



authentic japanese cuisine

gluten free | wheat free | dairy free | no refined sugar | organic

menu

rice bowl

Tempura	vegetables	\$7.00
	mixed (prawn, fish, vegetables)	\$12.50
Teriyaki	chicken	\$9.50
	beef	\$9.50
	salmon	\$12.50
Chicken Katsu		\$10.50

obento box

(A) Box	teriyaki tofu, vegetable tempura, 8 pcs of avocado roll inside out, ohitashi	\$18.50
(B) Box	teriyaki chicken, chicken katsu, 8 pcs of avocado roll inside out, ohitashi	\$20.50
(C) Box	teriyaki salmon, prawn katsu, 8 pcs of raw salmon roll inside out, ohitashi	\$20.50
(D) Box	teriyako chicken, mixed tempura, 4 pcs of california roll, ohitashi	\$22.50

soba noodles (100% buckwheat)

Soba Noodle Soup	\$8.00
with vegetables	extra \$3.00
with tempura vegetables	extra \$6.00
with tempura prawns (2pcs)	extra \$6.00
with grilled chicken	extra \$8.00



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entrée

Edamame soy beans

boiled soy green beans (in pod)

\$5.00

Soba Noodle Salad

100% buckwheat noodles & seaweed with soy dressing

\$8.00

Seaweed Salad

salad of 3 types of seaweed

\$8.00

Ohitashi Greens

blanched seasonal green with tofu & sesame soy sauce

\$8.50

Miso Eggplant

deep fried eggplant and tofu with sweet miso sauce

\$8.50

Agedashi Tofu

deep fried tofu in light soy soup

\$8.50

Salmon Salad

fresh raw salmon & seaweed with soy dressing

\$12.00

Yakitori Chicken

grilled organic chicken in mild soy sauce

\$12.00

Tempura

Vegetable

lightly battered & deep fried

Prawn (4 pcs)

4 prawns lightly battered & deep fried, served with light soy sauce

\$8.50

\$12.00

Karaage Chicken

deep fried organic chicken with vegetables in soy vinegar sauce

\$12.00



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main

*these meals are served with rice & vegetables

Mixed tempura

2 prawns, salmon & vegetables lightly battered & deep fried served with rice

\$18.50

* Katsu

rice crumbed & deep fried

Sweet potato

\$14.00

Chicken

\$18.50

Prawn (4 pcs)

\$18.50

* Teriyaki

stir fried in teriyaki sauce

Tofu

\$14.00

Chicken

\$18.00

Beef

\$18.00

Salmon

\$19.50

Assorted rolled sushi

Vegetables

4 pcs pf salad roll

\$15.00

8 pcs of avocado roll inside out

8 pcs of plum & cucumber roll inside out

Mixed

4 pcs of california roll

\$18.50

8 pcs of avocado roll inside out

8 pcs of raw salmon & avocado roll inside out

accompaniments

Rice

\$3.00

Nukazuke (pickled vegetables)

\$3.00

Miso Soup

\$3.50

Osozai (please check our board)

Today's specials – please check our board



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rolled sushi

inside out with sesame \$1.00 extra

Small (8 piece serving)

Avocado	\$3.50
Cucumber	\$3.50
Avocado & Cucumber	\$4.00
Umeboshi Plum & Cucumber	\$4.00
Natto (fermented soy beans)	\$4.00
Raw Salmon	\$5.00
Raw Salmon & Avocado	\$5.50
Prawn & Cucumber	\$6.00
Prawn & Avocado	\$6.00

Large (4 piece serving)

Salad	avocado, cucumber, carrot, tofu & mayo	\$6.00
California	prawn, avocado, cucumber, carrot, tofu & mayo	\$8.00
* Grilled Chicken		\$8.50
* Teriyaki Salmon		\$8.50
* Tempura Prawn		\$9.00

*these rolls take more than 10 minutes

desserts

Please ask our staff.

We only use rice syrup, maple syrup & unrefined beet sugar for sweetness in accordance with macrobiotic principles.

All of our meals are free of gluten, dairy, refined sugar & MSG.
Where possible, we try to use only pure & organic ingredients.
We are also licensed and offer a range of gluten free beers –
however the only gluten we have on our menu are our japanese beers.

