

SHARP



Microwave Oven Range



Over 40 years in the making

Since Sharp invented the first carousel microwave oven in 1962, we have continued to innovate in style and function. Building on over forty years of experience, today Sharp brings you a diverse range of microwave ovens that offer sophisticated, yet easy-to-use technology.

Our range of microwave ovens blend into your kitchen décor, combining style with space-saving designs and practical features. They make it easy to prepare healthy meals quickly with food that looks and tastes great.

Choose the one that's best for you.

Practical features that make cooking easy

Menus developed to suit Australian tastes

At Sharp, we are firmly committed to meeting Australia's cooking preferences. All menus, food groups and recipes for Sharp microwave ovens are developed with the Australian consumer in mind.

Express Menu

(R-350L, R-380L, R-398K, R-480L)

Sharp's Express Menu offer convenience and a variety of meal options at your fingertips. Using the Express Menu function you can easily create delicious pasta, risotto and casserole dishes.





Express Cook

Cook succulent roasts using frozen or chilled meat with Sharp Express Cook, pre-programmed for your added convenience.

Express Defrost

This pre-programmed menu takes only minutes to defrost 500g fish, chicken and mince.

Express Meal

Each of the Australian-developed recipes takes less than 30 minutes. You simply place all ingredients in one dish at the same time.

All you have to do is the initial preparation and stir the meal half-way through cooking.

Easy Defrost

Simply enter the weight of the frozen meat, and the oven will defrost it by calculating the defrost time and power level automatically.

Auto Cook Pre-programmed menus

Auto Cook allows simple, speedy cooking of a variety of delicious foods. Select the food category, enter the weight and the oven will set the cooking time and power level automatically.

Sensor Pre-programmed menus

Eliminate all the guess work. Humidity sensors monitor the amount of moisture rising from the food to determine cooking and reheating times. In just one touch it automatically selects the appropriate power level and calculates the cooking time, saving you time and producing excellent results.

Instant Cook

Press the Instant Cook/Start key and the oven will cook on High for one minute. Press the button twice and the oven will cook for two minutes.

More or Less

This function allows you to tailor pre-programmed menus to your taste. Select 'Less' for a rare result or 'More' for a well done result. Alternatively use it to add or reduce cooking time as well.

Info Display

Press the Help key for cooking tips and instructions. Info Display makes your microwave so easy to use you can throw away your cookbooks.

Auto Start

Selected models only. Please refer to Specifications page.





R-200LW Compact Microwave Oven

- 800W output power
- 272mm turntable
- 3 Instant Action Cook
- 4 Easy Defrost
- 3 Express Defrost
- 2 Reheat menus
- More/Less (Power level key)
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode



R-230LS **Compact Microwave Oven**

- 800W output power
- 272mm turntable
- 3 Instant Action Cook
- 4 Easy Defrost
- 3 Express Defrost
- 2 Reheat menus
- More/Less (Power level key)
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode



R-290HS **Compact Microwave Oven with Stainless Steel Fascia**

- 800W output power
- 295mm turntable
- 4 Instant Action Cook
- 2 Reheat menus
- 4 Easy Defrost
- 3 Express Defrost
- More/Less (Power level key)
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode



R-330JW Midsize Touch Control Microwave Oven

- 1,100W output power
- 320mm turntable
- 4 Instant Action Cook
- 4 Reheat menus
- 4 Easy Defrost
- 3 Express Defrost
- More/Less (Power level key)
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode
- Also available in silver (R-330JS)



R-350LW Midsize Sensor Microwave Oven

- 1,100W output power
- 320mm turntable
- 6 Sensor Reheat menus
- 6 Easy Defrost
- 3 Express Defrost
- 6 Express Cook menus
- 3 Express Meal menus
- 3 Sensor Cook menus (total 16 options)
- 6 Quick & Easy menus
- Healthy meals: 5 low fat and 5 vegetarian options
- More/Less
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode
- Also available in silver (R-350LS)



