

‘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 Arigatō 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
	<i>Lightly-boiled young Soybeans with a sprinkling of Cornish Sea Salt</i>	
(v)	Nukazuke.....	£4.80
	<i>The day's selection of home-matured Japanese pickled vegetables</i>	
(gf,v)	Goma-ae.....	£6.00
	<i>Today's vegetables dressed in a Sesame, Soy Sauce and Nikiri Sake</i>	
(v)	Kimpira Gobou.....	£5.50
	<i>A Burdock and Carrot dish with a touch of Shichimi spices</i>	
(v)	Sunomono	£5.50
	<i>Seaweed and Cucumber marinated in sweet Rice Vinegar</i>	
(gf,v)	Kimchi.....	£5.00
	<i>Spicy. A Korean dish of spiced, pickled Chinese Cabbage</i>	
	Miso Soup.....	£4.00
	<i>A traditional Japanese soup made with three types of miso. (v) option available</i>	
(v)	Yaki Nasu.....	£7.50
	<i>Steamed Aubergine marinated in our home-made Garlic Soy Sauce, cooked in front of you</i>	
	Salmon Sashimi.....	£14.00
	<i>Slivers of raw Salmon with Soy Sauce and Wasabi (gf) option</i>	
	Ebi Itame	£9.80
	<i>Prawn sauteed with an Abeno Garlic Soy sauce. (gf) option</i>	
	Buta Shoga-yaki	£8.50
	<i>Teriyaki Organic fried Pork with a hint of Ginger</i>	
	Ika Kimchi Itame	£9.50
	<i>Squid fried with Kimchi and Sweetheart Cabbage. (gf) option</i>	
	Buta Kimchi Itame	£9.50
	<i>Organic Pork fried with Kimchi and Sweetheart Cabbage. (gf) option</i>	
	Yaki-Gyoza	£9.00
	<i>Six Gyoza bursting with Prawn and Broccoli</i>	
	Tonpei-yaki/Spicy Tonpei-yaki.....	£9.50
	<i>Organic fried Pork in an Egg Envelope with a squirt of Lemon. A classic side</i>	
	Tempura Kakiage.....	£14.90
	<i>A style of Tempura with Prawn, Broccoli, Carrots, Onions & Lotus Root</i>	
	Chicken Kushikatsu	£8.50
	<i>Deep-fried, crispy Organic Chicken pieces on two skewers</i>	
	Chicken Kara-age.....	£14.50
	<i>Crispy nuggets of Organic Chicken, with a Garlic, Ginger and Soy seasoning</i>	
	Beef Kara-age	£26.00
	<i>Crispy nuggets of Organic Fillet Beef, with a Garlic, Ginger and Soy seasoning</i>	

Tofu

Cholesterol-free, Protein-full Soy Bean Curd.

Hiyakko (v) option.....	£6.00
<i>Chilled Tofu topped with Bonito fish flakes and grated Ginger</i>	
<i>(gf) option available</i>	
Niyakko (v) option.....	£8.50
<i>Warmed Tofu served in a thick sauce</i>	
Agedashi-dofu (v) option.....	£10.00
<i>A deep-fried Tofu dish in our thick homemade sauce</i>	

Natto

Our Natto is organic. Fermented Soy Beans - the Japanese Marmite.

(v) Natto.....	£6.50
<i>Natto, served with Spring Onions and Kaeshi Soy Sauce</i>	
(v) Konnyaku Natto-yaki.....	£9.00
<i>A pancake of Konnyaku (a Yam and Seaweed creation) and Natto with Spring Onions</i>	
Ika Natto-yaki.....	£9.00
<i>A pancake of Squid and Natto with Spring Onions. (gf) option</i>	
Ebi Natto-yaki.....	£9.00
<i>A pancake of Black Tiger Prawns and Natto with Spring Onions. (gf) option</i>	

Rice

*Koshihikari rice from Toyama prefecture, cooked in soft water.
A delicious complement to any stage of the meal.*

