



# Bento.

Oriental Food & Japanese Cuisine

[www.bentochinese.co.uk](http://www.bentochinese.co.uk)

Pictures are for illustration purpose only

Before you order your food please inform a member of our staff  
if you have a food allergy or intolerance. Thank You.

Eat in: A 10% service charge will be added to the total Bill

# Starters

1	Edamame <b>V</b>	£3.50
2	Shredded Duck Lettuce Wraps <b>(3)</b>	£6.00
3	Duck Roll With Plum Sauce <b>(4)</b>	£4.00
4	Vegetarian Spring Rolls <b>(4) V</b>	£4.00
5	Sesame Prawn On Toast <b>(4) N</b>	£4.20
6	Butterfly Prawn In Breadcrumbs <b>(5)</b>	£4.50
7	Chicken Satay On Skewer <b>(4) N</b> 🌶️	£5.20
8	Chicken Teriyaki Skewer <b>(4)</b>	£5.50
9	Takoyaki (Octopus Ball) <b>(5)</b>	£5.00
10	Barbecue Spare Ribs With Sauce	£5.80
11	Salt & Pepper Spare Ribs (Dry) 🌶️	£5.80
12	Salt & Pepper Chicken Wings 🌶️	£4.80
13	Salt & Pepper King Prawn 🌶️	£4.80
14	Salt & Pepper Squid 🌶️	£5.50

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15 Crispy Aromatic Duck Set  
*With Cucumber Spring Onion And Pancake With Hoisin Sauce*

A **Qtr** £9.00

B **Half** £16.50

16	Vegetarian Crispy Duck & Pancake <b>V</b> <i>Crispy Tofu Skin With Cucumber, Spring Onion And Pancake With Duck Sauce</i>	£8.00
17	Gyoza Chicken (5 pcs) <i>Pan Fried Chicken &amp; Vegetable Dumplings</i>	£4.80
18	Vegetable Gyoza (5 pcs) <b>V</b> <i>Pan Fried Vegetable Dumplings</i>	£4.50
19	Chicken Kara-Age <i>Deep Fried Crispy Marinated Chicken</i>	£4.80
20	King Prawn Tempura (4 pcs)	£6.00
21	Vegetable Tempura (6 pcs) <b>V</b>	£5.00
22	Mixed Tempura (3 Prawns & 4 Veg Tempura)	£5.50

🌶️ **Spicy / V Vegetarian / N Nuts**

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17. Gyoza



5. Prawns on Toast



7. Satay Chicken on Skewers



4. Vegetarian Spring Rolls



10. BBQ Spare Ribs



# Dimsum

# 點心



**D1**

Pork Dumpling £3.60  
Steamed Or Grilled (4)



