

# LUNCH MENU



## ALL TIME FAVOURITES

COMES WITH SALAD & MISO SOUP

### ASSORTED SASHIMI BENTO 30.60

Salmon, Tuna, White Fish,  
Hotate, Tako, Ikura, Amaebi

### ASSORTED SUSHI BENTO 31.78

Salmon, Tuna, White Fish, Ika,  
Surf Clam, Ebi, Inari & Tamago

### SUMMER CHIRASHI BENTO 29.43

Assorted diced sashimi coated with house-  
made shoyu base served on top of rice,  
topped with tobiko & seaweed

### UNAGI DONBURI BENTO 23.54

Braised Unagi in poached egg sauce  
with onions, scallions & seaweed

### KUROBUTA CURRY BENTO 32.96

Deep-fried pork cutlet served with  
Japanese curry with potatoes, carrots,  
pickles & rice

### TERIYAKI CHICKEN BENTO 27.07

Grilled thigh in teriyaki sauce,  
onsen egg & seaweed rice

### TERIYAKI BUTADON BENTO 29.43

Pan-seared kurobuta loin, onsen  
tamago, pickles & rice

### WAGYU HAMBURG BENTO 32.96

Wagyu pate (2pcs) cooked to  
medium served with demi glace  
sauce, garlic chips & rice

### TRUFFLED STEAK DONBURI 43.55

100g Nz organic ribeye steak cooked to  
medium rare, tonkatsu sauce omelette,  
shaved truffles, rocket leaves

## EXECUTIVE LUNCH SET

COMES WITH SALAD & MISO SOUP

(AT LEAST 25 MINS WAITING TIME)

### TFS PREMIUM SASHIMI BENTO 70.62

Salmon, Salmon belly, Tuna, Toro, White  
Fish, Hotate, Botan-ebi, Ikura, Uni

Served with signature aburi salmon &  
tobiko rice

### TFS PREMIUM SUSHI BENTO 65.91

Salmon, Spicy salmon belly, Truffled Toro,  
White Fish Yuzu Kosho, Amaebi, Tobiko,  
Crabmeat Avocado Inari, Ikura & Tamago

### NZ ORGANIC RIBEYESTEAK BENTO 44.73

200g Sliced Ribeye Steak Cooked to Medium,  
Grilled Vegetables, Garlic Sauce and Chips

### SALMON / HAMACHI COLLAR BENTO 31.78

Grilled fish collar served with signature  
salmon & tobiko rice

### CHEF SURPRISE BENTO 35.31

5-course bento style lunch that varies  
based on seasonal ingredients

## MODERN & HEALTHY SET

COMES WITH SALAD & MISO SOUP

### SUPER HEALTHY BENTO 23.54

Cold Chasoba with Soba Jelly, Dipping  
Sauce, Seaweed & White Sesame, Kappa  
Maki

### VEGAN BENTO 23.36

Miso grilled eggplant, shiso & roasted  
sesame rice , fruits

 Vegetarian Option Available

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## MIX & MATCH SUSHI & SASHIMI

Min 3 pcs per order

SALMON	2.35	MEKAJIKI	4.12
SALMON BELLY	3.30	HAMACHI	4.12
ABURI SALMON SKIN (3PCS)	11.30	HOTATE	7.65
MAGURO	3.30	TAKO	2.94
TORO	16.48	IKA	2.94
ANAGO	7.65	HOKKIGAI (2PCS)	4.12
UNAGI (3PCS)	9.42	AMAEBI (2PCS)	8.24
SHISHAMO	4.12	BOTAN-EBI	21.19
IKURA	9.30	EBI	2.35
TOBIKO	5.30	INARI	2.35
TFS TAMAGO (2PCS)	3.53	WAGYU	16.48
ENGAWA	5.30		
UNI	27.07		

## DELUXE SHARING BOX

### SASHIMI DELUXE BOX 70.62

Salmon, Tuna, White Fish, Hotate, Ikura, Botan-ebi, Negitoro Uni tartare

### SUSHI DELUXE BOX 76.51

Salmon Belly, Toro, White Fish, Ika, Hotate, Crab & Avo Maki

## CHEF'S SELECTION

5-PIECE SUSHI 52.97

7-PIECE SUSHI 70.62

5-PIECE VEGETARIAN SUSHI 29.43

## MISO SOUP

HAMAGURI CLAM 14.12

WHITE FISH 9.42

VEGETARIAN 5.89

Prices shown are NETT

Vegetarian Option Available



Gluten Free Option Available

## SALADS

<b>MIXED SEAFOOD</b>	<b>22.36</b>
Assorted diced sashimi, 6 pcs salmon sashimi, garden salad & wasabi citrus	
<b>CRAB &amp; AVOCADO</b> 🌿	<b>21.19</b>
Kanikamaboko, Avocado, Lotus Root Chips, Wafu Dressing	
<b>WASABI TARTARE CHICKEN</b>	<b>20.01</b>
Chicken wasabi tartare, rocket leaves mix salad, roasted almonds, edamame beans, burnt orange, wafu dressing on the side	
<b>ORGANIC TOMATO &amp; LOTUS ROOT CHIPS</b> 🌿 🌾	<b>15.30</b>
Organic tomatoes, onions, seaweed, wasabi citrus.	
<b>SMOKED DUCK &amp; LYCHEE</b> 🌿 🌾	<b>18.83</b>
Charred smoked duck, asparagus, rocket leaves, cucumber, pomegranate seeds, lychee & mint	

