

NAGANO

LUNCH DEALS

DEALS TO KEEP OUR BUSY BEES BUZZING (MON – FRI, 12PM – 2:30PM*)

sakana donburi A D F N	crispy cod filet, cole slaw, crispy nori, teriyaki sauce, short grain rice, miso soup	13,9
crispy ebi donburi A B C D F M N	prawn tempura, romaine lettuce, scallion, yuzu-honey mustard, truffle ponzu, short grain rice, miso soup	13,9
tori bento A D F N R	crispy chicken, miso soup, cole slaw, short grain rice + mixed nigiri and hosomaki	15,9
kamo bento A D F N R	crispy duck, miso soup, cole slaw, short grain rice + mixed nigiri and hosomaki	16,5
beef bento A D F N R	stir-fried beef, vegetables, miso soup, cole slaw, short grain rice + mixed nigiri and hosomaki	16,5
tofu steak bento A D F N	tofu en croute, vegetables, miso soup, cole slaw, short grain rice + vegan hosomaki	15,5

*except on public holidays

カクテル

COCKTAILS

peach please	Suntory Toki, White Peach, basil, vanilla, bitters <i>a fruity and refreshingly light highball with a mild herbal bitterness in the finish</i>	11.9
meron geisha	Roku gin, melon liqueur, coconut, lime, lemon, club soda <i>intense and fruity melon paired with subtle coconut notes in a sweet-sour medley</i>	11.9
lychee river	Ming River Baijiu, Campari, lychee liqueur, pineapple, orgeat, lime, bitters <i>a full-bodied drink with fruity-sweet notes accompanied by complex bitterness</i>	13.9
msg going bananas	banana-infused tequila blanco, banana liqueur, allspice, yuzu, MSG tincture <i>rich and intense – a spicy-fruity flavor explosion</i>	13.5
for goodness sake	Kikusui Junmai Sake, elderflower liqueur, tequila, mint, shiso <i>an elegant cocktail with herbal notes on a dry sake base</i>	12.9
clearly a matcha sundae	Roku gin, matcha, vanilla, Greek yogurt <i>sweet creaminess and bitter tea notes – like a matcha sundae, but crystal clear and liquid</i>	12.9
house negroni	Roku gin, Campari, red vermouth, yuzu sake <i>a Negroni, just a bit fresher and lightened up</i>	12.5
lemongrass margarita	Olmecca Altos Reposado, Cointreau, lime, lemongrass, ginger, coriander <i>a slightly softer tuned Margarita with a strong herbal accompaniment</i>	12.9
nashi mule	42 Below Vodka, pear liqueur, ginger beer, cinnamon <i>a spicy-sweet Mule with intense cinnamon and ginger flavors on a pear base</i>	12.9
yuzu g&t	lemon-infused Roku gin, yuzu tonic water, ginger, lemongrass, yuzu, bitters <i>a Gin & Tonic with layered citrus flavors and softened bitterness</i>	12.5

DISCOVER, SHARE, ENJOY

We serve our food creations 'family style'. Therefore, dishes are brought to the table gradually as soon as they are ready prepared, and placed in the middle for sharing. In this way, you can discover and indulge in new tastes all together with each other. On that note, いただきます (enjoy)!

おやつ & 前菜

SNACKS & SMALL BITES

classic edamame  F	steamed soy beans, fleur de sel	6.0
funky edamame  A F N	steamed soy beans, garlic-chili rub	7.5
crispy sake tartare A C D N	salmon tartare, crispy glutinous rice sticks, honey-soy dip	16.5
gyoza A F N	homemade dumplings: beef, seasonal vegetables, soy vinaigrette	8.9
harumaki  A F N	homemade spring rolls: tofu, vegetables, chili-mango-coriander dip	7.9
tori karaage A C F N	marinated and fried bits of chicken thigh, spicy mayo	10.5
goma burokkori  A E F N	broccolini, peanut, cashew, coriander, peanut-chili sauce	9.5
horenso no miso salat  A F N	baby spinach, crispy leek, black truffle, sesame, yuzu-miso vinaigrette	9.0
miso soup  D	white miso, dashi, tofu, seaweed, scallions	5.5

 vegetarian

 vegan

寿司バーから

FROM THE SUSHI BAR

NIGIRI

small sushi rice pieces topped with fish, seafood and / or vegetables – 2 pieces each

sake nigiri ^D	salmon	6.5
kihada maguro nigiri ^D	yellowfin tuna	7.5
ibodai nigiri ^D	gunnel	6.5
ebi nigiri ^B	black tiger prawn	6.5
avocado furikake nigiri  ^{C D N}	avocado, sesame-nori topping, dashi mayo	6.9

