

Appetizer

18 Miso Suppe ^F 	3,00 €
Soybean paste-Soup with Tofu, Seaweed, Spring onion	
19 Ramen ^{Aa,F,J,2,3,4}	6,00 €
Spicy noodle soup	
20 Gohan	3,00 €
Rice	
23 Udon ^{Aa,D,F,4}	10,50 €
Jap. noodle soup	
24 Kyoza / 24A fried	5,50 €
Steamed jap. dumplings ^{Aa,F,K,1,4,6} or fried jap. dumplings with Teriyaki sauce ^{Aa,Ac,F,K,2,4}	
26 Yakitori ^{Aa,Ac,F,K,2}	5,50 €
2 Chicken skewers	

27 Wakame Salad ^{Aa,F,K,2} 	4,50 €
Seaweed	
28 Edamame ^F 	4,50 €
29 Gomaee ^{Aa,C,K,4} 	5,50 €
Spinach with Sesame sauce	
33 Kimchi 	5,50 €
Spicy pickled cabbage	
34 Takoyaki ^{Aa,Ac,C,D,F,I,J,N,2,3}	6,50 €
3 deep fried Octopus balls, Katsuobushi, Mayo and Teriyaki sauce	
35 Torikata ^{Aa,Ac,F,K}	6,80 €
Deep fried Chicken with Teriyaki sauce	
36 Ebi Fry ^{Aa,C,I,3,5}	7,50 €
3 deep fried Shrimps	

Drinks

Jap. Green tea	3,00 €
Ginseng tea ^{Aa,B,C,D,E,F,G,I,J,K,M,N}	3,90 €
Ginger tea ^{sweet} ^{Aa,G,E,F,Hc}	3,90 €
Yuzu tea ^{Aa,G,E,F,Hc}	3,90 €
jap. Lemon tea, sweet	
fresh Mint tea	4,50 €
with Honey	
fuzeTee ^{Bottle 0,3l}	3,90 €
Lemon ³ / Peach	
Cola ² , Fanta ^{2,3} , Sprite	3,00 €
Bottle 0,2l	
Fruit Juice spritzer ^{Bottle 0,3l}	3,90 €
currant / apple / rhubarb	
Bitter Lemon ^{3,11} ^{Bottle 0,2l}	3,50 €
Mineral Water	3,00 €
Bottle 0,2l	

Mineral Water	6,50 €
Bottle 0,75l	
Japanese Beer ^{Ac}	4,00 €
Bottle 0,33l	
Pilsener ^{Ac} ^{Bottle 0,33l}	3,90 €
with or without alcohol	
Malt beer ^{Ac} ^{Bottle 0,33l}	3,90 €
Sake ^{0,15l}	5,50 €
jap. Rice wine, warm	
Jap. Plum wine ^L ^{5cl}	4,50 €
Jap. liquor ^{0,2l}	4,00 €
Wine ^L ^{0,2l}	5,50 €
Wine spritzer ^L ^{0,2l}	4,90 €

SUSHI HAUS

First sushi restaurant in Essen since 1998

19



23



24A



26



28



27



29



33



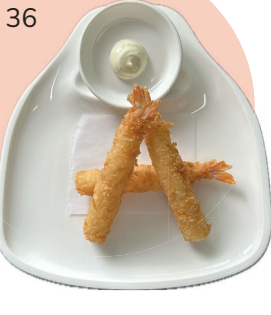
34



35



36



SUSHI HAUS

First sushi restaurant in Essen since 1998

Wegenerstr. 1
45131 Essen - Rüttenscheid
Tel.: 0201-7268485
sushi-haus.eatbu.com

Notice:  = vegetarian

Allergens

Aa wheat
Ab rye
Ac barley
Ad oats
B crustaceans
C eggs
D fish
E peanuts
F soy
G milk (including lactose)
Ha almonds
Hb hazelnuts

Hc walnuts
Hd cashews
He pecans
Hf brazil nuts
Hg pistachios
Hh macadamian nuts
I celery
J mustard
K sesame seeds
L sulphur dioxide and sulphites
M lupins
N molluscs

Additives

1 With preservatives
2 With colouring
3 With antioxidants
4 With flavour enhancers
5 With phosphates
6 With sweeteners
7 sulphurised
8 blackened
9 waxed
10 contains caffeine
11 contains quinine

Opening hours

Monday: closed
Tue-Fri: 12-3 p.m / 5-10 p.m
Sat-Sun: 1-10 p.m
On holidays: 3-10 p.m
(Last order until 9:30 p.m)

Party-Service

For your birthday, company or Business celebrations, we are happy to prepare our dishes according to your wishes.
We kindly ask for advance orders!

