





*Nama means "raw"*



*This menu is created by Chef Keiji Matoba and designed for sharing and conviviality. He was inspired by the traditional Japanese cuisine "Washoku" based on balance and harmony of flavors.*

## 前菜 - Starters

枝豆 - **Edamame**   
Green soybeans with rock salt of Guerande

茄子煮浸し - **Nasu Nibitashi**    
Simmered organic eggplant, spring onion, wasabi nut, chili with sweet soy sauce

ほうれん草胡麻和え - **Gomaae**    
Spinach and enoki mushroom salad, red shiso with sesame soy dressing


グリーンサラダ - **Green Salad**    
Green leaves salad, asparagus, avocado, tomato with vinaigrette dressing

蕎麦サラダ - **Soba Salad**  
Soba, crispy chicken, mixed vegetables, nori, onsen egg with sesame ponzu dressing

海鮮サラダ - **Kaisen Salad**    
Marinated salmon, white fish, tuna, prawn, ikura, seaweeds, tomato, mixed salad, cucumber, carrot with wasabi soy dressing

鮪たたき - **Maguro Tataki**  
Seared tuna, fennel, chili, daikon, wasabi, ponzu, soy and sesame sauce

茶碗蒸し - **Chawan-Mushi**  
Savoury steamed egg custard with chestnut and truffle

揚げ出し餅 - **Agedashi-Mochi**   
Deep fried mochi, eggplant, bok choy, daikon, spring onion, nori with vegetable tendashi

豚角煮 - **Butakakuni**  
Braised pork belly, taro potato and snow peas with sweet soy sauce

## 汁物 - Soups

味噌汁 - **Misoshiru**  
Miso soup, wakame, tofu, spring onion, Sechuan pepper

潮汁 - **Ushiojiru**  
Fish soup, red mullet filet, tofu flavoured yuzu, wakame, shiitake

## 料理長厳選 - Chef selection

氷上お刺身盛り合わせ種  
**Sashimi Moriawase**  
Selection of sashimi (*selection of five x3*)

氷上特選刺身盛り合わせ7種  
**Tokusen Sashimi Moriawase**  
Premium selection of sashimi (*selection of seven x3*)

特選握り寿司盛り合わせ7貫  
**Tokusen Sushi Moriawase**  
Selection of nigiri sushi (*selection of seven*)

## 寿司と刺身 - Sashimi & Nigiri Sushi

Selection of 5 Sashimi or 2 Nigiri Sushi

サーモン	<b>Salmon</b>	
赤身	<b>Maguro tuna</b>	
鰻	<b>Unagi eel</b>	---
海老	<b>Ebi prawn</b>	---
牡丹海老	<b>Botan Ebi</b>	<i>For 2 persons</i>
鯛	<b>Madai seabream</b>	
イクラ	<b>Ikura salmon roe</b>	
ハマチ	<b>Hamachi yellowtail</b>	
雲丹	<b>Uni sea urchin</b>	
トロ	<b>Toro tuna belly</b>	

鮪タルタル - **Maguro Tartar**  
Tuna tartar, avocado, seaweeds, tomato, cucumber, wasabi nut

鯛薄造り - **Tai Usuzukuri**  
Japanese style sea bream "carpaccio" shiso, chili, daikon with yuzu ponzu sauce

海鮮丼 - **Kaisen Don**  
Marinated salmon, tuna, yellowtail, warm steamed rice, nori, gari, wasabi nuts



## 巻物 - Maki Roll


アマール メレザンロール - **AMAN Melezin**  
Yellowtail, unagi, avocado, cucumber,  
dried gourd, Ikura, spring onion, garlic crumbs

スパイシーツナロール - **Spicy Tuna**  
Tuna, avocado, spicy mayo


サーモンアボガド巻き - **Salmon Avocado**  
Salmon, avocado, salmon roe, spicy mayo


クリスピーブラウンロール - **Crispy Prawn**  
Panko prawn, avocado, spicy mayo

カリフォルニアロール - **California**  
King crab, avocado, cucumber, lettuce,  
spicy mayo

ベジタブルロール - **Vegetable Roll**   
Avocado, lettuce, cucumber, daikon radish

## 強肴 - Plats

銀鱈西京焼き - **Gindara Saikyo-Yaki**   
Grilled black cod marinated in sweet miso,  
chestnut, shiitake mushroom, green beans

本日の焼き魚 - **Yaki Zakana**   
(Grilled fish of the day)  
Plain grilled fish, taro potato, shiitake mushroom,  
snow peas, with wasabi soy sauce and lime  
Or glazed with teriyaki sauce

本日の特選和牛サーロイン  
**Tokusen Japanese Wagyu Sirloin**  
Grilled Japanese Wagyu bok choy,  
lime, wasabi soy sauce and miso

鶏照り焼き - **Tori Teriyaki**  
Grilled organic chicken glazed with  
teriyaki sauce, shiitake mushroom, bok choy

野菜天婦羅盛り - **Yasai Tempura**  
Assorted vegetables

天婦羅盛り合わせ - **Tempura Moriwase**  
Assorted prawns, fish and mixed vegetables

海老天婦羅 - **Ebi Tempura**  
5 pieces of shrimps

鶏唐揚げ - **Tori Karaage**  
Crispy chicken with cabbage, cherry tomato, lime

## デザート - Desserts

餅アイスクリーム  
**Mochi ice cream**  
Vanilla / Chocolate & Coconut / Matcha Green tea  
/ Sakura

ココナッツパフェ  
**Coconut explosion**  
Coconut parfait, marinate pineapple with  
lemongrass granite and coconut-lime sorbet

抹茶柚子ライチのコンビネーション  
**Asian flavors**  
Yuzu crèmeux, Matcha coral with mango compote  
and lychee sorbet


チョコパッションフォンダン  
**Chocolate Passion Fondant**  
Chocolate fondant with passion heart and banana  
ice cream.

ルクマデス  
**Loukoumades**  
Beignet croustillant served with honey, cinnamon  
icecream, white peach and roast pecans

## フローズン - Ice Cream & Sorbet

自家製アイスクリーム - **Homemade Ice Cream**  
Vanilla / Dark chocolate 70% / Matcha / Banana  
Cinnamon / Coffee

自家製シャーベット - **Homemade Sorbet**  
Lychee / Green apple yuzu / Coconut lime  
Mango passion

 Our Wellness Club dishes. A verdurous life is filled with good health, fresh nourishment and vigorous experiences.

 Our vegetarian dishes.

