



YAMMY
SUS  **I**

— LA CARTE —

13,50€*

*ou 15€ avec une
canette au choix

Midi Express 1

California Roll's - Saumon / Avocat x6

Makis - Saumon x6

Sushis - Saumon x2

Midi Express 2

California Roll's - Saumon / Avocat x6

Makis - Surimi x6

Green Roll's - Saumon / Menthe / Fromage x6

Midi Express 3

California Roll's - Saumon / Fromage x6

California Roll's - Thon cuit / Avocat x6

Sashimis - Saumon x3

Midi Express 4

California Roll's - Poulet / Fromage / Sauce spicy x6

Maki - Concombre / Sésame x6

Brochettes - Poulet x1, Boulettes de poulet x1, Boeuf gouda x1

Semaine (hors jours fériés)

Chaque menu comprend un accompagnement

(Riz vinaigré ou Riz nature ou Soupe miso ou Salade de choux)

MENUS

+ 1 accompagnement au choix (Riz vinaigré ou Riz nature ou Soupe miso ou Salade de choux) sauf Yammy Rolls et Yammy Vegan

Yammy Rolls 13,50€

California Roll's - Saumon / Avocat x6
California Roll's - Saumon / Fromage x6
Sushis - Saumon x2

Yammy Green 18,50€

Green Roll's - Saumon / Fromage / Menthe x6
Green Roll's - Poulet / Avocat /
Mayonnaise x6
Green Roll's - Crevette / Avocat x6

Yammy Saumon Basics 17,90€

Californai Roll's - Saumon / Fromage x6
Sushis - Saumon x2
Sushis - Tataki x2
Sashimis - Saumon x5

Yammy Sushi Saumon 17,70€

Sushis - Saumon x10

Yammy Sushi Mix 19,90€

Sushis - Saumon x4
Sushis - Thon x2
Sushis - Crevettes x2
Sushis - Daurade x2

Yammy Mix 17,90€

California Roll's - Saumon / Avocat x6
Sashimis - Saumon x3
Sashimis - Thon x2
Sushis - Saumon x2
Sushis - Thon x2

Yammy Vegan V 13,50€

Makis - Avocat x6
Green Roll's - Tomates séchées x6
California Roll's - Avocat / Concombre /
Carottes x6

Yammy Sushis & Brochettes 20,90€

California Roll's - Saumon / Avocat x6
Sushis - Saumon x2
Brochettes - Boeuf, Gouda x2
Brochettes - Boulettes de poulet x2
Brochettes - Poulet x2

Yammy Total Saumon 19,90€

Salmon Roll's - Saumon / Fromage x6
Salmon Roll's - Saumon / Avocat x6
Sushis - Saumon x3

Yammy So Chicken 19,20€

California Roll's - Poulet / Avocat / Oignon
Crispy x6
California Roll's - Poulet / Fromage / Oignon
Crispy x6
California Roll's - Poulet / Concombre /
Fromage / Sauce spicy x6

Menu Enfant (+1 canette au choix) 13,50€

California Roll's - Poulet / Fromage / Oignon
Crispy x6
Brochettes - Poulet x1
Brochettes - Boulette de poulet x1
Brochette - Boeuf / Gouda x1

PLATEAUX

Yammy 20

21€

California Roll's - Saumon / Avocat x6

Green Roll's - Saumon / Fromage / Menthe x6

Makis - Thon x6

Sushis - Saumon x2

+1 accompagnement au choix (Riz vinaigré ou Riz Nature ou Soupe Miso ou Salade de choux)

Yammy 30 (2 personnes)

34,50€

California Roll's - Thon / Avocat x6

California Roll's - Poulet / Fromage / Oignon

Crispy x6

Makis - Saumon x6

Green Roll's - Saumon / Fromage / Menthe x6

Sushis - Saumon x2

Sushis - Thon x2

Sushis - Crevette x2

+2 accompagnement au choix (Riz vinaigré ou Riz Nature ou Soupe Miso ou Salade de choux)

Yammy Royal 50 (2 personnes)

