

STORY OF KUILIN WILLIAM WU AND FISH LAB



Kuilin William Wu

Kuilin William Wu, an award winning chef and restaurateur, born by the ocean, grew up by the ocean, and resides by the ocean. He loves every bit of the ocean, but mostly what mother nature has to offer us from the ocean.

Since childhood, seafood has always been the biggest part of his diet, he enjoys and understands seafood like part of his body. And now he has created Fish Lab to share his passion, knowledge and experiences.

Fish Lab is all about seafood, designed by a seafood lover for all the seafood lovers out there. At Fish Lab you will experience seafood in any way and every way.

Explore and be amazed with Fish Lab Signature Degustation by Kuilin William Wu, enjoy the theatre of live performance of preparing and serving seafood while you dine, take home fresh seafood and Fish Lab natural condiments, create something of your own to share with the ones you love.

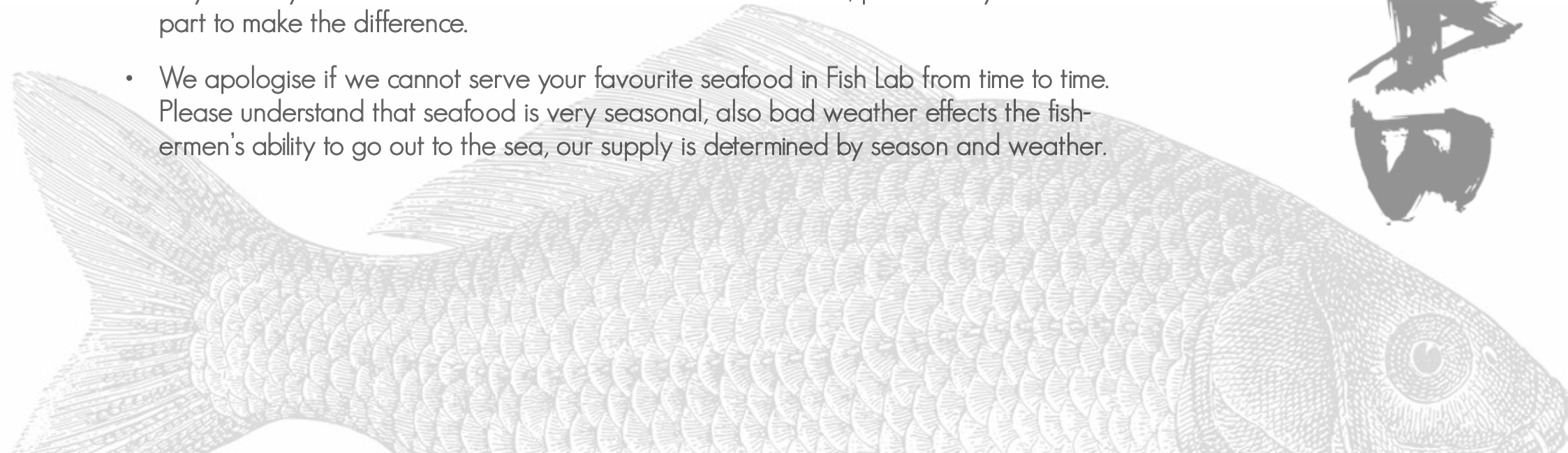
Let's experience seafood!



OUR MESSAGES TO THE COMMUNITY...

- We only use natural methods to prepare and serve all our food, we do not use any additives or preservatives.
- We believe kid's meals should not be deep fried junk (not food). They should be smaller portions of beautiful gourmet that adults enjoy.
- All tenants in The Kitchens are one big family, and we are proud to have many our dishes feature ingredients supplied by them.
- We proudly support young Australians with opportunities to work, earn experience and build their dream life. We would therefore like to ask for your understanding if they are not as experienced as the professionals. All of us had to start somewhere.
- If you enjoy fresh local seafood provided by our beautiful ocean, please remember they will only be available in future if we look after our ocean, please do your small part to make the difference.
- We apologise if we cannot serve your favourite seafood in Fish Lab from time to time. Please understand that seafood is very seasonal, also bad weather effects the fisherman's ability to go out to the sea, our supply is determined by season and weather.

FISH LAB



COLD BAR

FISH PROSCIUTTO 24

Our signature dry aged Hiramasa Yellowtail Kingfish served with ginger honey glaze and rye crisps.

