

Ramen

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



**Shio base**  
Natural and clear, lightly salted.




**Soy base**  
Clear and mild like a bouillon.




**Miso base**  
Made with sesame and fine spices.




**Togarashi**  
Red and hot spicy miso soup.




**Ramen**  
Long Japanese noodles made of wheat flour and water. Literally: «ra» = elongated, «men» = pasta




**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 served with fried dumplings filled with chicken, and topped with spinach, leek, nori and egg 22.50




**Seafood ramen**  
Soup and noodles topped with shrimps, squid, mussels, sweetcorn, bean sprouts, leek and egg 24.50




**Chashu ramen**  
Soup and noodles served with slices of our marinated Japanese bacon, topped with leek, menma, bean-sprouts and egg 23.50



**Beef ramen**  
Soup and noodles served with fine slices of our marinated beef, topped with leek, sweetcorn, menma, egg and nori 23.50




**Chicken ramen**  
Soup and noodles served with slices of our marinated chicken breast, topped with leek, menma, carrot, spinach and egg 22.50




**Vegetarian ramen\***  
Noodles topped with leek, carrot, spinach, bean sprouts and sweet-corn in a vegan shio, soy, miso, or togarashi soup 20.50 / rice noodles\*\* 21.50

Udon or soba


You have the choice between these two types of traditional, Japanese noodles (served in a dashi broth).




**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 (sweet) 3.00

Wakame (brown algae) 2.00

New Zealand mussels (each) 1.50

Leek/spinach/sweetcorn/carrots (each) 1.50

Bean sprouts 2.00


Squid/shrimps (each) 4.50

Beef/bacon/chicken (each) 5.00

Gyoza (chicken or veggie) (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) 6.00




**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 ball, 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 9.50




**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 CHF 2.00 extra we will serve shio, soy, miso, 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**

Valser Classic 500ml	4.50
Valser Silence 500ml	4.50
Ramune, 200ml	5.50
Coca-Cola 450ml	5.00
Coca-Cola Zero 450 ml	5.00
Rivella Rot 500 ml	5.00
Fusetea Lemongrass 500 ml	5.00
Cappy Apfelschorle 500 ml	5.50
Green Tea Original 500 ml	5.50
Green Tea with honey 500 ml	5.50
Green Tea unsweetened 500 ml	5.50
Lemonsoda 330 ml	4.50
Oransoda 330 ml	4.50




**Beer**

Kirin Ichiban 330 ml, 5% vol.	6.00
Asahi Super Dry 500 ml, 5.2% vol.	8.00
Sapporo Silver Can 650 ml, 5% vol.	9.50
Clausthaler 330 ml, alcohol-free	5.00




**Wine, Prosecco**

Primitivo, 200 ml, 13.5% vol.	13.00
Pinot Grigio, 200 ml, 11% vol.	13.00
Choya sparkling, 200 ml 5.5% 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




**Tea**  
For more sustainability and full flavour we fill our teabags daily in-house.




**Green tea**

Sencha, Jasmin, Cherry blossom	5.00
--------------------------------	------




**Black tea**

Mandarin	5.00
----------	------



**Fruit tea**

Orange Mango	5.00
--------------	------




**Herbal tea**


Nana mint	5.00
-----------	------

Dessert

A perfect way to finish a perfect meal:



**Ice cream\***  
Mochi (ice cream wrapped in rice dough) 3.00



**Dorayaki\***  
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 seaweed and bonito flakes (bonito is a type of tuna).

- All prices are in Swiss francs and include VAT.
- All meals are freshly prepared in our restaurant.
- All our ramen and additional ingredients may also be ordered for take away.
- Rolls are subject to availability.
- Reservations are unfortunately not possible.
- 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](http://www.namamen.ch)
- Food allergies and intolerances: Please ask our staff for ingredients and alternatives.

**Food declaration of origin**

Beef, pork: Switzerland / Chicken: Switzerland

Eggs (free range): EU / shrimp, sepia, tuna: west pacific ocean / New Zealand mussel: New Zealand

Salmon: Norway

- 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

