

A REAL TASTE OF JAPAN



We are a sharing style concept, all dishes will come out as and when they are ready. We recommend 2/3 dishes per person.

Instagram: [cognito.uk](#)

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(VG) = Vegan
(V) = Vegetarian
(GF) = Gluten Free



BRUNCH

Scrambled Egg (V) <i>Chive, Sourdough Bread</i>	6.00
Smashed Avocado (VG) <i>Sourdough Bread</i>	6.50
Poke Toast (VG) <i>Sourdough Bread</i>	7.00
Tofu Poke Bowl (GF)	9.00
Salmon Poke Bowl (GF)	10.00
Mochi Matcha Pancakes	10.00

GYOZAS

Vegetable Gyoza (VG)	6.50
Pork Gyoza	8.00
Prawn Gyoza <i>Chilli Jam</i>	8.50

BAO BUNS

Octopus (One Bao) <i>Tempura Samphire, Garlic and Ginger Mayo</i>	7.00
Mushroom (VG) <i>Mushroom Glaze, Crispy Onions</i>	7.50
Spicy Chicken <i>Karrage, Pickles, Hottososu</i>	9.00
Crispy Duck <i>Cucumber, Spring Onion, Sticky Tomato Sauce</i>	9.50

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SMALL DISHES

Goma Greens (GF) (VG) <i>Asparagus, Sugar Snap Peas, Broccoli, Spinach, Samphire</i>	7.00
Okonomiyaki (VG) <i>Savoury Pancakes</i>	8.50
Sea Trout <i>Nori Crumb, Dill, Mooli, Carrot</i>	8.50
Karaage <i>Fried Chicken, Sake and Wakeame Glaze</i>	8.50
Crispy Pork Belly (GF) <i>Pak Choi, Caramel Sauce</i>	8.50
Cured Duck (GF) <i>Hoisin, Asparagus and Pickled Plum Salad</i>	9.00
Crab <i>Nori Cracker, Miso Butter, Wasabi Mayo</i>	9.00
Fried Calamari (GF) <i>Lime, Wasabi Mayo</i>	10.00
Salmon Tacos / Tuna Tacos (GF) <i>Avocado Purée, Truffle Ponzu</i>	10.50 / 11.50

SIGNATURE DISHES

Yaki Udon Noodles (VG) <i>Sugar Snap Peas, Carrot</i> <i>Add Tofu 4.00</i> <i>Add Chicken 4.00</i> <i>Add Crispy Duck 6.00</i> <i>Add Fillet of Beef 8.00</i>	12.50
Chicken and Citrus Ramen <i>Egg, Noodles, Pak Choi, Dashi</i>	16.00
Shitake Glazed Seabass <i>Rice, Samphire, Nori Foam, Pak Choi</i>	19.00

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SUSHI

URAMAKI
8 PIECES

Pickled Mooli (V) (GF) <i>Furikake Flakes and Wasabi Mayo</i>	7.00
Spicy Kimchi (VG) (GF) <i>Sesame Seeds and Spicy Gochujang Sauce</i>	8.50
Chicken Teriyaki (GF) <i>Roasted Red Pepper, Sesame Seeds and Leeks.</i>	9.50
Salmon (GF) <i>Red Pepper, Mango and Mango Sauce</i>	10.50
Gravad Lax (GF) <i>Salmon, Beetroot Marinade, Cucumber and Spicy Mayo</i>	11.00
Vegetable (VG) (GF) <i>Asparagus, Spinach, Avocado, Tempura flakes and Teriyaki Sauce</i>	10.00
Tuna (GF) <i>Spring Onion, Cucumber, Avocado, Leeks.</i>	11.00
Duck (GF) <i>Cucumber, Spring Onion, Hoisin Sauce, Teriyaki Sauce</i>	12.50
Tempura Prawn (GF) <i>Prawn Dust with Teriyaki Sauce</i>	12.50
Salmon and Tuna (GF) <i>Avocado and Spicy Mayo</i>	13.00
Dragon Roll (GF) <i>Tempura Prawn, Avocado, Teriyaki Sauce, Wasabi Mayo</i>	14.50

MAKI
8 PIECES

Cucumber (VG) (GF)	5.00
Pickled Red Cabbage (VG) (GF)	7.00
Salmon	7.00
Tuna	9.00

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SUSHI

SASHIMI
3 PIECES

Salmon (GF)	7.00
Seabass (GF)	7.00
Tuna (GF)	8.00
Gravad Lax (GF)	8.00

NIGIRI
2 PIECES

Pickled Cucumber (VG) (GF)	5.50
Shitake Mushroom (VG) (GF) <i>Teriyaki Glaze, Shitake Ketchup</i>	5.50
Salmon (GF)	6.00
Torched Salmon (GF) <i>Nori Oil</i>	6.50
Torched Seabass (GF) <i>Nori Oil, Furikake Seasoning</i>	6.50
Tuna (GF)	7.00
Marinated Tuna (GF) <i>Teriyaki Sauce</i>	8.00

SIDES

Assortment of Pickles	3.00
Fries	4.00
Rice	4.00
Sweet Potato Fries	4.00
Tenderstem Broccoli	4.00
Avocado	4.00
Chilli Salted Edamame	5.00
Salt & Pepper Fries	5.00

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DESSERTS

Sorbets (VG) <i>Lemon, Raspberry, Passionfruit & Mango</i>	2.00 Per Scoop
Matcha Tiramisu	6.50
Textures of Citrus <i>Variety of Citrus Flavours Reimagined</i>	6.50
Kanten White Chocolate Jelly (GF)	6.50
Honey and Sesame Panna Cotta (GF) <i>Miso Caramel Sauce, Sesame Brittle</i>	6.50
Mochi (VG Available on Request) <i>Selection of Mochi Balls</i>	7.00
Coffee Infused Sticky Toffee Pudding <i>Miso Caramel Sauce, Salted Vanilla Ice Cream</i>	7.00
Cognito Cheesecake (Serves Two) <i>Plum, Sake</i>	13.00

TEA & COFFEE

English Breakfast Tea	3.00
Japan Benifuuki Black Tea	3.00
Japan Benifuuki Green Tea	3.50
Earl Grey Blue Flower Tea	3.50
Redbush Vanilla Tea	3.50
Jasmine Dragon Phoenix Pearls Tea	3.50
Feng Shui Wellness Blend Tea	3.50
Matcha Ceremonial Tea	3.50
Espresso	3.00
Double Espresso	3.50
Americano	3.25
Cappuccino	3.75
Latte	3.75
Mocha	4.00
Caffè cMacchiato	2.25
White Chocolate Mocha (15% ABV)	6.50
Pumpkin Spiced Latte (17% ABV)	6.50
Baileys Hot Chocolate / Hazelnut Cream (17% ABV)	6.50
Hot Toddy	8.95
Irish Coffee	9.50

