



itadaku

Soy Free Menu

We have Japanese sea salt and homemade blend shichimi on the table, which you will enjoy using instead of soy sauce.

All prices are inclusive of applicable 5% VAT.

醤油の代わりに | Soy Sauce Substitution Options

Options for eating Japanese food without soy sauce

| | |
|---|----|
| レモン Lemon Lemon cut into 1/8 | 2 |
| 酢橘 Sudachi Sudachi cut in half | 15 |
| 抹茶塩 Matcha Salt Sea salt blended with matcha | 5 |
| わさび Wasabi Grated wasabi | 10 |
| ハラル煎り酒 Halal Irizake Chef's highly recommended. This ancient seasoning, which has been around since before soy sauce was invented, is homemade and Halal. | 10 |
| 梅タレ Ume Sauce Homemade sour sauce made with Japanese pickled plums | 10 |
| 柚子胡椒ソース Yuzu-kosho Sauce Homemade sauce made with Yuzukosho (Japanese seasoning made from chili peppers, yuzu peel, and salt) | 10 |
| かんずり Kanzuri Japanese fermented seasoning made from chili peppers, rice malt, salt, and yuzu peel | 20 |

炭火焼き | Robata : Charcoal Grill

肉 | Meat

| | |
|---|---------------------|
| 焼鳥 もも (塩) Yakitori Momo | 36 |
| Skewered chicken thigh with salt | [2skewers] |
| 焼鳥 手羽先 (柚子胡椒) Yakitori Tebasaki | 36 |
| Skewered chicken wings with spicy yuzu sauce | [2skewers] |
| 焼鳥 つくね (柚子胡椒) Yakitori Tsukune | 36 |
| Skewered chicken meatballs with spicy yuzu sauce | [2skewers] |
| [Allergy] Egg | |
| 串焼き 黒毛和牛 (塩) Kushiyaki Kuroge-Wagyu | 120 |
| Skewered Japanese wagyu beef with sea salt and wasabi | [2skewers] |
| 「黒牦牛」和牛ステーキ "Kurohanagyu" Wagyu Steak | 225 |
| Japanese wagyu beef steak 200g | |
| 鶏塩焼き Tori Shioyaki | 60 |
| Grilled chicken with salt | |
| 焼鳥三種盛り Yakitori Sanshumori | |
| Yakitori assortment of 3 kinds | [2skewers each] 105 |
| [Allergy] Egg | [3skewers each] 155 |

魚介 | Seafood

| | |
|--|------------|
| 串焼き サーモン (柚子胡椒) Kushiyaki Salmon | 80 |
| Skewered salmon with spicy yuzu sauce | [2skewers] |
| [Allergy] Fish | |
| 勘八カマ塩焼き Kampachi Kama Shioyaki | 85 |
| Salt-grilled collar of greater amberjack | |
| [Allergy] Fish | |
| うなぎ白焼き Unagi Shirayaki | 265 |
| Grilled eel with sea salt and wasabi | |
| [Allergy] Fish | |

炭火焼き | Robata : Charcoal Grill

野菜 | Vegetable

串焼き 埼玉県産さつまいも(柚子胡椒) Kushiyaki Satsumaimo 50
Sweet potato produced in Japan with spicy yuzu sauce [2skewers]
[Vegan]

串焼き 岩手県産原木椎茸(塩) Kushiyaki Iwate Shiitake 50
Shitake mushroom produced in Iwate, Japan with sea salt [2skewers]
[Vegan]

串焼き 日本産オクラ(梅タレ) Kushiyaki Okura 50
Lady's finger imported from Japan with pickled plum sauce [2skewers]
[Vegan]

串焼き 日本産ししとう(塩) Kushiyaki Shishito 50
Sweet pepper imported from Japan with sea salt [2skewers]
[Vegan]

Special Japanese ingredients

itadaku's sweet potato and shiitake mushroom are special.

These sweet potatoes are grown by master farmer Mr.Takeda in Kawagoe, Saitama Prefecture, one of Japan's most famous production areas.

These shiitake mushrooms are grown by master farmer Mr.Tachibana in Iwate Prefecture, one of Japan's most famous production areas.

You will definitely fall in love with these ingredients once you try it.

