'あべの'

心のこもった味づくり、心のこもったサービスに全力を注ぎます 明るく暖かな空間を、態度と言葉の両方を使って演出します お客様一人一人、スタッフ一人一人を素直な気持ちで心から大切にします より質の高い仕事を目標に自分自身の能力を伸ばしてゆきます 食材や使用する物を通して地球環境を大切にすることを学び実践します

'Abeno'

Every single guest is important to each of us.

Every single team member is important to each of us.

The quality of your experience is determined by the quality of the attitude of all of us - to you, to our colleagues and to the ingredients we use.

'Irasshaimase!'

Welcome to Abeno, Europe's original specialist 'Okonomi-yaki' restaurant. We are delighted that you have chosen to sample one of Japan's best-kept culinary secrets, a dish which has evolved over more than 400 years. We want you to be delighted with your experience today and, to that end, here are some tips towards attaining 'Okonomi-yaki' enlightenment.

- * Our menu is arranged in order of possible courses. Feel free, however, to order any dish, any time, in any order.
- * The main courses 'okonomi-yaki', 'yaki-soba', 'teppan-yaki' etc are sufficient for one. We would certainly recommend sharing dishes, so that you can enjoy a wider selection. If you are not sharing, we will do our best to get your chosen dishes to your table simultaneously.
- * All the 'okonomi-yaki' and 'teppan-yaki' are prepared in front of you. There is no need to do anything, unless you want to be involved.
- * All our ingredients are certified GMO-free and we source organic produce wherever possible. Our meat is certified organic and additive-free and is from North Wales. Our fish is sustainably-sourced. Our eggs are organic. We are members of the Sustainable Restaurant Association.
- * We do have cutlery.
- The 'teppan' (hot-plate) lives up to its name. Be very careful, particularly with children.
- * A discretionary charge for service of 12.5% will be added to your final bill.
- (v) * Because of the length and complexity of our Japanese supply chain, we cannot guarantee that all our ingredients are entirely fish- or meat-free. Dishes we are completely confident of being purely vegetable-sourced are marked with '(v)'.
- (gf) * (gf) denotes a dish is Gluten-Free. A gluten-free dough is available for the Okonomi-yakis for an extra 50p (deluxe size) and 80p (super-deluxe size).
 - * Please let us know if you suffer from any allergies. Please be aware that as we prepare all dishes in the same kitchen, we cannot guarantee that your dish will be free from any allergens.

We are very proud of what we do here and want to achieve the highest possible standards. Do please let us know if anything falls short of your high expectations of us.

'Maido Arigato Gozaimasu'

Food

お食事

Side Dishes

A selection of traditional Japanese home-cooking from the Kansai region, offered both as possible starters or accompaniments to the main dishes.

(gf,v)	Edamame	£5.00
	Lightly-boiled young Soybeans with a sprinkling of Cornish Sea Salt	04.00
(v)	NukazukeThe day's selection of home-matured Japanese pickled vegetables	£4.80
(gf,v)	Goma-ae	£6.00
(0 / /	Today's vegetables dressed in a Sesame, Soy Sauce and Nikiri Sake	
(v)	Kimpira Gobou	£5.50
()	A Burdock and Carrot dish with a touch of Shichimi spices	05.50
(v)	Sunomono	£5.50
(gf,v)	Kimchi	£5.00
(3.,.)	Spicy. A Korean dish of spiced, pickled Chinese Cabbage	
	Miso Soup	
	A traditional Japanese soup made with three types of miso. (v) option a	
(v)	Yaki NasuSteamed Aubergine marinated in our home-made Garlic Soy Sauce, cooked in front of you	£7.50
	Salmon Sashimi	£14.00
	Slivers of raw Salmon with Soy Sauce and Wasabi (gf) option	00.00
	Ebi Itame	£9.60
	Buta Shoga-yaki	£8.50
	Teriyaki Organic fried Pork with a hint of Ginger	
	Ika Kimchi Itame	£9.50
	Squid fried with Kimchi and Sweetheart Cabbage. (gf) option	00.50
	Buta Kimchi Itame	£9.50
	Yaki-Gyoza	£9.00
	Six Gyoza bursting with Prawn and Broccoli	
	Tonpei-yaki/Spicy Tonpei-yaki	£9.50
	Organic fried Pork in an Egg Envelope with a squirt of Lemon. A classic	c side
	Tempura Kakiage	£1/ Q0
	A style of Tempura with Prawn, Broccoli, Carrots, Onions & Lotus Root	
	Chicken Kushikatsu	
	Deep-fried, crispy Organic Chicken pieces on two skewers	
	Chicken Kara-age	
	Crispy nuggets of Organic Chicken, with a Garlic, Ginger and Soy seas Beef Kara-age	
	Crispy nuggets of Organic Fillet Beef, with a Garlic, Ginger and Soy se	asonina

Tofu

Cholesterol-free, Protein-full Soy Bean Curd.

