



SUSHEA MENU

MAKI MENU

WI-FI PASSWORD: LoveSushea!

MEAT MAKI

QUICK BITES

- | | |
|--|-----|
| 1. Teriyaki chicken | 4.9 |
| 2. Karaage chicken, avocado, kewpie mayo | 4.9 |
| 3. Beef picanha, chilli jam, cucumber, daikon (GFI) | 4.9 |
| 4. Beef brisket, smoked sriracha mayo, avocado (GFI) | 4.9 |
| 5. BBQ Char siu pork, cucumber, plum hoisin | 4.9 |



SEAFOOD MAKI

QUICK BITES

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|--|-----|
| 6. Salmon raw (GFI) | 5.5 |
| 7. Tuna raw (GFI) | 5.5 |
| 8. Smoked salmon, cream cheese, spring onion (GFI) | 5.5 |
| 9. Tempura prawn, cucumber, daikon, sweet chilli sauce | 5.5 |
| 10. Sriracha prawn, avocado (GFI) | 5.5 |

VEGETARIAN/VEGAN MAKI

QUICK BITES

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|--|-----|
| 11. Tamago egg, cucumber, daikon (GFI) | 4.9 |
| 12. Smashed edamame, sweet potato, vegan mayo (GFI) (VGO) | 4.9 |
| 13. Sriracha tofu, cucumber, daikon (GFI) (VGO) | 4.9 |
| 14. BBQ Char siu tofu, cucumber, daikon, plum hoisin (VGO) | 4.9 |
| 15. Sweet chilli jackfruit, tempeh, avocado (GFI) (VGO) | 4.9 |

NIIGIRI PLATE

3 pieces of seasoned hand pressed sushi rice, wasabi, sriracha & kewpie mayo

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|--------------|------|----------------------|------|
| Beef (GFI) | 10.3 | Scallops (GFI) | 10.5 |
| Duck (GFI) | 10.3 | Egg (GFI) | 9.5 |
| Salmon (GFI) | 10.5 | Cucumber (GFI) (VGO) | 9.5 |
| Tuna (GFI) | 10.5 | Avocado (GFI) (VGO) | 9.5 |
| Prawn (GFI) | 10.5 | Wakame (VGO) | 9.5 |



MISO

Miso, sesame & tamari broth with spring onion & coriander

Chicken (GFI)	10.5
Beef (GFI)	10.5
Seafood (GFI)	12.0
Tofu & mixed vegetable (GFI) (VG)	10.5



GYOZA DUMPLINGS

QUICK BITES

Japanese half-moon dumplings served with a miso Korean BBQ sauce & Sushea salad

Chicken & vegetable	12.9
Vegan mixed vegetable (VG)	12.5



OKONOMIYAKI

Cabbage pancake with tamari sweet chilli sauce, kewpie mayo & bonito flakes

Original (GFI)	13.0
Pulled pork (GFI)	15.0
Beef brisket (GFI)	15.5
Wild mushroom & wakame (GFI) (V)	15.0



ASIAN BURGER

Japanese pickled cucumber, chilli jam, kewpie mayo, mixed leaf with a side of Asian slaw

Beef	13.5
Katsu chicken	13.5
Teriyaki mushroom & grilled tofu (VGO)	13.5



ROTI TACO

A crisp roti, avocado, Sushea salad, wakame, Thai chilli sauce & kewpie mayo

Chicken	14.5
Pulled pork	14.5
Beef brisket	15.0
Tofu (VGO)	14.0



BAO BUNS

Soft steamed bun served with Sushea salad, plum hoisin sauce & kewpie mayo

Chicken	12.9
Pulled pork	12.9
Sriracha prawn	13.0
Sriracha tempeh (VGO)	12.5



STICKLESS YAKITORI

Fragrant sushi rice, red onion, peppers, coriander, cashews & sweet yakitori sauce

Beef (GFI)	16.5
Chicken (GFI)	16.0
Seafood (GFI)	17.5
Tofu (GFI) (VG)	16.0



POKE BOWL

Sushi rice, raw vegetables, avocado, dressed in chilli lime soy sesame dressing

Karaage chicken	21.5
BBQ Char siu pork (GFI)	22.0
Salmon raw (GFI)	23.5
Tuna raw (GFI)	23.5
Tofu (GFI) (VG)	21.0



No substitutions, please. To ensure consistency and quality, we do not offer ingredient substitutions or dish modifications. Simple removals (such as "no salad") are gladly accommodated at our discretion.