HOSOMAKI

small seaweed and rice roll filled with fish or vegetables – 1 roll cut into 7 bite-sized pieces

sake hosomaki ^D	salmon	6.0
kappa hosomaki  ^N	cucumber	5.0
avocado hosomaki  ^N	avocado	5.5

 vegetarian

 vegan

FUTOMAKI

sushi rice, fish / seafood and vegetables packed in a big seaweed roll and cut into 8 bite-sized pieces

california sake futomaki ^{B D N}	salmon, avocado, cucumber, flying fish roe (Tobiko), salmon roe (Ikura)	16.9
spicy tuna futomaki ^{A C D N}	yellowfin tuna, chili marinade, avocado, tempura flakes, spicy mayo, scallions	17.5
ebi tempura futomaki ^{A B C N}	black tiger prawn tempura, avocado, tempura flakes, spicy mayo	16.5

SIGNATURE ROLLS

our special maki creations cut into 8 bite-sized pieces

francesca-chan ^{A D F N}	flambeed salmon filet, rosemary-lemon zest tempura, green asparagus, teriyaki sauce	18.9
tsuchi ^{A C F M N}	Shiitake, Avocado, Gurke, frittierte Schalotte, kandierte Haselnuss, Miso-Mayo	18.0
robusuta kare ^{A D F N}	lobster tempura, cucumber, yuzu kosho-coconut-curry, kaffir lime-coconut milk reduction, crispy leek (not suitable for takeaway)	23.9
crusty crab ^{A B C D M N}	homemade snow crab croquette, tiger prawn, cucumber, shiso-avocado cream, Parmigiano Reggiano, black truffle, truffle mayo	19.9
hot 'n' fun ^{A C D F M N}	yellowfin tuna, jalapeño tempura, mango, avocado, cucumber, coriander, honey-soy vinaigrette, sesame mayo	19.5



vegetarian



vegan

SASHIMI

fish – freshly filetted, nothing more and nothing less

sashimi moriawase ^D	salmon, yellowfin tuna, hamachi	25.9
sake sashimi ^D	salmon	22.9

RAW & MARINATED

simple fish and vegetables that add up to soooooo much flavor

kihada maguro tatar ^{A D F N}	yellowfin tuna, avocado, chili, coriander, tempura flakes, honey-soy vinaigrette	19.9
sake tataki ^{A C D E F N}	flambeed salmon, peanut, red onion, coriander, soy-chilli vinaigrette, truffle mayo	20.9
hamachi tiradito ^{A D F N O}	hamachi sashimi, fig-jalapeno salsa, yuzu-truffle emulsion	18.9

SETS

a sushi never comes alone

sake set ^D	small	8 salmon nigiri, 3 hosomaki	18.5
	large	10 salmon nigiri, 3 hosomaki	21.9
maguro set ^D	small	8 yellowfin tuna nigiri, 3 hosomaki	21.5
	large	10 yellowfin tuna nigiri, 3 hosomaki	24.9
moriawase set ^{A B D N}	small	5 nigiri, 3 futomaki, 3 hosomaki	19.5
	large	8 nigiri, 3 futomaki, 3 hosomaki	22.9



In order to serve the freshest possible fish, we try to keep as little as possible frozen in bulk. Wherever possible, we get our fish multiple times a week fresh and in small batches. Therefore, some fish varieties might sell out on particular days. However, we do our best to keep enough stock for everyone.

