



O'Uchi

# Food Menu

*Shinsen (Fresh) has meaning at O'Uchi, with its No MSG & No Artificial Flavouring 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 Japanese/Modern 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 Olives
- Tamari Roasted Almonds** **V** **GF** 8
- Nibble Platter for 2** **V** **GF** 14  
Wasabi Olives, Tamari Roasted Almonds  
& Seasonal Vegetable Pickles

## Sushi & Sashimi

- Aburi Salmon Sushi 3-Ways (6pcs)** **GF** 21  
Flame-seared Salmon Sushi served  
w 3 types of sauces and toppings
- Kingfish Carpaccio** **GF** 18  
Thinly Sliced Hiramasa Kingfish Sashimi  
w Shallot & Umeboshi Dressing
- Coco Salmon** **GF** 17  
Lightly seared Tassie Salmon Sashimi  
w Green Chilli & Coconut Cream Sauce
- Beef Tataki w Yuzu Ponzu Dressing** **GF** 17  
Thinly sliced Confit OBE Beef Rump  
w Yuzu Ponzu Soy Dressing
- Aburi Tuna Sashimi** **GF** 19  
Lightly Seared Tuna Sashimi  
w Roast Garlic Sesame Oil & Tamari Soy
- Classic Sashimi Trio** **GF**  
Assorted Catch of the Day Sashimi  
w Pure Wasabi & Tamari Soy
- **6 Pieces** 17
  - **9 Pieces** 24
  - **12 Pieces** 32

## More Protein...

### Chicken/Duck

- Kara-age Chicken** **GF** 18  
Fried Free Range Chicken w Sweet Chilli Vinaigrette  
& Yuzu Miso Aioli
- Chicken & Cabbage Gyoza (6pcs)** 12  
Pan-fried Chicken & Cabbage Dumplings  
w Yuzu Ponzu Vinaigrette
- Green Tea Smoked Duck Breast** **GF** 19  
Thinly sliced Green Tea Smoked Duck Breast  
w Shallot Oil & Green Tea Salt

### Beef















- Teriyaki Beef Rib** **GF** 28  
Slow braised then grilled OBE Beef Short Rib  
w Teriyaki Sauce
- OBE Organic Beef Steak (250g)** **GF** **GF** 26  
OBE Organic Beef Steak w Rosemary Butter Soy
- Beef Tataki w Yuzu Ponzu Dressing** **GF** 17  
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**   **9**  
 Yuzu & Raw Honey marinated Cherry Tomato  
w Coconut Yoghurt
- Kale Fritter**   **15**  
 Kale, Chia & Tapioca Superfood Fritter  
w Yuzu Ponzu Soy Gelée
- Sweet Potato Stix**   **14**  
 Quinoa & Sesame crusted Sweet Potatoes  
 on popsicle sticks w Orange Teriyaki Sauce
- Grilled Miso Eggplant**   **17**  
 Grilled Eggplant w Miso & Parmesan Cheese
- Zucchini Tempura Skewers (2pcs)**  
  **when served w potato starch** **10**  
w Soy Shiitake Dashi
- Agedashi Tofu (2pcs)**   **8.5**  
 Fried Tofu in Shiitake Soy Broth
- Sticky Rice Shiitake Tofu Gyoza (4pcs)**   **15**  
w Coriander, Leek Salad & Yuzu Ponzu Vinaigrette









### Salad

- Soba Salad**  
**(100% Buckwheat Noodles Salad)**   **12**  
 Soba Noodles, Shiitake Mushrooms, Shallot  
 & Mixed Green Salad w Yuzu Ponzu Soy Dressing
- Wafu Carrot Salad**   **12**  
 Julienne Carrot Salad  
w Yuzu Ponzu Dressing & Brown Rice Puff Flake
- Yuzu Garden Salad**   **12**  
 Mixed Green Salad w Yuzu Ponzu Soy Dressing

#### Add a protein to your salad

- **with Sliced Roast Beef**  **16**
- **with Sashimi Salmon**  **16**
- **with Kara-age Chicken**  **16**
- **with Agedashi Tofu**   **15**

## Rice/Noodles/Soup

- Ontama Beef Fried Rice**  **16**  
 Soy flavoured stir-fried Pepper Beef Rice  
w Poached Egg served on Hot Sizzling Iron Plate
- Tender Rib Beef Ramen** **24**  
 **when served w rice noodles**  
 Ramen Noodles topped w Slow-cooked OBE Tender  
 Beef Rib in Rich Beef Broth
- Beef Tataki Ramen** **17**  
 **when served w rice noodles**  
 Ramen Noodles topped w Sliced Medium-rare Beef  
 in Rich Beef Broth
- Veggie Chowder Ramen** **16**  
  **when served w rice noodles**  
 Ramen Noodles topped w Mix Salad  
 in Seasonal Veggie & Creamy Soy Milk Broth
- Steamed Multigrain Rice**   **(S) 3.5 / (L) 7**
- Organic Miso Soup**  **4.5**


## Today's Specials

Please check out our blackboards

## Desserts

Please check out our blackboards

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 All our gluten free dishes are prepared in a common kitchen with the risk of gluten exposure. Customers with celiac disease or gluten sensitives should exercise judgment in consuming our food.