	Hiyayakko (v) option
	Agedashi-dofu (v) option£10.00 A deep-fried Tofu dish in our thick homemade sauce
	Natto
	Our Natto is organic. Fermented Soy Beans - the Japanese Marmite.
(v)	Natto£6.50
()	Natto, served with Spring Onions and Kaeshi Soy Sauce
(v)	Konnyaku Natto-yaki £9.00
	A pancake of Konnyaku (a Yam and Seaweed creation) and Natto with Spring Onions
	Ika Natto-yaki£9.00
	A pancake of Squid and Natto with Spring Onions. (gf) option
	Ebi Natto-yaki £9.00
	A pancake of Black Tiger Prawns and Natto with Spring Onions. (gf) option
	Diag
	Rice
	Koshihikari rice from Toyama prefecture, cooked in soft water. A delicious complement to any stage of the meal.
	A delicious complement to any stage of the meal.
(gf,v)	Onigiri Furikake£5.50
	Three Rice Balls with assorted toppings
(gf,v)	Onigiri Umeboshi£5.50 Three Rice Balls with a tangy Plum filling
(gf)	Onigiri Shake£5.50
(91)	Three Rice Balls with seasoned Salmon
	Onigiri Gyuniku£5.50
	One round Rice Ball filled with cooked, seasoned Organic Beef
(gf,v)	Rice£3.00
	Salad
	Crispy salads with a light homemade sesame dressing
(v)	Mixed Salad £8.50
(v) (v)	Wakame Seaweed Salad £9.50
(v)	Gobou Salad£9.50
•	Burdock and Carrot on Salad leaves

Okonomi-yaki

'Okonomi-yakis' are variations on a theme, the theme being a base of cabbage, egg and dough (our eggs and flour are organic) with spring onions, ginger and morsels of 'tempura' batter,

the variations being any of the following in Deluxe or Super Deluxe size:
(A gluten-free dough is available for an extra 50p (deluxe size) and 80p (super-deluxe size))

	Size	Super Deluxe
Pork Organic Pork	£16.50 .	£19.00
Bacon & Cheese Organic Bacon	£16.50 .	£19.00
Squid	£16.50 .	£19.00
Tofu (v) option	£16.50 .	£19.00
Tofu, Sweetcorn & an extra helping of Spring Onion		
Tofu & Kimchi (v) option	£16.50 .	£19.00
Spinach & Cheese (v) option		
Inaka (v) option	£16.50 .	£19.00
Konnyaku (a traditional ingredient made from Yam and Sea	weed) and Co	orn
Spicy Tsuruhashi (v) option		
Kimchi, an extra Egg on top and extra-hot Chilli Flakes		
Spicy Naniwa	£16.50 .	£19.00
Organic Pork, Kimchi with extra-hot Chilli Flakes		
Osaka Organic Pork, Kimchi & Prawn	£17.20 .	£19.80
Tokyo Organic Pork, Squid & Prawn	£17.20 .	£19.80
Prawn	£17.20 .	£20.20
Kiso (v) option	£17.50 .	£20.50
Seasonal Mushrooms, Lotus Root and Cheddar Cheese		
London		£20.50
Organic Pork, Organic Bacon, Cheddar Cheese & Salmon		
Shinshu	£17.50 .	£20.50
Organic Chicken, Broccoli & Cheddar Cheese		
Yamazato-yaki (v) option		
Organic Pork, Lotus Root, Konnyaku, Organic Beetroot, Wh	nite Mushroon	ns and
Kimpira Gobou + 80g Beef Fillet £10.00		
Sapporo Mix	£22.60 .	£27.20
Squid, Prawn, Salmon, Scallops & Corn		
Kobe Special	£33.00 .	£35.00
150g Organic Fillet Steak from North Wales		000.00
Abeno Special		
Organic Beef Fillet, Organic Chicken, Prawns, Cheddar Che Tenderstem Broccoli, Lotus Root, Carrots, Mushrooms, Cris extra Egg on top		
Noodles on top of any Okonomi-yaki (Modern-Yaki)	P	lus £4 50

Vegan

Vegan Okonomi-yaki (one size only) with two vegan side dishes & miso soup...£22.00 An Abeno creation! No Eggs; Tofu, Konnyaku, Sweetcorn and Edamame Side dishes subject to change daily

