

sushi wave

our mission - to create a little slice of Japan on the Sunshine Coast; a welcoming hub 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 & events.
- healthy choices - we offer quality, natural ingredients, brown rice options & a mostly gluten free menu.
- animal welfare - we only use free range meat, and offer vegan options.
- sustainability - we compost green waste & our shop has always been plastic bag free.

We have been a local family business since 2009, and proudly share our Japanese heritage with our community.

Arigato gozaimas ありがとうございます

Kaz & the Team



yoko, kaz, & junji



all sushi gluten and dairy free



tempura vege don



sunshine roll



mixed sashimi



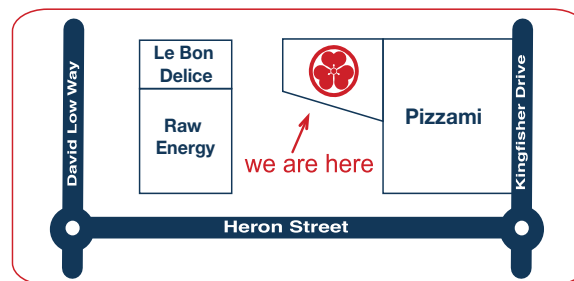
chicken katsu curry don

party sushi platters

(24 hours notice required)

vegetarian (30pcs / 50pcs)
mixed (30pcs / 50pcs)
seafood deluxe (30pcs / 50pcs)
kids hosomaki platter (72pcs / 112pcs)

S / L
42/55
47/65
52/75
37/58



p 5471 3199

open 7 days a week
11am - 4pm



sushiwave.com.au
facebook.com/sushiwave.com.au
instagram.com/sushi.wave/



This menu was printed with soy based inks on FSC certified, 100% recycled, acid & chlorine free, carbon neutral paper, by busy little pixies wearing sweatshop free organic clothing & delicate taffeta wings. No graphic designers suffered permanent harm during the design and production of this menu.



sushi wave
authentic japanese
peregian beach

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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

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
pork belly, cucumber & shallots	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	gf	+1.0
mayo	gf	1.0
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 (5pcs)	gf	12
tuna (5pcs)	gf	16
mixed (5pcs / 10pcs)	gf	14/20

sushi specials

rainbow roll (10) (salmon, tuna, prawn & avo)	gf	18
sunshine roll (10) (crispy prawn, aburi salmon & avo)	gf	20
spicy sunshine roll (10)	gf	20
nigiri set w/ miso soup (6pcs - chef's selection)	gf	18
deluxe platter w/ miso soup	gf	28/54

japanese hot dishes

starters

genmai-cha - per person (japanese green tea)	v gf	3
steamed rice	v gf	3.5
wakame salad (pickled seaweed)	v gf	4.5
miso soup (w/ tofu & wakame)	gf	4.5
edamame (boiled young soy beans w/ sea salt)	v gf	5
spicy edamame (pan fried w/ fresh garlic & chilli)	v gf	7
age dashi tofu (4)	v gf	8
(lightly fried silken tofu in a light soy broth w/ fresh ginger)		
age dashi eggplant (5)	v gf	8
(lightly fried eggplant in a light soy broth w/ fresh ginger)		
chicken karaage (5)	gf	8
(marinated & fried - served w/ mayo & fresh lemon)		
gyoza - vege or pork (5)	gf	10
(pan fried dumplings)		
australian calamari (7)	gf	8
(marinated & fried - served w/ mayo, fresh lemon & shichimi)		
australian prawn katsu (3)	gf	14
(panko crumbed prawns w/ house-made miso sauce)		

mains (all served on steamed rice)

	S / L
tempura vege don	v gf 12/18
(tempura battered mixed vege w/ teriyaki sauce)	
teriyaki tofu don (served w/ avo)	v gf 12/18
teriyaki chicken don	gf 12/18
(served w/ avo, mayo & fresh lemon)	
chicken karaage don	gf 12/18
(marinated & fried - served w/ mayo, teriyaki sauce & lemon)	
chicken katsu don	gf 12/18
(panko crumbed chicken w/ house-made miso sauce)	
chicken katsu curry don	12/18
(panko crumbed chicken w/ japanese curry sauce)	
calamari don (served w/ mayo, teriyaki sauce & lemon)	gf 12/18
teriyaki salmon don (served w/ avo, mayo & lemon)	gf 14/20

noodles

yakisoba stir-fried noodles	
(egg noodles w/ veges & yakisoba sauce)	
udon noodle soup	v
(wheat noodles w/ veges in a soy broth)	
soba noodle soup (gf noodles +1.0)	v gf
(buckwheat noodles w/ veges in a soy broth)	
vege	14
tempura vege (not yakisoba)	18
chicken	18

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why choose us?

- authentic, healthy Japanese food
- freshly hand-made sushi 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 available
- ethically responsible business
- great community spirit
- locally owned family business

salad

(served w/ sesame mayo or soy vinaigrette)	S / L
green salad	v gf 8/14
teriyaki chicken salad	gf 12/18
aburi salmon salad	gf 14/20
sashimi salad	gf 14/20

byo welcome

(no corkage for beer, \$2 per person for wine)
15% surcharge on public holidays

price & availability are subject to change without notice

v vegan gf gluten free v vegan available gf gluten free available