

home health[er] menu **sushi & salads**

rice'box salads &  
rice'bowls

sushi & salads

noodle'bowls &  
soups

gyoza & bao

desserts &  
snacks

hot & cold drinks

view all

## sushi & salads

filter by ^



veggie zen  
279 kcal



avo baby rolls  
346 kcal



super salmon light  
420 kcal



sushi festival  
510 kcal



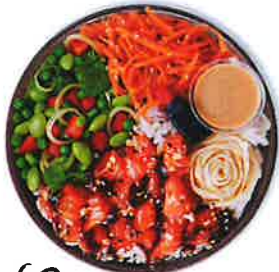
salmon sushi  
252 kcal



California rolls  
289 kcal



**salmon full house**  
623 kcal



£7.95

**omega-3 salmon poke**  
584 kcal



**prawn dynamite**  
241 kcal



**itsu classics**  
628 kcal



**health & happiness**  
501 kcal



**salmon & avo dragon rolls**  
448 kcal

✓  
£5.95



**salmon sashimi**  
205 kcal



**veggie sushi collection**  
584 kcal



**chicken teriyaki on a bed**  
477 kcal

✓  
£6.25

rice'box salads &  
rice'bowls

home health[er] menu rice'box salads & rice'bowls

# rice'box salads & rice'bowls

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the Vitality' bowl  
548 kcal



miso salmon rice'box salad  
506 kcal



chargrilled chicken rice'box salad  
506 kcal



king prawn rice'box salad  
429 kcal



chargrilled chicken rice'box salad  
506 kcal



veggie'balls rice'box salad  
556 kcal



rice bowls - itsu

£7.99 ✓



**chicken teriyaki rice' bowl**  
479 kcal



**double chicken teriyaki rice' bowl**  
619 kcal



**spicy chicken teriyaki rice' bowl**  
525 kcal



**klean'katsu rice' bowl**  
501 kcal



**Thai chicken rice' bowl**  
651 kcal



**veggie'balls teriyaki rice' bowl**  
674 kcal



**paradise'rice**  
225 kcal



**paradise'rice chicken teriyaki**  
353 kcal



**paradise'rice veggie'balls**  
363 kcal

£7.99 ✓

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home health[er] menu noodle'bowls & soups

## noodle'bowls & soups

filter by ^



chilli chicken gyoza noodle' bowl  
474 kcal



Thai stir-fry style udon noodles  
564 kcal

£6.99



chicken gyoza noodle' bowl  
455 kcal



katsu curry stir-fry style udon noodles  
504 kcal

£6.99



veggie gyoza noodle' bowl  
423 kcal



Korean spicy stir-fry style udon noodles  
549 kcal

£6.99



miso soup  
32 kcal



spicy miso soup  
72 kcal



detox miso noodle soup  
190 kcal



the chicken noodle soup  
285 kcal



famous coconut chicken soup  
376 kcal



veggie balls & coconut soup  
418 kcal

✓  
£2.99

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£6.75 ✓



**salmon teriyaki on a bed**  
447 kcal



**edamame**  
132 kcal



**salmon superfood salad**  
573 kcal



**no meat Mondays**  
340 kcal

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