Om-Soba

'Om-Soba' is a dish where fried egg wheat noodles ('Yaki-Soba') are served wrapped in an omelette and authentically decorated with Japanese Mayonnaise, Okonomi-yaki Sauce and Heinz Tomato Ketchup

Pork	£17.00
Squid	£17.00
Prawn	£17.00
Chicken	
Pork & Squid	£17.00
Pork, Squid & Prawn	£17.00
Vegetable	

Yaki-Soba

(v)

(v)

'Yaki-Soba' is a traditional dish of fried egg wheat noodles prepared with any of the following:

Pork	£16.00
Squid	
Prawn	£16.00
Chicken	
Pork & Squid	£16.00
Pork, Squid & Prawn	£16.00
Vegetable	£16.00

Soba-Rice

Diced vegetables, noodles and rice lightly fried with kimchi and a dashi soy sauce base in any of the following combinations

Pork	£17.00
Prawn	£17.00
Chicken	£17.00
Beef	£28.00

Teppan-YakiEach 'Teppan-Yaki' dish is prepared with 9 types of vegetables directly on the hot-plate, with or without Garlic. The meat is organic from North Wales. The Salmon is sustainably-sourced

	Steak	£38.00
	Salmon	£25.00
(v)	Tofu	£18.50
(v)	Vegetables	£14.50

Dessert

With the exception of our locally-sourced Ice-Creams, all components of our desserts are prepared on site

	Mitsumame
(gf,v)	Mitsumame£8.00 A traditional Japanese Fruit Salad with Shiratama Mochi on a base of Agar-agar
(gf,v)	An-Mitsu£8.50 Mitsumame with sweet red beans (Adzuki)
	Cream-Mitsumame£8.50 Mitsumame with any Ice-Cream or Sorbet (Matcha Ice-Cream is an option at an extra 80p)
	Cream An-Mitsu£9.00 All the above options!
	Aoyama Jelly£7.50
	Organic Fair-trade Coffee Jelly with Vanilla Ice-Cream
	Yokohama Sundae £9.00 Organic Fair-trade Coffee Jelly, Coffee Ice-Cream, Cinnamon Ice-Cream and more in this suffusion of sensations!
(v)	Kyoto Sundae £9.50 Japanese Desserts revisited! Delight in the cultural juxtaposition as the traditional delicacies of Matcha Ice-Cream and Adzuki Beans are rediscovered in this creamy setting
(v)	Biriken Sundae£14.00 A scoop of Matcha Ice-Cream on a bed of Hot-Cake soaked in Hibiki whisky, garnished with Berries, Whipped Cream and mixed Chocolate pieces

Ice-Creams

?) Matcha£5.00
Great Taste Award 2023 Recipient
Home-made Japanese Green Tea Ice-Cream with
Adzuki Beans. Made with Organic Cream
Ice-Cream£3.80
Chocolate Cinnamon
Vanilla Monmouth Coffee
Sorbet£3.80
Mango
Mango
Hot-Cakes
Japanese -style thick hot-cakes prepared in front of you
Choccie£12.00
Mixed Chocolate Chunks, Chocolate Ice-cream and Chocolate
Sauce
Wafu£12.00
Adzuki Beans (Anko), Matcha Ice-cream and Sweet Shiratama Moch
Adzuki Bearis (Airko), Materia lee eream and eweet erinatama Moen
Apple Hot-cake £12.00
A hot-cake topped with homemade British Apple Compote with a
Brandy flambé, Cinnamon Sugar, Cinnamon Ice-cream and
a Mixed Spice Syrup

Drinks

お飲み物

Soft Drinks		
Organic Apple Juice		£2 70
Organic Apple & Ginger Juice		£3.70
Organic Apple & Ginger Juice		C2 70
<u> </u>		
Organic Karma Cola/Sugar Free Organic Karma Lemony Lemonade		£3.70
Organic Karma Lemony Lemonade		£3.70
Tonic/Soda Water		£2.50
Seasonal Drink Plum Soda		.£5.50
A Sparking, Abeno-made Flum juice		
Mineral Water		
Sparkling Water((750ml)	£4.95
Still Water	750ml)	£4.95
Sparkling Water	(330ml)	£2.95
Still Water	(330ml)	£2.95
	(300)	~
Tea		
Genmai-Cha (Green Tea with Roasted Brown Rice aroma)		£2.50
Sen-Cha (from Uji-En in Osaka)		£2.50
Hoji-Cha (from Uji-En in Osaka)		£2.00
Gyokuro Iced Green Tea (Specially selected from Shizuoka)		£3.50
Organic Mugi-Cha (Chilled Barley Tea) (Hot/Cold)		£2.00
Matcha Latte (Hot/Cold)		£5.95
Hojicha Latte (Hot/Cold)		£5.95
- "		
Coffee		
Fairtrade, Organic, served in a Cafetière		£4.50
Beer		
In contract Alle		
Japanese Ale		
Hitachino Nest Beer Red Rice Ale 7%	.(330ml)	£7.50
Brewed in Ibaraki, Japan		
Hitachino Nest Yuzu Ginger Non-Ale 0.3%	.(330ml)	£5.00
Japanese Lager		
Asahi 5.2%	(330ml)	£5 50
Kirin Ichiban 4.6%	(330ml)	£5.50
Sapporo 4.7%	(330ml)	£5.50
σαμμοίο 4.7 %	(JJJUIII)	25.50
Alcohol Free		
Asahi Lager 0.0%	(330ml)	£5.00
	()	

