

## Welcome

Welcome to MIZU restaurant.

We offer authentic and modern Japanese cuisine with friendly service.

MIZU uses only gluten free tamari soy sauce

## Lunch menu

### 定食 teishoku

<b>chicken karaage teishoku (GF)</b> (may use same oil cooked gluten dish)	<b>\$16.80</b>
free range chicken karaage (5 pieces), salad, side dish, rice and miso soup	
<b>pork tonkatsu teishoku</b>	<b>\$16.80</b>
free range pork tonkatsu, salad, side dish, rice and miso soup	
<b>chicken teriyaki teishoku (GF)</b> (may use same oil cooked gluten dish)	<b>\$17.80</b>
free range chicken teriyaki, salad, side dish, rice and miso soup	
<b>salmon teriyaki teishoku (GF)</b> (may use same oil cooked gluten dish)	<b>\$17.80</b>
salmon teriyaki, side dishes, rice and miso soup	
<b>tempura teishoku</b>	<b>\$19.80</b>
two prawns and three kinds of vegetable tempura, side dishes, rice and miso soup	
<b>sashimi teishoku (GF)</b> (may use same oil cooked gluten dish)	<b>\$19.80</b>
today's sashimi (10 pieces), side dishes, rice and miso soup	
<b>wagyu yakiniku teishoku (GF)</b> (may use same oil cooked gluten dish)	<b>\$19.80</b>
stir fried wagyu beef slices and vegetables, side dishes, rice and miso soup	
<b>yasai tempura teishoku</b>	<b>\$17.80</b>
five kinds of vegetable tempura, side dish, salad and rice	



sashimi teishoku

corkage \$3 per person / one bill per one table please

## お弁当 bento box

**pork tonkatsu bento box** ..... **\$18.90**  
free range pork tonkatsu, sashimi (4 pieces), salad, side dishes, rice and miso soup

**chicken teriyaki bento box (GF available may use oil cooked gluten dish)** ..... **\$19.90**  
free range chicken teriyaki, sashimi (4 pieces), salad, side dishes, rice and miso soup

**chicken karaage bento box (GF available may use oil cooked gluten dish)** ..... **\$19.90**  
free range chicken karaage (4 pieces), sashimi (4 pieces), salad, side dishes, rice and miso soup

**salmon teriyaki bento box (GF available may use oil cooked gluten dish)** ..... **\$21.90**  
salmon teriyaki, sashimi (4 pieces), salad, side dishes, rice and miso soup

**wagyu yakiniku bento box (GF available may use oil cooked gluten dish)** ..... **\$23.90**  
stir fried wagyu beef slices and vegetables, sashimi (4 pieces), salad, side dishes, rice and miso soup

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**sashimi bento box (GF available may use oil cooked gluten dish)** ..... **\$22.90**  
today's sashimi (7 pieces), karaage (3 pieces), salad, side dishes, rice and miso soup

**vegetarian bento box (V)** ..... **\$22.90**  
four kinds of vegetable tempura, fried tofu, eggplant and zucchini with dengaku sauce, vegetable gyoza, beans gomaee, green salad and rice



**bento box (salmon)**



**deluxe bento box (wagyu)**

## デラックス弁当 deluxe bento box

**salmon teriyaki deluxe bento box** ..... **\$35.80**  
salmon teriyaki, prawn and vegetable tempura, sashimi (4 pieces), side dishes, rice and miso soup

**wagyu yakiniku deluxe bento box** ..... **\$37.80**  
stir fried wagyu beef slices and vegetables, prawn and vegetable tempura, sashimi (4 pieces), side dishes, rice and miso soup

