

SUSHI TRAIN

White Plate	5.50
Egg Nigiri	
Cucumber Small Roll	
Avocado Small Roll	
Deep Fried Bean Curd	
Blue Plate	6.50
Salmon Nigiri	
Boiled Prawn Nigiri	
Squid Nigiri	
Jellyfish Salad	
Seaweed Salad	
Salmon Small Roll	
Cooked Tuna Big Roll	
Vegetable Big Roll	
Yellow Plate	7.50
Chicken Teriyaki Big Roll	
Deep Fried Chicken Big Roll	
Salmon & Cucumber Inside Outside	
Salmon & Avocado Inside Outside	
Black Plate	8.60
Tuna Small Roll	
Tuna Nigiri	
Grilled Eel Nigiri	
Scallop Nigiri	
Tempura/Deep Fried Prawn Big Roll	
Smoked Salmon Big Roll	
California Big Roll	
Spicy Tuna Big Roll	
Spicy Salmon Big Roll	
Tuna Sashimi, Salmon Sashimi	
Red Plate	9.90
Chef's Special of the Day & Tempura Prawns	

The History of Sushi

Originally raw fish was pressed between layers of salt and weighed by stone. After a few weeks the stone was removed and replaced with a light cover, a few months after that, the fermented fish was placed on rice and ready to eat.

Some restaurants in Tokyo still serve this original style sushi, called Naresushi (made with freshwater carp). Its flavour is so strong that it obscures the fishes identity altogether (Naresushi is an acquired taste). It wasn't till the 18th century that a chef named Yohei decided to forego the fermentation and serve sushi in something resembling its present form. It became very popular.

Two styles of sushi subsequently emerged. Firstly, Edo style sushi from Tokyo and secondly, Kansai style sushi from the city of Osaka.

The Edo style from Tokyo features a select bit of seafood on a small pad of seasoned rice (called nigiri sushi). This is the most familiar form of sushi outside Japan.

The Kansai style sushi is more elaborate and consists of seasoned rice mixed with other ingredients and formed into decorative packages (mostly "rolls").

At GPO we offer both styles of sushi as well as sashimi, hand rolls & tempura.

All "Sosumi" fish is "iki-jimi" spiked.

The "iki-jimi" spiking process was developed by the Japanese to be more humane and reduce the stress placed on fish after being caught.

By reducing the stress placed on the fish the flesh is relaxed, more tender and perfect for sashimi.

All fish served at Sosumi are "iki-jimi" spiked or "Brain Spiked". The fish are then bled to further improve eating quality and plunged in an ice water slurry to keep them chilled and maintain superior freshness for the journey back to land.

There is no better or fresher method for the handling of fish. We then "dry fillet" our fish to ensure the natural moisture, oils and flavours are not washed away and that we provide you with an exceptionally fresh, tender, and flavoursome experience.

Opening Hours: Mon – Fri: 12pm – 3pm
Mon – Thur: 6pm – 10pm
Fri: 6pm – 11pm

GPO Grand

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SOSUMI SUSHI TRAIN

Nº1 Martin Place

GOURMET MENU

Please order from our wait staff

Miso Soup	4.40
Soy Bean, Tofu, Dried Seaweed & Shallots	
Edamame (Steamed Soy Beans)	
With Salt	6.40
With Spicy Chilli Powder and Yuzu Salt	6.90
Hand Rolls	
Chicken Teriyaki Hand Roll	8.60
Tempura Prawn Hand Roll	9.40
Salmon & Avocado Hand Roll	8.60
Cooked Tuna Hand Roll	8.40
Tuna & Avocado Hand Roll	9.10
Eel Hand Roll	8.90
Spicy Tuna Hand Roll	8.90
Spicy Salmon Hand Roll	8.90
Crab & Avocado Hand Roll	10.50
Tempura Scallop Hand Roll	9.40
Scallop Caviar Hand Roll	10.30
California Hand Roll (Raw Salmon)	10.20
Tempura Spider Crab Hand Roll	10.20
Ikura (Salmon Roe) Hand Roll	10.20
Lobster Hand Roll	13.50
Tempura	
Agedashi Tofu (4pcs)	8.50
Prawns (2pcs)	9.90
Scallops (4pcs)	10.50
Oysters (2pcs)	9.50
Spider Crab (4pcs)	14.90
Karaage, Katsu & Teriyaki	
Chicken Karaage (3pcs)	9.20
Chicken Katsu	15.50
Chicken Teriyaki	15.90
Salmon Teriyaki	17.20
<i>Served with your choice of Spicy Mayonnaise or Miso Dressing</i>	
Teppanyaki	
Tofu, Asparagus & Shitake Mushrooms	13.80
Scallops	19.80
Prawns	18.50
Salmon	19.50
Wagyu (Marble Score +7)	19.80
Seafood Salad	10.50
Mixed Salad, Seaweed, Prawns, Avocado, Cherry Tomato with Japanese dressing (no oil)	
Bowl of Rice	3.80

DINNER

Additional dinner items

Hiramasa Kingfish	14.00
Sliced Hiramasa Kingfish Belly with Coriander, Red Onion, Cherry Tomatoes and Sosumi Ponzu Sauce	
Assorted Tempura Vegetables	15.50
A Selection of Six Vegetables with our Tempura Dipping Sauce	
Tataki	
Wagyu Beef Tataki (Marble Score +9)	16.50
Sliced and Seared Wagyu Beef with Fried Garlic, Parsley and Sosumi Ponzu Sauce	
Teriyaki	
Salmon Teriyaki	22.50
Grilled Salmon with Teriyaki Sauce, Asparagus, Mixed Salad, Radish and Crispy Sweet Potato	
Kingfish Teriyaki	24.50
Grilled Hiramasa Kingfish with Teriyaki Sauce, Broccolini, Mixed Salad and Red Onion	
Yaki	
Blue Eye Cod Miso Yaki	24.50
Blue Eye Cod with Miso Based Sauce, Capsicum, Carrots, Cucumber and Red Onion	
Udon Noodle	
Udon Soup	19.20
With Chicken Teriyaki & Tempura Prawns	
Seafood Udon Soup	19.90
Yaki Udon	
Stir Fried Udon with your choice of:	
Vegetable	17.50
Chicken	19.50
Seafood	20.50

DINNER MEAL OPTIONS

Bento Boxes

Teriyaki Bento Box

Teriyaki Chicken or Salmon on Rice served
with Fresh Tofu with a light Oriental Sauce,
Seaweed Salad, Egg Yaki, Broccoli, Marinated
Honey Soy Sauce Pumpkin and Sweet Potato with
a Bowl of Miso Soup

Chicken Teriyaki Bento Box	20.90
Salmon Teriyaki Bento Box	22.90

Mixed Sashimi, Tempura & Teriyaki Bento Box

with Tuna Sashimi, Salmon Sashimi,
Tuna Nigiri, Salmon Nigiri, Chicken Teriyaki
& Tempura Prawns served with Miso Soup

31.50

Donburi

24.50

Steamed Rice & Vegetables served with
Your choice of:
Chicken Katsu,
Chicken Teriyaki
Salmon Teriyaki
And Miso Soup

Menu is subject to change

All credit cards incur a 1.5% surcharge