

WELCOME

Valued guest: Please be advised that our kitchen is unable to co-ordinate meals especially during busy times...

We encourage you to start your meal as soon as it arrives

SUSHI – NIGIRI – MAKI – SASHIMI

fresh & made to order

vegetable maki (6) ✓	16
inside out rolled filled w/ avocado, shiso & cucumber topped w/ sesame seeds & the following toppings:	
teriyaki marinated water chestnuts w/ miso & coriander	
tofu & avocado w/ kizami wasabi & baby shiso	
smoked eggplant - marinated in gf soy & ginger w/ chopped chives	
chicken katsu roll (4)	18
panko crumbed chicken, lettuce, mayo & rice wrapped in nori & served w/ a Japanese worcestershire sauce	
tempura pumpkin roll (4) ✓	17
inside out roll filled w/ tempura pumpkin, beetroot, seaweed salad & avocado topped w/ black sesame & Japanese mayo	
maki rolls (6)	
inside out roll w/ avocado, shiso & cucumber topped w/ sesame seeds – your choice of:	
kingfish w/ grated ginger & chives	17
salmon w/ nikiri soy, shiso & mayo	16
combination of both	17
soft shell crab roll (4)	19
inside out roll covered w/ black & white sesame seeds & filled w/ avocado, deep-fried warm soft shell crab & cucumber served w/ tobiko mayo	
gyu tataki nigiri (4) ✓	22
rare seared beef nigiri sushi topped w/ house made Japanese steak sauce, chives & wasabi leaf	
ocean trout nigiri (4)	22

cranberry, potato root chips w/ miso soy cream – great snack w/ drinks

kale & bean salad ✓	9
blanched & topped w/ a Japanese mustard sauce & sesame seeds	
nasu dengaku ✓	11
deep-fried eggplant pieces w/ smoky miso glaze & sesame seeds	
chicken ao nori	13
diced chicken thigh, marinated in garlic & extra virgin olive oil, deep-fried in potato starch & coated in ao nori & served w/ mayo & lemon	
age-dashi tofu ✓	12
deep-fried silken tofu, grated daikon, spring onion & nori w/ vegetable broth	
chicken & mushroom spring roll (5)	16
minced chicken, shimiji & enoki mushrooms served w/ lettuce, shiso, mint & Vietnamese dipping sauce	
buddha dumplings (5) ✓	17
pan-fried vegetarian dumplings w/ Japanese worcestershire sauce & wasabi mayo	
ma po tofu	17
our version of the spicy Chinese classic made w/ our house made teriyaki sauce w/ chicken mince, silken tofu, eggplant, red capsicum, spring onion & fresh chilli - served w/ crispy rice crackers	
korean fried chicken	18
w/ a crispy coating of Korean seasoning & served w/ our house made sticky mild chilli garlic sauce & lemon wedge	
miso buta	19
cubed pork belly pieces w/ a Korean soy bean glaze, pork crackle, coriander & capsicum	
steamed noodle dumplings (5)	19
freshly prepared in house - prawn, salmon, water chestnut & chives wrapped in brown rice noodles & steamed served w/ a soy, ginger & sesame oil dressing	
shake teriyaki	20
100g grilled salmon served medium rare topped w/ alfalfa sprouts, accompanied w/ grated daikon & gf teriyaki sauce on the side	
tofu & mango salad ✓	15
deep-fried tofu pieces w/ edamame, bean shoots, cos lettuce, capsicum, fresh mango & nori served w/ a mustard miso dressing	
misoshiru – small large	4 6
fish dashi or vegetable stock w/ wakame, silken tofu & spring onion veg option avail	
steamed rice – white or brown	4

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GLUTEN FREE MENU

GLUTEN FREE ZENSAI

small dishes great to share or as a starter

gf edamame ✓ steamed, salted soy beans w/ rock salt	8
gf nasu dengaku ✓ char-grilled eggplant w/ smoky miso glaze & sesame seeds	11
gf steamed noodle dumplings (5) freshly prepared in house - prawn, salmon, water chestnut & chives wrapped in brown rice noodles & steamed, served w/ a soy, ginger & sesame oil dressing	19
gf shake teriyaki 100g grilled salmon served medium rare topped w/ alfalfa sprouts, accompanied w/ grated daikon & gf teriyaki sauce on the side	20
gf stir-fry seasonal vegetables healthy stir-fry seasonal greens w/ special oyster sauce	8
gf misoshiru – small large fish dashi or vegetable stock w/ wakame, silken tofu & spring onion vegetarian option available	4 6
gf steamed rice – white or brown	6

DIETARY REQUIREMENTS

Please advise staff if you have food allergies or specific food requirements. Whilst we take special care preparing dishes, we are unable to guarantee the absence of soy/sesame/nut products from our menu.

tofu & avocado w/ wasabi & baby shiso
smoked eggplant marinated in gf soy & ginger w/ chopped chives

gf maki rolls (6)

inside out roll w/ avocado, shiso & cucumber topped w/ sesame seeds & your choice of:

kingfish w/ grated ginger & chives	17
salmon w/ nikiri soy & shiso	16
combination of both	17

gf gyu tataki nigiri (4)

rare seared beef nigiri sushi topped w/ house made Japanese steak sauce, & chives

22

gf ocean trout nigiri (4)

scorched ocean trout nigiri sushi w/ nigiri sauce

22

gf aburi scallops (4)

seared scallops w/ Japanese pepper sauce, coriander miso & baby coriander

24

GLUTEN FREE DONBURI - RICE DISHES

w/ white or brown rice & miso cup

gf teriyaki chicken don

char-grilled thigh fillet w/ teriyaki glaze served w/ char-grilled broccoli, a salad of mizuna & tomato topped w/ shredded nori over rice

23

gf sashimi don

fresh salmon sashimi marinated in yukke soy w/ sliced cucumber, shiso leaf, sesame seeds, alfalfa sprouts & shredded nori over sushi rice

24

gf wafu steak don

100g sliced scotch beef fillet char-grilled served medium rare w/ house made Japanese pepper steak sauce, char-grilled broccoli, julienne leek & steamed rice

25

GLUTEN FREE DESSERT

gf chocolate buddha dome

a cross between chocolate ganache & mousse w/ nuts & a strawberry, coconut cream sauce

15

gf sunikkazu bites (4)

a 'snickers' style bites made w/ healthy mixed nuts, dates & a touch of cacao
OR bite size @ 3.50 each

14