R-380LS
Midsize Sensor Microwave Oven

- 1,200W output power
- 320mm turntable
- 2 line Info Display
- 6 Sensor Reheat menus
- 6 Easy Defrost
- 3 Express Defrost
- 6 Express Cook menus
- 3 Express Meal menus
- 3 Sensor Cook menus (total 16 options)
- 6 Quick & Easy menus
- Healthy meals: 5 low fat and 5 vegetarian options
- More/Less
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode
- Also available in white (R-380LW)



R-398KS
Midsize Microwave Oven with Stainless Steel Fascia

- 1,200W output power
- 320mm turntable
- 2 line Info Display
- 6 Sensor Reheat menus
- 6 Easy Defrost
- 3 Express Defrost
- 6 Express Cook menus
- 3 Express Meal menus
- 3 Sensor Cook menus (total 16 options)
- 6 Quick & Easy menus
- Healthy meals: 5 low fat and 5 vegetarian options
- More/Less
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode



R-397JS

Midsize Microwave Oven

- 1,200W output power
- 320mm turntable
- 4 Instant Cook
- 3 Reheat menus
- 4 Easy Defrost
- 3 Express Defrost
- More/Less
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode



R-395FS

Midsize Microwave Oven with Stainless Steel Fascia

- 1,100W output power
- 335mm turntable
- 4 Instant Action Cook
- 4 Reheat menus
- 4 Easy Defrost
- 3 Express Defrost
- More/Less (Power level key)
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode

LARGE



R-480LW Large Sensor Microwave Oven

- 1,100W output power
- 360mm turntable
- 6 Sensor Reheat menus
- 6 Easy Defrost
- 3 Express Defrost
- 6 Express Cook menus
- 3 Express Meal menus
- 3 Sensor Cook menus (total 16 options)
- 6 Quick & Easy menus
- More/Less
- Healthy meals: 5 low fat and 5 vegetarian options
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode
- Also available in black (R-480LK)



R-490FS Large Sensor Microwave Oven with Stainless Steel Fascia

- 1,200W output power
- 360mm turntable
- 6 Sensor Instant Reheat menus
- 6 Easy Defrost
- 3 Express Defrost
- 6 Express Cook menus
- 3 Express Meal menus
- 16 Sensor Cook menus
- 6 Quick & Easy menus
- More/Less
- Instant Cook/Start key
- Timer
- Clock
- Alarm
- Child lock
- Demo mode

Cooking with a Convection Microwave

Sharp convection microwave ovens combine the speed and simplicity of microwave cooking with the browning and crisping of fan-forced heat to produce conventional results in a fraction of the time. Convection microwave ovens offer four types of cooking:



R-880B

Compact Double Grill Convection Microwave Oven

- High power top and bottom grill. The 2,000W (total) top and bottom grill can be used separately or simultaneously. Crisp the base of a pizza and melt the cheese on top
- 900W microwave output power
- Top and bottom heater with convection fan
- Grill mix – alternate between microwave and grill cooking
- 325mm turntable
- 6 Sensor Instant Action menus
- 3 Sensor Reheat menus
- 6 Multi Cook
- 6 Convenience/Pizza
- 4 Mix Cooking options
- 3 Grill Cooking modes
- Preheat
- 10 Convection options
- Easy Defrost
- More/Less
- Instant Cook/Start key
- Clock
- Alarm
- Child lock
- Demo mode
- Contemporary silver colour also available (R-880FS)

TYPE OF COOKING	BENEFIT	SUITABLE FOR
MICROWAVE	Fast and efficient	Vegetables, rice and pasta
CONVECTION	Fan-forced heat to produce crisp brown exterior	Biscuits, pastries and bread
MIX COOKING	Combination of microwave and convection cooking	Cakes, slices and roast meats
FAN-FORCED GRILLING	The oven pre-heats automatically to 250 °C, circulating air to cook both sides for a grilled effect	Steak, chops and chicken pieces



R-990KS

Large Sensor Convection Microwave Oven

- 900W microwave output power
- 1,500W convection power
- 390mm turntable
- 6 Sensor Instant Action menus
- 3 Sensor Reheat menus
- Help feature has 6 different programs
- Low Mix
- High Mix
- 6 Multi-Cook functions
- Grill
- Convection
- Power level
- Preheat
- Easy Defrost
- More/Less
- Instant Cook/Start key
- Clock
- 1 Memory key
- Alarm
- Child lock
- Demo mode
- Also available in white (R-990KW)



