

# *Vegetarian & Gluten Free*



Veg&G.F.	<b><i>Yaki Tofu</i></b>	11.00
	Pan fried tofu (rice flour coated) with UMAMI starchy mushroom sauce.	
Veg	<b><i>Mabui Quinoa Salad</i></b>	12.00
	Tomato, Cucumber, Avocado, Pepper, lettuce, Tofu, Edamame and Quinoa with original dressing. (olive oil and balsamic vinegar.)	
Veg	<b><i>Veg Tsuke-Men</i></b>	19.50
	Kale noodle, tomato, bell pepper, suey choy, radish, squash, Avocado, green onion and Veg broth dipping sauce. "Tsuke-Men" is a ramen dish in Japanese cuisine consisting of noodles which are eaten after being dipped in a separate bowl of soup.	
Veg&G.F.	<b><i>Spicy Clear Noodle Salad</i></b>	12.00
	Spicy clear noodle with cabbage, carrot, bell pepper, grape tomato green onion, cucumber and avocado.	
G.F.	<b><i>Oven Grilled Saba</i></b>	11.00
	Oven grilled mackerel with UMAMI starchy mushroom sauce.	
G.F.	<b><i>Pan fried Calamari</i></b>	12.00
	Pan fried Japanese "Surume Ika" with Gluten free soy sauce, butter and hint of lemon juice.	
G.F.	<b><i>Beef Steak</i></b>	22
	AAA Sirloin Steak with with Gluten free Ponzu garlic sauce.	