Sake

Milled rice, water and 'koji' (a magic mould) but the character of 'sake' is determined by a number of other factors

Sake Cocktails

Sake Cocklails	
Furi Sode	
Sparkling Sake with a Maraschino Cherry, Crystallised Ginger and Rose Miyako Odori	<i>Petal</i> £12.00
Sparkling Sake with Mixed Berries and Umeshu (Plum Wine)	
Kyo Geiko	£12.50
A refreshing, tangy cocktail with Yuzu-Shu and fresh Orange Juice	
Sake	
Shirakabegura Mio (Hyogo Prefecture) 5%(300m	l) £15.00
A sparkling sake served chilledby the glass (150r	nl) £7.50
Kayashima Nishi-no-Seki (Oita Prefecture) 17%	nl) £6.00 l) £12.00
Urakasumi Junmai (Miyagi Prefecture) 15.5%(300m	
Brewed in Miyagi Prefecture since 1724, a mild and pleasant sake. Serv	ed chilled
Dewatsuru Hiten No Yume Junmai Daigingyo (Akita) 15.5%(300m Semi-dry, full-bodied sake. A clean, fruity aroma. Served chilled	I) £31.00
Dassai Junmai Daiginjyo Nigori (Yamaguchi Prefecture) 16%(300m Unfiltered sake, coconut and creamy with an elegant, velvety texture. Se	
Kasumitsuru Yamahai Daiginjyo (Hyogo Prefecture) 16%(720m Smooth and soft with elegant aromas and flavours of Ripe Peach and rustic Apple Tart. Served chilled	I) £85.00
Dewatsuru Hihaku <i>Junmai Daiginjyo</i> (Akita Prefecture) 16.5%(720m <i>A quintessential premium sake. Violets, hint of melon and cherry in the b Served chilled.</i>	
Kasumitsuru Kimoto Junmai (Hyogo Prefecture) 16% - earthy and dry	
Warmed small flask (140ml)	£9.70
Warmed large flask (280ml)	£18.90
Chilled (60ml)	£4.50
Chilled (140ml)	£9.70
Chilled (1.8L)	£95.00
Urakasumi Honjikomi Honjozo (Miyagi Prefecture) 15% - classic clean ar	nd earthy
Warmed small flask (140ml)	£9.70
Warmed large flask (280ml)	£18.90
Chilled (60ml)	
Chilled (140ml)	
Chilled (720ml)	£55.00
Tosatsuru Junmai (Kochi Prefecture) 15.5% - smooth and rounded	
Warmed small flask (140ml)	
Warmed large flask (280ml)	
Chilled (60ml)	
Chilled (140ml)	
Chilled (1.8L)	£95.00

Shochu

A Traditional Cereal-based Spirit, originally from Kyushu in the South of Japan

Shochu Mixer
Barley
Shirashinken (Oita) 25% Silky smooth, robust & subtly sweet
Sweet Potato
Kuro Kirishima (Miyazaki) 24% A pleasant, faintly fruity aroma(900ml) £70.00 On the Rocks/With hot water(50ml) £6.50
(,
Awamori
A Rice-based alcoholic drink traditionally made in Okinawa
or the Ryukyu Islands
Higa Zanpa White (Ryukyu Islands) 25% Vibrant fruity fragrance On the Rocks/With hot water(50ml) £6.50

Plum WineAn 'Ume' (Japanese Apricot) drink from Nakata, an internationally-acclaimed producer based in Wakayama