## HANDROLLS

<b>CALIFORNIA</b>	<b>7.06</b>
<b>CRUNCHY UNAGI</b>	<b>10.59</b>
<b>SPICY SALMON</b>	<b>9.42</b>
<b>SPICY MAGURO</b>	<b>9.42</b>
<b>EBI FRY</b>	<b>8.24</b>
<b>VEGETARIAN</b> 🌿 🌾	<b>4.71</b>
<b>TEMPURA ENOKI</b> 🌿	<b>7.06</b>
<b>NEGITORO</b> 🌾	<b>11.77</b>

## CHIRASHI BOWLS

<b>TFS PREMIUM CHIRASHI</b>	<b>42.37</b>
Assorted sashimi slices served on bed of our signature salmon & tobiko rice	
<b>OKU'S BARACHIRASHI</b>	<b>47.08</b>
Assorted large diced cut sashimi including toro and topped with uni & ikura	
<b>SALMON &amp; IKURA</b> 🌾	<b>32.96</b>
Salmon sashimi, Ikura & Seaweed with rice	
<b>UNAGI CHIRASHI</b>	<b>29.43</b>
Diced grilled unagi, tamago, cucumber, ikura, tempura enoki, sesame seeds	

## MAKI (CUT ROLLS)

<b>TFS SIGNATURE MAKI</b>	<b>30.60</b>
<b>CRUNCHY UNAGI MAKI</b>	<b>23.54</b>
<b>CALIFORNIA MAKI</b>	<b>16.48</b>
<b>SPICY MAGURO MAKI</b>	<b>17.66</b>
<b>SPICY SALMON MAKI</b>	<b>17.66</b>
<b>EBI FRY MAKI</b>	<b>17.66</b>
<b>VEGETARIAN MAKI</b> 🌿 🌾	<b>10.59</b>
<b>TEMPURA ENOKI MAKI</b> 🌿	<b>11.77</b>
<b>NEGITORO MAKI</b> 🌾	<b>22.36</b>
<b>SUPER CALIFORNIA MAKI</b>	<b>32.96</b>

## TACOS

SEAWEED SHELL

TUNA & AVOCADO 16.48

CRAB 17.66

WANTON SHELL

TAKO 14.12

CHICKEN & WASABI 16.48

2 tacos per serving

## SMALL BITES

All-day

TRUFFLED EBI FRY (5PCS) 17.66

TAKO WASABI 10.59

KAKI FRY (3PCS) 10.59

CHICKEN KARAAGE (6PCS) 14.12

CHICKEN GYOZA (5PCS) 10.59

PUMPKIN KOROKKE  10.59  
(3PCS)

CORN TEMPURA  9.42

## ENTREES

Fusion Tapas

TRUFFLED HAMACHI 30.60  
CARPACCIO

CRAB & AVOCADO  16.48  
BRUSCHETTA

SPICY SALMON 17.66  
BRUSCHETTA

STEAK, FOIE GRAS AND UNI 44.73  
(100G STEAK)

TFS SALMON CARPACCIO 22.36

UNI SHOOTER (1 spoon) 23.54

NEGITORO & UNI 17.65

GRILLED SALMON BELLY 25.89

GRILLED FISH COLLAR 21.18  
WITH YUZU PONZU SAUCE

WAGYU SCOTCH EGG 17.66

PAN-FRIED TRUFFLE 17.66  
GYOZA (6PCS)

FUGU MIRIN 17.66

TATAMI IWASHI 10.60

TUNA & AVO TATAKI 14.12

SALMON & AVO TATAKI 14.12

MINI CHASOBA  7.06

PAN-SEARED KUROBUTA LOIN 22.36

SMOKED ONSEN WITH IKURA 11.77

(Add-on Uni + \$15)

Prices shown are NETT

 Vegetarian Option Available

 Gluten Free Option Available

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SINCE 2012

## MAINS

**BROWN BUTTER LEMON GRILLED COD FISH** 37.66

**MISO GINDARA** 37.66

Grilled miso marinated black cod with roasted asparagus & sweet potatoes

**OKU'S UNAGI DON** 34.13

Grilled large piece unagi, tamago & pickled rice

**KUROBUTA CURRY** 32.96

Deep-fried breaded black pork cutlet with Japanese curry and seaweed sesame rice cakes

**TRUFFLED STEAK DONBURI** 43.55

100g Nz organic ribeye steak cooked to medium rare, tonkatsu sauce omelette, shaved truffle, rocket leaves

**WAGYU UDON SOUP**  35.31

Grilled wagyu meat ball, udon, tempura enoki, leek, sesame seeds, spring onions, wakame served with clear konbu broth

**GARLIC BUTTER CLAM UDON**  27.07

Stir-fried creamy garlic butter udon linguine with hamaguri clams, asparagus & organic cherry tomatoes

**FOIE GRAS AGLIO OGLIO**  37.66

Stir-fried ramen noodles with chili flakes, smoked duck & foie gras

**TERIYAKI PORK LOIN** 22.36

## LARGE SHARING PLATTERS

**WAGYU BURGER PATE** 42.37

Bunless burger pate served with house-made red wine sauce & side salad

**PAN-FRIED TIGER PRAWNS** 41.20

Served with house-made egg yolk sauce

**SEAFOOD EGGPLANT GRATIN**  32.96

Baked seafood in eggplant with creamy miso, topped with tobiko & rocket

**TRUFFLED ORGANIC RIBEYE STEAK** 52.97

200g NZ organic ribeye, 5-6g shaved truffles, grilled vegetables

Prices shown are NETT

 Vegetarian Option Available



Gluten Free Option Available



## **DESSERTS**

### **SPECIALTIES**

<b>GREEN TEA CHEESECAKE</b>	<b>9</b>
<b>HOKKAIDO CHEESECAKE</b>	<b>9</b>
<b>WARABI MOCHI (5PCS)</b>	<b>6</b>