

Please see the Wellness Your Way menus on the following pages

SASHIMI

Five pieces per serving	
Baa Atoll Reef fish	12
Maldivian Tuna	14
Prawn	14
NZ Regal Salmon	14
Scallop	16
Yellow tail	14
Sashimi platter 10 pieces	28

NEW STYLE SASHIMI

Sea scallop, tomato, ponzu salsa	24
Aburi salmon, goma dressing	22
Tuna tataki, grated daikon, citrus ponzu dressing	20
Salmon tartar, avocado, wasabi mayonnaise	22

NIGIRI SUSHI

Five pieces per serving	
NZ Regal Salmon	18
Maldivian Yellow Fin Tuna	16
Prawn	18
Baa Atoll Reef Fish	16
Blowtorch Hamachi,goma dressing	18
Avocado	14

NEW STYLE MAKI SUSHI

Six pieces per serving	
Spicy Tuna	24
California with tobiko, crispy tenkasu	24
Torched Philadelphia cream cheese sushi	24
'Ebi-Ten'prawn tempura, sweet soy reduction	24
Soft-shell crab, tobiko	26
Organic Amilla garden vegetable rolls, bean curd	18
Deep fried maki - tuna, salmon, reef fish	22
Cauliflower rice, avocado, cucumber	16

SOUP		TEMPURA	
Miso, tofu, seaweed, spring onion 18	.8	Prawn tempura, tentsuyu sauce	22
Soba noodle soup, tentsuyu 22	22	Vegetable tempura, sweet chili sauce	16
		Soft shell crab tempura, spicy mayo	24



MAINS

Pan fried salmon, miso sauce, confit radish, spring onion	38	
Lobster miso thermidor, cream, spring onion	72*	
Catch of the day, shimeji mushroom, vegetables, misoyaki sauce	33	
Miso crusted black cod, bok choy, miso sauce	38	
Duck breast, orange soy marinade, beetroot texture	36	
Chicken Teriyaki 'Tokyo Street Style', broccoli, sesame, spring onion	34	
Grass fed tenderloin, smashed potato with Aji Amarillo, grilled vegetables, red wine sauce 56^*		
'Yakimeshi' Japanese fried rice, vegetables	25	
'Yasai itame' Japanese style stir fried vegetables, fried tofu	26	

SIDES

Feeling Koi garden salad	12
Japanese fried rice	12
Seaweed salad	12
Baby octopus salad	12

DESSERT

Baked cheesecake, yuzu gelee, fresh strawberry	18
Matcha mousse, soft cake, black sesame, roasted sesame seed	20
Carrot cake, green tea syrup, wasabi cream cheese frosting, fresh physalis N	18
Mochi assortment N	18
Chocolate fondant	20

18

16

18



NIGIRI SUSHI		NEW STYLE MAKI SUSHI
Five pieces per serving		Six pieces per serving
Avocado	14	Organic Amilla vegetable, bean curd
Pickled cucumber	14	Cauliflower rice, cucumber, avocado
Shitake mushroom	14	Spicy tofu

TEMPURA

Plant Prawn tempura, tentsuyu sauce	22
Vegetable tempura, tentsuyu sauce	16
Konjac calamari tempura, spicy mayo	22
Vegan soy chicken karaage, honey mustard sauce	18

SOUP

Miso soup, tofu, seaweed, spring onion	18
Soba noodle soup, tentsuyu	22

MAINS

Fishless Fillet, shimeji mushroom, vegetables, misoyaki sauce	33
Quinoa patty, smash potato, Aji Amarillo, red wine miso sauce	28
Stir fried vegan chicken, broccoli, sesame, spring onion	34
Plant based prawns, cauliflower sauce, grilled vegetables	34
Grilled konjac calamari, smash potato, Aji Amarillo, grilled vegetables, red wine sauce	34
'Yakimeshi' Japanese fried rice, vegetables	25
'Yasai itame' Japanese style stir fried vegetables, fried tofu	26

