

Rice Bowl

all served w/ steamed multi-grain* rice, green salad, shredded carrot & cabbage, quinoa*, organic carrot & Koji dressing.

Tofu Bowl [V] 24
pan-fried organic Tofu, mushroom w/ BBQ sauce, Tamari* roasted seeds*, pickled ginger, Nori seaweed, Edamame

Teriyaki Chicken Bowl 25
pan-fried free-range chicken, mushroom w/ Teriyaki sauce, Nori seaweed, sesame seed*, Edamame

Teriyaki Salmon Bowl 27
pan fried Mt.Cook Alpine salmon, mushroom w/ Teriyaki sauce, Nori seaweed, sesame seed*, Edamame

Salmon Sashimi & Avocado Bowl 28
fresh sliced Mt. Cook Alpine salmon & Avocado on Sushi Rice, Nori seaweed, Wasabi, pickled ginger

Yakiniku Beef Bowl 27
stir-fried NZ grass-fed beef, onion w/ BBQ sauce, roasted sesame seed*, spring onion, Edamame

Angus Beef Tataki Bowl 28
lightly seared thin sliced beef w/ BBQ sauce, poached egg, Wasabi, spring onion, sesame seed*, fried shallot/garlic

Nanban-style Karaage Tofu Bowl [V] 26
battered & pan-fried organic Tofu w/ sweet & sour Nanban sauce, spicy mango soy mayonnaise

Nanban-style Karaage Chicken Bowl 27
battered & pan-fried free-range chicken, w/sweet & sour Nanban sauce, spicy mango soy mayonnaise

Ramen-ish Rice Noodle Soup

Vegan Creamy Black Sesame Noodle [V] 24
garlic infused soy-milk Miso* broth (black sesame & tomato flavour), topped w/ grilled Tempeh, vegetables

Seafood Spicy Miso Noodle 26
Miso* based soup topped w/ red prawn, mussel, Mt. Cook Alpine salmon, vegetables, house-made Chilli garlic oil

Chicken Yuzu Lemon Shio Noodle 24
fermented lemon & Yuzu Shio(salt) soup topped w/ free-range chicken, vegetables

WEEKEND ONLY from 8am

JANKEN Miso Waffles

fluffy, crispy Miso*-flavoured waffles made from buckwheat flour*, rice flour*, black sesame & soy milk*

- Karaage Chicken Waffles
[full 30 / half 19]
- Karaage Tofu and Tempeh Waffles
[full 29 / half 18.5] [V]
w/ battered free-range chicken or Tofu* & Tempeh, sprout, shredded chilli, house-made Miso maple syrup*, vegan cream cheese, fresh salad w/ JANKEN Yuzu dressing
- Matcha Mochi Waffles
[full 30 / half 19] [V]

w/ vegan Matcha green tea* ice cream, coconut yoghurt Mochi cream, coconut Matcha syrup, fresh berries, caramelised buckwheat groats



FOOD MENU

OUR MENU IS FULLY NO ADDED GLUTEN & DAIRY FREE

However, please understand that we cannot guarantee that our products are 100% free from contamination, but we will do our best to cater towards you.

Please let the staff know if you have any special dietary requirements or questions.

[VG] Vegetarian [V] Vegan
*Certified organic ingredients

ALL DAY BREAKFAST

Asa Gohan Set

- Teriyaki Organic Tofu [V] 22.5
- Dashimaki Tamago (Japanese egg omlette) 23
- Saikyo Sweet Miso Salmon 27.5

served w/ Miso* soup, steamed multi-grain* rice, Nukazuke pickles, today's osozai

Onigiri

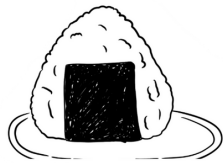
6 / each

- Mt. Cook Alpine Salmon Flake
- Teriyaki Free-range Chicken
- Shiitake Mushroom & Kombu Kelp Tsukudani [V]
- Umeboshi Paste and Tamari* roasted Seeds* [V]

Onigiri set

18

Two onigiri of your choice, served w/ Miso* soup, Nukazuke pickles



Imo Mochi Eggs Benedict [VG] 27

Imo Mochi Tofu Benedict [V] 26.5

poached egg or pan-fried Tofu, avocado, grilled mushroom, spinach on a house-made potato cake, vegan Miso* hollandaise sauce, beetroot Yuzu Miso* sauce

Eggs on Toast [VG] 16

free-range eggs cooked your way on GF toasts, salad w/ JANKEN Yuzu dressing (poached, sunny side up, scrambled+1)

Tofu on Toast [V] 15.5

organic Tofu* cooked your way on vegan toasts, salad w/ JANKEN Yuzu dressing (pan-fried or scrambled w/ Chan-chan garlic Miso sauce+1)

Today's Soup [V] 15.5

ask staff or see the blackboard. w/ toasted GF & vegan bread

Probiotic Carrot Salad [V]

shredded carrot, beetroot, salad, Tamari* roasted seeds*, quinoa* w/ organic carrot & Koji dressing

[small 16.5 / large 23]

Nourish Buddha Bowl [V] 25

Grilled Tempeh, vegetables, avocado, spicy Miso* roasted chickpea, pickled radish, vegan cheese, Tsukudani on rice, fresh salad, Miso caramel nuts*, goji berry*, black tahini Yuzu dressing

Granola Bowl [V] 20

house-made kinako (Japanese roasted soy powder) granola w/ coconut yoghurt, seasonal fruits, goji berry* & house-made raspberry sauce

SIDE

Saikyo Sweet Miso Salmon 15.5

pan-fried & steamed Mt. Cook Alpine salmon marinated in sweet Miso* sauce w/ pickled ginger, lemon

Organic Tahini Goma Tofu 2 pieces [V] 4.5

w/ black tahini Miso* sauce, Tamari roasted seeds*

Imo Mochi 2 pieces [V] 10

pan-fried savoury agria potato cake w/ Chan-chan garlic Miso* sauce

Nukazuke Pickles [V] 10

assorted vegetables pickled in salted rice bran pickling bed

Today's Osozai [V]

daily Japanese ready-to-eat small dish ask staff or see the cabinet fridge

[mini 6 / small 12 / large 20]

Steamed Multi-Grain Rice [V] 4

w/ organic grains: wild rice, quinoa, amaranth, millet

Organic Miso Soup [V] 4.5

w/ fried bean curd, spring onion
• Add Wakame seaweed +1

Edamame [V] 10

w/ Himalayan pink salt

Add on

Poached Egg	4	Avocado	4
Scrambled Egg	9	Grilled Mushroom	6
Grilled Tofu*	4	GF toast	3
Grilled Tempeh	6	Extra Sauce/Dressing	2
Grilled Salmon	8	Pickled Ginger	2
Grilled Chicken	8	Wasabi	1
(Teriyaki +1)			

JANKEN-MADE ICE CREAM [V]

SINGLE 6.5 / DOUBLE 11
(one flavour) (one or two flavours)

Coconut Vanilla
w/ seasonal fruit

Matcha Green Tea
w/ freeze dried raspberry

Sakekasu Chocolate & Cacao Nib
w/ Sakekasu cookie