**D2**

Pork & King Prawn  
Sui Mei (3) £3.60



**D3**

Chicken Sui Mei  
(3) £3.30



**D4**

Har Gau (3)  
£3.50



**D5**

Steamed Char Siu  
Pork Bun (2) £3.00



**D6**

Steamed Chicken Bun  
(2) £3.00



**D7**

Crispy Belly Pork Bun  
(2) £3.80



**D8**

Scallop Prawn Siu Mai  
(3) £4.20



**D9**

Prawn & Chives  
Dumpling (3) £3.50



**D10**

Chicken And Spinach  
Gyoza (3) £4.00



**D11**

Shang Hai Siu Loong  
Bun (5) £4.20



**D12**

Custard Bun (2) £3.00



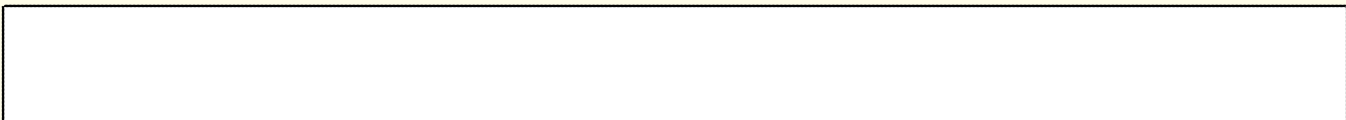
**D13**

Mini Glutinous Rice  
(1) £2.40



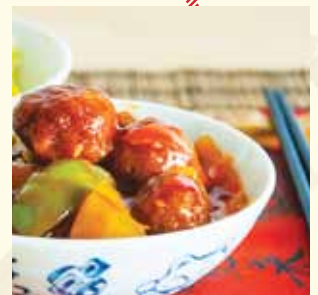
**D14**

Pork, Prawn & Peanut  
Dumpling (3) £4.50 N



# Main Dishes

- |    |   |                       |        |               |
|----|---|-----------------------|--------|---------------|
| 23 | <b>Sweet Sour Sauce</b> (Choice Of)     |                       |        |               |
|    | A.Chicken £5.50                         | B. Pork               | £5.50  | C.Prawn £6.50 |
| 24 | <b>Thai Green Curry</b> (Choice Of) 🌶️  |                       |        |               |
|    | A.Chicken £5.80                         | B. Prawn              | £6.80  |               |
| 25 | <b>Black Bean Sauce</b> (Choice Of) 🌶️  |                       |        |               |
|    | A.Chicken £5.50                         | B. Beef               | £6.00  |               |
|    | C. Prawn £6.50                          | D. Duck               | £6.50  |               |
| 26 | <b>Kung Po Sauce</b> (Choice Of) 🌶️     |                       |        |               |
|    | A.Chicken £5.50                         | B. Prawn              | £6.50  |               |
| 27 | <b>Japanese Style Curry</b> (Choice Of) |                       |        |               |
|    | A.Chicken Katsu £6.50                   | B. Pork Katsu         | £6.50  |               |
|    | C.Prawn Katsu £7.00                     |                       |        |               |
| 28 | <b>Cashew Nuts</b> (Choice Of) <b>N</b> |                       |        |               |
|    | A. Chicken £5.80                        | B. Prawn              | £6.80  |               |
| 29 | <b>Roast Meat Chinese Style</b>         |                       |        |               |
|    | A. Roast Duck £7.00                     | B. Chai Siu (Pork)    | £6.50  |               |
|    | C. Crispy Pork Belly £6.80              | D. Roast Meat Platter | £10.00 |               |



# Chef's Special

- |    |   |        |
|----|---|--------|
| 30 | General Tso' Chicken 🌶️                           | £5.80  |
| 31 | Mapo Tofu (Minced Beef) 🌶️                        | £6.50  |
| 32 | Meatball (Pork) With Oyster Sauce                 | £6.50  |
| 33 | Seafood Hot Pot (King Prawn, Squid, Scallop) 🌶️   | £7.00  |
| 34 | Crispy Chilli Shredded Beef 🌶️                    | £6.50  |
| 35 | Grilled Jumbo King Prawns with Garlic <b>(5)</b>  | £8.50  |
| 36 | Steamed Whole Seabass with Ginger & Spring Onions | £12.00 |
| 37 | Chicken Teriyaki                                  | £6.50  |

# Vegetable Dishes

- |    |   |       |
|----|---|-------|
| 38 | Broccoli With Garlic Sauce <b>V</b>         | £5.00 |
| 39 | Stir Fried Pak Choi (Oyster Sauce) <b>V</b> | £5.20 |
| 40 | Japanese Tofu With Enoki Mushroom <b>V</b>  | £6.50 |
| 41 | French Beans With Garlic And Chilli 🌶️      | £5.00 |