(gf,v) Onigiri Furikake.....	£5.50
<i>Three Rice Balls with assorted toppings</i>	
(gf,v) Onigiri Umeboshi.....	£5.50
<i>Three Rice Balls with a tangy Plum filling</i>	
(gf) Onigiri Shake.....	£5.50
<i>Three Rice Balls with seasoned Salmon</i>	
Onigiri Gyuniku.....	£5.50
<i>One round Rice Ball filled with cooked, seasoned Organic Beef</i>	
(gf,v) Rice.....	£3.00

Salad

Crispy salads with a light homemade sesame dressing

(v) Mixed Salad.....	£8.50
(v) Wakame Seaweed Salad.....	£9.50
(v) Gobou Salad.....	£9.50
<i>Burdock and Carrot on Salad leaves</i>	

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))*

	Deluxe 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
<i>Tofu, Sweetcorn & an extra helping of Spring Onion</i>		
Tofu & Kimchi (v) option.....	£16.50	£19.00
Spinach & Cheese (v) option.....	£16.50	£19.00
Inaka (v) option.....	£16.50	£19.00
<i>Konnyaku (a traditional ingredient made from Yam and Seaweed) and Corn</i>		
Spicy Tsuruhashi (v) option.....	£16.50	£19.00
<i>Kimchi, an extra Egg on top and extra-hot Chilli Flakes</i>		
Spicy Naniwa.....	£16.50	£19.00
<i>Organic Pork, Kimchi with extra-hot Chilli Flakes</i>		
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
<i>Seasonal Mushrooms, Lotus Root and Cheddar Cheese</i>		
London.....	£17.50	£20.50
<i>Organic Pork, Organic Bacon, Cheddar Cheese & Salmon</i>		
Shinshu.....	£17.50	£20.50
<i>Organic Chicken, Broccoli & Cheddar Cheese</i>		
Yamazato-yaki (v) option.....	£17.50	£20.50
<i>Organic Pork, Lotus Root, Konnyaku, Organic Beetroot, White Mushrooms and Kimpira Gobou + 80g Beef Fillet £10.00</i>		
Sapporo Mix.....	£22.60	£27.20
<i>Squid, Prawn, Salmon, Scallops & Corn</i>		
Kobe Special.....	£33.00	£35.00
<i>150g Organic Fillet Steak from North Wales</i>		
Abeno Special.....		£38.80
<i>Organic Beef Fillet, Organic Chicken, Prawns, Cheddar Cheese, Tomatoes Tenderstem Broccoli, Lotus Root, Carrots, Mushrooms, Crispy Garlic and an extra Egg on top</i>		
Noodles on top of any Okonomi-yaki (Modern-Yaki).....	Plus £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.....	£17.00
Pork & Squid.....	£17.00
Pork, Squid & Prawn.....	£17.00
(v) Vegetable.....	£17.00

Yaki-Soba

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

Pork	£16.00
Squid.....	£16.00
Prawn.....	£16.00
Chicken.....	£16.00
Pork & Squid.....	£16.00
Pork, Squid & Prawn.....	£16.00
(v) 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-Yaki

Each '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

デザート

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

(gf,v) **Matcha** £5.00
*Great Taste Award 2023 Recipient
 Home-made Japanese Green Tea Ice-Cream with Adzuki Beans. Made with Organic Cream*

(v) **Ice-Cream**£3.80
 Chocolate Cinnamon
 Vanilla Monmouth Coffee

(v) **Sorbet**£3.80
 Mango

Hot-Cakes

Japanese -style thick hot-cakes prepared in front of you

(v) **Choccie**£12.00
Mixed Chocolate Chunks, Chocolate Ice-cream and Chocolate Sauce

(v) **Wafu**£12.00
Adzuki Beans (Anko), Matcha Ice-cream and Sweet Shiratama Mochi