Wegenerstr. 1 • 45131 Essen - Rüttenscheid
Tel.: 0201-7268485 • sushi-haus.eatbu.com



Sushi Dishes

1 Sushi Special ^{AaB,C,D,F,I,J,K,2,3,4} 18,50 €
6 Nigiri (Tamago, Ebi, Maguro, Salmon, Kani, Tai) and 6 California Rolls

2 Sushi Original ^{AaB,C,F,K,1,2,4} 15,50 €
6 Nigiri (Tamago, Ebi, Maguro, salmon, Kani, Tai) and 6 Maki (3 cucumber, 3 radish)

2A Salmon Plate ^o 19,50 €
6 Salmon Nigiri and 6 Salmon Maki

4 Veggie Sushi Plate ^{AaC,F,I,J,2,3} ✓ 14,50 €
Tamago, Inari, Sugar beans, Shitake und 6 Avocado Maki

5 Maki Plate ^{C,D,I,J,1,2} 15,00 €
3 cucumber, 3 radish, 3 salmon, 3 Tuna and 6 cooked Tuna + Onions u. Mayo

14 Chirashi Sushi 18,90 €
Scattered Sushi Korean Style (Bowl with raw. Salmon and Salad, plus a bowl of rice and hot sauce)

17 Sushi Super Plate ^{AaB,C,D,F,I,J,N,1,2,4} 24,90 €
8 Nigiri (Tamago, Ebi, Maguro, Salmon, Kani, Tai, Unagi, Ika), 5 California Rolls, 5 Futo Maki

17A Gourmet Plate ^{AaB,C,D,F,I,J,K,2,3,4} 21,90 €
6 Nigiri (2 Ebi, 2 Maguro, 2 Salmon), 4 California Rolls, 6 Tekka Maki

Hosomaki

1 Portion = 6 pieces

8 Sake Maki ^o 5,50 €
raw. Salmon fillet

8A Sake Avo Maki ^o 5,90 €
raw. Salmon fillet + Avocado

9 Tekka Maki ^o 5,90 €
raw. Tuna fillet

9A Thuna Maki ^{C,D,I,J,3} 5,90 €
cooked Tuna + Onions and Mayo

9B Tekka Avo Maki ^o 6,50 €
raw. Salmon fillet + Avocado

10 Kani Maki ^{AaB,D,F,2,4} 5,00 €
Crab

10A Ebi Maki ^o 5,90 €
Shrimps

SUSHI HAUS



11 Kappa Maki ^K ✓ 5,00 €
Cucumber

11A Tamago Maki ^c 5,00 €
Egg-Omelette

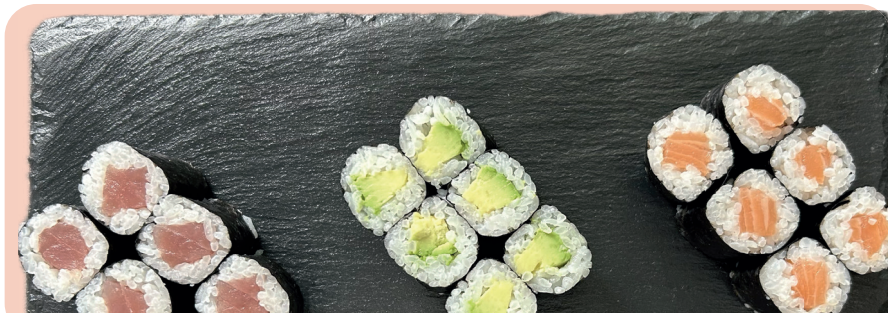
12 Takuwan Maki ^{K,1,2} ✓ 5,00 €
jap. yellow Radish

12A Kanpyou ^{AaF} ✓ 5,00 €
Pumpkin

13 Avocado Maki ^{+Mayo} ✓ 5,50 €

13A Shitake Maki ^{AaF} ✓ 5,50 €
Jap. Mushrooms

13B bell pepper Maki ✓ 5,00 €



Sashimi

15 Sashimi ^o
One variety of your choice:
6 Salmon- or 5 Tuna fillets

16 mixed Sashimi ^o
5 Salmon- and 3 Tuna fillets

Uramaki

Inside Out Roll

3 California Roll ^{AaB,C,D,F,I,J,K,2,3,4}
Avocado, Egg-Omelette, Surimi, Mayo (Inside)
Sesame and Fish roe (Outside)

3A Alaska Roll ^{C,D,F,I,J,K,2,3,4}
Salmon, Avocado, Egg-Omelette, Mayo (Inside)
Sesame and Fish roe (Outside)
(with raw./cooked Tuna +1€, Half +0,50 €)

