

HATE SUSHI

OYSTERS

Fin de Claire
Gillardeau

NIGIRI

Bluefin tuna akami
Bluefin tuna chutoro
Bluefin tuna otoro
Wild eel
Scottish salmon
Scottish salmon toro

GUNKAN

King crab
king crab, sauce
Spicy Bluefin tuna akami
tuna, spicy homemade sauce
Spicy scottish salmon
Scottish salmon, spicy homemade sauce
Smoked wild eel
wild eel, sauce

SASHIMI

Bluefin tuna akami
Bluefin tuna chutoro
Bluefin tuna otoro
Scottish salmon
Smoked wild eel

COLD STARTERS

Octopus salad
Marinated octopus, capers, shallot onion, bell pepper
Wakame salad
wakame, IHS cucumber, shiitake mushroom, roasted nuts
King prawn summer rolls 2 vnt.
IHS marinated prawns, IHS marinated cucumber, iceberg salad, carrots, rice noodles, roasted nuts
Octopus summer rolls 2 vnt.
IHS marinated octopus, IHS marinated cucumber, iceberg salad, carrots, rice noodles, roasted nuts
Bluefin tuna tataki
bluefin akami, strawberries, ponzu sauce
Scottish salmon tartare
salmon, creamy avocado
Bluefin tuna tartare
tuna, creamy avocado, hollandaise sauce

HOT STARTERS

Snobbish prawns
IHS tempura prawns covered in silky sauce
King prawns tempura
IHS tempura prawns, wild plum sauce
Crispy tuna rounds
bluefin tuna, aioli sauce, smashed jalapeno
Duck spring rolls 4 vnt.
IHS duck meat, vegetables, Hoisin sauce
King prawn spring rolls 4 vnt.
IHS prawns, vegetables, wild plum sauce
Wabi sabi tempura zen
seafood and veggies zen, hidden in a messy tempura
Edamame beans
edamame, chili and maldon salt flakes

SOUPS

Miso
scottish salmon, tofu, wakame, rice
Tom kha gai
coconut milk, IHS prawns, chicken, paprika, cilantro, champignons, handmade egg noodles
Ramen
grilled pork belly, handmade egg noodles, celery, marinated egg
Izakaya kimchi
sour, rich in flavor kimchi soup
Awkward pink
cold beetroot soup, served with a pinch of wasabi

4.5
6.5

5.5
6.5
7.5
5.5
4.5
5.5

7

6.5

4.5

5.5

15
17
19
13
16

14.5

7.5

9

9

16

15

17

13

12.5

10.5

9

9

25

5.5

7.5

9.5

9.5

7.5

7.5

ROLLS

Impossible 11.5
Scottish salmon, tanuki, creamy avocado, Philadelphia cheese
Forbidden ingredients 15
wild smoked eel, tanuki, creamy avocado, IHS marinated prawn, Philadelphia cheese
One love 15
bluefin tuna, IHS tempura prawns, smashed jalapeno, IHS marinated cucumber, Philadelphia cheese, sauce
Rocket lady 12.5
torched Scottish salmon, IHS marinated prawns, IHS marinated cucumber, Philadelphia cheese, sauce, teriyaki
Velvet Clouds 14.5
spicy bluefin tuna, creamy avocado, tropical mango, tanuki
Success holder 11
Scottish salmon, creamy avocado, tanuki, Philadelphia cheese, sesame
Happiness 11
bluefin tuna, tropical mango, tanuki
Awkward 10.5
crispy chicken, creamy avocado, Philadelphia cheese, roasted nuts
Greeny curls 10
wakame, shiitake mushrooms, creamy avocado, IHS marinated cucumber, edamame beans
Mr. Universe 15.5
IHS temura prawns, IHS marinated cucumber, creamy avocado, Icelandic salmon caviar, Philadelphia cheese
High hopes 16.5
bluefin tuna, truffles, creamy avocado, IHS marinated cucumber
Black market 15.5
wild smoked eel, IHS tempura prawns, creamy avocado, teriyaki
Boys do cry 17
king crab, creamy avocado, tanuki, sesame
What a weird world 15
wagyu beef, IHS tempura prawns, smashed jalapeño, creamy avocado

Taste machine (deep fried) 14.5
smoked wild eel, creamy avocado, IHS marinated prawns, Philadelphia cheese, tempura, teriyaki
Stop resisting (deep fried) 13
Scottish salmon, creamy avocado, Philadelphia cheese, tempura, hoisin sauce

POKE BOWLS [weekdays 11 a.m. – 16 p.m.]

Crispy Chicken bowl 9.5
IHS rice, crispy chicken, marinated veggies, roasted nuts
Octopus bowl 10.5
IHS rice, marinated octopus, marinated veggies, roasted nuts
Scottish salmon bowl 10.5
IHS rice, Scottish salmon, marinated veggies, roasted nuts
Tuna bowl 12.5
IHS rice, bluefin tuna, marinated veggies, roasted nuts

MAIN

North sea crab 29
crab, IHS aioli, IHS bread
Wild eel kabayaki 24
marinated grilled wild eel, rice, kimchi
Butter octopus 21
grilled octopus, ripe tomatoes, smashed baby potatoes
Cod tongues deli 19
cod in IHS tempura, dragonfruit
Scottish salmon 24
with coconut vegetables
Bluefin tuna akami steak 34
akami, shiitake mushrooms, truffles, rice

DESSERTS

Tropical mango 7.5
Mochi 7.5
Chocolate brownie with homemade IHS ice cream 7.5



WHY DO WE HATE?

To hate something, one needs to know everything about it. Our long-standing experience has allowed us to do that. We have eliminated the things that are not worth our time and effort and started our journey towards perfection. We will guide you on stunning trails in the wilderness. No uncertainty, no coloured deception, no excuses. Just cool bubbles of Champagne, emotions surrounding the meal, and YOU.

FEEL IT:

Scottish salmon. So sporty, solid, unspoilt by colourants and free from antibiotics. We clean it ourselves from head to tail.

Bluefin tuna. Also known as "real tuna" having much more fat and tender meat, as well as significantly dense marbling in certain parts of the fish (o-toro).

Wild eel. The eel that swam only in the wild, knew nothing about local or Chinese farms and successfully escaped any packages, sugar, and synthetic additives. We clean it ourselves from head to tail.

Royal Kamchatka crab. Gold caught in stormy icy waters. Madly expensive, royally delicious. We handle it ourselves: from pincers to the pan.

Icelandic salmon caviar. Unusually large, spherically regular, and so savoury.

Wagyu beef. Marbling gives the meat an exceptional quality of butteriness. This meat is considered as the best meat in the world.

Broths kissed by night. Our broths are cooked for at least twelve hours and are perfect for soups.

FOR YOUR HOME GOURMET EXPERIENCE

Bluefin tuna [sold by 100g]:

Akami	14
Chutoro	16
Otoro	20

Scottish salmon

[sold by whole fillet (800-1200g):

100g	9
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Wild smoked eel

[sold by whole fish 900-1500g):

100g	11
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