55,50€

California Roll's - Saumon / Avocat x6

California Roll's - EBY Fry x6

California Roll's - Thon / Concombre /

Mayonnaise x6

Makis - Saumon x6

Green Roll's - Crevette / Avocat x6

Green Roll's - Poulet / Fromage / Avocat x6

Salmon Roll's - Saumon / Fromage x6

Sushis - Saumon x2

Sushis - Saumon / Fromage x2

Sushis - Thon x2

Sushis - Crevette x2

+2 accompagnement au choix (Riz vinaigré ou Riz Nature ou Soupe Miso ou Salade de choux)

ACCOMPAGNEMENTS

Salade de calamars 5,50€

Salade de choux 3,10€

Salade Wakame 5,20€

Soupe Miso

Nature 3,10€

Épicée 3,30€

Champignons 3,50€

Salade Edamame 4€

Riz Nature 2,90€

Riz vinaigré 3,20€

Sauces

Spicy maison 0,30€

Chili maison 0,30€

Soja sucrée ou salée 0,20€



CALIFORNIA ROLL'S

x 6 pièces

Saumon / Fromage	5,10€	EBI Fry	6,50€
Saumon / Avocat	5,30€	EBI Fry / Fromage / Sauce spicy	7,10€
Saumon / Avocat / Fromage	5,50€	EBI Fry / Avocat / Fromage / Oignon Crispy	7,20€
Saumon / Avocat / Fromage / Oignons crispy	5,70€	Daurade / Concombre / Mayonnaise	5,50€
Thon / Concombre / Mayonnnaise	5,70€	Surimi / Avocat	4,90€
Thon cuit / Avocat	5,70€	Surimi / Avocat / Fromage / Oignon Crispy	5,30€
Thon / Avocat	5,80€	Avocat / Fromage	4,70€
Thon cuit / Fromage / Avocat / Mayonnaise / Oignon Crispy	6,60€	Avocat / Concombre / Fromage	4,90€
Crevette / Avocat	5,20€	Avocat / Concombre / Carotte V	4,90€
Crevette / Concombre / Mayonnaise	5,20€	Chèvre / Miel / Noix / Vinaigre balsamique / Oignon Crispy	7,20€
Poulet / Fromage / Oignon Crispy	6,10€	Foie gras / Figues / Amandes grillées	7,20€
Poulet / Avocat / Oignon Crispy	6,20€	Canard tataki / Chèvre / Miel / Basilic	7,50€
Poulet / Concombre / Fromage / Sauce spicy	6,30€		
Poulet / Salade / Fromage / Sauce spicy	6,30€		
Poulet / Fromage / Tomates séchées / Sauce spicy	6,40€		



SUSHIS

x 2 pièces



Saumon	4,20€	Crevette	4,70€
Saumon / Fromage	4,30€	Daurade	4,90€
Saumon / Avocat / Sésame	4,50€	Avocat V	4€
Saumon tataki	4,30€	Gunkan Ikura	6,50€
Saumon épicé	4,30€	Gunkan Saumon	5,20€
Thon	4,70€	Gunkan Thon	5,80€

MAKIS

x 6 pièces

Saumon	4,70€
Saumon / Fromage	4,90€
Saumon / Mayonnaise / Menthe	4,90€
Saumon Avocat	5,10€
Saumon spicy	4,60€
Thon	5€
Thon spicy	5€
Thon cuit / Mayonnaise	5,10€



Poulet / Mayonnaise	5€
Crevettes / Mayonnaise	5,10€
Fromage	4,40€
Fromage / Avocat	5€
Surimi	4€
Avocat V	4€
Concombre V	4,40€
Tomates séchées / Huile d'olive / Basilic V	4,80€

SNOW ROLL'S

x 6 pièces

Saumon	4,80€
Saumon / Fromage	4,90€
Saumon / Avocat	5,10€
Avocat / Fromage	4,70€
Concombre, Fromage	4,60€
Thon cuit / Avocat	5,30€
EBI/ Fromage	6,40€
Poulet / Fromage	5,50€





SALMON ROLLS

x 6 pièces

Saumon / Fromage	6,50€
Avocat / Fromage	6,70€
Concombre / Fromage	6,60€
Saumon tataki / Fromage	6,60€
Saumon tataki / Fromage / Avocat	6,80€
Saumon tataki / Fromage / EBI	8,20€

