet yuzu miso [Vegetarian] [Allergy] Soybean , Sesame seed		
肉じゃが	Nikujiyaga	60
Stewed beef and potatoes [Allergy] Fish , Soybean		
チューリップ唐揚げ	Churippu Karaage	60
Japanese fried chicken with bone [Allergy] Egg , Fish , Soybean		
和牛餃子	Wagyu Gyoza	80
Grilled wagyu gyoza [Allergy] Soybean		
真鯛兜煮付け	Madai Kabuto Nitsuke	90
Simmered red sea bream head in sweetened soy sauce [Allergy] Fish , Soybean		
黒毛和牛しゃぶしゃぶItadaku仕立て	Wagyu Shabu-shabu	220
Pre-cooked wagyu beef simmered in dashi broth, with sesame sauce [Allergy] Fish , Soybean , Sesame seed		
黒毛和牛と青葱のすき焼きItadaku仕立て	Wagyu Sukiyaki	220
Pre-cooked wagyu beef simmered in sweet soy sauce, raw egg on the side [Allergy] Egg , Fish , Soybean		

ご飯物 | Rice

甘海老とイクラの小丼 Amaebi Ikura Kodon 360

A small bowl of rice topped with sweet shrimp and salmon roe
[Allergy] Crustacean , Fish , Soybean

ウニと甘海老とイクラの小丼 Uni Amaebi Ikura Kodon 540

A small bowl of rice topped with sea urchin, sweet shrimp, and salmon roe
[Allergy] Crustacean , Fish , Soybean

ウニとイクラの小丼 Uni Ikura Kodon 630

A small bowl of rice topped with sea urchin and salmon roe
[Allergy] Fish , Soybean

ウニと甘海老の小丼 Uni Amaebi Kodon 630

A small bowl of rice topped with Iwate sea urchin and sweet shrimp
[Allergy] Crustacean , Soybean

牛丼 Gyu Don 130

Simmered Japanese wagyu beef rice bowl
[Allergy] Fish , Soybean

親子丼 Oyako Don 85

Simmered chicken and organic egg rice bowl
[Allergy] Egg , Fish , Soybean

焼きおむすび Yaki Omusubi 35

Grilled rice ball
[Allergy] Fish , Soybean

銀しゃり 岩手県産銀河のしずく Gin Shari Ginga No Shizuku 25

Steamed white rice from Iwate prefecture
[Vegetarian]

汁物 | Soup

ワカメと豆腐の味噌汁 Wakame Tofu Miso-Shiru 30

Miso soup of wakame seaweed and tofu
[Allergy] Fish , Soybean

ナメコの赤だし Nameko Akadashi 30

Soybean miso soup with nameko mushrooms
[Allergy] Fish , Soybean

岩手県産原木椎茸のすり流し Iwate Shitake Surinagashi 40

Japanese thick soup of shitake mushroom imported from Iwate, Japan
[Allergy] Fish , Soybean

岩手県産原木椎茸の土瓶蒸し Iwate Shitake Dobimmushi 65

Iwate shitake mushrooms, shrimp, chicken, and Japanese broth steamed in an earthenware teapot
[Allergy] Crustacean , Fish , Soybean

鰻 | Unagi : Freshwater Eel

うな重 Una Ju

Grilled eel rice box

[上 | Jo : 1pc]

295

[Allergy] Fish , Soybean , Honey

[特上 | Tokujo : 2pcs]

580



What is so special about itadaku's Unagi?

In Japan, grilled eel with sweet soy sauce is called Unagi Kabayaki.
Most of the Unagi Kabayaki you find outside of Japan comes from China,
but our eel comes from Japan.

Most of the Unagi Kabayaki you find outside of Japan is flavoured and
ready-to-eat, but we prepare our Unagi Kabayaki from raw here.

In Japan, it is said that it takes a long time to train to be able to
cook delicious Unagi Kabayaki.

That's why there is a saying "Three years of skewering,
eight years of cutting open, and a lifetime of grilling".

There are very few restaurants outside of Japan
that serves Japanese eel cooked from raw and served as Unagi Kabayaki.

Please try the taste of genuine Unagi Kabayaki.

甘味 | Dessert

北海道ミルクソフトクリーム Hokkaido Milk Soft Cream プレーン Plain / ほうじ茶 Hojicha / ミックス Mix Hokkaido milk soft serve ice cream [Allergy] Milk	45
ソフトクリーム用ソース Soft-serve topping sauce 黒胡麻 Black Sesame / 柚子 Yuzu [Allergy] Sesame	10
昔ながらの固めのプリン Purin Old-fashioned Japanese caramel custard [Allergy] Milk , Egg	40
さつまいも白玉最中 Satsumaimo Shiratama Monaka Japanese sweet potato jam and shiratama dumplings with Japanese wafers [Allergy] Milk , Soybean	40
柚子ガトーショコラ Yuzu Gato Shokora Gateau chocolate with yuzu [Allergy] Milk , Egg , Soybean	45
珈琲ゼリー Coffee Jelly Coffee jelly and soft serve ice cream [Allergy] Milk	50
抹茶あんみつ Matcha Ammitsu Matcha jelly, sweet red bean paste, and shiratama dumplings [Vegetarian]	60
抹茶パフェ Matcha Parfait Soft serve ice cream, Matcha jelly, sweet red bean paste, and shiratama dumplings [Allergy] Milk	60
クラウンメロン Crown Melon Japanese earls melon cut to 1/6 of a piece [Vegetarian]	170

What is "Mochi"?

The true meaning of Mochi is "rice cake".

However, outside of Japan, "Mochi Ice Cream" is often called Mochi.

Most of Mochi is a product, and it is made in factories.

We are particular about making all our dishes by hand,
so we don't serve Mochi.

So at itadaki, please enjoy handmade Japanese desserts instead of Mochi.