Our fish prosciutto are hand picked sashimi grade Australian fish, prepared on site by the master. There are no preservatives or any chemicals used during the ageing process, just simple natural techniques developed 1000s of years ago

OYSTERS 24 / 45

Shallots and aged red wine vinaigrette

Yuzu infused light soy, and salmon roe

Tabasco, wasabi and lime

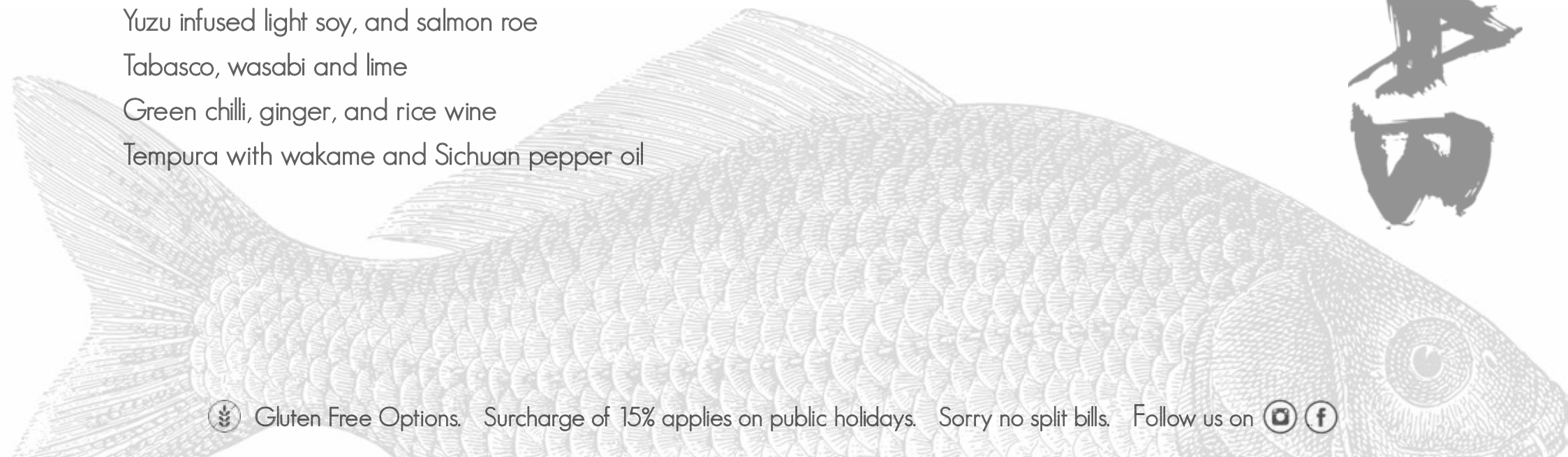
Green chilli, ginger, and rice wine

Tempura with wakame and Sichuan pepper oil

RESTAURANT



Gluten Free Options. Surcharge of 15% applies on public holidays. Sorry no split bills. Follow us on



SASHIMI 

Pickled daikon, wasabi and housemade sashimi soy
Single variety 15 | Small mix plate 25 | Large mix plate 45

SASHIMI TACO 10

Pico de galo, jalapeno aioli, coriander and baby leaves

HAND SLICED CARPACCIO 22 

Sashimi grade fish of the day, mizuna salad, yuzu dressing,
rice crackers, salmon pearl and seaweed sprinkle

