GLUTEN FREE & VEGETARIAN

SONO

ESTD. 1997

GLUTEN FREE

バンケット

BANQUET

バンケット

BANQUET

GF

GLUTEN FREE BANQUET

An assortment of dishes served share style
Minimum 4 people, otherwise singular gluten free banquets are available when 4 regular banquets are ordered

$120 per person

Entrée

Edamame
Salmon, tuna and kingfish sashimi M
California roll M
Pan fried scallops I
Buri kingfish carpaccio I
Soft shell crab with shiso salsa I
Agedashi tofu
Aburi Wagyu with citrus soy sauce

Main

Japanese Kuroge Wagyu served with garlic sauce
Back Cod Saikyo Yaki I
Prawn and vegetable tempura A
Satsuma imo age
Steamed rice (on request)
Miso soup (on request) I

Dessert

Special creation from the chef

Seafood is Australian, Imported, or Mixed

刺身・寿司

SASHIMI & SUSHI

PLATTERS

Sashimi Platter M

Small 12 pieces	57
Large 24 pieces	105

Nigiri (Raw) **Sushi Platter** M

Small 9 pieces	54
Large 14 pieces	81

Aburi (Seared) **Sushi Platter** M

Small 5 pieces	49
Large 10 pieces	93

Sashimi Tuna Trio I 55
Six slices of three types of premium Japanese tuna

Sushi Tuna Trio I 41
A trio of premium Japanese tuna nigiri sushi

GF

LARGE SASHIMI PLATTER

SMALL ABURI SUSHI PLATTER

刺身、寿司

SASHIMI & SUSHI

GF

SONO'S PREMIUM SELECTION

New Zealand King Salmon I

Sashimi - 5 pieces	34
Nigiri sushi (raw) - 2 pieces	18

New Zealand King Salmon Belly I

Sashimi – 5 pieces	36
Nigiri sushi (raw) - 2 pieces	18
Aburi sushi (seared) - 2 pieces	19

Japanese Tuna Belly I

Sashimi - 5 pieces	55
Nigiri sushi (raw) - 2 pieces	27
Aburi sushi (seared) - 2 pieces	28

Japanese Buri Kingfish I

Sashimi - 5 pieces	38
Nigiri sushi (raw) - 2 pieces	19

Japanese Buri Kingfish Belly I

Sashimi - 5 pieces	40
Nigiri sushi (raw) - 2 pieces	20
Aburi sushi (seared) - 2 pieces	21

Scampi I MP

Sashimi - 2 pieces
Nigiri sushi (raw) - 2 pieces
Aburi sushi (seared) - Topped with seasonal ingredients - 2 pieces

Sea Urchin (Seasonal) M MP

Sashimi
Sushi ship - 2 pieces
Hand roll – 1 piece

Live Lobster A MP

Served with lobster miso soup. Select up to two cooking methods:
Sashimi
Tempura
Grilled and topped with avocado and creamy mayonnaise

Japanese Fish I MP

A premium selection, exclusively imported from Japanese fish markets

PREMIUM IMPORTED JAPANESE FISH

SEA URCHIN SUSHI SHIP

NZ KING SALMON SASHIMI

JAPANESE TUNA BELLY ABURI

LIVE LOBSTER SASHIMI

À LA CARTE

刺身、寿司

SASHIMI & SUSHI

GF

	Sashimi 5 pieces	Nigiri Sushi (Raw) 2 pieces	Aburi Sushi (Seared) 2 pieces
Tasmanian Salmon A	30	15	
Tasmanian Salmon Belly A	33	17	18
New Zealand King Salmon I	34	17	
New Zealand King Salmon Belly I	36	18	19
Japanese Tuna I	40	20	
Japanese Tuna Belly I	55	27	28
Japanese Buri Kingfish I	38	19	
Japanese Buri Kingfish Belly I	40	20	21
Hokkaido Scallops I	40	20	21
Japanese Snapper I	32	16	
Blue Groper A	31	16	
Imperador A	40	20	
Queensland Prawn A		18 (Cooked)	
Flying Fish Roe I		13	
Salmon Roe I		29	
Eel I		17 (Grilled)	
Kuroge Wagyu A4			28
Kuroge Wagyu A5			38

刺身、寿司

SASHIMI & SUSHI

GF

LARGE SUSHI ROLLS

Six pieces per serve

Salmon Tempura Roll A — 22
Tempura salmon and mayonnaise

Scallop Tempura Roll I — 29
Hokkaido scallop tempura, flying fish roe, cucumber, shiso leaf, mayonnaise, and dried seaweed flakes

Prawn Tempura Roll A — 26
Prawn tempura, flying fish roe, avocado, and mayonnaise

Soft Shell Crab Roll I — 27
Soft shell crab, avocado, and mayonnaise

SMALL SUSHI ROLLS

Six pieces per serve

Cucumber	11
Avocado	12
TAS Salmon A	12
Tuna - raw I	13
Tuna - cooked I	13
TAS Salmon and Avocado A	13
Tuna and Avocado - raw I	13
Tuna and Avocado - cooked I	13
Prawn and Avocado M	13

HAND SUSHI ROLLS

A cone of seaweed, wrapped around rice and fillings.
One piece per serve

Vegetarian	13
Prawn and Avocado M	13
Salmon and Avocado A	13
Soft Shell Crab I	16
Prawn Tempura A	16
Prawn Tempura and Salmon Roe M	21

小鉢

STARTERS

小鉢

STARTERS

GF

Edamame 8
Fresh baby soybeans boiled and sprinkled with salt

Namagaki (Seasonal Oysters) A 6
Your choice of four flavours: per oyster
Natural
Raspberry sauce with white shallots
Ponzu (Japanese citrus soy)
Lime sauce with salmon roe

