

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

chicken karaage teishoku (GF) (may use same oil cooked gluten dish)	\$18.00
free range chicken karaage (5 pieces), salad, side dish, rice and miso soup	
pork tonkatsu teishoku	\$18.00
free range pork tonkatsu, salad, side dish, rice and miso soup	
chicken teriyaki teishoku (GF) (may use same oil cooked gluten dish)	\$19.00
free range chicken teriyaki, salad, side dish, rice and miso soup	
salmon teriyaki teishoku (GF) (may use same oil cooked gluten dish)	\$19.00
salmon teriyaki, side dishes, rice and miso soup	
tempura teishoku	\$21.00
two prawns and three kinds of vegetable tempura, side dishes, rice and miso soup	
sashimi teishoku (GF) (may use same oil cooked gluten dish)	\$21.00
today's sashimi (10 pieces), side dishes, rice and miso soup	
wagyu yakiniku teishoku (GF) (may use same oil cooked gluten dish)	\$21.00
stir fried wagyu beef slices and vegetables, side dishes, rice and miso soup	
yasai tempura teishoku	\$19.00
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 **\$20.00**
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) **\$21.00**
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) **\$21.00**
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) **\$23.00**
salmon teriyaki, sashimi (4 pieces), salad, side dishes, rice and miso soup

wagyu yakiniku bento box (GF available may use oil cooked gluten dish) **\$25.00**
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) **\$24.00**
today's sashimi (7 pieces), karaage (3 pieces), salad, side dishes, rice and miso soup

vegetarian bento box (V) **\$24.00**
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 **\$37.00**
salmon teriyaki, prawn and vegetable tempura, sashimi (4 pieces), side dishes, rice and miso soup

wagyu yakiniku deluxe bento box **\$39.00**
stir fried wagyu beef slices and vegetables, prawn and vegetable tempura, sashimi (4 pieces), side dishes, rice and miso soup

sashimi / sushi

sashimi (small) (GF)		\$18.00
today's selection of sliced raw fish served with wasabi (about 8 pieces)		
sashimi (medium) (GF)		\$33.50
today's selection of sliced raw fish served with wasabi (about 15 pieces)		
sashimi (large) (GF)		\$48.50
today's selection of sliced raw fish served with wasabi (about 22 pieces)		
mizu roll	(medium size roll, 8 pieces)	\$19.50
avocado, cucumber and tobiko roll topped with salmon, tuna, kingfish and tenkasu		
tasmanian roll (GF)	(medium size roll, 8 pieces)	\$19.00
avocado, cucumber and tobiko roll topped with salmon		
crunchy roll	(medium size roll, 8 pieces)	\$19.50
avocado, cucumber and tobiko roll topped with tuna and crispy tenkasu		
unagi roll	(medium size roll, 8 pieces)	\$22.50
avocado, cucumber and tobiko roll topped with grilled eel		
tempura prawn roll	(large size roll, 5 pieces)	\$17.50
tempura prawn, avocado, lettuce and tobiko		
salad roll (GF)	(large size roll, 5 pieces)	\$12.50
fresh salad, avocado and cucumber		

salad to share

garden salad (GF)	(v)	\$8.50
fresh green salad with MIZU house dressing		
kaiso salad (GF)	(may use same oil cooked gluten dish) (v)	\$18.00
japanese seaweed and salad mix with MIZU house dressing		
tori kabocha salad (GF)		\$20.50
sake steamed free range chicken, soy glazing roasted pumpkins and sweet potatoes, wild rocket, red onion and cherry tomatoes with ponzu sesame dressing		
crab & soba salad		\$22.50
fresh sand crab meat, japanese buckwheat noodles and salad mix with MIZU house dressing topped with crispy lotus root chips		

rice / miso

bowl of rice (GF)		\$3.00
steamed koshihikari rice		
miso soup (GF)		\$4.00
traditional japanese stock 'dashi' with soy bean paste, tofu, wakame and shallots		

a la carte

tsukemono	(v)	\$6.80
assorted japanese style pickles		
edamame (GF)	(v)	\$6.80
young soy beans in the pod served with sea salt		
goma-ae (GF)	(v)	\$7.20
green beans with sweet sesame dressing		
yasai gyoza	(v)	\$9.50
deep fried crispy vegetable gyoza with house made gyoza sauce (7 pieces)		
takoyaki		\$12.50
fried octopus dumplings with okonomi sauce, mayonnaise and pickled ginger (5 pieces)		
ebi gyoza		\$15.50
deep fried crispy prawn gyoza with house made gyoza sauce (6 pieces)		
pork gyoza		\$13.50
pan fried pork and vegetable dumplings (6 pieces)		
chicken karaage (GF)	(may use same oil cooked gluten dish)	\$16.50
fried free range chicken with soy, ginger, garlic and a hint of sesame oil		
tofu and nasu dengaku(GF)	(may use same oil cooked gluten dish) (v)	\$12.50
fried tofu, eggplant and zucchini with sweet red miso sauce		
agedashi tofu MIZU style (GF)	(may use same oil cooked gluten dish) (v)	\$14.80
fried tofu in light vegetarian sauce of shitake mushrooms, bamboo shoots and carrots, topped with grated ginger, shallots, black sesame seeds and nori		
yasai tempura	(v)	\$21.00
chef's choice of six kinds of vegetables deep fried in light batter, served with konbu based soy dipping sauce		
seafood tempura		\$33.50
local tiger prawns, calamari and whiting deep fried in light batter, served with ten-tsuyu dipping sauce		

dessert

ice cream (GF)	\$8.50
vanilla or green tea flavour (2 scoops) with azuki beans paste \$1 extra	
azuki banana chocolate	\$12.00
sweet spring roll filled with banana, azuki beans and melting chocolate, served with green tea ice cream	
kurogoma cake (GF)	\$13.50
house made black sesame seeds cake, served with green tea ice cream	

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