R-2197J Stainless Steel Microwave Oven

- 1,000W output power
- Stirrer fan for even cooking
- Stainless steel cabinet, durable and easy to maintain
- Express defrost
- Double quantity facility
- Multiple cooking sequences
- 11 power levels
- 20 user programmable memory
- 10 amp plug, no additional wiring required
- Demo mode
- Outside dimensions (WxHxD): 520 x 309 x 406mm
- Weight: Approx. 17kg



R-2398J

Commercial Microwave Oven with Dual Magnetron

- 1,500W output power
- Twin stirrer fan for even cooking
- Stainless steel
- 20 memory settings
- Double quantity facility
- Express defrost
- 11 variable cooking controls
- 10 amp plug, no additional wiring required
- Outside dimensions (WxHxD): 510 x 335 x 470mm
- Weight: Approx. 35kg



R-2498J

Commercial Microwave Oven

- 1,800W output power for quick, efficient cooking
- Twin stirrer fan for even cooking
- Stainless steel, rust resistant design
- 20 memory settings
- Express defrost
- 11 variable cooking controls
- 15 amp plug
- Outside dimensions (WxHxD): 510 x 335 x 470mm
- Weight: Approx. 35kg

How do I know the real size of my Sharp microwave oven?

Measuring interior cavity capacity

An easy way to understand how big a microwave oven is on the inside is to know the size of the turntable tray. This is measured as the diameter of a circle which is the length of a straight line starting at the left of the tray, running through the centre and ending on the right of the tray.

Knowing the size of the turntable tray makes it easy to know if your cookware will fit comfortably on the turntable and still have enough room to turn freely, without touching the sides of the oven.

See Aerial view (cutaway)
Front view diagram below

How a microwave oven works

The best cooking results are achieved when food is heated evenly so that no one part of the meal is warmer or cooler than any other.

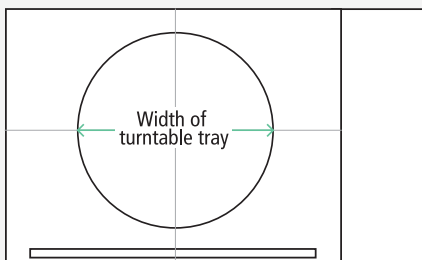
When you press the 'Start' button on your microwave oven, the magnetron is turned on. In Sharp microwave ovens, the magnetron is located at either the back or the side of the oven.

The magnetron (see diagram on next page) produces microwave energy that moves down the waveguide and enters the interior cavity of the oven.

See the typical construction of a microwave oven illustration on next page.

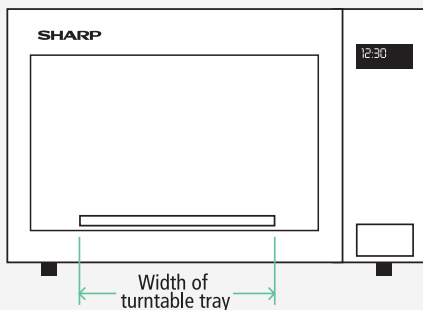
The microwaves reflect and bounce off the interior cavity walls. This process causes the water molecules within the food or beverage to vibrate. As the

TOP VIEW (CUTAWAY)



Inside surface of door

FRONT VIEW



water molecules vibrate, they become hot, cooking the food. This is why a dish is sometimes cool to touch when you remove it from the oven. Microwave-safe dishes become warm from the heat of the food, not from the microwaves.

Expert engineering

Sharp microwave ovens are strategically designed and engineered to maximise microwave reflection so that the microwaves are evenly distributed across the turntable area to assist in even cooking. If you look inside your Sharp microwave oven, you will see it is not just square, but has curved shapes and indentations on the interior surface. These shapes help to distribute the microwaves efficiently. When you press the 'Stop' button or open the oven door, the magnetron is turned off. Just like turning off a light switch, the magnetron stops producing microwaves and the microwave energy in the oven cavity disappears.

