

dine in • takeaway • delivery • click & collect



Reading Gate Retail Park

Madejski Stadium

Monday-Thursday 11:30am-10pm

Friday & Saturday 11:30am-11pm

Sunday 11:30am-10pm

www.itsu.com

#itsudining



sushi

steamed sushi rice, sashimi grade Atlantic salmon, line-caught yellow fin tuna, nori, avocado, pickled ginger

avo baby rolls	£4.49	veggie dragon rolls	£5.49
California rolls	£4.99	salmon & avo dragon rolls	£5.99
salmon & avocado rolls	£5.29	spicy tuna dragon rolls	£5.99
salmon sushi	£5.29	veggie sushi collection	£8.99
super salmon light	£5.99	itsu classics	£9.99
salmon sashimi	£6.49	salmon full house	£9.99
sushi festival	£6.99	health & happiness	£9.99

dumplings & bao'buns (served hot)

steamed low fat, low calorie Asian gyoza dumplings & soft steamed filled buns

vegetable fusion gyoza	£3.99	hoisin duck bao'buns	£4.49
chicken & spring onion gyoza	£4.29		

rice bowls (served hot)

wholegrain sesame brown rice, house sauces & a medley of up to 15 different greens, veg & fresh herbs

meatless meatballs	£7.19	Korean BBQ chicken	£7.99
klean'katsu chicken	£7.69	Thai chicken	£7.99
chicken teriyaki	£7.89	sumo chicken teriyaki	£8.99

udon noodles (served hot)

udon noodles, gyoza dumplings or [miso-marinated] chicken, itsu brilliant'broth & a medley of up to 15 different greens, veg & fresh herbs

veggie gyoza noodles	£7.69	chargrilled chicken noodles	£7.89
chicken gyoza noodles	£7.89	chargrilled chilli chicken noodles	£7.99
prawn gyoza noodles	£7.99	i'thai noodles	£6.69

frozen yoghurt

low calorie, low fat frozen yoghurt with your choice of delicious toppings

naked	£2.99	sweet sesame brittle	£3.99
pretty naked	£2.99	honeycomb crunch	£3.99
fruity'beauty	£3.99	caramel chocolate chips	£3.99

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our story

I first visited Tokyo in the winter of '94 and fell in love with the harmony and precision of the food, every bento was a work of art.

If beautiful food, fast was humanly possible then Japan was leading the way [70,000 people there are over one hundred years old].

I returned home determined to create a new kind of food place altogether.

beautiful food, beautifully done

Most of our Asian-inspired menu is under 500 [good] calories and packed with vitamins, fibre & protein. A third is plant-based and the majority costs under £7.00.

We have a half-price sale every evening to avoid food waste. itsu's wonderful teams are committed to beautiful food, beautifully done.

We pay them as much as we can afford, rather than as little we can get away with. They are our heart and hope for a bright future.

epic recycling

Please see how we've recycled this well-known Reading pizza place into a new and wonderful itsu. We even re-purposed the furniture, fixtures & fittings. You may know our [mainly] take-away itsu in the city centre; this new itsu offers more of a restaurant experience, with more delicious hot food & zero fat fro-yo.

People love sharing tables & eating together, it's a fundamental human need that fuels relationships. itsu is living proof that good, nutritious food can go hand in hand with an easy-going menu & service style. I hope you enjoy it.

Julian Metcalfe

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