

En Izakaya - Gluten free food menu

from the garden

- Wakame, akanori, ao-ogo seaweed salad with lettuce, tomato, cucumber & saganaki cheese - *no dressing* 16
- Seared momen tofu and miso infused eggplant oven baked 15
- Daikon white radish salad laced with umeboshi plum & honey – plus lotus root chips 12
- ‘Okara’ soybean mash mixed with white miso mayonnaise, carrot & green beans 8

from the sea

- A selection of salmon and hamachi kingfish sushi 18
- Hokkaido scallops served as lightly seared sashimi & nigiri sushi 18
- South Australian Coffin Bay oysters served natural - *all natural & no dressing* 16
- California roll filled with tuna, prawn, avocado, wasabi, & flying fish roe 15
- Tuna & spring onion wrapped in tofu skin (yuba) and lightly fried. 16
- Wasabi coated school fried prawns – *no flour* 9
- A grilled piece of salmon – marinated at length using white miso, mirin & sake 18

from the paddock

- Thinly sliced wagyu beef blade flamed & served at room temperature on wasabi coated silken tofu 22
- Barbequed ox tongue – marinated at length using honey, sake & chilli 16
- Beef cheeks slowly braised with red miso, sake & mirin 21

bits and pieces

- miso soup 5
- pumpkin and white miso soup – *no fried leek* 8

- rice

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