

Ramen

Choose your favourite ramen flavour: soy, miso, shio or togarashi, created by our specialists in house.



Soy base
Clear and mild like a bouillon.

Miso base
Made with sesame and fine spices.

Shio base
Natural and clear, lightly salted.

Togarashi
Red and hot spiced miso soup.



Nature ramen
Fresh noodles (namamen) garnished with leek, menma (bamboo shoots) and nori (seaweed) served in soup 17.50/small portion 13.50



Vegetable ramen
Soup and noodles with a mix of healthy vegetables: leek, menma, spinach, sweetcorn, carrot, bean sprouts, egg and nori 20.50



Gyoza ramen
Soup and noodles topped with fried dumplings filled with chicken, with spinach, leek, nori and egg. Gyoza dumplings are also available with a vegetable filling on request 21.50



Squid ramen
Soup and noodles topped with tender pieces of squid, peppers, leek, egg, menma and black sesame seeds 21.50



Seafood ramen
Soup and noodles topped with seafood mix (shrimps, squid and mussels), sweetcorn, bean sprouts, leek and egg 24.50



Chashu ramen
Soup and noodles topped with slices of our marinated Japanese bacon, surrounded by leek, menma, bean sprouts and egg 22.50



Beef ramen
Soup and noodles with fine slices of our marinated beef, surrounded by leek, sweetcorn, menma, egg and nori 23.50



Chicken ramen
Soup and noodles with slices of grilled chicken breast with leek, menma, carrot, spinach and egg 21.50



Vegetarian ramen*
Noodles garnished with leek, carrot, spinach, bean sprouts and sweetcorn in a special vegetarian-based miso or soy soup 20.50

Udon or soba

You have the choice between two types of traditional, freshly made Japanese noodles.



Udon
Udon is a thicker noodle made exclusively from wheat flour, salt and water.



Soba
Soba is a finer, brown noodle made from buckwheat. Soba is very easy to digest, and due to its length it is symbolic in Japan for a long and happy life.



Nature
Noodles of your choice in our home-made soup garnished with leek and nori 17.50 (small portion 13.50)



Vegetable
Noodles of your choice in our home-made soup garnished with carrot, leek, spinach, sweetcorn and bean sprouts 20.50



Kitsune
Noodles of your choice in our home-made soup garnished with fried tofu slices, leek and nori 19.50



Shrimp
Noodles of your choice in our home-made soup garnished with shrimps, leek, sweetcorn, spinach, carrot and nori 23.50

Additional ingredients

Select from the following ingredients to add to your meal and to enjoy it exactly as you wish.



Kimchi (spicy)	2.00
Half an egg	1.50
Menma	2.00
More noodles	4.50
Fried tofu	3.00
Seafood mix (shrimps, squid and mussels)	4.50
New Zealand mussels	(each) 1.50
Leek/spinach/sweetcorn/carrots	(each) 1.50
Bean sprouts/peppers	(each) 2.00
Squid/3 shrimps	(each) 4.50
Beef/bacon/chicken	(each) 4.50
Gyoza (dumpling)	(each) 2.00

Japanese tapas

Japanese tapas are not starters. Each dish is served straight away when it is cooked.



Edamame**
Boiled green soy beans – cold and lightly salted (served warm on request) 5.50



Kimchi pickles
Korean-style cabbage 5.50



Wafu salad
White radish, fresh spinach, onion and cooked tuna on wafu dressing 6.50 (without tuna** 5.50)



Wakame cucumber salad**
Wakame and fresh strips of cucumber coated in white sesame seeds, served with a wafu dressing 6.50



Onigiri**
A triangular rice parcel, ideal as a complement to any dish 3.50



Tofu kushiyaki*
Two skewers of grilled tofu coated in yakitori sauce 7.50/half portion 4.00



Negima yakitori
Two skewers of grilled chicken and leek coated in yakitori sauce 9.50/half portion 5.00



Ebi kushiyaki
Two skewers of grilled shrimps and courgette coated in yakitori sauce 9.50/half portion 5.00



Chicken or vegetable gyoza**
Five fried dumplings filled with chicken or vegetables served with our home-made spicy gyoza sauce 8.50



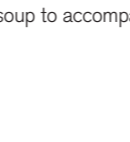
Uramaki roll
Four futomakis filled with tuna and cucumber coated in black sesame seeds 8.50/half portion 4.50



California roll
Four futomakis filled with cucumber, surimi and omelette 8.50/half portion 4.50



Salmon roll
Four futomakis filled with avocado and smoked salmon 8.50/half portion 4.50



Inari sushi**
Four fried tofu dumplings stuffed with sushi rice 7.50/half portion 4.00

For an extra CHF 2.00 we will serve miso, soy or togarashi soup to accompany your Japanese tapas on request.