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] | 280 |
| [Allergy] Fish | [3pcs each] | 420 |
| 本鰯赤身 Hommaguro Akami Sashimi | | 160 |
| Bluefin lean tuna imported from Japan | | [5pcs] |
| [Allergy] Fish | | |
| 本鰯中トロ Hommaguro Chutoro Sashimi | | 200 |
| Bluefin medium fatty tuna imported from Japan | | [5pcs] |
| [Allergy] Fish | | |
| 本鰯大トロ Hommaguro Otoro Sashimi | | 300 |
| Bluefin super fatty tuna imported from Japan | | [5pcs] |
| [Allergy] Fish | | |
| サーモン Salmon Sashimi | | 80 |
| Salmon imported from Tasmania | | [5pcs] |
| [Allergy] Fish | | |
| 勘八 Kampachi Sashimi | | 100 |
| Greater amberjack imported from Japan | | [5pcs] |
| [Allergy] Fish | | |
| 勘八薄造り Kampachi Usuzukuri | | 150 |
| Greater amberjack thin sashimi with ponzu sauce | | |
| [Allergy] Fish | | |
| 真鯛 Tai Sashimi | | 130 |
| Red sea bream imported from Japan | | [5pcs] |
| [Allergy] Fish | | |
| 烏賊 Ika Sashimi | | 150 |
| Cuttlefish imported from Japan | | [5pcs] |
| [Allergy] Molluscs | | |
| 鰯炙り Shime-Saba Sashimi | | 160 |
| Mackerel imported from Japan marinated in vinegar | | [5pcs] |
| [Allergy] Fish | | |
| 帆立 Hotate Sashimi | | 160 |
| Scallop imported from Japan | | [6pcs] |
| [Allergy] Molluscs | | |

鮨 | 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] 300
[Allergy] Fish [3pcs each] 450

握り 本鮪赤身 Hommaguro Akami Nigiri 80
Bluefin lean tuna imported from Japan [2pcs]
[Allergy] Fish

握り 本鮪中トロ Hommaguro Chutoro Nigiri 100
Bluefin medium fatty tuna imported from Japan [2pcs]
[Allergy] Fish

握り 本鮪大トロ Hommaguro Otoro Nigiri 150
Bluefin super fatty tuna imported from Japan [2pcs]
[Allergy] Fish

握り サーモン Salmon Nigiri 40
Salmon imported from Tasmania [2pcs]
[Allergy] Fish

握り とろサーモン Toro Salmon Nigiri 60
Fatty belly part salmon imported from Tasmania [2pcs]
[Allergy] Fish

握り 勘八 Kampachi Nigiri 50
Greater amberjack imported from Japan [2pcs]
[Allergy] Fish

握り トロ勘八 Toro Kampachi Nigiri 70
Fatty belly part greater amberjack imported from Japan [2pcs]
[Allergy] Fish

握り 真鯛 Tai Nigiri 60
Red sea bream imported from Japan [2pcs]
[Allergy] Fish

握り 烏賊 Ika Nigiri 70
Cuttlefish imported from Japan [2pcs]
[Allergy] Molluscs

鮨 | Nigiri Sushi

Sushi = Fish with rice / Sashimi = Fish only

| | |
|---|--------|
| 握り 鯖 Shime-Saba Nigiri | 80 |
| Mackerel imported from Japan marinated in vinegar [Allergy] Fish | [2pcs] |
| 握り 蒸し海老 Ebi Nigiri | 80 |
| Boiled prawn imported from Japan [Allergy] Crustacean | [2pcs] |
| 握り 帆立 Hotate Nigiri | 100 |
| Scallop imported from Japan [Allergy] Molluscs | [2pcs] |
| 握り 黒毛和牛炙り Kuroge Wagyu Aburi Nigiri | 100 |
| Seared Japanese wagyu beef | [2pcs] |
| 軍艦 甘海老 Ama-Ebi Gunkan | 100 |
| Japanese sweet shrimp imported from Japan [Allergy] Crustacean | [2pcs] |
| 軍艦 雲丹 Uni Gunkan | 220 |
| Sea urchin imported from Japan | [2pcs] |

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.

巻物 | Makimono : Maki Rolls Sushi

手巻き | Hand Rolls / 細巻き | Cut Rolls

ねぎトロ巻き Negi-Toro Maki Hand 50 / Cut 75
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

梅きゅう巻き Ume-Kyu Maki Hand 30 / Cut 45
Pickled plums sauce, cucumber and shiso leaf [1pc] [6pcs]
[Vegan]

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

海老天巻き Ebi Ten Maki Hand 40
Prawn tempura and shiso leaf [1pc]
[Allergy] Crustacean , Gluten

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.

