

ITS
NOT
ALL JUST
RAW
FISH.

THE
SUSHI
BAR 棒

Sushi is NOT raw fish.

It can be beef, chicken, prawns...

It is a common misconception that sushi is raw fish. Sushi roughly translates to 'rice'. The fillings or toppings can consist of seafood, meat, or vegetables. The Sushi Bar serves far more than sushi, with over 30 delicious Japanese inspired hot dishes to choose from.

Such hot dishes include Japanese dumplings (known as Gyoza), a Japanese version of the pizza (Okonomiyaki), crispy breaded chicken and prawns (Katsu) and noodle dishes (Yakisoba and Udon). You can see the website for the full menu which includes pictures so you know exactly what you'll be getting. www.thesushibarchester.com



The beauty of The Sushi Bar is that all our dishes are served in small tapas style portions. Each time you can try something new from our extensive menu of over 90 different dishes without risking anything more than a few pounds in comparison with a more traditional restaurant

where you might order the same £10 main course everytime in fear of having a full main meal you don't like!

We often speak to people who were afraid of how The Sushi Bar worked, but there's nothing to fear! All our staff are on hand to help and a large percentage of the people we have in every day have never visited a conveyor belt restaurant before or even tried sushi, so we're used and only too keen to lend a helping hand where needed.

When you enter the restaurant take a seat anywhere around the conveyor belt. Our friendly waiting on staff will soon greet you and ask if you've been before. At this point they can explain the principal behind the conveyor belt and the colour code plate system, and give you a few moments to study the drinks menu.

We have a selection of beer, wine and sake as well as soft drinks and green tea for you to choose from. You can help yourself to anything you like from the

conveyor belt in front of you and if you want any hot food you can order this with the waiting on staff. If you want to know about any of the food don't hesitate to ask any of us and in most cases you'll be able to match up the items on the conveyor belt to the pictures in the menu.

If you have tried supermarket sushi and like it, we're 101% sure you'll love the real thing. Freshly prepared sushi rice is incomparable to what the supermarkets can offer and they don't have the ability to serve fresh ingredients as we can.



We're sure many people who don't like fish are also missing out on something they would probably love. We're confident that anyone who favours a savoury taste who hasn't tried sushi will find they love it, as will anyone who loves rice. We have many customers who are sushi addicts who claim they don't like fish!

So if you are tempted by what you see why not come in and try just a plate or two and ask our team any questions you have. We look forward to seeing you. The only risk you've got is, like the rest of us, you'll become seriously addicted to the moreishly satisfying world that is sushi!

10 Reasons to eat at The Sushi Bar.

Just a small selection of the health benefits The Sushi Bar can offer.

1. A Balanced Diet.

Sushi provides the perfect mixture of protein, carbohydrates, vitamins, minerals and omega 3.

2. Its Low Calorie.

Typically 6-9 pieces of sushi contain less than 300 calories.

3. Good for your heart.

Seafood is high in omega 3 and omega 6 oils which help promote a healthy heart.

4. Brain Fuel.

Seafood promotes brain development and can reduce headaches and migraines.



5. Lowers Cholesterol.

Sushi rice, because of its makeup has been known to reduce cholesterol.

6. Live For Longer.

Japanese people enjoy the longest life expectancy in the world, this is larger attributed to their excellent diet.

7. Rice Vinegar.

With lower acidity than Western vinegars, it has long been associated with youthful-looking skin and longevity. Vinegar increases the potency of vitamin C, which improves complexion, and in the past was used in cosmetics in Japan.

8. Wasabi.

Otherwise known as Japanese horse radish, Protects your body and is a powerful antibacterial.

9. Traditional Japanese Green Tea.

Green Tea is jam packed full of anti-oxidants which are great for your body and immune system and is also commonly used as a slimming aid.

10. Nori (Roasted Seaweed).

Nori is used to wrap most sushi rolls, and hand rolls. Its full of minerals and a high quality source of fibre.

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