Cavity size

Different manufacturers have created ovens with different interior cavity sizes. While some ovens are lower and wider, Sharp microwave ovens are higher and more compact. This makes it possible to put a tall bowl into the oven and still have the oven achieve maximum microwave

reflection for even cooking.

Rotating turntable

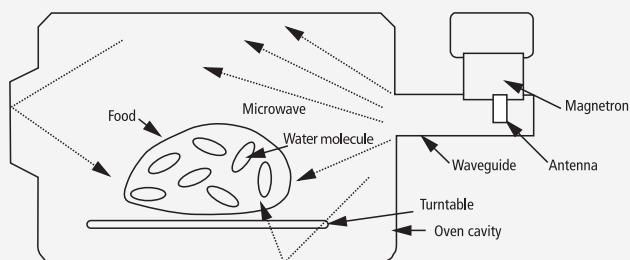
Sharp Carousel microwave ovens have been designed with rotating turntables so that the food moves through the microwaves and helps to cook it more evenly.

Output power

Generally speaking, the greater the output power, the faster the food will cook. For example, a 1,200 watt IEC-rated oven will cook food twice as fast as a 600 watt IEC-rated oven. This is not to say that you should always operate your oven at maximum power as some foods, such as dairy products, are best heated on low power settings.

As you can see, the size of the cavity is not what counts if you want even, efficient microwave cooking. Rather, it is the combination of the inside shape of the oven, the movement of microwave energy and food through the oven, and the output power that will help you get the best results from your Sharp microwave oven.

THE CONSTRUCTION OF A MICROWAVE OVEN



SPECIFICATIONS

MODEL NO.	R200LW	R230LS	R290HS
COLOUR	white	silver	stainless
OUTPUT POWER* (MICRO:IEC)	800W	800W	800W
(GRILL)	-	-	-
(CONV.)	-	-	-
POWER REQUIRED (MICRO)	1.22kW	1.22kW	1.21kW
(BROWNER)	-	-	-
(CONV.)	-	-	-
CONVECTION	-	-	-
MIX (CONVECTION/MICRO)	-	-	-
GRILL (CONVEC 250°C)	-	-	-
GRILL HEATER	-	-	-
MIX (GRILL HEATER/MICRO)	-	-	-
PREHEAT	-	-	-
POWER LEVEL (MICRO)	5	5	5
CONTROL PANEL	TOUCH CONTROL	TOUCH CONTROL	TOUCH CONTROL
INFO DISPLAY	-	-	-
SENSOR	-	-	-
AUTOMATIC OPERATION	12 MENU	12 MENU	13 MENU
CONVENIENCE/PIZZA	-	-	-
INSTANT ACTION COOK	YES(3)	YES(3)	YES(4)
INSTANT ACTION REHEAT	REHEAT MENU(2)	REHEAT MENU(2)	REHEAT MENU(2)
HEALTHY MENU	-	-	-
AUTO COOK	-	-	-
SENSOR COOK	-	-	-
QUICK AND EASY	-	-	-
EXPRESS COOK	-	-	-
EXPRESS MEAL	-	-	-
EASY DEFROST	YES(4)	YES(4)	YES(4)
EXPRESS DEFROST	YES(3)	YES(3)	YES(3)
SLOW COOK	-	-	-
MORE/LESS	YES (POWER LEVEL key)	YES (POWER LEVEL key)	YES (POWER LEVEL key)
WEIGHT ADJUST KEY	-	-	-
INSTANT COOK/START KEY	YES	YES	YES
TIMER	YES	YES	YES
CLOCK	YES	YES	YES
MEMORY KEY	-	-	-
ALARM	YES	YES	YES
CHILD LOCK	YES	YES	YES
DEMO MODE	YES	YES	YES
AUTO START	-	-	-
HELP KEY	-	-	-
GUIDE ON/OFF	-	-	-
INFO ON PADS	-	-	-
COOKING HELP	-	-	-
COOKING STAGE	3	3	3
PICTORIAL KEY	-	-	-
DISPLAY/CHARACTERS	LCD(4)	LCD(4)	LCD(4)
OVEN INTERIOR	PAINTED	PAINTED	PAINTED
TURNTABLE DIAMETER	272mm	272mm	295mm
OUTSIDE DIMENSION (W)	460mm	460mm	460mm
(H)	275mm	275mm	275mm
(D)	368mm	368mm	355mm
WEIGHT (Approx.)	12kg	12kg	12kg
DOOR OPEN	PUSH OPEN	PUSH OPEN	PUSH OPEN

Design and specifications are subject to change without notice. Colour variations to products may occur due to printing.