天麩羅 | Tempura

| | |
|--|--------|
| 天麩羅 埼玉県産さつま芋 Satsumaimo Tempura | 60 |
| Sweet potato produced in Saitama, Japan [Allergy] Gluten | |
| 天婦羅 淡路島産玉葱 Awajishima Tamanegi Tempura | 60 |
| Onion tempura produced in Awaji Island, Japan [Allergy] Gluten | [4pcs] |
| 天麩羅 岩手県産原木椎茸 Iwate Shitake Tempura | 50 |
| Shitake mushroom produced in Iwate, Japan [Allergy] Gluten | [4pcs] |
| 天麩羅 ししとう Shishito Tempura | 50 |
| Sweet pepper imported from Japan [Allergy] Gluten | [8pcs] |
| 天麩羅 オクラ Okura Tempura | 50 |
| Lady's finger imported from Japan [Allergy] Gluten | [6pcs] |
| 天麩羅 大葉 Oba Tempura | 30 |
| Shiso leaf imported from Japan [Vegan]/[Allergy] Gluten | [8pcs] |
| 天麩羅 茄子 Nasu Tempura | 30 |
| Eggplant [Allergy] Gluten | [4pcs] |
| 天麩羅 海老 Ebi Tempura | 60 |
| Prawn [Allergy] Crustacean , Gluten | [2pcs] |
| 天麩羅 甘海老 Ama-Ebi Tempura | 100 |
| Japanese sweet shrimp wrapped in shiso leaf [Allergy] Crustacean , Gluten | [2pcs] |
| 天麩羅 雲丹 Uni Tempura | 220 |
| Japanese sea urchin wrapped in shiso leaf [Allergy] Gluten | [2pcs] |

お惣菜：冷菜 | Side Dish : Cold Appetizer

| | | |
|--|----------------------------|----|
| 紫キャベツ甘酢漬け | Murasaki Cabbage Amazuzuke | 40 |
| Red cabbage pickled with Sichuan pepper [Vegan] | | |
| 柚子白菜漬け | Yuzu Hakusai Zuke | 40 |
| Pickled Chinese cabbage with yuzu flavour [Vegan] [Allergy] Sesame seed | | |
| ポテトサラダ | Potato Salad | 40 |
| Crushed potatoes and mayonnaise salad [Allergy] Fish , Egg , Milk , Gluten , Molluscs | | |

お惣菜：温菜 | Side Dish : Hot Appetizer

| | | |
|---|-------------|--------|
| 和牛餃子 | Wagyu Gyoza | 75 |
| Grilled wagyu gyoza [Allergy] Gluten | | [6pcs] |

ご飯物 | Rice

| | | |
|--|----------------------------|-----|
| ウニと甘海老の小丼 | Uni Amaebi Kodon | 480 |
| A small bowl of rice topped with Iwate sea urchin and sweet shrimp [Allergy] Crustacean | | |
| 銀しゃり 岩手県産銀河のしずく | Gin Shari Ginga No Shizuku | 20 |
| Steamed white rice from Iwate prefecture [Vegan] | | |

甘味 | Dessert

| | |
|---|-----|
| 北海道ミルクソフトクリーム プレーン Plain / ほうじ茶 Hojicha / ミックス Mix | 40 |
| Hokkaido milk soft serve ice cream [Allergy] Milk | |
| ソフトクリーム用ソース 黒胡麻 Black Sesame / 柚子 Yuzu | 10 |
| [Allergy] Sesame | |
| 昔ながらの固めのプリン Purin | 35 |
| Old-fashioned Japanese caramel custard [Allergy] Milk , Egg | |
| 抹茶あんみつ Matcha Ammitsu | 50 |
| Matcha jelly, sweet red bean paste, and shiratama dumplings [Vegan] | |
| 抹茶パフェ Matcha Parfait | 50 |
| Soft serve ice cream, Matcha jelly, sweet red bean paste, and shiratama dumplings [Allergy] Milk | |
| ミルクレープ Miru Kurepu | 50 |
| Layered crepe cake [Allergy] Milk , Egg , Gluten | |
| クラウンメロン Crown Melon | 150 |
| Japanese earls melon cut to 1/6 of a piece [Vegan] | |

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.

Useful Japanese for Restaurants

いらっしゃいませ Irasshaimase
Welcome

こんにちは Konnichiha
Good afternoon

こんばんは Kombanba
Good evening

はい Hai
Yes

おいしい Oishii
Delicious

おかいけい Okaikei
Checkout

おねがいします Onegaishimasu
Please

ありがとうございます Arigato-gozaimasu
Thank you

ごちそうさまでした Gochisosama-deshita
Thank you for the meal