



O'Uchi

Food Menu

Shinsen (Fresh) has meaning at O'Uchi, with its No MSG & No Artificial Flaouring Policies, selected organic foods and seasonal tastes, leaving an indelible impression on the palate.

We encourage you to share and enjoy, so you don't have to miss any of the unique Japaense/Mordern Australian flavours.

A La Carte

V Vegetarian

GF Gluten Free

Nibbles

- Pickled Seasonal Vegetables** **V** **GF** 12
House pickled Seasonal Vegetables
- Wasabi Olives** **V** **GF** 9
House pickled Wasabi Marinated Olives
- Tamari Roasted Almond** **V** **GF** 8
Roast Tamari Soy marinated Almond
- Nibble Platter for 2** **V** **GF** 14
Wasabi Olives, Tamari Roast Almond
& Seasonal Vegetable Pickles

Sushi & Sashimi

- Chef's Choice Sushi (10pcs)** **GF** 36
- Assorted Sashimi** **GF**
(Entrée – 6pcs) 16
(Main – 12pcs) 30
- Kingfish Carpaccio** **GF** 16
Thinly Sliced Hiramasa Kingfish Sashimi
w Shallot, Umeboshi Dressing
- Coco Salmon** **GF** 16
Lightly seared Tassie Salmon Sashimi
w Green Chilli & Coconut Cream Sauce
- Beef Tataki w Yuzu Ponzu Dressing** **GF** 15
Thinly sliced Confit OBE Beef Ramp
w Yuzu Ponzu Soy Dressing
- Sushi A La Carte** **GF**
- Special Sashimi** **GF** —
See Blackboard 'Catch of the Day'

More Protein...

Chicken/Duck

- Kara-age Chicken** **GF** 17
Fried Free Range Chicken w Sweet Chilli Vinaigrette
& Yuzu Miso Aioli
- Chicken Lemongrass Gyoza (6pcs)** **GF** 14
Pan-fried Chicken Lemongrass Dumplings
w Yuzu Chilli Vinaigrette
- Green Tea Smoked Duck Breast** **GF** 19
Green Tea Smoked Duck Breast
w Shallot Coconut Oil & Green Tea Salt

Beef

- Spicy Teriyaki Beef Rib** **GF** 28
Slow braised then grilled OBE Beef Spare Rib
w Spicy Teriyaki Sauce
- Sirloin Steak (250g)** **GF** 26
OBE Beef Sirloin Steak w Rosemary Butter Soy
- Beef Tataki w Yuzu Ponzu Dressing** **GF** 16
Thinly sliced Confit OBE Beef Ramp
w Yuzu Ponzu Soy Dressing

Fish/Seafood

- Smokey Saba Mackerel** **GF** 16
Smokey Grilled Saba Mackerel w Pickled Daikon
& Soy Koji Sesame Oil Dressing
- Chilled Wasabi Coriander Mussels** **GF** 14
Steamed and Chilled New Zealand Mussels marinated
w Pure Wasabi & Coriander Vinaigrette
- Saikyo Salmon** **GF** 19
Grilled White Miso marinated Salmon
w Roast Pumpkin

More Veggies....

Veggie Speciality

Yuzu & Honey Tomato w Coconut Yoghurt V GF	8
Yuzu & Raw Honey marinated Cherry Tomato <u>w</u> Coconut Yoghurt	
Kale Fritter V GF	14
Kale, Chia & Tapioca Superfood Fritter <u>w</u> Yuzu Ponzu Soy Gelée	
Sweet Potato Stix V GF	14
Quinoa & Sesame crusted Sweet Potato on popstick <u>w</u> Orange Teriyaki Sauce	
Grilled Miso Eggplant V GF	16
Grilled Eggplant <u>w</u> Miso & Parmesan Cheese	
Zucchini Tempura Skewers V GF when served <u>w</u> potato starch	10
Tempura Zucchini <u>w</u> Ginger Shiitake Dashi & Green Tea Salt	
Agedashi Tofu (2pcs) V GF	7.5
Fried Tofu in Shiitake Soy Broth	
Shiitake Tofu Gyoza (6pcs) V GF	14
Pan-fried Shiitake Tofu Dumplings <u>w</u> Yuzu Chilli Vinaigrette	
Korokke V GF when served <u>w</u> potato starch	14
Roast Pumpkin & Chickpea Panko Croquette <u>w</u> Dark Miso Sauce	

Salad

Soba Salad

(100% Buckwheat Noodles Salad) V GF	12
Soba Noodles, Shiitake Mushrooms, Shallot & Mixed Green Salad <u>w</u> Yuzu Ponzu Soy Dressing	
➤ with Sliced Roast Beef GF	16
➤ with Sashimi Salmon GF	16
➤ with Kara-age Chicken GF	16
➤ with Agedashi Tofu V GF	15

Tofu & Quinoa Salad V GF	14
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Organic Tofu & Quinoa Salad

w Balsamic Honey Soy Dressing

Wafu Carrot Salad V GF	8
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Julienne Carrot Salad

w Yuzu Ponzu Dressing & Brown Rice Puff Flake

Rice/Noodles/Soup

Ontama Beef Fried Rice GF	16
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Soy flavoured Stir-fried Pepper Rice

w Poached Egg served on Hot Sizzling Iron Plate

Beef Chashu Ramen	16
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GF **when served w rice noodles**

Ramen Noodles topped w Sliced OBE Roast Beef
in Rich Beef Broth

Beef Tataki Ramen	17
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GF **when served w rice noodles**

Ramen Noodles topped w Sliced Medium-rare Beef
in Rich Beef Broth

Veggie Chowder Ramen	16
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V GF **when served w rice noodles**

Ramen Noodles topped w Mix Salad
in Seasonal Veggie & Creamy Soy Milk Broth

Steamed Multigrain Rice V GF	(S) 3.5 / (L) 7
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Miso Soup GF	3.5
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Desserts

Green Tea Crème Brûlée GF	12
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Yuzu Sorbet V GF	12
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Monthly Special	12
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 **@UchiLounge**



 **@o_uchisdney**