

# OMAKASE

“ Yukako’ choice”

## Menu of Cooking @your place

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 special ingredients for you with Wafu’s #DietWeChoose. And to do our mission “ZERO FOOD-WASTE”, Wafu share prep meal’s ideas for enjoying at next days.

Let’s make a Happy dining time!

Vegan

Vegetaria

Salmon

Chicken

MORE  
CHOICE

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.

OMAKASE set menus are designed

as basic of WASHOKU Style

All of service are included Shusai (rice dish), Shirumono (soup), Shusai(large plate), Fukusai (small dish) and pickles

### 1. Spring menu (Plant base or no Vegan)

The menu is used more fresh greens vegetables with feeling in celebration a cherry blossom.

For preparing our bodies which help for coming hot season and reducing less risk of Hay fever, enjoy lighter flavour dishes.

Menu ideas.....Clear soup, Mixed rice with greens & pea, Tempura of young leaf buds, young greens .....

### 2. Summer menu (Plant base or no Vegan)

It is best to eat balanced ingredients for cooling down our bodies naturally and we also should make strong immunity to avoid risk of food poisoning.

Summer menu works for balance of stronger immunity and healthy gut.



Menu ideas.....Miso soup with refreshing ingredients or cold soup with summer vegetable, Umeboshi plum vinegar sushi, soy & ginger flavour dish, small treat for refreshing.....

### **3. Autumn menu (Plant base or no Vegan)**

The body and feeling of us need to prepare preservation energy for winter equipped with a cold wind and temperature. With celebration of harvest, let's enjoy nature's bounty. In this season, there are many seasonal flavours such as various mushrooms, tree nut, potato, yam, grains.....

Menu ideas.....Mushroom soup, Mix rice with potato or nut, simmered dish, roasted or grilled dish.....

### **4. Winter menu (Plant base or no Vegan)**

To keep healthy without catching cold or flu, this menu is included warming up dishes and used ingredients for keeping warm body. Let's eat roots vegetables and enjoy slow cooking dishes. And do not forget to eat small amount of pickles for taking natural and easy pro-biotic into our bodies.

Menu ideas.....slow cooked soup with root vegetables, risotto or NABE hot pot, slow cooked dishes, pickles with extra enzyme

### **5. Special cooking technique menu (Plant base or no Vegan)**

This menu is created for each visiting for people who need special diet as prevention or treatment.

The following people or diseases,

>>> Baby foods with busy parent, Easy swallowing dishes (chopping style or Jelly type cooking for people who is difficulty in swallowing such as dysphagia), Easy-to-digest dishes (carefully chosen ingredients and cooking methods), bowel disease includes ulcerative colitis and Crohn disease, cancer, gout, Chronic diarrhea, diabetes

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## **Terms and conditons:**

**Depending 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 accept payment by Visa or Master card credit 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.**

**Regardless of religious or choice of will, general food allergies and intolerance, Wafu will take seriously respond with nearly 20 years of experience to the cooking of removed foods to ensure safe food enjoyment. Please inform in advance if there is any food limitation or allergy. In the usual menu of Wafu, the poor health by a yeast infection bacillus and the fructose intolerance can respond easily by change of some ingredients. There are many experience for common food allergirs and intolance.**

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