3B Philadelphia Roll ^{D,G,K}
Salmon, Cream cheese, cucumber (Inside),
Sesame and Chives (Outside)
(with raw./cooked Tuna +1€, Half +0,50 €)

3C Teriyaki Roll ^{AaAc,C,F,K,2}
Fried chicken, Egg-Omelette, Cucumber (Inside)
Sesame and Chives (Outside)

3D Ebi Tempura Roll ^{AaAc,C,F,I,J,K,2,3,5}
Deep fried Shrimp, Cucumber, Mayo (Inside)
Sesame and Teriyaki Sauce (Outside)

3E Veggie Roll ^{C,I,J,K,3} ✓
Avocado, Cucumber, Mayo (Inside)
and Sesame (Outside)

3F Tekka Roll
Raw. ^{D,K} or cooked ^{C,D,I,J,K,3}
Tuna, Avocado, Cucumber (Inside)
Sesame, chives and hot Sauce Outside)

SUSHI HAUS

Futo Maki

6 Thuna Futo Maki ^{AaC,D,F,I,J,1,2}
Cooked tuna with Onions and Mayo, Egg-Omelette,
Cucumber, yellow Radish, Inari, jap. Pumpkin and
bell Pepper

7 Futo Maki ^{AaC,F,1,2} ✓
Egg-Omelette, Cucumber, yellow Radish,
Inari, jap. Pumpkin and bell Pepper

14,90 € /
15,90 €



18,90 €

5 pieces
7,00 €

10 pieces
12,90 €

8,00 €

14,90 €

8,00 €

14,90 €

8,00 €

14,90 €

8,50 €

15,50€

6,80 €

12,50 €

8,50 €

15,50 €



5 pieces
8,00 €

10 pieces
13,90 €

7,00 €

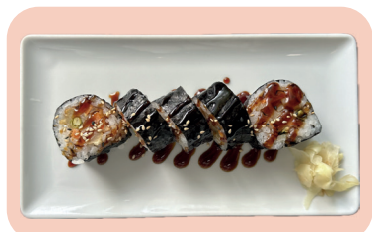
12,90 €



Tempura Roll

40 Yasai Tempura Roll ^{AaAc,C,F,I,J,2,3} ✓
With deep fried Vegetables and Mayo +
Teriyaki sauce

41 Sake Tempura Roll ^{AaAc,C,D,F,I,J,2,3}
With deep fried Salmon and Mayo +
Teriyaki sauce



Sushi of Your Choice

Nigiri per piece

Amaebi Sweet Shrimp ^o 3,00 €

Ebi Shrimp ^o 3,00 €

Hamachi young yellowtail ^o 3,50 €

Ika Squid ^N 2,80 €

Inari fried Tofu bag, sweet ^{AaF,2} ✓ 2,80 €

Maguro Tuna ^o 3,50 €

Sake Salmon ^o 3,00 €

Saba Mackerel ^o 3,00 €

Tai Sea Bream ^o 2,80 €



Bento Box

21 Bento Box ^{AaAc,D,F,K,2,4,5} 15,50 €
Yakitori, deep fried Salmon, Deep fried
Dumplings, deep fried Shrimp and
Teriyaki sauce with Mayo, Rice and Salad

5 pieces
7,50 €

8,00 €



Tako Octopus ^{N,3} 2,80 €

Tamago Egg-Omelette ^c 2,80 €

Kani Surimi ^{AaB,D,2,4} 2,80 €

Unagi grilled eel ^{AaAc,D,F,2,4} 3,50 €

Aburi Sake flamed Salmon ^{AaAc,D,F,2} 3,50 €

Sugar beans ✓ 2,80 €

Shitake Gunkan Shitake mushrooms ^{AaF} ✓ 2,80 €

Wakame Gunkan seaweed ^{Aa,F,K} ✓ 2,80 €

SUSHI HAUS

Temaki

handroll Sushi per piece

Temaki Salmon ^o 5,00 €
with Salmon

Temaki California ^{C,I,J,3} 4,90 €
With California Avocado

Temaki Thunfisch ^{C,D,I,J} 5,50 €
with raw or cooked Tuna

