#### ENTRÉE

Prawn Tempura Ginger, white radish, tempura sauce	24
Soft Shell Crab Tempura Chilli ponzu	26
Chicken Karage Crispy fried chicken, fermented chilli aioli	20
Panfried Beef Gyoza Chili ponzu, ginger, garlic, sesame, spring onion	26
Yellowfin Tuna Tacos Avocado, tomato, lime, coriander, soy, scallion, sriracha, sesame	24
Crispy Rice Avocado oil, salmon, mayo, soy, spring onion, sriracha, sesame	26
Japanese Seaweed Salad Edamame, radish, red cabbage, carrot, green apple, sesame dressing, homegrown microgreens	26
RAW PLATE	
Yellowfin Tuna Tataki Chilli, daikon, coriander, Matsuhisa dressing	24
Reef Fish Sashimi Coconut, miso, yuzu, coriander, spring onion	24
NZ King Salmon Ponzu Garlic, ginger, chives, sesame, olive oil, radish, cherry tomato	28
<b>Reef Octopus</b> Ginger, scallion, lemon, soy, mirin salmon roe, chilli crisp, sesame, homegrown microgreens	28
MAKI SUSHI	
California Crab, avocado, cucumber, orange tobiko, mayo	24
<b>Rainbow</b> Salmon, reef fish, tuna, avocado, crab, cucumber, black tobiko, coriander orange mayo	26
Firecrackers Salmon, tuna, tobiko, avocado, tanuki, teriyaki sauce, spicy mayo	28
Soft Shell Crab Avocado, cream cheese, tobiko, tanuki, yuzu, koshu mayo	28
<b>Volcano</b> Crab, cucumber, salmon, spicy mayo, teriyaki, furikake, chives, tanuki	26
<b>Rock Shrimp</b> Tamago, sriracha mayo, tempura, prawn, unagi sauce, furikake, tobiko, scallion	26
<b>Kaki-Age</b> Vegetable tempura, cream cheese, truffle mayo, tanuki, sesame seed, homegrown chives	20
PLATTERS	
Mixed Nigiri Platter (2 each) Tuna, salmon, roasted eel	26
Mixed Sashimi Platter (2 each) Tuna, salmon, reef fish	26

Please see our Wellness Your Way menus for Vegan/Vegetarian, Dairy Free, Gluten free and Low Carb. Please advise us of any allergies or intolerances.  $\bf N$  - nuts

#### MAIN PLATES

<b>Catch of the Day</b> Yuzu butter sauce, shisho herb oil, wok fried vegetables, Japanese fried rice	38
Cape Grim Striploin Yuzu kosho, truffle mashed potato, Japanese style BBQ sauce, crispy homegrown oyster mushroom, chives	45
<b>BBQ Lamb Rib</b> Soy, mirin, fermented chilli sauce, ginger, garlic, pineapple, sweet potato puree, asparagus	55*
<b>Yellowfin Tuna Steak</b> Miso ginger sauce, lemon, teppan fried onion, broccolini, myoga salad	37
Magret Duck Breast Miso, orange, soy glaze, baby carrot, beet root, orange tulle	40
Miso Black Cod Mirin, white miso, pumpkin puree, edamame, yuzu miso sauce	47**
<b>NZ Regal King Salmon</b> Yuzu ponzu butter, spring onion, vegetable noodle, crispy shisho, toasted sesame	45
Panko Crumbed Tiger Prawns Root vegetable, crustacean katsu curry sauce	45
<b>Chicken Yakitori</b> Spring onion, wasabi mashed potato, shimeji mushroom, toasted sesame	37
SIDE DISHES	
Baby Spinach Avocado Salad	10
Steamed Jasmine Rice	8
Japanese Fried Rice	10
Yaki Soba Japanese stir fried noodles	10
DESSERT	
Matcha Cheesecake Red bean compote, matcha crumble	18
Island Cocomango Coconut, mango sorbet, caramelised puffed rice	18
Yuzu Meringue Tart Yuzu curd, toasted meringue	18
Lemongrass Panna Cotta Lychee, pandan, coconut cream	18
Homemade Ice Cream Island Coconut, Garden Pandan, Lemongrass	8 per
Homemade Sorbet Mandarin, Passionfruit	scoop 8 per scoop