(V) VEGETARIAN (VG) VEGAN (VGO) VEGAN OPTION
(GFI) GLUTEN FREE INGREDIENTS (GFO) GLUTEN FREE INGREDIENTS OPTION

PLEASE NOTE: SOME DISHES ARE COOKED ON THE SAME EQUIPMENT AS GLUTEN, SESAME & CRUSTACEANS

GOLDEN JAVA CURRY

A fusion of Japanese and Malaysian flavours served with mixed vegetables & fragrant rice

Karaage chicken	21.5
BBQ Char siu pork	22.0
Seafood	23.5
Tofu (VG)	21.0



UDON NOODLES

Soft wheat noodles with wild mushrooms, red onion, pak choi, cabbage, peppers, coriander & teriyaki sauce

Chicken	19.0
Beef brisket	20.0
Seafood	21.0
Tempeh (VG)	18.5



RAMEN

A Japanese miso and tamari broth with noodles, wakame, raw vegetables & ramen egg

BBQ Char siu pork (GFO)	21.5
Chicken (GFO)	21.5
Seafood (GFO)	23.5
Tofu Vegetarian (GFO) (V)	21.0
Tofu Vegan (GFO) (VG)	21.0



SOBA NOODLE SALAD

Raw vegetables, avocado, kimchi, wakame, Sushea salad, dressed in sweet chilli, mirin, tamarind & tamari

Duck	23.5
Salmon	23.5
Tuna	23.5
Prawn	23.5
Tofu (VG)	21.0



PURE MEATS

QUICK BITES

Chicken skewers with satay sauce & sushi rice (GFI)	13.5
Pork ribs with BBQ miso sauce & Sushea Salad	13.5
Thai beef balls with prik nam pla & kewpie mayo	13.5



PURE VEGGIE

QUICK BITES

Edamame pods with sesame oil & sea salt (GFI) (VG)	11.0
Wild mushrooms with sesame, wakame, tamari & rice (GFI) (VG)	12.5
Karaage avocado served with kewpie mayo (VGO)	10.5



PURE SEAFOOD

QUICK BITES

Takoyaki octopus balls drizzled with takoyaki sauce, kewpie mayo & bonito flakes	12.5
Tempura soft shell crab with prik nam pla & kewpie mayo	13.5
Tempura battered prawns with a ponzu, mango, mint, chilli sauce	12.5



INVISIBLE SUSHI



Invisible Sushi - A side of kindness.

100% of this purchase goes to Children's Hospice South West. No plate, no calories, just the good karma of giving back.

£2.50	A Ripple of Kindness
£5.00	A Wave of Hope
£10.00	A Tsunami of Support



SIDES

Sushea salad (GF) (VG)	4.0
Wakame (VG)	3.0
Kimchi (GF) (VG)	3.0
Rice (GF) (VG)	4.0
Roti bread (VG)	2.5
Chillis in Sesame Oil (GF) (VG)	2.0



UNDER 10?
**Kids Menu
Available on
Request**



SAUCES

Tamari (GF) (VG)	Free
Sriracha (GF) (VG)	1.0
Sweet chilli (GF) (VG)	1.0
Vegan mayo (GF) (VG)	1.0
Kewpie mayo (GF)	1.5
Smoked sriracha mayo (GF) (VG)	1.5
Wasabi mayo (GF) (VG)	1.5
Miso Korean BBQ (VG)	1.5
Plum hoisin (VG)	1.5
Teriyaki (VG)	1.5
Tamarind (GF) (VG)	1.5
Sweet yakitori (GF) (VG)	1.5
Takoyaki	1.5
Chilli jam (GF) (VG)	2.0
Java curry (VG)	2.0

About Sushea

Sushea (pronounced su-shay) brings fresh, Australian-style sushi and Asian-fusion dishes such as bao buns, gyozas, and poke bowls, to Newquay.

Our focus is on providing exceptional food and a warm, welcoming service, whether you're dining in with us or grabbing a takeaway to enjoy at home.

We are passionate about sustainability and mindful sourcing, striving to minimise waste and use local ingredients where possible. Our love for food, the land, and the ocean inspires everything we do.

How did we do?

Please leave us a review

We would love to hear from you!



 **@sushea.sushi**

MENU: 2026.V3

