

# sushi wave

**our mission** - to create a little slice of Japan on the Sunshine Coast where locals and visitors 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

## The Sushi Wave Team



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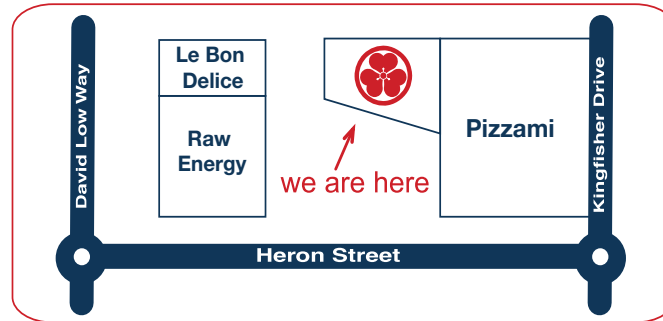


all sushi gluten and dairy free

## party sushi platters

(24 hours notice required)  
 mixed platter (48pcs)  
 kids hosomaki platter (72pcs)

80  
60



open 7 days 11am to 2pm

p 5471 3199  

ORDER ONLINE  
[sushiwave.com.au](http://sushiwave.com.au)



sushi wave  
 authentic japanese

peregian beach

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 11am - 2pm

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## 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

## fresh sushi selection

### hosomaki - small sushi rolls

avocado	v gf	4.5
cucumber	v gf	4.5
teriyaki chicken	gf	5.0
cooked tuna	gf	5.0
fresh salmon	gf	5.5
fresh tuna	gf	6.0



hosomaki



chumaki



mixed sashimi

### chumaki - medium sushi rolls

avocado	v gf	4.5
tempura vege	v gf	4.5
teriyaki chicken & avocado	gf	5.2
crispy chicken & avocado	gf	5.7
chicken karaage & avocado	gf	5.7
cooked tuna & avocado	gf	5.2
fresh tuna & avocado	gf	6.7
fresh salmon & avocado	gf	6.2
teriyaki salmon & cucumber	gf	6.7
australian crispy prawn & avocado	gf	6.7
inside out roll / mayo / teriyaki sauce	gf	+1.0

### nigiri sushi (2 pieces)

inari (sweet tofu pocket filled with sushi rice)	v gf	5.0
cooked prawn	gf	5.0
fresh salmon	gf	6.5
aburi salmon / spicy aburi salmon	gf	6.5
fresh tuna	gf	6.5

### sashimi - slices of fresh raw fish

salmon (5 pcs)	gf	19
tuna (5 pcs)	gf	21
mixed (4 pcs salmon & 3 pcs tuna)	gf	26

### sushi specials

peregian roll (8 pcs) (crispy chicken & avocado)	gf	18
rainbow roll (8 pcs) (salmon, tuna, prawn & avo)	gf	20
sunshine roll (8 pcs) (aburi salmon & avo)	gf	20
spicy sunshine roll (8 pcs)	gf	20
nigiri set w/ miso soup (6 pcs) (chef's selection)	gf	22

## japanese hot dishes & salads

### starters

steamed rice	v gf	5
miso soup	gf	5
edamame (plain / spicy)	v gf	6/8
age dashi tofu (4 pcs)	gf	10
chicken karaage (5 pcs)	gf	10
australian calamari (7 pcs)	gf	10
gyoza (vege / pork 5 pcs)		12
australian prawn katsu (3 pcs)	gf	15



age dashi tofu



spicy edamame



calamari



chicken karaage



gyoza



prawn katsu

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

wakame salad	v gf	5
green salad	vo gf	12
teriyaki chicken salad	gf	18
aburi salmon salad	gf	26



peregian roll



aburi salmon salad



aburi salmon nigiri



rainbow roll



sunshine roll



nigiri set

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### mains (all served on steamed rice)

tempura vege don	v gf	18
teriyaki tofu don	v gf	18
teriyaki chicken don	gf	18
chicken karaage don	gf	18
chicken katsu don	gf	18
chicken katsu curry don		20
fresh salmon sashimi don	gf	26
teriyaki salmon don	gf	26



teriyaki tofu don



teriyaki chicken don



teriyaki salmon don



chicken katsu curry



chicken katsu don



salmon sashimi don

### noodles

yakisoba stir-fried noodles	vege	16
	chicken	20
soba or udon noodle soup	vege	16
	tempura vege	18
	chicken	20



yakisoba chicken



soba tempura vege



udon vege

15% surcharge on public holidays

v vegan gf gluten free vo vegan option