GREEN ROLL'S

x 6 pièces

Saumon / Avocat	6,20€
Saumon / Fromage / Menthe	6,10€
Thon / Avocat	6,50€
Thon cuit / Avocat	6,20€
Crevette / Avocat	6,50€
Crevette / EBI Fry	6,80€
EBI Fry / Fromage / Sauce spicy	7€
Foie gras / Figue	7,20€



Poulet / Avocat / Fromage	6,50€
Poulet / Avocat / Mayonnaise	6,40€
Poulet / Fromage / Tomates séchées / Sauce spicy	6,50€
Avocat / Fromage	5,20€
Avocat / Carotte / Concombre V	5,30€
Tomates séchées / Huile d'olive / Basilic V	5,20€

NOS ROLL'S SPECIAUX

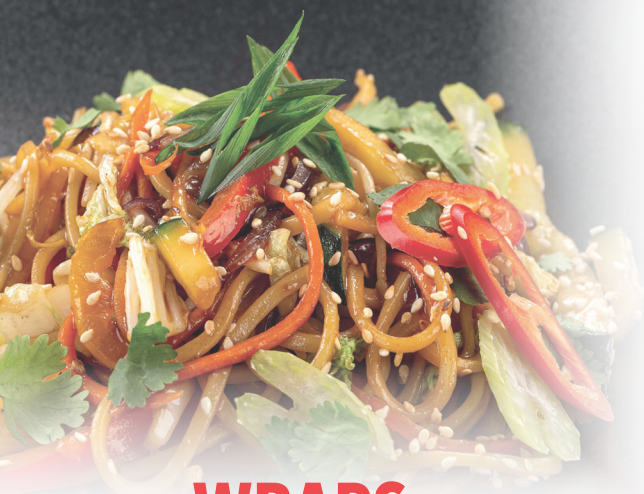
x 8 pièces

Salmon / Avocado	7,40€
<i>Saumon / Avocat / Fromage</i>	
EBI Fry / Avocado	8€
<i>EBI Fry / Avocat / Fromage / Concombre Sésame</i>	



Rainbow	7,50€
<i>Avocat / Fromage / Thon / Saumon / Concombre</i>	
Yammy King	8,50€
<i>Ebi fry Saumon / Avocat / Fromage</i>	

SOBAS



Soba poulet	12€
Soba saumon	12,50€
Soba légumes	10,20€
Soba crevettes	12,50€

RIZ SAUTÉ

Riz sauté Poulet	13€
Riz sauté Crevettes	14€
Riz sauté Boeuf	13,50€

WRAPS

Wrap poulet	8,50€
Wrap saumon	9€

NEMS

x 4 pièces

Nem poulet	5,70€
Nem legumes	5,50€
Nem crevette	5,80€



YAMMY FRITS

EBI Fry x3	5,40€
Poulet pané x4	5,50€

Gyoza crevette x4	5,60€
Gyoza légumes x4	4,70€
Gyoza poulet x4	5,50€



BROCHETTES

x 2 pièces

Boeuf / Gouda	5,50€
Saumon	6,10€
Poulet	5,20€
Boulettes de poulet	5,20€



POKE BOWLS ••• CHIRASHIS •••



Poke Végétarien	15€	Chirashi Saumon	15,50€
Poke Poulet	15,20€	Supplément avocat +2€	
Poke Bowl Saumon	15,50€	Chirashi Thon	16,50€
Poke Crevette	16€	Supplément avocat +2€	
Poke Bowl Mix	16,20€	Chirashi Mix	16,20€
Poke Bowl Thon	16,50€	Supplément avocat +2€	
		Chirashi Poulet	15€
		Supplément avocat +2€	

SASHIMIS

Sashimi Saumon

5 pièces	6,20€ (TATAKI+0,20€)
10 pièces	11,60€ (TATAKI+0,40€)
15 pièces	16,50€ (TATAKI+0,60€)