On the Rocks 12%(100ml) £8.50 Plum Wine Soda£9.00 The above, prolonged with Organic Lemonade		
Yuzu-Shu A refreshingly-sweet and tangy blend of the Japanese Citrus fruit, Yuzu, and Sake		
On the Rocks 10%(100ml) £8.95		
Shikuwasa Sharp and well balanced, made with a citrus fruit native to Okinawa, Japan and Taiwan		
On the Rocks 12%(100ml) £8.95		
Japanese Vodka Nuanced notes of malty sweetness. Botanical bitterness and citrus sharpness		
Kakuzo Tea Infused Vodka 40%(single 25ml) £6.50(double) £13.00		
Japanese Rum		
Made in Okinawa, Japan. Very aromatic and clean		
Kiyomi 40%		

Whisk(e)y

Japanese Malt	
Fuji Single Malt 46%	(single 25ml) £8.50
Floral and fruity with a touch of Scottish power	(double) £17.00
Hakushu 12 Year Old 43%	(single 25ml) £15.75
Aroma of pears, hint of citrus & a subtle smokiness	(double) £31.50
Hatozaki 12 Year Old 46%	(single 25ml) £8.50
Umeshu cask finish. Lychee, dried apricot, toffee	(double) £17.00
Hibiki Harmony 43%	(single 25ml) £8.50
Honey, orange, herb & light oak	(double) £17.00
Mars Komagatake Rindo 52%	(single 25ml) £17.75
Floral, rosewater with a bit of bitterness	(double) £35.50
Matsui Sakura Cask 48%	(single 25ml) £10.50
Baking spices and citrus, spring blossom finish	(double) £21.00
Nikka Coffey Malt 45%	
Rich & flavoursome, caramel over ripe fruits	(double) £17.00
Nikka Tsuru 43%	
Dried prune and apricot, lightly earthy roasted oak.	(double) £17.00
Nikka Yoichi 45%	(single 25ml) £8.50
Peated yet fruity	
Suntory Toki 43%	
Smooth, easy on the palate	(double) £13.00
Taketsuru 21 Year Old 43%	` • ,
Blend of richness of ripe fruit with the elegance of a	
Toashuzo Golden Horse Musashi 43%	
Subtly perfumed peaty notes, crunchy cereals	
White Oak Akashi 5 Year Old 50%	, ,
Generous helpings of sherried sweetness	
Yamazaki 12 Year Old 43%	
Wonderfully elegant and smooth	(double) £21.50
Malt Whislay	
Malt Whisky	(single OFml) CO FO
Nc'nean Organic Single Malt 46%	` ,
Smooth and elegant, note of citrus, peach and spice	e(double) £17.00
Sada Watar	£2.50
Soda Water	t.2.5U

Japanese Gin

Ki No Tea Kyoto Dry Gin (45.1%)	
A limited release Gin from Kyoto with Sencha	
Masahiro Okinawa Gin (47%)	
A Gin from Japan's Southern-most island with	
Nikka Coffey Gin (47%)	(double) £12.00
Roku (43%)	
The first Gin from Suntory with 6 ('roku') seaso	onal botanicals
Sakurao Japanese Dry Gin (47%)	(double) £19.00
Wa Gin (45%) A craft gin based on spirits distilled from Sake	(double) £13.00
Tonic Water	£2.50

Wines

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Wine

Japanese Wine

Orange	
Koshu Gris de Gris	
Chateau Mercian - Yamanashi, Japan 2021£40.0	0
White	
Koshu	
Grace Wines - Yamanashi, Japan 2022£40.0	0
Red	
Syrah	
Chateau Mercian - Nagano, Japan 2018£63.0	0
White	
Bianco Toscana	
Fabbrica Pienza - Tuscany 2018£42.0	0
Chablis	•
Premier Cru Montmains Tremblay - France 2022£58.0	0
Chardonnay	
Altaluvia - Argentina 2019£42.0	0
Gewurtztraminer	
Domaine Albert Mann - Alsace, France 2021£42.0	0
Pinot Gris	
Willakenzie - Oregon, U.S.A 2018£41.0	0
Sauvignon Blanc	_
Tin Pot Hut Marlborough - New Zealand 2023£38.0	O
Wine by the Glass	
Please ask for today's wine(125ml) £7.5	0
(175ml) £9.5	0

Red

Cabernet Sauvignon
Rodney Strong Sonoma County - California, U.S.A 2019£37.00
Grenache
Dis-Moi Oui! - France 2018£42.00
Malbec
Bodega Noemia A Lisa - Argentina 2020£42.00
Rioja
Urbina Gran Reserva - Spain 2004£53.00
Syrah
Bilancia - Hawkes' Bay, New Zealand 2014£48.00
Syrah & Viognier
La Motte - Franschhoek, South Africa 2015£42.00
Wine by the Glass
Please ask for today's wine(125ml) £7.50
(175ml) £9.50
Champagne
Jean-Paul Deville NV£85.00

All wines and vintages are subject to availability. An alternative may be offered