Drinks

All drinks in bottles and cans may also be bought to take away.



Mineral water, fruit juice

Carafe of mineral water 330 ml	4.00
Valser Classic 500ml	4.50
Valser Silence 500ml	4.50
Coca-Cola 500ml	5.00
Coca-Cola Zero 500 ml	5.00
Sprite 500ml	5.00
Fanta 500ml	5.00
Rivella Rot 500 ml	5.00
Nestea Ice Tea 500 ml	5.00
Minute Maid Apfelschorle 500 ml	5.50
Green Tea Original 500 ml	5.50
Green Tea with honey 500 ml	5.50
Green Tea sugarfree 500 ml	5.50
Granini orange juice 330 ml	4.50
Lemonsoda 330 ml	4.50



Beer

Cardinal Spéciale 330 ml, 5.2% vol.	5.00
Kirin Ichiban 330 ml, 5% vol.	6.00
Sapporo Silver Can 650 ml, 5% vol.	9.50
Clausthaler 330 ml, alcohol-free	4.50



Wine, Prosecco

Primitivo, 200 ml, 13.5% vol.	13.00
Pinot Grigio, 200 ml, 11% vol.	13.00
Prosecco, 200 ml, 11% vol.	12.00



Sake, plum wine

Kimoto Junmai (cold sake) 180 ml, 15.5% vol.	16.00
Kan Dokkuri (warm sake) 2 dl, 14.5% vol.	15.00
Umeshu Dento with plum 50 ml, 15% vol.	6.50



Coffee

Espresso	3.50
Espresso doppio	5.00
Coffee	3.50
Latte macchiato	6.00
Cappuccino	5.50



Stick tea
This special single-use aluminium foil container was developed to be submerged in hot water and stirred until the desired strength of taste is achieved.



Ceylon Classic, black tea	4.50
All other tea varieties	5.50

Green tea

Sencha	
Jasmine	
Cherry blossom	

Fruit tea

Hibiscus (caffeine-free)	
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Black tea

Ceylon Classic	
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Herbal tea

Peppermint tea	
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In order to preserve all flavors, Sencha green tea is served with 90°C hot water.

Should you prefer your green tea served at a higher temperature, please do not hesitate to inform our staff, who will be most happy to oblige.

Dessert

To conclude a perfect meal we recommend:



Ice cream*
Moochi (ice cream wrapped in rice dough) 3.00 / each more 2.00



Dorayaki*
Japanese pancake stuffed with sweet azuki beans / 3.50

Additional information

Namamen

Fresh noodles prepared in the Sapporo style.

Menma

Specially marinated bamboo shoots.

Nori

Dried and toasted seaweed, rich in vitamins and minerals.

Dashi broth

Dashi is a Japanese stock made from bonito flakes (bonito is a type of tuna) and seaweed.

- All prices are in Swiss francs and include VAT.
- All meals are freshly prepared in our restaurant.
- At namamen food is prepared without addition of monosodium glutamate.
- All our ramen and additional ingredients may also be ordered for take away.
- Rolls are subject to availability.
- Reservations are unfortunately not possible.
- A 10% discount will be applied to all takeaway orders. (This offer may not be used in conjunction with any other offers.)
- You may purchase various namamen products such as T-shirts, sesame-seed grinders, aprons, tea glasses or gift tokens; please contact our staff.
- You can find namamen in the Internet. Visit our website www.namamen.ch

Food declaration of origin

Beef, pork: Switzerland
Chicken: Switzerland
Eggs (free range): EU
Seafood (ocean fishing): Vietnam

The law forbids the sale of:

- Alcopops, spirits and aperitifs to those under 18 years of age.
- Wine, beer and cider to those under 16 years of age. If in doubt our staff may request you to show an identity card or equivalent.

* Vegetarian

** **Vegan** (We are happy to serve you a special vegan soup and rice noodles on request.)