

KURA JAPANESE RESTAURANT

GLUTEN FREE MENU

小鉢・おつまみ SMALL DISHES

Chamame	\$6.00
Steamed premium grade Edamame soybeans with salt 茶豆	
Spinach	\$8.00
Steamed spinach served with original sesame sauce ほうれん草の胡麻和え	
Broccoli	\$8.00
Steamed broccoli with sesame sauce and GF mayonnaise ブロッコリーの胡麻マヨソース	
Agedashi tofu	\$9.50
Deep fried tofu cubes and eggplant in a GF warm fish stock and light soy <i>(Rice flour is used, but please note that it will be cooked the same oil as non-GF food is cooked in)</i> 豆腐と茄子の揚げ出し	
Tofu Steak	\$10.00
Fresh Tofu, marinated in a sweet and sticky sauce and gently pan fried 豆腐ステーキ	
Carpaccio style seared raw beef Tataki	\$17.00
カルパッチョ風 牛たたき	

All dishes come out as they are made in no particular order, Japanese style

サラダ SALADS

Green mesclun salad* グリーンサラダ	\$8.00
Tofu salad* Fresh tofu tossed with mesclun leaves 豆腐とグリーンサラダ	\$12.00

*Served with a gluten free soya sauce dressing

お造り SASHIMI ・ FRESH SLICED RAW FISH

Salmon sashimi (10 pieces) Beautifully fresh salmon sashimi, using premium Ora King salmon, from the pristine waters of the New Zealand Marlborough Sounds サーモンのお造り	\$24.00
Kura's Head Chef's selection of sashimi A selection of the best available market fresh fish 本日のお造り盛り合わせ	
Small size (12 pieces)	\$24.00
Large size (24 pieces of fish sashimi and one Scampi)	\$50.00
Kura's Head Chef's selection of fresh Sashimi and Nigiri sushi 本日のお造りとにぎり寿司の盛り合わせ	\$48.00

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鮓 SUSHI

Aburi salmon(salmon fire ball)	\$5.00/piece
Sashimi grade Ora King Salmon, seared lightly and served on nigiri. <i>Minimum order 2 pieces</i> 炙りサーモン	
Mame sushi	\$18.00
Bite sized nigiri topped with one of teriyaki eel, sashimi scallop, sashimi snapper, sashimi tuna and sashimi salmon (5 pieces in total) まめ寿司	
Prawn tempura roll	\$16.00
<i>(Rice flour is used, but please note that it will be cooked the same oil as non-GF food is cooked in)</i> 海老天ロール	
Spider roll	\$18.00
Deep fried soft shell crab rolled sushi <i>(Rice flour is used, but please note that it will be cooked the same oil as non-GF food is cooked in)</i> スパイダーロール	
Rainbow roll	\$19.00
Fresh Salmon & avocado inside, encased with fresh assorted fresh sashimi レインボーロール	
Kura Head Chef's selection of assorted Nigiri sushi	
Fresh raw fish, carefully selected by the Head Chef and served on a bed of vinegared sushi rice にぎり寿司の盛り合わせ	
Small (7 pieces)	\$24.00
Large (14 pieces)	\$48.00
Steamed bowl of rice (ご飯)	\$ 3.50

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天ぷら・揚げ物 TEMPURA・DEEP FRIED DISHES

(Rice flour is used, but please note that it will be cooked in the same oil as non-gluten free food is cooked in)

Assorted tempura Prawns, seasonal vegetables and Today's fish 天ぷら盛り合わせ	\$17.00
Vegetable tempura 野菜の天ぷら	\$13.00
Prawn tempura 海老の天ぷら	\$17.00
Deep fried soft shell crab ソフトシェルクラブの唐揚げ	\$20.00
Seasoned deep fried chicken Kara age 鶏の唐揚げ	\$15.00

丼 DONBURI・鍋 HOT POT

Seafood lovers donburi Selection of fresh sashimi and seafood 海鮮丼	\$22.00
Teriyaki eel donburi うな丼	\$21.00
Sukiyaki This very famous Japanese hot pot is in Nabamono(earthware pot) with a soy based broth you cook in. Our selection is thinly sliced scotch fillet, Chinese cabbage, leek, mushroom, carrot, tofu, kale and shirataki noodles (konnyaku). Usually the cooked meat and vegetables are dipped in beaten raw egg, our sukiyaki comes with a raw organic egg すき焼き	\$24.00
Steamed bowl of rice (ご飯)	\$ 3.50

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焼物 GRILLED DISHES

Grilled &lightly salted salmon head 鮭の兜焼き	\$15.00
Slow cooked beef tongue pan fried with Kura's sauce Served with English mustard 牛タンやわらか焼き イングリッシュマスタード添え	\$25.00
Salmon saikyo miso yaki Grilled salmon fillets glazed in seasoned sweet miso サーモン西京焼き	\$21.00
Salt grilled Ora King Salmon Premium salmon from the pristine waters of the New Zealand Marlborough Sounds, grilled and lightly salted, served with a small seasonal salad 鮭の塩焼き	\$22.00
Teriyaki chicken 照り焼きチキン	\$20.00
Teriyaki style grilled salmon fillets サーモンの照り焼き	\$22.00
Japanese style grilled scotch fillet steak with Kura's original sauce** 蔵ステーキ	\$28.00
Steamed bowl of rice (ご飯)	\$ 3.50

**Kura original sauce is a gluten free Teriyaki sauce and grated daikon radish

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