

SUSHI THE 3/4 WAY

SOUTH
The Market



POKE BOWLS



Poke (“POH-keh”) means to slice or cut in Hawaiian and refers to chunks of raw fish - usually tuna or salmon which is marinated in umami-packed sauces, with sesame seeds, tossed over rice and topped with fresh vegetables such as edamame beans, bay radish, carrot, cucumber, mangetout, avocado & red cabbage.

- TOFU POKE (V) - 120**
- TUNA POKE - 135**
- PANKO PRAWN POKE - 130**
- SALMON POKE - 155**

POKE ROLLS

All the deliciousness of a Poke Bowl wrapped in a Nori sheet crumbed in Panko Crumbs and fried until crisp.

- VEGETARIAN ROLL (V) - 120**
- TUNA ROLL - 155**
- SALMON ROLL - 175**

ABALONE

Abalones are marine molluscs known for their strikingly iridescent, spiral-shaped shells. These shells are often characterised by shimmering colours like blues, greens, and pinks, which make them highly sought after for their aesthetic appeal. Abalones are herbivorous creatures that cling to rocks in coastal areas, using a strong, muscular foot to move and feed on algae. They are known for their resilience, as they withstand the pounding waves and changing tides. The interior of their shells is smooth and mother-of-pearl-like, and these shells have been used in jewellery and decorative art for centuries.

ABALONE CHOWDER - 195

Thick, Hearty and Rich soup, made with Minced Abalone, Cream & Vegetables. Served with freshly baked Rosemary & Rock-salt Baguette

TRADITIONAL MINCED ABALONE - 175

Abalone Mince in a Creamy Garlic & White Wine sauce, Peppers, Onion and Fennel, served with Savoury Rice and Sourdough Ciabatta

STEAMED WHOLE ABALONE - 295

Three Whole Baby Abalones steamed, served with a Thai broth, Green Vegetables and Angel Hair Noodles



Our Abalone is obtained from Authorised Aqua-cultural Abalone farms under sustainable and responsible farming conditions