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## WYW Vegan/Vegetarian

#### ENTRÉE

Vegetable Tempura Seasonal vegetables, mango sriracha	24
Renkon Chips Lotus root, togarashi vegan mayo, sea salt flakes	26
Cauliflower Karage Crispy fried cauliflower, fermented chilli aioli	20
Panfried Vegetable Gyoza Chili ponzu, ginger, garlic, sesame, spring onion	26
Avocado Tacos Tomato, lime, coriander, soy, scallion, sriracha, sesame	24
Crispy Rice Avocado oil, vegan mayo, soy, spring onion, sriracha, sesame	26
Japanese Seaweed Salad Edamame, radish, red cabbage, carrot, green apple, sesame dressing, homegrown microgreens	26
MAKI SUSHI	
Vegifornia Maki Plant-based prawn, avocado, cucumber tanuki, vegan mayo	24
Konjac Calamari Plant-based calamari, avocado, vegan cream cheese, tanuki, gochujang mayo	28
<b>Kaki-Age</b> Vegetable tempura, vegan cream cheese, truffle mayo, tanuki, sesame seed, homegrown chives	26
PLATTERS	
Mixed Nigiri Platter (2 each) Avocado, cucumber, pickled radish	26

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# WYW Vegan/Vegetarian

#### MAIN PLATES

<b>Fishless Fillet</b> Yuzu vegan butter sauce, shisho herb oil, wok fried vegetables, Japanese fried rice	38
Plant-based Prawn Root vegetable, katsu curry sauce	46
<b>Vegan Chicken Yakitori</b> Spring onion, wasabi mashed potato, shimeji mushroom, toasted sesame	37
Yasai Itamé Japanese stir fried vegetables, fried tofu	37
Miso Glazed Eggplant Mirin, white miso, pumpkin puree, edamame, yuzu miso sauce	37
Pan fried Tofu Teriyaki, spring onion, vegetable noodle, crispy shiso, toasted sesame	38
SIDE DISHES	
Baby Spinach Avocado Salad	10
Steamed Jasmine Rice	8
Japanese Fried Rice	10
Yaki Soba Japanese stir fried noodles	10
DESSERT	
Matcha Cheesecake Red bean compote, matcha crumble	18
Island Cocomango Coconut, mango sorbet, caramelised puffed rice	18
Homemade Ice Cream Island Coconut	8 per scoop
Homemade Sorbet Mandarin, Passionfruit	8 per

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WYWDa	airy Free
ENTRÉE	
Prawn Tempura Ginger, white radish, tempura sauce	24
Soft Shell Crab Tempura Chilli ponzu	26
Chicken Karage Crispy fried chicken, fermented chilli aioli	20
Panfried Beef Gyoza Chili ponzu, ginger, garlic, sesame, spring onion	26
<b>Yellowfin Tuna Tacos</b> Avocado, tomato, lime, coriander, soy, scallion, sriracha, sesame	24
Crispy Rice Avocado oil, salmon, mayo, soy, spring onion, sriracha, sesame	26
Japanese Seaweed Salad Edamame, radish, red cabbage, carrot, green apple, sesame dressing, homegrown microgreens	26
RAW PLATE	
Yellowfin Tuna Tataki Chilli daikon, coriander Matsuhisa dressing	24
Reef Fish Sashimi Coconut, miso, yuzu, coriander, spring onion	24
NZ King Salmon Ponzu Garlic, ginger, chives, sesame, olive oil, radish, cherry tomato	28
<b>Reef Octopus</b> Ginger, scallion, lemon, soy, mirin salmon roe, chilli crisp, sesame, homegrown microgreens	28
MAKI SUSHI	
California Maki Crab, avocado, cucumber orange tobiko, mayo	24
Rainbow Maki Salmon, reef fish, tuna, avocado, crab, cucumber, black tobiko, coriander orange mayo	26
Firecrackers Salmon, tuna, tobiko, avocado, tanuki, teriyaki sauce and spicy mayo	28
Soft Shell Crab Avocado, vegan cream cheese, tobiko, tanuki, yuzu, koshu mayo	28
Volcano Crab, cucumber, salmon, spicy mayo, teriyaki, furikake, chives, tanuki	26
<b>Rock Shrimp</b> Tamago, sriracha mayo, tempura, prawn, unagi sauce, furikake, tobiko, scallion	26
<b>Kaki-Age</b> Vegetable tempura, vegan cream cheese, truffle mayo, tanuki, sesame seed, homegrown chives	20
PLATTERS	
Mixed Nigiri Platter (2 each) Tuna, salmon, roasted eel	26
Mixed Sashimi Platter (2 each) Tuna, salmon, reef fish	26