Sashimi Thon

5 pièces	6,70€ (TATAKI+0,20€)
10 pièces	12,80€ (TATAKI+0,40€)
15 pièces	18,50€ (TATAKI+0,60€)

Sashimi Daurade

5 pièces	6,70€
10 pièces	12,80€
15 pièces	18,50€

Trio de Sashimis

5 pièces de saumon	17,90€
5 pièces de thon	(TATAKI+0,60€)
5 pièces de daurade	

Duo de Sashimis

8 pièces de saumon	16,90€
7 pièces de thon	(TATAKI+0,60€)



DESSERTS

Makis - Chocolat / Banane / Noisettes caramélisées x6	6,10€
Makis - Chocolat / Kinder bueno / Noisettes caramélisées x6	6,30€
Cheesecake Yuzu	4,50€
Moelleux au chocolat	4,40€
Boules coco x2	3€

Mochis Ganache chocolat x2	4,80€
Mochis Strawberry cheesecake x2	4,80€
Mochis glacés x2 <i>Mangue, Vanille, Thé vert, Fraise, Noix de coco ou Passion</i>	4,70€
Litchis au sirop	4€
Ananas frais	4,10€

BOISSONS

Evian 50cl	2,40€
Badoit 50cl	2,80€
Soda 33cl (canette) Ice Tea Coca-Cola Coca-Cola Zéro Orangina Oasis Tropical	2,60€
Jus 25 cL (Mangue, Orange, Ananas)	3,70€
Cafés Expresso Café long	2€ 2,50€

Thé	2,50€
Ramune (Limonade japonaise) 20cl Nature Litchi	4€ 4,20€
Mangajo 25cl Japanese Yuzu & Lemon Baie de Goji & Thé vert	3,80€
Bière japonaise Asahi Pression Kirin Ichiban 25 cL 50 cL	4,40€ 3,70€ 6,50€

Tous les 10€ de commande, une sauce offerte !
(Sauce soja sucrée ou Sauce soja salée)

Yammy Sushi vous informe que toutes ses viandes sont
100 % certifiées Halal.



BISCUITS APÉRITIFS

Kosaki mix 1 boîte	2,50€
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the 1990s, the number of people in the UK who are aged 65 and over has increased from 10.5 million to 12.5 million, and the number of people aged 75 and over has increased from 4.5 million to 6.5 million (Office of National Statistics 2000). The number of people aged 65 and over is projected to increase to 15.5 million by 2020, and the number of people aged 75 and over to 8.5 million (Office of National Statistics 2000).

There is a growing awareness of the need to develop strategies to meet the needs of older people, and to ensure that they are able to live independently and actively in the community. This has led to a number of initiatives, including the development of age-friendly communities, and the establishment of age-friendly networks. These initiatives aim to improve the lives of older people by addressing their needs and promoting their independence and active participation in the community.

One of the key areas of concern is the need to ensure that older people have access to the services and facilities that they need to live independently and actively in the community. This includes access to housing, transport, health care, and social services. It also includes access to opportunities for education, employment, and participation in the community.

Another key area of concern is the need to ensure that older people are able to live independently and actively in the community. This includes ensuring that they have the necessary skills and resources to do so. It also includes ensuring that they are able to participate in the community and to contribute to society.

There are a number of factors that can affect an older person's ability to live independently and actively in the community. These include physical health, mental health, social support, and financial resources. It is important to address these factors in order to ensure that older people are able to live independently and actively in the community.

There are a number of strategies that can be used to address these factors. These include providing housing, transport, health care, and social services. It also includes providing opportunities for education, employment, and participation in the community. It is important to develop strategies that are tailored to the needs of older people and that are able to address the factors that affect their ability to live independently and actively in the community.

There are a number of initiatives that have been developed to address the needs of older people. These include the development of age-friendly communities, and the establishment of age-friendly networks. These initiatives aim to improve the lives of older people by addressing their needs and promoting their independence and active participation in the community.

There are a number of challenges that need to be addressed in order to ensure that older people are able to live independently and actively in the community. These include the need to ensure that older people have access to the services and facilities that they need to live independently and actively in the community. It also includes the need to ensure that older people are able to live independently and actively in the community.