34 SUSHI - THE CLASSICS

SASHIMI



3pc

TUNA 90 | SEARED TUNA 95 | SALMON 120 |
SEARED SALMON 125

HANDROLL



1pc

AVO & CUCUMBER 60 | PANKO PRAWN 80 |
PRAWN 80 | TUNA 80 | SALMON 90

ROSES



2pc

SALMON 75

FASHION



4pc

VEGETARIAN 45 | CRAB 50 | PRAWN 65 |
TUNA 65 | SALMON 75

MAKI



4pc

CUCUMBER 35 | AVOCADO 40 | CRAB 40 |
I PRAWN 50 | TUNA 50 | SALMON 60

NIGIRI



2pc

PRAWN 60 | TUNA 60 | SALMON 70 | INARI
PRAWN 90

CALIFORNIA



4pc

VEGETARIAN 45 | CRAB 50 | PRAWN 65 |
SPICY SALMON 72 | SPICY TUNA 72
TUNA 65 | SALMON 70

PANKO PRAWN



4 or 6pc

SERVED WITH SWEET CHILLI SAUCE
4 PC = 75
6 PC = 105

CRISPY CALIFORNIA



4pc

FRIED CALIFORNIA ROLL, FILLED WITH YOUR
CHOICE OF FILLING, MAYO, CAVIAR
85

RAINBOW ROLLS



4pc

SALMON & AVO FILLED CALIFORNIA,
TOPPED WITH SALMON & AVO
80

34 SOUTH ROLL



4pc

PRAWNS, SPRING ONION, PEANUTS, AVO
AND MAYO
65

RED ROLLS



4pc

PEPPADEW, PICKLED PEPPERS, PEPPADEW
CREAM CHEESE, AVO
70

34 SUSHI - THE SPECIALITY

CANAPE



4pc

PANKO FRIED SUSHI RICE, CREAM CHEESE,
PEPPADEW, AVO, SMOKED SALMON

130 **NEW**

CRISPY FASHION



4pc

FRIED FASHION SANDWICHES, YOUR FILLING
CHOICE, MAYO, SWEET CHILLI

85

SEARED TUNA ROLL



4pc

SEARED TUNA, AVO, AND PEPPADEW

65

JOJO SUPER



4pc

RAINBOW ROLL WITH SWEET SOYA, SPRING
ONION, 7 SPICE, KEWPIE MAYO & CAVIAR

89

ROCKET ROLL



4pc

SALMON, ROCKET AND AVO, TOPPED WITH
ROCKET AND KEWPIE MAYO

65

MINI SUSHI



8pc

CRISPY PRAWN CALIFORNIA & SHRIMP
TEMPURA

170

BUTTERFLY PANKO



4pc

BUTTERFLIED PANKO FRIED PRAWNS, ON
SALMON CALIFORNIA & SWEET CHILLI MAYO

150

CALAMARI CRISP



4pc

CREAM CHEESE ROLL, FRIED CALAMARI
TENTACLES, FIRE SAUCE, SWEET SOYA

85

VENISON ROSES



3pc

KUDU CARPACCIO, TOM YUM MAYO,
TERIYAKI SAUCE, SPRING ONION

85

PANKO ROLL



4pc

P/ KKO PRAWN AVO, CUCUMBER AND
SWEET CHILLI SAUCE

80

CRAB CRUNCH



4pc

CRISPY FRIED CRAB, AVO, KEWPIE MAYO,
DRIZZLED WITH SWEET SOYA

60

GREEN BEAN FUTOMAKI



4pc

TEMPURA GREEN BEANS, FRIED FUTOMAKI,
SPICY MAYO, SWEET POTATO CRISP

75

34 SUSHI - THE SPECIALITY

BLACK PEARL



PANKO & CHARCOAL FRIED OYSTERS, RED RAINBOW, WASABI MAYO
150

4pc

EDAMAME



GREEN SOY BEANS, STEAMED WITH SWEET CHILLI AND COARSE SALT
70

SHRIMP TEMPURA



CALIFORNIA ROLL, TOPPED WITH CREAMY SHRIMP TEMPURA. SPICY SALMON OR TUNA
105

4pc

SUSHI SALAD



THIN SLICES OF SALMON & AVO, SERVED WITH SWEET CHILLI SAUCE
195

FIREBALLS



VEG CALIFORNIA, FRIED CREAM CHEESE BALLS & FIRE SAUCE
VEGETARIAN 145 | SMOKED SALMON 195

4pc

CREAM CHEESE ROLL



AVO, CREAM CHEESE & PEPPADEW. CHOOSE SALMON, PRAWN OR SMOKED SALMON
85

4pc

VEGETARIAN



VEGETARIAN CALIFORNIA, GREEN RAINBOW, AVO & CUCUMBER HANDROLL
145

9pc

RAINBOW SANDWICH



MINI SANDWICHES FILLED AND TOPPED WITH SALMON, AVO, MAYO & CAVIAR
220

9pc

NIGIRI TIME



A TASTE OF ALL OUR NIGIRI'S: SALMON, TUNA, INARI, PRAWN, PEPPER
295

10pc

TIGER



SHRIMP TEMPURA, PRAWN HANDROLL, CRISPY TUNA CALIFORNIA
245

9pc

KURIMO



CRAB CRUNCH, CREAM CHEESE CALIFORNIA, SALMON NIGIRI, SEARED TUNA ROLL
270

11pc

MATSU



SHRIMP TEMPURA, PRAWN NIGIRI, SALMON ROSE, SALMON RAINBOW
380

11pc

34SUSHI - PLATTERS



HANA

SALMON MAKI, TUNA MAKI, AVO MAKI,
SALMON CALIFORNIA
205



WAKAME

SALMON FASHION, SALMON ROSES, CRAB
CALIFORNIA, TUNA MAKI
285



THE 34

AVOCADO MAKI, SALMON FASHION, SALMON
NIGIRI, SALMON ROSE, SALMON RAINBOW
310



SALMON

SALMON CALIFORNIA, SALMON ROSES,
SALMON SASHIMI, SALMON NIGIRI
525



GINGER

SALMON MAKI, SALMON RAINBOW, CRAB
CALIFORNIA
305



EAGLES

SALMON FASHION, RAINBOW ROLLS, CRISPY
PRAWN CALIFORNIA, SALMON NIGIRI, TUNA
NIGIRI & PRAWN NIGIRI
615

Share The Love

SALMON FASHION, SALMON NIGIRI, PRAWN
NIGIRI, TUNA NIGIRI, SALMON ROSES, TUNA
SASHIMI, SALMON SASHIMI, CRISPY CRAB
CALIFORNIA, SALMON CALIFORNIA, TUNA
MAKI, RAINBOW SANDWICHES, INARI
PRAWN
1250



DELUXE

67pc

EXTRAS

| | | | | |
|-------------------|---|---------------|---|---------------|
| FIRE SAUCE 30 | I | SUSHI MAYO 25 | I | WASABI 15 |
| PICKLED GINGER 15 | I | SUSHI RICE 15 | I | CAVIAR 30 |
| SWEET CHILLI 15 | I | SWEET SOYA 15 | I | POKE SAUCE 15 |