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# WYW Dairy Free

#### MAIN PLATES

Catch of the Day Yuzu vegan butter sauce, shisho herb oil, wok fried vegetables, Japanese fried rice	38
<b>Cape Grim Striploin</b> Yuzu kosho, truffle mashed potato, Japanese style BBQ sauce, crispy homegrown oyster mushroom, chives	45
<b>BBQ Lamb Rib</b> Soy, mirin, fermented chilli sauce, ginger, garlic, pineapple, sweet potato puree, asparagus	55*
<b>Yellowfin Tuna Steak</b> Miso ginger sauce, lemon, teppan fried onion, broccolini, myoga salad	37
Magret Duck Breast Miso, orange, soy glaze, baby carrot, beet root, orange tulle	40
Miso Black Cod Mirin, white miso, pumpkin puree, edamame, yuzu miso sauce	47**
<b>NZ Regal King Salmon</b> Yuzu ponzu vegan butter, spring onion, vegetable noodle, crispy shisho, toasted sesame	45
Panko Crumbed Tiger Prawn Root vegetable, crustacean katsu curry sauce	45
<b>Chicken Yakitori</b> Spring onion, wasabi mashed potato, shimeji mushroom, toasted sesame	37
SIDE DISHES	
Baby Spinach Avocado Salad	10
Steamed Jasmine Rice	8
Japanese Fried Rice	10
Yaki Soba Japanese stir fried noodles	10
DESSERT	
Matcha Cheesecake Red bean compote, matcha crumble	18
Island Cocomango Coconut, mango sorbet, caramelised puffed rice	18
Homemade Ice Cream Island Coconut	8 per
Homemade Sorbet Mandarin, Passionfruit	scoop 8 per scoop

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#### ENTRÉE

Coconut Prawn Mango sriracha	24
Crispy Soft Shell Crab Chilli ponzu	26
Chicken Karage Crispy fried chicken, fermented chilli aioli	20
Yellowfin Tuna Toast Avocado, tomato, lime, coriander, soy, scallion, sriracha, sesame	26
Crispy Rice Avocado oil, salmon, mayo, soy, spring onion, sriracha, sesame	24
Japanese Seaweed Salad Edamame, radish, red cabbage, carrot, green apple, sesame dressing, homegrown microgreens	26
RAW PLATE	
Yellowfin Tuna Tataki Chilli daikon, coriander Matsuhisa dressing	24
Reef Fish Sashimi Coconut, miso, yuzu, coriander, spring onion	24
NZ King Salmon Ponzu Garlic, ginger, chives, sesame, olive oil, radish, cherry tomato	28
Reef Octopus Ginger, scallion, lemon, tamari, mirin salmon roe, chilli crisp, sesame, homegrown microgreens	28
MAKI SUSHI	
California Maki Crab, avocado, cucumber orange tobiko, mayo	24
Rainbow Maki Salmon, reef fish, tuna, avocado, crab, cucumber, black tobiko, coriander orange mayo	26
Soft Shell Crab Avocado, cream cheese, tobiko, tanuki, yuzu, koshu mayo	28
Volcano Crab, cucumber, salmon, spicy mayo, teriyaki, furikake, chives, tanuki	28
PLATTERS	
Mixed Nigiri Platter (2 each) Tuna, salmon, roasted eel	26
Mixed Sashimi Platter (2 each) Tuna, salmon, reef fish	26

