

Wafu's menus

“ For your happy dining experience”

Cook @ your place

2023-2024

Wafu uses seasonal organically, locally grown vegetables as possible. Wafu's standard meals are free from gluten & dairy and are primarily organic produce.

There are choices of replace to specific ingredients for you with Wafu's #DietWeChoose. And to do our mission “NO FOOD-WASTE”, Wafu share prep meal's ideas for enjoying at next days.

Let's create a Happy dining time!

Vegan

Vegetaria

Salmon

Chicken

MORE
Choic

Wafu's catering designs with you to develop a menu suitable your budget and any special diet restriction. The meals are designed for balanced energy levels and intestinal health.

V : **Vegan**- The V mark is suitable for plant base diet. We use oil suitable for the diet when preparing plant base dishes.



Small bowl dish

(Granny's dishes / Kobachi)

All of dishes are suitable for vegan diet \$15-20/dish

- **Sunomono**; Seaweed / vegetables in vinegar dressing
- **Sumiso ae**; Seaweeds / vegetables in miso vinegar dressing
- **Hiyayakko tofu**; Japanese style, simple tofu salad with ginger & ponzu dressing
- **Shiraae Tofu (White salad)**; Mushed tofu mixed with blanched greens & sesame seed
- **Kinomi ae**; blanched vegetables in tree nut sauce
- **Goma ae**; blanched greens in sesame seed sauce
- **Miso ae**; blanched vegetables in miso sauce / sweet miso sauce
- **Horofuki**; Tender root vegetables with sweet miso sauce
- **Kimpira**; Crispy stir-fried vegetables & sesame seeds
- **Asazuke pickles**; Salad style light marinated vegetables in vinegar dressing / herb salt
- **Nimono**; Simmered seasonal vegetables in light soy-tamari sauce
- ***Touzani**; Simmered seasonal vegetables in soy-tamari sauce (strong flavor)
- ***Tukudani**; Simmered seasonal vegetables or seaweed in mild soy-tamari sauce (Very strong flavor)
- ***Nishime**; Slow, slow cooked root vegetables
- ***Nimame**; Slow cooked beans

*as far as possible in limited time



Staple foods / Rice, Sushi (Shushoku)

\$3.5-22 /dish

- ✓ **Gohan** : plain cooked rice (Brown or White rice)
- ✓ **Onigiri**: rice balls wrapped with nori seaweed / ✓ **Yakionigiri**: grilled rice balls with original sauce
- ✓ **Maze gohan**: mixed rice with vegetables or simmered mushroom
- ✓ **Taki Komi gohan**: cooked white rice with vegetables or mushroom ◇ With chicken or seafood upon request
- ✓ **Zou Sui**: rice risotto, cooked with seasonal green ◇ With chicken or seafood upon request
- ◆ **Brown rice sushi** *White rice upon request

Small rolled sushi (cut into 8 pieces)

- ✓ Avocado / Cucumber / Umeboshi Plum & Cucumber / Natto (fermented soy beans) & shallot / Pickled vegetable
- ◇ Raw salmon / Cooked salmon & Cucumber / Cooked salmon & Avocado

Inside out rolled sushi (cut into 8 pieces)

- ✓ Avocado / Cucumber / Avocado & cucumber / Umeboshi Plum & Cucumber / Natto & shallot / Pickled vegetable / salad
- ◇ Raw salmon / Raw salmon & cucumber / Raw salmon & avocado / Cooked salmon & Cucumber / Cooked salmon & Avocado / Chicken & cucumber / Chicken & avocado

Assorted NIGIRI sushi (4pieces)

- ✓ Selected vegetables / Pickles vegetables ◇ Raw salmon
- ◆ **Okonomiyaki pancake**: Japanese savory pancake, choose flavour or topping as Okonomi (As-you-like it). Basic base: Cabbage, shallot, ginger, chia seeds and buckwheat flour. Basic topping: Home-made BBQ sauce, vegan mayonnaise and seaweed
- ✓ Tofu ◇ Salmon / chicken *using Egg upon request



Soup (Shirumono)

\$4.50-25 /bowl

- ◆ **Miso soup**: using selected miso paste for suitable season
 - ✓ With tofu, green and wakame seaweed / Selected seasonal vegetables ◇ With sustainable Clam
- ◆ **Osumashi**: Japanese style clear soup, using Kombu broth and light Soy-tamari flavour
 - ✓ With tofu, green and seaweed / Mushroom ◇ With sustainable Clam or Vongole
- ◆ **Osumashi**: Japanese style clear soup, using Umeboshi plum vinegar as taste
 - ✓ With selected vegetables and seaweed ◇ With sustainable Clam or Vongole
- ✓ **Soba Noodle soup**: Served in light Soy-tamari flavour broth with shallot (leek) and seaweed
- ◆ **Ramen Noodle soup**: served in Miso or Soy-tamari broth
 - ✓ With tofu, selected vegetables and seaweed ◇ With chicken, selected vegetables and seaweed



Home-made Pickles (Tsukemono)

\$3-5 /dish

✓ Assorted seasonal Nukazuke (Rice bran base) vegetables / Home-made Japanese style sauerkraut

Terms and conditions:

- Wafu's cooking service “ @your place” makes arrangements suitable for your budget, including special diet restrictions. Regardless of religious or choice of will, general food allergies and intolerance, Wafu responds seriously with nearly 20 years of experiences in cooking removed ingredients to ensure safe food enjoyment.
In the menu of Wafu, the poor health by a yeast infection bacillus and the fructose intolerance can respond easily by change of some ingredients.
Please tell us the details in advance if there is any food restriction.
 - Please understand that some dishes will make smoky inside a cooking area. BBQ facility makes good result for grilled dish. Please make sure a smoke alarm is not sensitive. The cooking method will be changed instead of the grill depending on the emission situation of the smoke.
 - We note well that Wafu Pty Ltd is not responsible for any injuries, losses or damages incurred during the service.
 - Wafu request that order from new clients should be “Sharing meals dining” for reducing risk of leftover foods.
 - Depend on the location, additional travel costs or minimum orders may apply.
 - Payment is required prior to, unless authorized in advance. Only customer who have requested in the past or a new customer referred by Wafu customers can pay on the day. Our bank account details are located on each invoice for payment by direct transfer, and we also accept payment by Visa or Master credit card through online shop. Wafu doesn't accept payment by cheque.
 - The security deposit must be paid at least 30% after confirming the booking and details via email. All quotes are subject to availability at the time of booking and a 30% deposit is required to secure the event date. No event is considered confirmed until deposit has been received. And make all payments 3days before the service date.
 - If the booking needs to be cancelled, a 70% refund will be refunded up to 72 hours in advance and 50% up to 24 hours in advance. No refunds will be made within 24 hours. Instead of cancelling or reducing the number of guests for 24 hours, there is a special option to change to a takeaway package.
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