R330JW/S	R350LW/S	R380LW/S	R397JS	R395FS
white/silver	white/silver	white/silver	stainless	stainless
1100W	1100W	1200W	1200W	1100W
-	-	-	-	-
-	-	-	-	-
1.60kW	1.60kW	1.67kW	1.67kW	1.60kW
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
5	5	5	5	5
TOUCH CONTROL	TOUCH CONTROL	TOUCH CONTROL	TOUCH CONTROL	TOUCH CONTROL
-	-	YES	-	-
-	YES (ABSOLUTE HUMIDITY)	YES (ABSOLUTE HUMIDITY)	-	-
15 MENU	56 MENU	56 MENU	24 MENU	15 MENU
-	-	-	-	-
YES(4)	-	-	YES(4)	YES(4)
REHEAT MENU(4)	SENSOR REHEAT(6)	SENSOR REHEAT(6)	REHEAT MENU(3)	REHEAT MENU(4)
-	YES(10)	YES(10)	YES(10)	-
-	-	-	-	-
-	YES(16)	YES(16)	-	-
-	YES(6)	YES(6)	-	-
-	YES(6)	YES(6)	-	-
-	YES(3)	YES(3)	-	-
YES(4)	YES(6)	YES(6)	YES(4)	YES(4)
YES(3)	YES(3)	YES(3)	YES(3)	YES(3)
-	-	-	-	-
YES (POWER LEVEL key)	YES	YES	YES (POWER LEVEL key)	YES (POWER LEVEL key)
-	-	-	-	-
YES	YES	YES	YES	YES
YES	YES	YES	YES	YES
YES	YES	YES	YES	YES
-	-	-	-	-
YES	YES	YES	YES	YES
YES	YES	YES(in HELP)	YES	YES
YES	YES	YES(in HELP)	YES	YES
-	-	YES(in HELP)	-	-
-	-	YES	-	-
-	-	-	-	-
-	-	YES(in HELP)	-	-
-	-	YES	-	-
3	3	3	3	3
YES	-	-	-	-
LCD(4)	1-line LCD(7)	2-line LCD(8+8) Dot	LCD(4)	LCD(4)
PAINTED	PAINTED	PAINTED	PAINTED	PAINTED
320mm	320mm	320mm	320mm	335mm
520mm	520mm	520mm	520mm	520mm
310mm	310mm	310mm	310mm	302mm
459mm	448mm	440mm	455mm	420mm
16kg	16kg	16kg	16kg	17kg
PUSH OPEN	PUSH OPEN	PUSH OPEN	PUSH OPEN	PUSH OPEN