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#### WYW Gluten Free

### MAIN PLATES Catch of the Day Yuzu butter sauce, shisho herb oil, wok fried vegetables, Japanese 38 fried rice Cape Grim Striploin Yuzu kosho, truffle mashed potato, Japanese style BBQ sauce, 45 crispy homegrown oyster mushroom, chives 55\* BBQ Lamb Rib Tamari, mirin, fermented chilli sauce, ginger, garlic, pineapple, sweet potato puree, asparagus 37 Yellowfin Tuna Steak Miso ginger sauce, lemon, teppan fried onion, broccolini, myoga salad Magret Duck Breast Miso, orange, tamari glaze, baby carrot, beet root, orange tulle 40 Miso Black Cod Mirin, white miso, pumpkin puree, edamame, yuzu miso sauce 47\*\* NZ Regal King Salmon Yuzu ponzu butter, spring onion, vegetable noodle, crispy 45 shisho, toasted sesame 45 Grilled Tiger Prawn Root vegetable, crustacean katsu curry sauce Chicken Yakitori Spring onion, wasabi mashed potato, shimeji mushroom, toasted 37 sesame SIDE DISHES Baby Spinach Avocado Salad 10 Steamed Jasmine Rice 8 10 Japanese Fried Rice **DESSERT** 18 Matcha Cheesecake Red bean compote, matcha crumble Island Cocomango Coconut, mango sorbet, caramelised puffed rice 18 18 Yuzu Meringue Tart Yuzu curd, toasted meringue Lemongrass Panna Cotta Lychee, pandan, coconut cream 18 Homemade Ice Cream Island Coconut, Garden Pandan, Lemongrass 8 per scoop Homemade Sorbet Mandarin, Passionfruit 8 per scoop

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#### ENTRÉE

Coconut Prawn Tamari, ginger, white radish	24
Crispy Soft Shell Crab Chilli ponzu	26
Chicken Karage Crispy fried chicken, fermented chilli aioli	20
Yellowfin Tuna Toast Avocado, lime, coriander, soy, scallion, sriracha, sesame	26
Japanese Seaweed Salad Edamame, radish, red cabbage, carrot, green apple, sesame dressing, homegrown microgreens	26
RAW PLATE	
Yellowfin Tuna Tataki Chilli daikon, coriander Matsuhisa dressing	24
Reef Fish Sashimi Coconut, miso, yuzu, coriander, spring onion	24
NZ King Salmon Ponzu Garlic, ginger, chives, sesame, olive oil, radish, cherry tomato	28
Reef Octopus Ginger, scallion, lemon, soy, salmon roe, chilli crisp, sesame, homegrown microgreens	28
PLATTERS	
Mixed Nigiri Platter (2 each) Tuna, salmon, roasted eel	26
Mixed Sashimi Platter (2 each) Tuna, salmon, reef fish	26

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#### WYW Low Carb

scoop

### MAIN PLATES Catch of the Day Yuzu butter sauce, shisho herb oil, wok fried vegetables, Japanese 38 fried rice Cape Grim Striploin Yuzu kosho, Japanese style BBQ sauce, crispy homegrown 45 oyster mushroom, chives BBQ Lamb Chops Tamari, fermented chilli sauce, ginger, garlic, asparagus, toasted 55\* sesame 37 Yellowfin Tuna Steak Miso ginger sauce, lemon, teppan fried onion, broccolini, myoga salad Magret Duck Breast Miso, tamari, baby carrot, beet root 36 47\*\* Miso Black Cod White miso, edamame, yuzu miso sauce NZ Regal King Salmon Lemon ponzu butter, spring onion, vegetable noodle, crispy 45 shisho, toasted sesame Grilled Tiger Prawn Seasonal vegetables, crustacean katsu curry sauce 45 Chicken Yakitori Spring onion, shimeji mushroom, toasted sesame 37 SIDE DISHES 10 Baby Spinach Avocado Salad Cauliflower Fried Rice 10 DESSERT Matcha Cheesecake Matcha crumble 18 18 Lemongrass Panna Cotta Lychee, pandan, coconut cream Homemade Ice Cream Island Coconut 8 per

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