SIDES

Feeling Koi garden salad	12
Japanese fried rice	12
Seaweed salad	12

DESSERTMatcha mousse, soft cake, black sesame, roasted sesame seed20



SASHIMI

Five pieces per serving	
Baa Atoll reef fish	12
Maldivian Tuna	14
Prawn	14
NZ Regal Salmon	14
Scallop	16
Yellow tail	14
Sashimi platter 10 pieces	28

NEW STYLE SASHIMI

Sea scallop, tomato, ponzu salsa <i>low carb</i>	24
Aburi Salmon, goma dressing' low carb	22
Tuna tataki, grated daikon, citrus ponzu	20
Salmon tartar, avocado, wasabi mayonnaise	22

NEW STYLE MAKI SUSHI

Cauliflower rice Sushi is available with 12 hours notice	ז
Spicy Tuna	24
California, tobikko	24
Torched Philadelphia cream cheese	24
Organic Amilla vegetable, bean curd	18
Cauliflower rice, avocado, cucumber	16

SOUP

Miso soup, tofu, seaweed, spring onion	18
Konjac noodle soup, tentsuyu	22

MAINS

Pan fried salmon, miso sauce, confit radish, spring onion	38
Lobster miso thermidor, spring onion, cream	72*
Catch of the day, shimeji mushroom, vegetables, misoyaki sauce	33
Miso crusted black cod, bok choy, miso sauce	38
Duck breast, orange soy marinade, beetroot texture low carb	36
Chicken Teriyaki 'Tokyo Street Style', broccoli, sesame, spring onion low carb	34
Grass fed tenderloin, grilled vegetables, red wine sauce	56*
'Yasai itame' Japanese style stir fried vegetables, fried tofu low carb	26

DESSERT

Carrot cake, green tea syrup, wasabi cream cheese frosting, fresh physalis N	18
Chocolate Fondant 20 minute preparation time	20



SASHIMI

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Baa Atoll Reef fish	12
Maldivian Tuna	14
Prawn	14
NZ Regal Salmon	14
Scallop	16
Yellow tail	14
Sashimi platter 10 pieces	28

NEW STYLE SASHIMI

24
22
20
22

NIGIRI SUSHI

Five pieces per serving	
NZ Regal Salmon	18
Maldivian Yellow Fin Tuna	16
Prawn	18
Ball Atoll Reef Fish	16
Blowtorch Hamachi,goma dressing	18
Avocado	14

NEW STYLE MAKI SUSHI

Six pieces per serving	
Spicy Tuna	24
California with tobiko, crispy tenkasu	24
Torched Philadelphia cream cheese sushi	24
Organic Amilla vegetable rolls, bean curd	18
Cauliflower rice, cucumber, avocado	16

SOUP

Miso, tofu, seaweed, spring onion	18
Rice noodle soup, tentsuyu	22

TEMPURA

Gluten free tempura available on request	
Prawn tempura, tentsuyu sauce	22
Vegetable tempura, tentsuyu sauce	16
Soft shell crab tempura, spicy mayo	24



MAINS

Pan fried salmon, miso sauce, confit radish, spring onion	38
Lobster miso thermidor, cream, spring onion gluten free	72*
Catch of the day, shimeji mushroom, vegetables, misoyaki sauce	33
Miso crusted black cod, bok choy, miso sauce	38
Duck breast, orange soy marinade, beetroot texture	36
Chicken Teriyaki 'Tokyo Street Style', broccoli, sesame, spring onion	34
Grass fed tenderloin, smash potato with Aji Amarillo, grilled vegetables, red wine sauce	56*
'Yakimeshi' Japanese fried rice, vegetables	25
'Yasai itame' Japanese style stir fried vegetables, fried tofu	26

SIDES

Feeling Koi garden salad	12
Japanese fried rice	12
Seaweed salad	12
Baby octopus salad	12

DESSERT

Matcha mousse, soft cake, black sesame, roasted sesame seed dairy free	20
Carrot cake, green tea syrup, wasabi cream cheese, fresh physalis gluten free N	18
Mochi assortment gluten free N	18
Chocolate Fondant Gluten free 20 minute preparation time	20