(v) **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	£3.70
Organic Apple & Ginger Juice	£3.70
Organic Pear Juice	£3.70
Organic Karma Cola/Sugar Free	£3.70
Organic Karma Lemony Lemonade	£3.70
Tonic/Soda Water	£2.50

Seasonal Drink

Plum Soda	£5.50
<i>A sparkling, Abeno-made Plum juice</i>	

Mineral Water

Sparkling Water	(750ml) £4.95
Still Water	(750ml) £4.95
Sparkling Water	(330ml) £2.95
Still Water	(330ml) £2.95

Tea

Genmai-Cha (<i>Green Tea with Roasted Brown Rice aroma</i>)	£2.00
Sen-Cha (<i>from Uji-En in Osaka</i>)	£2.50
Hoji-Cha (<i>from Uji-En in Osaka</i>)	£2.00
Gyokuro Iced Green Tea (<i>Specially selected from Shizuoka</i>)	£3.50
Organic Mugi-Cha (<i>Chilled Barley Tea</i>) (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
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Beer

Japanese Ale

Hitachino Nest Beer Red Rice Ale 7%	(330ml) £7.50
<i>Brewed in Ibaraki, Japan</i>	

Japanese Lager

Asahi 5.2%	(330ml) £5.50
Kirin Ichiban 4.6%	(330ml) £5.50
Sapporo 4.7%	(330ml) £5.50

Alcohol Free

Asahi Lager 0.0%	(330ml) £5.00
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Sake

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

Sake Cocktails

Furi Sode	£12.00
<i>Sparkling Sake with a Maraschino Cherry, Crystallised Ginger and Rose Petal</i>	
Miyako Odori	£12.00
<i>Sparkling Sake with Mixed Berries and Umeshu (Plum Wine)</i>	
Kyo Geiko	£12.50
<i>A refreshing, tangy cocktail with Yuzu-Shu and fresh Orange Juice</i>	

Sake

Shirakabegura Mio (Hyogo Prefecture) 5%	(300ml) £15.00
<i>A sparkling sake served chilled</i> by the glass (150ml) £7.50	
Kayashima Nishi-no-Seki (Oita Prefecture) 17%	(25ml) £6.00
<i>A 35 year old sake closer to whiskey than sake.....</i> (50ml) £12.00	
Urakasumi Junmai (Miyagi Prefecture) 15.5%	(300ml) £31.00
<i>Brewed in Miyagi Prefecture since 1724, a mild and pleasant sake. Served chilled</i>	
Dewatsuru Hiten No Yume Junmai Daiginjo (Akita) 15.5%	(300ml) £31.00
<i>Semi-dry, full-bodied sake. A clean, fruity aroma. Served chilled</i>	
Dassai Junmai Daiginjo Nigori (Yamaguchi Prefecture) 16%	(300ml) £31.00
<i>Unfiltered sake, coconut and creamy with an elegant, velvety texture. Served chilled</i>	
Kasumitsuru Yamahai Daiginjo (Hyogo Prefecture) 16%.....	(720ml) £85.00
<i>Smooth and soft with elegant aromas and flavours of Ripe Peach and rustic Apple Tart. Served chilled</i>	
Dewatsuru Hihaku Junmai Daiginjo (Akita Prefecture) 16.5%.....	(720ml) £85.00
<i>A quintessential premium sake. Violets, hint of melon and cherry in the background 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 and earthy	
Warmed small flask (140ml)	£9.70
Warmed large flask (280ml)	£18.90
Chilled (60ml)	£4.50
Chilled (140ml)	£9.70
Chilled (720ml)	£55.00
Tosatsuru Junmai (Kochi Prefecture) 15.5% - smooth and rounded	
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

Shochu

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

Shochu Mixer	£9.00
Mugi-Cha-hai (mixed with Mugi-Cha)	
Apple-hai (mixed with Apple Juice)	
Cola-hai (mixed with Karma-Cola)	
Lemonade-hai (mixed with Lemonade)	
Pear-hai (mixed with Pear Juice)	