### 43. Fried Rice



## Rice Dish

- 42 Steamed Rice **V** £2.50
- 43 **Fried Rice**
- |              |       |                             |       |
|--------------|-------|-----------------------------|-------|
| A. Chicken   | £5.50 | B. K. Prawn                 | £6.00 |
| C. Duck      | £6.00 | D. Special                  | £5.50 |
| E. Singapore | £5.80 | F. Vegetable <b>V</b>       | £5.00 |
| G. Egg       | £3.00 | I. House Special            | £6.80 |
|              |       | (King Prawn, Chicken, Beef) |       |
- 44 Thai Spicy Style Fried Rice (Chicken And Prawn) 🌶️ £6.50

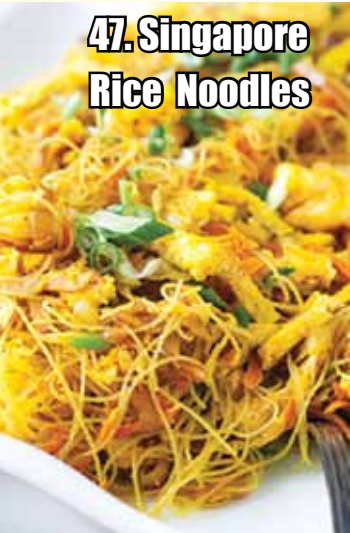
### 44. Wok Fried Noodles



## Noodle Dishes

- 45 Wok Fried Noodles (Onion, Beansprouts And Chives)
- |                   |       |                             |       |
|-------------------|-------|-----------------------------|-------|
| A. Chicken        | £5.50 | B. Beef                     | £5.50 |
| C. K. Prawn       | £6.50 | D. Vegetable <b>V</b>       | £5.20 |
| E. Duck           | £6.20 | F. Special                  | £5.50 |
| G. Plain <b>V</b> | £3.50 | H. House Special            | £6.80 |
|                   |       | (King Prawn, Chicken, Beef) |       |

### 47. Singapore Rice Noodles



- 46 **Ho Fun** Chinese Flat Rice Noodle (Onion, Beansprouts & Chives)
- |   |       |
|---|-------|
| A. Beef                                     | £6.50 |
| B. Seafood                                  | £7.00 |
| C. Thai Spicy Style 🌶️<br>(Chicken & Prawn) | £6.80 |

- 47 **Singapore Spice Noodle** 🌶️  
Stir fried Vermicelli Rice Noodles, Spiced With Egg)
- |                             |       |
|-----------------------------|-------|
| A. Chicken Pork And Shimp   | £6.00 |
| B. Mixed Vegetable <b>V</b> | £5.50 |

### 46. Beef Hofun



- 48 **Pad Thai** Stir Fried Flat Rice Noodle 🌶️ **N**  
(In Tamarind Sauce With Crushed Peanuts)
- |                             |       |
|-----------------------------|-------|
| A. King Prawn               | £6.80 |
| B. Mixed Vegetable <b>V</b> | £5.80 |

## Soup Noodles (Ramen)

49	Roast Duck Soup Noodles	£7.50
50	Won Ton Soup Noodles	£7.50
51	Beef Flank Soup Noodles	£7.50
52	Tonkatsu Ramen (Soya)	£7.50
53	Chicken Teriyaki Ramen	£7.50
54	Tan Tan Ramen (Beef) 🌶️	£7.50
55	Mixed Seafood Soup Noodle	£8.00
56	Tom Yum Soup Noodle (Prawn) 🌶️	£8.00



## Japanese Donburi

(all served with boiled rice and miso soup)

57	Salmon Don	£7.50	62	Tuna Don	£8.50
58	Chirashi Don	£8.50	63	Chicken Teriyaki	£6.80
59	Salmon Teriyaki	£7.00	64	Oyako Don	£6.80
60	Ten Don	£7.50	65	Unagi Don	£10.00
61	Pork Katsu Don	£6.80	66	Curry Chicken Katsu Don	£7.20