## sashimi / sushi

<b>sashimi (small) (GF)</b>		<b>\$16.50</b>
today's selection of sliced raw fish served with wasabi (about 8 pieces)		
<b>sashimi (medium) (GF)</b>		<b>\$29.80</b>
today's selection of sliced raw fish served with wasabi (about 15 pieces)		
<b>sashimi (large) (GF)</b>		<b>\$41.80</b>
today's selection of sliced raw fish served with wasabi (about 22 pieces)		
<b>mizu roll</b>	<b>(medium size roll, 8 pieces)</b>	<b>\$18.00</b>
avocado, cucumber and tobiko roll topped with salmon, tuna, kingfish and tenkasu		
<b>tasmanian roll (GF)</b>	<b>(medium size roll, 8 pieces)</b>	<b>\$17.60</b>
avocado, cucumber and tobiko roll topped with salmon		
<b>crunchy roll</b>	<b>(medium size roll, 8 pieces)</b>	<b>\$18.00</b>
avocado, cucumber and tobiko roll topped with tuna and crispy tenkasu		
<b>unagi roll</b>	<b>(medium size roll, 8 pieces)</b>	<b>\$18.90</b>
avocado, cucumber and tobiko roll topped with grilled eel		
<b>tempura prawn roll</b>	<b>(large size roll, 5 pieces)</b>	<b>\$17.00</b>
tempura prawn, avocado, lettuce and tobiko		
<b>salad roll (GF)</b>	<b>(large size roll, 5 pieces)</b>	<b>\$12.80</b>
fresh salad, avocado and cucumber		

## salad to share

<b>garden salad (GF)</b>	<b>(v)</b>	<b>\$7.80</b>
fresh green salad with MIZU house dressing		
<b>kaiso salad (GF)</b>	<b>(may use same oil cooked gluten dish) (v)</b>	<b>\$16.80</b>
japanese seaweed and salad mix with MIZU house dressing		
<b>tori kabocha salad (GF)</b>		<b>\$18.80</b>
sake steamed free range chicken, soy glazing roasted pumpkins and sweet potatoes, wild rocket, red onion and cherry tomatoes with ponzu sesame dressing		
<b>crab &amp; soba salad</b>		<b>\$20.80</b>
fresh sand crab meat, japanese buckwheat noodles and salad mix with MIZU house dressing topped with crispy lotus root chips		

## a la carte

<b>tsukemono</b> (v)	\$6.50
assorted japanese style pickles	
<b>edamame (GF)</b> (v)	\$6.50
young soy beans in the pod served with sea salt	
<b>goma-ae (GF)</b> (v)	\$6.80
green beans with sweet sesame dressing	
<b>yasai gyoza</b> (v)	\$8.80
deep fried crispy vegetable gyoza with house made gyoza sauce (7 pieces)	
<b>takoyaki</b>	\$10.50
fried octopus dumplings with okonomi sauce, mayonnaise and pickled ginger (6 pieces)	
<b>ebi gyoza</b>	\$14.20
deep fried crispy prawn gyoza with house made gyoza sauce (6 pieces)	
<b>pork gyoza</b>	\$12.60
pan fried pork and vegetable dumplings (6 pieces)	
<b>chicken karaage (GF)</b> (may use same oil cooked gluten dish)	\$15.20
fried free range chicken with soy, ginger, garlic and a hint of sesame oil	
<b>tofu and nasu dengaku(GF)</b> (may use same oil cooked gluten dish) (v)	\$11.50
fried tofu, eggplant and zucchini with sweet red miso sauce	
<b>agedashi tofu MIZU style (GF)</b> (may use same oil cooked gluten dish) (v)	\$13.80
fried tofu in light vegetarian sauce of shitake mushrooms, bamboo shoots and carrots, topped with grated ginger, shallots, black sesame seeds and nori	
<b>yasai tempura</b> (v)	\$19.50
chef's choice of six kinds of vegetables deep fried in light batter, served with konbu based soy dipping sauce	
<b>seafood tempura</b>	\$31.20
local tiger prawns, calamari and whiting deep fried in light batter, served with ten-tsuyu dipping sauce	

## dessert

<b>ice cream (GF)</b>	\$7.50
vanilla or green tea flavour (2 scoops) with azuki beans paste \$1 extra	
<b>azuki banana chocolate</b>	\$11.20
sweet spring roll filled with banana, azuki beans and melting chocolate, served with green tea ice cream	
<b>kurogoma cake (GF)</b>	\$11.20
house made black sesame seeds cake, fresh strawberry sauce	

corkage \$3 per person / one bill per one table please