キッチンから

FROM THE KITCHEN

ITAME

goodies, irresistibly marinated and fried on cast iron

soya sake ^{A D F N}	salmon, soy-mirin marinade, seasonal vegetables, teriyaki sauce	23.0
yaki karifurawa  ^{A D F H N}	roasted cauliflower, baby spinach, almond, scallion, truffle ponzu	16.5
ebichiri ^{A B C D F N}	tiger prawn, daikon radish, broccoli stalk, chili-teriyaki sauce, chili crunch	22.0
tori yakisoba ^{A F N}	homemade fried noodles, crispy chicken, shiitake, seasonal vegetables	16.5
tan tan udon ^{A E F N}	udon noodles, minced beef, baby spinach, peanut-miso broth	17.9

TEPPANYAKI

meat and vegetables seared and served on a sizzling hot iron plate

tori ^{A F N}	crispy chicken, seasonal vegetables, teriyaki sauce	17.5
kamo ^{A F N}	crispy duck breast, seasonal vegetables, teriyaki sauce	20.5
beef shigureni ^{A F N}	beef, seasonal vegetables, soy-sake marinade	19.5

 vegetarian

 vegan

TEMPURA

prawns and vegetables in a crispy golden coat. Some things are irresistible after a bath in hot oil.

ebi no sarada ^{A B C D F M N}	black tiger prawn, Romana lettuce hearts, truffle ponzu, honey mustard, sesame-nori	18.9
yasai  ^{A F}	mixed vegetables, soy-daikon radish sauce	13.5
ebi ^{A B C F N}	black tiger prawn (5 pieces), spicy mayo	17.5
mix ^{A B C F N}	black tiger prawn (3 pcs.), mixed vegetables, soy-daikon radish sauce, spicy mayo	16.9

SIDES AND EXTRAS

the best sidekicks for your main dish

gohan 	steamed short-grain rice	2.2
yakimeshi  ^{A C F N}	fried short-grain rice, egg	5.0
kohlsalat  ^N	hispi cabbage, sesame vinaigrette	5.5
saucen	portion Sauce	2.0
sushi ginger  ^A	portion pickled ginger	2.5
wasabi  ^M	portion wasabi	2.0

 vegetarian

 vegan

テイスティングメニュー

TASTING MENUS

a tour across our menu – minimum 2 persons (who likes to travel alone anyway, price per person)

omakase cold A B C D F M N

sashimi, nigiri, signature roll, futomaki, hosomaki, miso soup

38.0 p.p.

nagano all in A B C D F M N

soya Sake, tempura, sashimi, sushi, gyoza, miso soup, coleslaw, banana dessert

44.0 p.p.

デザート DESSERTS

(not suitable for takeaway)

banana  A G N

banana in crispy coconut coating, chocolate nest, coconut ice cream, salted caramel

13.5

matcha  A C F G H N

matcha cream, raspberry, dark chocolate, ladyfinger, edible 'soil', matcha ice cream

13.5

yuzu  C G

yuzu crème brulee, yuzu sorbet, basil oil

12.0

truffle  A C G

truffle-vanilla ice cream, miso-gouda cookie crumbles, dark chocolate

12.0



Just as with our other dishes, all the components of our dessert creations are homemade. They do not come frozen and pre-made. Except for the organic milk ice cream, which we get from a local artisan, EISL EIS 

ノンアルコール

NON-ALCOHOLIC DRINKS

SOFTDRINKS

no alcohol but a lot of refreshment

yuzu lychee cooler	yuzu juice, lychee juice, soda water (0.2l)	5.0
citrus fizz	lemon, lime, lime cordial, mint (0.33l)	5.0
mineralwasser	still or sparkling (0.33l)	3.6
cola/fanta/sprite	(0.33l)	3.9
soda	lemon (freshly squeezed), elderflower or raspberry (0.33l / 0.5l)	3.5 / 4.5
fruchtsaft	apple, mango or lychee (0.2l)	3.9
gespritzt	fruit juice of your choice topped with sparkling water (0.5l)	4.9

TEA

hot water infused with fragrant leaves

sencha	green tea from the first summer crop	4.9
jasminecha	jasmine flowers, Oolong leaves	4.9
genmaicha	green tea leaves, roasted brown rice	4.9
oolongcha	oolong leaves	5.5
darjeeling	Darjeeling leaves (“the champagne among teas”)	5.5

KAFFEE

black, brown, tall, small... as different as delicious

espresso	black coffee shot	3.0
cappuccino ^G	espresso, hot milk, milk foam	4.4
latte macchiato ^G	espresso, a lot of hot milk, milk foam	4.9

アルコール

ALCOHOL

BIER

carbonated alcoholic beverage made from hops and malt

zipfer ^A	lager from Neukirchen an der Vöckla (0.3l / 0.5l)	3.9 / 4.9
kirin / asahi / sapporo ^A	(light) lager from Tokyo / Osaka / Sapporo (Japan) (0.33l)	4.9
weihenstephaner ^A	wheat beer from from Weihenstephan (Germany) (0.5l)	4.9