Hiyayakko 10
Chilled tofu served with chilli white raddish, shallots,
shredded nori seaweed, and soy sauce

Agedashi Tofu 13
Crispy deep-fried locally made Japanese tofu
served with broth

Yakitori 15
Two grilled chicken skewers marinated in a yakitori sauce

NAMAGAKI

前菜

ENTRÉES

前菜

ENTREES

GF

Soft Shell Crab with Shiso Salsa I 21
Crispy deep-fried soft shell crab served with rice vinegar sauce and shiso leaf salsa

Yasai Tempura 31
A selection of seasonal fresh vegetables deep-fried in tempura batter and served with bonito broth, green tea salt, shiso herb salt, and sea salt

Taraba Kani Tempura I 39
Fresh Alaskan king crab tempura, served with sea salt

Salmon Carpaccio A 29
Delicately sliced salmon served with passionfruit jelly and soy sesame dressing

Aburi Wagyu 29
Thinly-sliced Wagyu, lightly seared with your choice of citrus soy or sesame sauce

SOFT SHELL CRAB WITH SHISO SALSA

主菜

MAINS

主菜

MAINS

GF

Chicken Teriyaki 37
Grilled with teriyaki sauce, served with seasonal vegetables

Duck Teriyaki Orange 43
Pan seared, oven finished duck breast with teriyaki and orange sauce, served with seeded mustard (allow 20 mins)

Salmon Teriyaki A 46
Pan seared, oven finished Tasmanian Atlantic salmon with teriyaki sauce, served with mashed potato and green vegetables

Tempura Moriawase M 47
Large Queensland prawns, whitefish, calamari, and assorted seasonal vegetables, deep-fried in tempura batter. Served with bonito broth, green tea salt, shiso herb salt and sea salt

Kingfish Cheek Shioyaki (limited availability) I 47
Freshly cut kingfish, slow grilled with salt in a traditional style

Japanese Kuroge Wagyu 180G 95
Premium Wagyu beef striploin served with seasonal vegetables, garlic soy jus, teriyaki sauce, and ponzu sauce
Chef recommends to cook medium

Live Lobster A MP
Served with lobster soup. Select up to two cooking methods:
Sashimi
Tempura
Grilled and topped with avocado and creamy mayonnaise

SALMON TERIYAKI

鍋物

NABEMONO JAPANESE HOT POT

鍋物

NABEMONO

GF

Japanese hot pots are a traditional shared meal experience, suited for a harmonious dining experience for both family and friends. Our friendly staff will demonstrate the cooking process

Minimum order of two serves

Japanese Kuroge Wagyu Shabu Shabu 100 per serve

Upgrade to A5 Kuroge Wagyu + 35 per serve

Thinly sliced Wagyu served in traditional shabu shabu broth.
Served with sesame, ponzu dipping sauces and rice

サイド

SIDES

サイド・サラダ

SIDES

Steamed Rice 4
High grade Japanese rice

Satsuma Imo Age 12
Home-made Japanese style sweet potato chips.
Served with sweet chili mayonnaise

Steamed Vegetables 19
A serve of traditional vegetables steamed to perfection

GF

デザート

DESSERT

デザート

DESSERTS

GF

Green Tea Ice Cream 9
Served with red bean paste

Black Sesame Ice Cream 9
Served with red bean paste

Japanese Style Sorbet 9
Served with fruit

Sesame Brulee 19
A Japanese twist on the French classic, served with black sesame ice-cream

10% surcharge on Sundays.
Seafood is Australian, Imported, or Mixed

VEGETARIAN

寿司

SUSHI

SMALL SUSHI ROLLS

Six pieces per serve

Cucumber	11
Avocado	12
Pickeld radish	12

HAND SUSHI ROLLS

A cone of seaweed, wrapped around rice and fillings.
One piece per serve

Vegetarian	13

SMALL CUCUMBER ROLL

前菜

ENTRÉES

前菜

ENTREES

V

Edamame 8
Fresh baby soybeans boiled and sprinkled with salt

Avocado Sumiso 12
Fresh avocado topped with miso-vinegar sauce

Hiyayakko 12
Chilled tofu served with chilli white raddish, shallots, shredded nori seaweed, and soy sauce

Agedashi Tofu 13
Crispy deep-fried locally made Japanese tofu served with broth

主菜

MAINS

Nasu Dengaku 29
Grilled eggplant with white and brown miso

Tofu Teriyaki 25
Assorted seasonal vegetables with mushroom and tofu, sautéed with teriyaki sauce

NASU DENGAKU

サイド

SIDES

サイド・サラダ

SIDES

Steamed Rice 4
High grade Japanese rice

White Miso Soup 4.5
Traditional miso soup made with stock and white miso paste with wakame seaweed, tofu, and shallots

Satsuma Imo Age 12
Home-made Japanese style sweet potato chips. Served with sweet chili mayonnaise

Steamed Vegetables 19
A serve of traditional vegetables steamed to perfection

V

デザート

DESSERT

デザート

DESSERTS

V

Sesame Brulee 19
A Japanese twist on the French classic, served with black sesame ice-cream

Special Creation From The Chef 19
(Dependent on availability)
Please ask your waiter for today's creation

Green Tea Ice Cream 9
Served with red bean paste

Black Sesame Ice Cream 9
Served with red bean paste

Vanilla Ice Cream 9
Served with fruit

Japanese Style Sorbet 9
Served with fruit

SESAME BRULEE

10% surcharge on Sundays.