Barley

Shirashinken (Oita) 25%	
<i>Silky smooth, robust & subtly sweet</i>	
.....	(720ml) £55.00
On the Rocks/With hot water.....	(50ml) £6.50

Sweet Potato

Kuro Kirishima (Miyazaki) 24%	
<i>A pleasant, faintly fruity aroma</i>	
.....	(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%	
<i>Vibrant fruity fragrance</i>	
On the Rocks/With hot water.....	(50ml) £6.50

Plum Wine

An '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

Shikwasa

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%(single 25ml) £8.50
.....(double) £17.00

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
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%.....(single 25ml) £8.50
Rich & flavoursome, caramel over ripe fruits.....(double) £17.00
Nikka Yoichi 45%.....(single 25ml) £8.50
Peated yet fruity(double) £17.00
Okayama Single Malt 40%.....(single 25ml) £8.50
Zesty fruit to floral, spicy crushed pink peppercorn(double) £17.00
Suntory Toki 43%(single 25ml) £6.50
Smooth, easy on the palate(double) £13.00
Taketsuru 21 Year Old 43%.....(single 25ml) £60.00
Blend of richness of ripe fruit with the elegance of aged cask(double) £120.00
Toashuzo Golden Horse Musashi 43%(single 25ml) £8.50
Subtly perfumed peaty notes, crunchy cereals.....(double) £17.00
White Oak Akashi 5 Year Old 50%.....(single 25ml) £15.75
Generous helpings of sherried sweetness.....(double) £31.50
Yamazaki 12 Year Old 43%.....(single 25ml) £10.75
Wonderfully elegant and smooth(double) £21.50

Malt Whisky

Nc'nean Organic Single Malt 46%(single 25ml) £8.50
Smooth and elegant, note of citrus, peach and spice(double) £17.00

Soda Water£2.50

Japanese Gin

Ki No Tea Kyoto Dry Gin (45.1%)(single 25ml) £6.00

.....(double) £12.00

A limited release Gin from Kyoto with Sencha and Gyokuro infusions

Masahiro Okinawa Gin (47%)(single 25ml) £6.00

.....(double) £12.00

A Gin from Japan's Southern-most island with tropical fruit infusions

Nikka Coffey Gin (47%)(single 25ml) £6.00

.....(double) £12.00

A Gin produced in Coffey stills using a base of Barley and Corn

Roku (43%).....(single 25ml) £6.00

.....(double) £12.00

The first Gin from Suntory with 6 ('roku') seasonal botanicals

Sakurao Japanese Dry Gin (47%)(single 25ml) £9.50

.....(double) £19.00

A limited edition bottling with 17 botanicals from the land and sea surrounding Hiroshima

Wa Gin (45%).....(single 25ml) £6.50

.....(double) £13.00

A craft gin based on spirits distilled from Sake stored for 10 years

Tonic Water.....£2.50

Wines

ワイン

Wine
Japanese Wine

Orange

Koshu Gris de Gris
Chateau Mercian - Yamanashi, Japan 2021.....£40.00

White

Koshu
Grace Wines - Yamanashi, Japan 2021£40.00

Red

Syrah
Chateau Mercian - Nagano, Japan 2018.....£63.00

White

Bianco Toscana
Fabbrica Pienza - Tuscany 2018.....£42.00

Chablis
Premier Cru Montmains Tremblay - France 2022£58.00

Chardonnay
Altaluvia - Argentina 2019.....£42.00

Gewurtztraminer
Domaine Albert Mann - Alsace, France 2021£42.00

Pinot Gris
Willakenzie - Oregon, U.S.A 2018£41.00

Sauvignon Blanc
Tin Pot Hut Marlborough - New Zealand 2022£38.00

Wine by the Glass

Please ask for today's wine(125ml) £7.50
.....(175ml) £9.50

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