WINE

grape juice that packs a punch

weiss

gv weinviertel dac classic 2022	slightly zesty-fruity, Weingut Schneider, Röschitz, AT (1/8l glass / 0.7l bottle)	5.5 / 29.0
sauvignon blanc kreuz & quer 2022	fruity-fresh, Peter Skoff, Kranachberg, AT (1/8l glass / 0.7l bottle)	6.5 / 34.0
riesling vom urgestein 2022	elegant-aromatic, Winzerhof Stift, Röschitz, AT (0.7l bottle)	34.0
leutschach chardonnay Süd.Stk. DAC 2021	floral-aromatic, Weingut Erwin Sabathi, Leutschach, AT (0.7l bottle)	52.0
sol lucet koshu 2022	fruity-fresh, Kurambon Winery, Yamanashi, JP (0.75l bottle)	72.0
rheingau koshu 2021	fruity-fresh, Schönleber-Blümlein, Rheingau, DE (0.75l bottle)	68.0

rosé

rosé cuvée 2022	fruity-floral, Weingut Ludwig Ehn, Kamptal, AT (1/8l glass / 0.7l Fl.)	5.5 / 29.0
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rot

blauer zweigelt 2021	fruity-zesty, Weingut Nittnaus, Burgenland, AT (1/8l glass / 0.7l bottle)	6.0 / 30.0
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blaufränkisch classic 2021	fruity-pungent, lby Rotweingut, Burgenland, AT (0.7l bottle)	30.0
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cuvée d'or 2018	complex-fruity, Weingut Franz Schindler, Burgenland, AT (0.7l bottle)	70.0
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schaumwein

argeo prosecco DOC NV	elegant-fruity, Ruggeri, Treviso, IT (0.75l Flasche)	35.0
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gold prosecco DOC NV	fresh-fruity, Bottega, Valdobbiadene, IT (0.2l Flasche)	13.0
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crémant de loire blanc brut 2019	complex-fruity, Domaine de la Petite Roche, Trémont, FR (0.75l bottle)	40.0
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brut reserve NV	creamy-fruity, Bründlmayer, Kamptal, AT (0.75l bottle)	70.0
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SAKE

‘wine’ made from rice grains, different than wine from grapes but just as good

honjozo	warm, hearty-aromatic, Kikusui, Niigata , JP (1/8l glass)	8.5
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junmai genshu (daiginjo)	cold, harmonious-fruity, Ninki, Fukushima, JP (100ml glass)	11.0
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junmai daiginjo	cold, delicate-aromatic, Tamano Hikari, Kyoto, JP (0.5l bottle)	46.0
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yuzushu	cold, fruity-fresh (yuzu fruit), Ninki, Fukushima, JP (80ml glass)	9.0
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SPRITZ

wine, bubbles and just a bit more

aperol spritz °	Aperol, prosecco, soda water, orange (1/4l)	6.5
hugo °	prosecco, elderflower, soda water, mint, lime (1/4l)	6.9

WHISKY

arguably one of the most interesting forms of grain

toki	blend, mild-fruity, Suntory, Osaka, Aichi & Yamanashi, JP (20ml)	5.5
nikka from the barrel	blend, fruity-tangy, Kikusui, Hokkaido, JP (20ml)	7.0
hibiki japanese harmony	blend, mild-aromatic, Suntory, Osaka, Aichi & Yamanashi, JP (20ml)	8.5
yamazaki 12 jahre	single malt, elegant-aromatic, Suntory, Osaka, JP (20ml)	14.9
nikka yoichi	single malt, mild-aromatic, Nikka, Hokkaido, JP (20ml)	7.5

Allergens

- A** Cereals containing gluten and products thereof
- B** Crustaceans and products thereof
- C** Eggs and products thereof
- D** Fish and products thereof
- E** Peanuts and products thereof
- F** Soy beans and products thereof
- G** Dairy products and products thereof (including lactose)
- H** Nuts and products thereof
- L** Celery and products thereof
- M** Mustard and products thereof
- N** Sesame seeds and products thereof
- O** Sulphur dioxide and sulphites
- P** Lupine and products thereof
- R** Molluscs and products thereof