

SUSHI TRAIN

White Plate 5.50

Egg Nigiri
Cucumber Small Roll
Avocado Small Roll
Deep Fried Bean Curd

Blue Plate 5.90

Salmon Nigiri
Boiled Prawn Nigiri
Squid Nigiri
Jellyfish Salad
Seaweed Salad
Salmon Small Roll
Cooked Tuna Big Roll
Vegetable Big Roll

Yellow Plate 6.80

Chicken Teriyaki Big Roll
Deep Fried Chicken Big Roll
Salmon & Cucumber Inside Outside
Salmon & Avocado Inside Outside

Black Plate 8.10

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 9.60

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	4.20
Soy Bean, Tofu, Dried Seaweed & Shallots	
Edamame (Steamed Soy Beans)	
With Salt	5.90
With Spicy Chilli Powder and Yuzu Salt	6.40
Hand Rolls	
Chicken Teriyaki Hand Roll	8.10
Tempura Prawn Hand Roll	8.90
Salmon & Avocado Hand Roll	8.10
Cooked Tuna Hand Roll	7.90
Tuna & Avocado Hand Roll	8.60
Eel Hand Roll	8.40
Spicy Tuna Hand Roll	8.40
Spicy Salmon Hand Roll	8.40
Crab & Avocado Hand Roll	9.90
Tempura Scallop Hand Roll	8.60
Scallop Caviar Hand Roll	9.80
California Hand Roll (Raw Salmon)	9.60
Tempura Spider Crab Hand Roll	9.60
Ikura (Salmon Roe) Hand Roll	9.60
Lobster Hand Roll	12.80
Tempura	
Agedashi Tofu (4pcs)	7.90
Prawns (2pcs)	9.60
Scallops (3pcs)	8.10
Oysters (2pcs)	8.10
Spider Crab (4pcs)	13.80
Karaage, Katsu & Teriyaki	
Chicken Karaage (3pcs)	8.10
Chicken Katsu	14.50
Chicken Teriyaki	14.90
Salmon Teriyaki	16.20
Teppanyaki	
Tofu, Asparagus & Shitake Mushrooms	12.80
Scallops	14.90
Prawns	17.50
Salmon	18.50
Wagyu (Marble Score +7)	18.50
Seafood Salad	9.90
Mixed Salad, Seaweed, Prawns, Avocado, Cherry Tomato with Japanese dressing (no oil)	
Bowl of Rice	3.60

DINNER

Additional dinner items

Hiramasa Kingfish	12.00
Sliced Hiramasa Kingfish Belly with Coriander, Red Onion, Cherry Tomatoes and Sosumi Ponzu Sauce	
Assorted Tempura Vegetables	14.50
A Selection of Six Vegetables with our Tempura Dipping Sauce	
Tataki	
Wagyu Beef Tataki (Marble Score +9)	14.50
Sliced and Seared Wagyu Beef with Fried Garlic, Parsley and Sosumi Ponzu Sauce	
Teriyaki	
Salmon Teriyaki	21.50
Grilled Salmon with Teriyaki Sauce, Asparagus, Mixed Salad, Radish and Crispy Sweet Potato	
Kingfish Teriyaki	23.50
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	18.20
With Chicken Teriyaki & Tempura Prawns	
Seafood Udon Soup	18.50
Yaki Udon	
Stir Fried Udon with your choice of:	
Vegetable	16.50
Chicken	18.50
Seafood	19.50

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	19.90
Salmon Teriyaki Bento Box	21.90

Mixed Sashimi, Tempura & Teriyaki Bento Box

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

Donburi

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% surcharge