* When measured in accordance with AS/NZS 2895. 1:1995

R398KS	R480LW/K	R880B/FS	R990KS/KW
stainless	white/black	white	stainless
1200W	1100W	900W	900W
-	-	TOP:1200W / BOTTOM:800W	-
-	-	-	1500W
1.65kW	1.60kW	1.60kW	1.60kW
-	-	2.1kW	-
-	-	-	1.6kW
-	-	YES(Fan forced type)	YES
-	-	-	YES(HIGH/LOW)
-	-	-	YES
-	-	YES(TOP/BOTTOM)	-
-	-	YES(HIGH/LOW)	-
-	-	YES	YES
5	5	5	5
TOUCH CONTROL	TOUCH CONTROL	TOUCH CONTROL	TOUCH CONTROL
YES	-	YES	YES
YES (ABSOLUTE HUMIDITY)	YES (ABSOLUTE HUMIDITY)	YES (ABSOLUTE HUMIDITY)	YES (ABSOLUTE HUMIDITY)
56 MENU	56 MENU	21 MENU	15 MENU
-	-	YES(6)	-
-	-	SENSOR(6)	SENSOR(6)
SENSOR REHEAT(6)	SENSOR REHEAT(6)	SENSOR(3)	SENSOR(3)
YES(10)	YES(10)	-	-
-	-	MULTI COOK(6)	MULTI COOK(6)
YES(16)	YES(16)	-	-
YES(6)	YES(6)	-	-
YES(6)	YES(6)	-	-
YES(3)	YES(3)	-	-
YES(6)	YES(6)	YES	YES
YES(3)	YES(3)	-	-
-	-	-	-
YES	YES	YES	YES
-	-	-	-
YES	YES	YES	YES
YES	YES	-	-
YES	YES	YES	YES
-	-	-	YES(1)
YES	YES	YES	YES
YES(in HELP)	YES	YES(in HELP)	YES(in HELP)
YES(in HELP)	YES	YES(in HELP)	YES(in HELP)
YES(in HELP)	-	YES(in HELP)	YES(in HELP)
YES	-	YES	YES
-	-	YES(in HELP)	YES(in HELP)
YES(in HELP)	-	YES(in HELP)	YES(in HELP)
YES	-	YES	YES
3	3	4	4
-	-	-	-
2-line LCD(8+8) Dot	1-line LCD(7)	2-line LCD(7+5)	DIGITRON(7)
PAINTED	PAINTED	STAINLESS	STAINLESS
320mm	360mm	325mm	390mm
520mm	550mm	520mm	627mm
315mm	315mm	309mm	378mm
447mm	446mm	502mm	492mm
16kg	19kg	20kg	29kg
PUSH OPEN	PUSH OPEN	PUSH OPEN	PUSH OPEN

Trim kits are also available

For kitchens with limited space or if you want more counter space, Sharp offers built-in kits to securely position your Sharp microwave oven into an open area of cabinet space. Please note that for safety reasons, Sharp recommends the use of Sharp built-in kits only.

MODEL	RK-J30W	RK-J32S
COLOUR	White	Silver
CABINET DIMENSIONS REQUIRED		
W (mm)	560-564	
H (mm)	403-409	
D (mm)	489	
APPLICABLE SHARP MICROWAVE OVEN	R-350LW R-380LW	R-350LS R-380LS
APPLICABLE OVEN WEIGHT (approx.)	17 kg	
BUILT-IN KIT FRAME SIZE (external)		
W (mm)	596	
H (mm)	423.4	

MODEL	RK-J40W	RK-J40K
COLOUR	White	Black
CABINET DIMENSIONS REQUIRED		
W (mm)	560-564	
H (mm)	419	
D (mm)	455 (min.)	
APPLICABLE SHARP MICROWAVE OVEN	R-480LW	R-480LK
APPLICABLE OVEN WEIGHT (approx.)	19 kg	
BUILT-IN KIT FRAME SIZE (external)		
W (mm)	596	
H (mm)	446	

MODEL	RK-J40S	RK-J39S
COLOUR	Stainless steel	Stainless steel
CABINET DIMENSIONS REQUIRED		
W (mm)	560-564	600
H (mm)	419	381
D (mm)	455 (min.)	500
APPLICABLE SHARP MICROWAVE OVEN	R-490FS	R-395FS
APPLICABLE OVEN WEIGHT (approx.)	20 kg	17 kg
BUILT-IN KIT FRAME SIZE (external)		
W (mm)	596	596
H (mm)	445	380

MODEL	RK-J90W	RK-J90S
COLOUR	White	Stainless steel
CABINET DIMENSIONS REQUIRED		
W (mm)	714.5 – 720.5	
H (mm)	479.5 – 482	
D (mm)	511	
APPLICABLE SHARP MICROWAVE OVEN	R-990KW	R-990KS
APPLICABLE OVEN WEIGHT (approx.)	29 kg	29 kg
BUILT-IN KIT FRAME SIZE (external)		
W (mm)	758	
H (mm)	511	

Note: These dimensions are intended as a guide only; they do not include details such as chimney dimensions. For full details on cabinet dimensions please refer to built-in kit installation instructions available on www.sharp.net.au

SHARP

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