SMOKED AND CURED 25 

Mix of house made smoked and cured seafood with condiments

LIGHT OAK SMOKED SALMON 22 

Fig and shiraz jam, mustard sprout, caper berries, sea leather chips

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ENTREES

FISH LAB CHOWDER 18

with crutons and Fish Lab crustacean oil

CLAM SOUP 15 

Diamond clams, tropical fish, fragrant South East Asia herbs and fish sauce

TEMPURA

Chilli salt and lime infused tempura sauce

Sand whiting 18 | King prawn 24 | Mix with Veg 28

LEMON PEPPER CALAMARI 18 

Chef's secret lemon pepper, pickles and salad

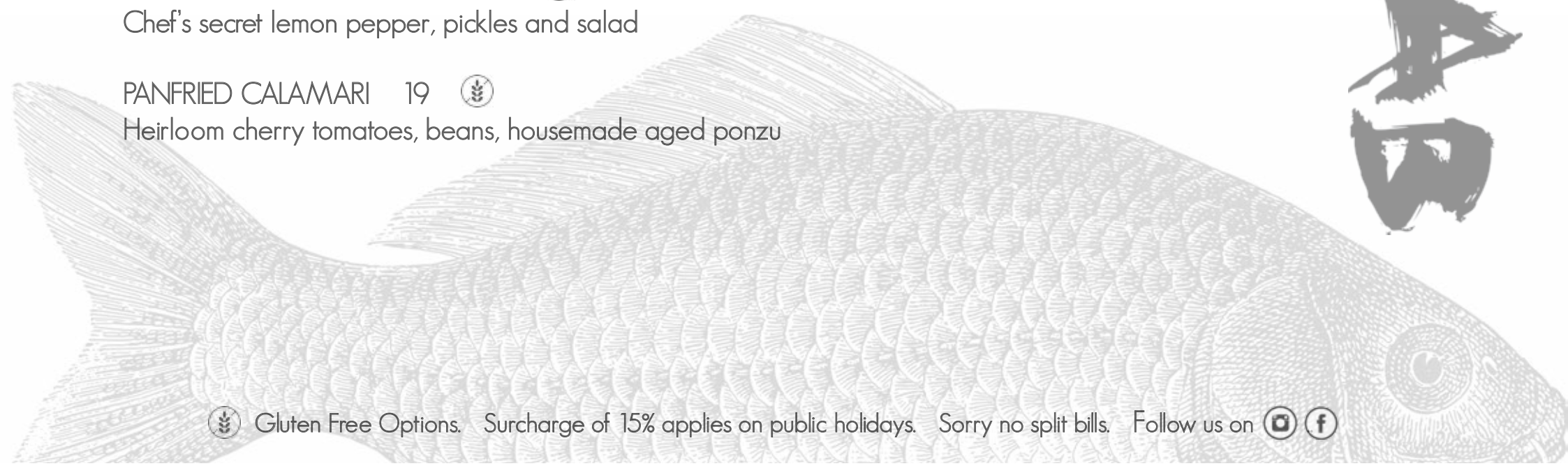
PANFRIED CALAMARI 19 

Heirloom cherry tomatoes, beans, housemade aged ponzu

FISH LAB



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LIVE BLACK MUSSELS 22 

Champagne butter | Tomato and herbs
Served with organic sourdough

CAJUN SEAFOOD 

Mix seafood, corn, broccolini, new potatoes, and condiments
for 2 ppl 30 | for 4 ppl 54

GRILLED FISH NECK 14 

Pickled baby radish, shallot, sesame and pink peppercorn sauce

SPICY FISH KARAAGE 20

Kimchi and Granny Smith salad, roasted nuts, honey and lime dressing

GRILLED WILD OCEAN KING PRAWNS MP

If you are a prawn lover you shouldn't miss this!

RESTAURANT

MAINS

FISH AND CHIPS 

\$18 Small | \$25 Large

Australian Wild Caught Fish \$39 | Seafood Basket \$39

Tempura / English battered / Grilled, with tangy slaw, pickles, handcut chips,
Fish Lab tartare sauce

FISH PARMIGIANA 28

Jamon serrano, tomato sauce, basil, crispy capers,
buffalo mozzarella, hand cut chips and salad

REAL MARINARA 38

Mix of fresh local seafood, confit heirloom tomatoes,
egg and semolina pasta, basil, pinot bianco and EVOO sauce

KING PRAWN PASTA 28

Option of garlic cream / olive oil / chilli Napoli

STEAM OR OVEN BAKED WHOLE FISH MP

Check out our seafood display for your favourite fish

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SICILIAN BAKED FISH 38 

Mediterranean herbs and vegetables, Sicilian olives, roasted garlic, vino and olio sauce

LEMON BUTTER POACHED SEAFOOD 37 

King prawns, whiting, scallop, diamond clam, charred leek and onion, potatoes

MISO MARINATED FISH FILLET 39 

Wild caught fish of the day, white miso and mirin marinate, vegetables and taro puree

SOUS VIDE CHICKEN 36 

Thyme, bay leaf and garlic butter broth, panfried potato and vegetables

EYE FILLET 39 

250gm grass fed Tasmanian beef, pan fried potato and vegetables, twelve mushroom and ale sauce

**ask our wait staff about our vegetarian options*

