




GLUTEN FREE MENU

STARTERS & SALADS

Miso Soup 	2.50
Salty Edamame 	3.45
Chili Edamame 	4.00
X-Ray Salad 	7.50

peppers, pomegranate, chives, edamame, avocado with a zingy vinaigrette

SOUPS

Detox Broth 	7.75
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a hearty miso broth packed full with tofu and seasonal veg

SASHIMI

Salmon 5 pieces	7.95*
Tuna 5 pieces	9.50*
Salmon & Tuna 6 pieces	9.75*
Yellowtail 5 pieces	11.00*
Sea Bass 5 pieces	9.75*
Tuna Tartar	11.75*

spring onion, yuzu and a light miso dressing on a bed of pickled cucumber and mooli salad

Sea Bass Jalapeño Sashimi	11.00
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with red pepper, cucumber, avocado and jalapeño salsa

Yellowtail Upside Down	12.50*
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zingy bitesized pieces of cucumber topped with fresh yellowtail, avocado, wakame, jalapeño and coriander with a kimchee dressing!

NIGIRI

Salmon	4.25*
Tuna	4.75*
Yellowtail	5.75*
Sea Bass	4.75*
Sweet Shrimp	4.00*
Japanese Omelette 	3.25*
Ikura	8.00*

HAND ROLL

Mean Spicy Tuna	5.25*
Californian	5.50*

tuna with avocado, mizuna and spicy mayo

fresh crab meat with avocado and mayo

SUSHI ROLL /
BROWN RICE SUSHI ROLL

Cucumber 	3.95*
Avocado 	4.75*
Salmon & Avocado	5.95*
Salmon & Chive	4.75*
Tuna	6.25*
Tuna & Avocado	6.50*
Yellowtail & Chive	7.00*

INSIDE OUT SUSHI ROLL

Salmon & Avocado	6.75*
Spicy Salmon	7.50*

avocado, mizuna and chives rolled in chili furikake

Salmon & Cream Cheese	7.25*
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smoked salmon with cucumber, chives, cream cheese and micro herbs

Mean Spicy Tuna	7.75*
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avocado, mizuna, spicy mayo rolled in chili furikake

California	8.25*
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fresh crab meat, cucumber and avocado with mayo

Green Goddess 	5.75*
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wakame seaweed, cucumber, avocado, mizuna and chives rolled in aonori furikake

SELECTIONS

Power Lunch	8.75*
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salmon sashimi, pomegranate, edamame, coriander, avocado and wakame seaweed on brown rice

12 piece Tuna	17.50*
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tuna and tuna chili nigiri with tuna roll

12 piece Salmon and Tuna	15.00*
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salmon and tuna nigiri with salmon and tuna roll

Sushi Roll Selection	12.50*
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salmon avocado, mean spicy tuna and californian rolls

Nigiri Selection	11.75*
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salmon nigiri, tuna, mackerel, yellowtail, sea bass and sweet shrimp nigiri

16 piece Vegetarian 	10.25*
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omelette nigiri, green goddess roll and cucumber roll

 Vegetarian

The dishes listed above do not contain gluten. However they are made in kitchen where gluten is used in other dishes. Some of our products may contain nuts or other allergens, shell or traces of bone. Therefore, there is a risk of cross-contamination so please order as you feel comfortable based on your dietary requirements. All dishes with * are served with Soy Sauce (gluten, soy beans). If you do not want Soy Sauce, please ask a member of staff directly when ordering for No Soy Sauce or Tamari as a gluten free alternative.