

# sushi wave

**our mission** - to create a little slice of Japan on the Sunshine Coast where locals and visitors can return for consistently clean, fresh flavours and an authentic Japanese taste of the highest order.

## our values

- community - we passionately support local business, community groups and events.
- healthy choices - we offer quality, natural ingredients, brown rice options and a mostly gluten free menu.
- animal welfare - we only use free range meat and offer vegan options.
- sustainability - we are committed to the ongoing quest of reducing our social and environmental impact.

We are a local family business, proudly sharing our Japanese heritage with our community since 2009.

Arigato gozaimas ありがとうございます

## Kaz and the Team



Yoko, Taka, Kaz, and Junji



all sushi gluten and dairy free

## why choose us?

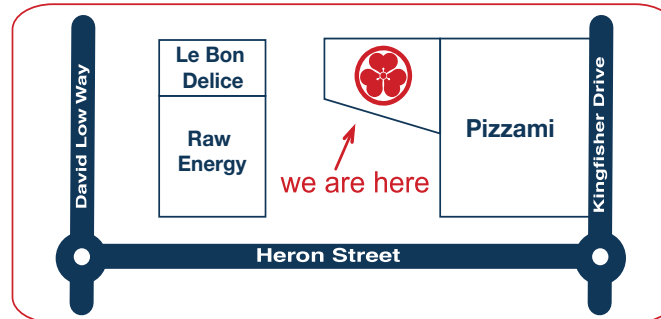
- authentic, healthy Japanese food
- fresh sushi, handmade daily
- all sushi gluten and dairy free
- large gluten free hot food menu
- free range chicken, eggs and pork
- sugar free sushi rice
- brown rice sushi available
- vegetarian and vegan options
- ethically responsible business
- strong community spirit
- locally owned family business

## party sushi platters

(24 hours notice required)

mixed platter (48pcs) 75

kids hosomaki platter (72pcs) 58



open 7 days - 11am to 2pm

p 5471 3199  

**ORDER ONLINE**  
sushiwave.com.au



**sushi wave**  
authentic japanese

peregian beach

open 7 days

11am - 2pm

p 5471 3199

**ORDER ONLINE**  
sushiwave.com.au

## fresh sushi selection

### hosomaki - small sushi rolls

|                  |      |     |
|------------------|------|-----|
| avocado          | v gf | 3.9 |
| cucumber         | v gf | 3.9 |
| teriyaki chicken | gf   | 4.4 |
| cooked tuna      | gf   | 4.4 |
| fresh salmon     | gf   | 4.9 |
| fresh tuna       | gf   | 5.9 |



mixed hosomaki



mixed chumaki



mixed sashimi

### chumaki - medium sushi rolls

|                                         |      |      |
|-----------------------------------------|------|------|
| avocado                                 | v gf | 3.9  |
| fresh vege & tofu                       | v gf | 3.9  |
| tempura vege                            | v gf | 4.4  |
| teriyaki chicken & avocado              | gf   | 4.4  |
| crispy chicken & avocado                | gf   | 4.9  |
| chicken karaage & avocado               | gf   | 4.9  |
| cooked tuna & avocado                   | gf   | 4.4  |
| fresh tuna & avocado                    | gf   | 5.9  |
| fresh salmon & avocado                  | gf   | 4.9  |
| teriyaki salmon & cucumber              | gf   | 4.9  |
| cooked prawn, avocado & cucumber        | gf   | 4.4  |
| australian crispy prawn & avocado       | gf   | 5.9  |
| inside out roll / mayo / teriyaki sauce | gf   | +1.0 |

### nigiri sushi (2 pieces)

|                                                  |      |     |
|--------------------------------------------------|------|-----|
| inari (sweet tofu pocket filled with sushi rice) | v gf | 4.4 |
| cooked prawn                                     | gf   | 4.9 |
| fresh salmon                                     | gf   | 5.4 |
| aburi salmon / spicy aburi salmon                | gf   | 5.9 |
| fresh tuna                                       | gf   | 6.4 |

### sashimi - slices of fresh raw fish

|                                   |    |    |
|-----------------------------------|----|----|
| salmon (5 pcs)                    | gf | 14 |
| tuna (5 pcs)                      | gf | 16 |
| mixed (4 pcs salmon & 3 pcs tuna) | gf | 20 |

### sushi specials

|                                                          |    |    |
|----------------------------------------------------------|----|----|
| nigiri set w/ miso soup (6 pcs) (chef's selection)       | gf | 18 |
| rainbow roll (8 pcs) (salmon, tuna, prawn & avo)         | gf | 18 |
| sunshine roll (8 pcs) (crispy prawn, aburi salmon & avo) | gf | 20 |
| spicy sunshine roll (8 pcs)                              | gf | 20 |

## japanese hot dishes & salads

### starters

|                                   |      |       |
|-----------------------------------|------|-------|
| steamed rice                      | v gf | 4     |
| miso soup                         | gf   | 5     |
| edamame (plain / spicy)           | v gf | 5/7   |
| age dashi (tofu / eggplant 4 pcs) | gf   | 8     |
| chicken karaage (5 pcs)           | gf   | 8     |
| australian calamari (7 pcs)       | gf   | 8     |
| gyoza (vege / pork 5 pcs)         | gfo  | 10/12 |
| australian prawn katsu (3 pcs)    | gf   | 14    |



age dashi tofu



spicy edamame



age dashi eggplant



chicken karaage



gyoza



prawn katsu

### salads (with sesame mayo or soy vinaigrette)

|                        |       |    |
|------------------------|-------|----|
| wakame salad           | v gf  | 5  |
| green salad            | vo gf | 10 |
| teriyaki chicken salad | gf    | 16 |
| aburi salmon salad     | gf    | 18 |



teriyaki chicken salad



aburi salmon salad



aburi salmon nigiri



rainbow roll



sunshine roll



nigiri set

# ORDER ONLINE

## sushiwave.com.au

### mains (all served on steamed rice)

|                         |      |    |
|-------------------------|------|----|
| tempura vege don        | v gf | 16 |
| teriyaki tofu don       | v gf | 16 |
| teriyaki chicken don    | gf   | 16 |
| chicken karaage don     | gf   | 16 |
| chicken katsu don       | gf   | 16 |
| chicken katsu curry don |      | 18 |
| australian calamari don | gf   | 16 |
| teriyaki salmon don     | gf   | 18 |



teriyaki tofu don



teriyaki chicken don



teriyaki salmon don



chicken katsu curry



chicken katsu don



calamari don

### noodles

|                             |              |    |
|-----------------------------|--------------|----|
| yakisoba stir-fried noodles | vege         | 14 |
|                             | chicken      | 18 |
| soba or udon noodle soup    | vege         | 14 |
|                             | tempura vege | 18 |
|                             | chicken      | 18 |



yakisoba chicken



soba tempura vege



udon vege

15% surcharge on public holidays  
 v vegan gf gluten free vo vegan option gfo gluten free option