## Sushi Set

67	<b>Salmon box</b> <i>5pcs salmon nigiri, 6pcs of salmon maki</i>	£8.50
68	<b>Salmon mix</b> <i>3pcs salmon sashimi, 3pcs salmon nigiri, 6pcs of salmon avocado maki</i>	£10.00
69	<b>Value box A</b> <i>1pcs salmon nigiri, 1tuna nigiri, 1 seabass nigiri, 6 pcs of salmon maki</i>	£8.00
70	<b>Value box B</b> <i>5pcs of nigiri (1pcs salmon, 1pcs tuna, 1pcs seabass, 1pcs prawn and 1pcs clam) 6pcs of avocado maki</i>	£10.00
71	<b>Value box C</b> <i>10pcs of nigiri (2pcs salmon, 2pcs tuna, 2 seabass, 2pcs prawn, 2pcs octopus) 6pcs of sashimi (2pcs salmon, 2pcs tuna, 2pcs seabass) 12pcs of maki (6pcs salmon avocado maki, 6 pcs cucumber maki)</i>	£28.00
72	<b>Value box D (vegetarian)</b> <i>6pcs nigiri (2pcs inari, 2pcs avocado, 2pcs asparagus) 12pcs of maki (6pcs cucumber maki, 6pcs avocado maki)</i>	£8.50





## Special Roll

- |    |   |        |
|----|---|--------|
| 73 | Dragon Roll   | £12.00 |
|    | <i>Prawn Tempura, Avocado, Tobiko, Asparagus, Eel Sauce</i>                     |        |
| 74 | Crispy Duck   | £8.00  |
|    | <i>Aromatic Duck, Cucumber, Hoi Sin Sauce</i>                                   |        |
| 75 | Tataki Roll   | £8.50  |
|    | <i>Crab Meat, Avocado, Flamed Salmon Tataki And Fried Garlic</i>                |        |
| 76 | Rainbow Roll  | £9.50  |
|    | <i>Crab Meat, Avocado, Tobiko, Salmon, Tuna, Yellow Tail, Seabass And Squid</i> |        |
| 77 | Eel Deluxe  | £13.50 |
|    | <i>Crab Meat, Cucumber, Eel, Eel Sauce</i>                                      |        |
| 78 | Garden Roll <b>V</b>  | £6.50  |
|    | <i>Avocado, Cucumber, Pickles, Mixed Leaves</i>                                 |        |
| 79 | Spider Roll   | £9.50  |
|    | <i>Deep Fried Soft Shell Crab, Avocado, Cucumber, Tobiko</i>                    |        |



## Maki Roll

- |    |                        |       |     |                    |       |
|----|------------------------|-------|-----|--------------------|-------|
| M1 | Cucumber Maki <b>V</b> | £2.80 | M7  | California Maki    | £5.00 |
| M2 | Avocado Maki <b>V</b>  | £3.00 | M8  | Spicy Salmon Maki  | £4.50 |
| M3 | Salmon Maki            | £3.50 | M9  | Spicy Tuna Maki    | £4.80 |
| M4 | Tuna Maki              | £3.80 | M10 | Prawn Tempura Maki | £6.50 |
| M5 | Salmon Avocado Maki    | £4.80 | M11 | Unagi Maki         | £5.00 |
| M6 | Salmon California Maki | £5.50 |     |                    |       |

## Sashimi and Nigiri

		<b>SASHIMI</b>	<b>NIGIRI</b>		<b>SASHIMI</b>	<b>NIGIRI</b>
		(3pcs)	(2pcs)		(3pcs)	(2pcs)
S1	Salmon	£3.00	£3.00	S8	Squid	£3.50 £3.00
S2	Tuna	£3.80	£4.00	S9	Sweet Shrimp	£3.50 £3.00
S3	Yellow tail	£5.00	£4.50	S10	Surf Clam	£3.00 £3.00
S4	Seabass	£3.80	£3.50	S11	Ikura	- £3.50
S5	Eel	£4.80	£4.50	S12	Inari	- £3.00
S6	Prawn	£3.50	£3.00	S13	Tamago	- £2.00
S7	Octopus	£3.50	£3.00			

