

MIZU Take Away Menu April 2020

bento box

(not including miso soup)

pork tonkatsu bento box	\$20.00
free range pork tonkatsu, sashimi (4 pieces), salad, side dishes and rice	
chicken teriyaki bento box (GF available may use oil cooked gluten dish)	\$21.00
free range chicken teriyaki, sashimi (4 pieces), salad, side dishes and rice	
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 and rice	
salmon teriyaki bento box (GF available may use oil cooked gluten dish)	\$23.00
salmon teriyaki, sashimi (4 pieces), salad, side dishes and rice	
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 and rice	
sashimi bento box (GF available may use oil cooked gluten dish)	\$24.00
today's sashimi (7 pieces), karaage (3 pieces), salad, side dishes and rice	
vegetarian bento box	\$24.00
(V) four kinds of vegetable tempura, fried tofu, eggplant and zucchini with dengaku sauce, vegetable gyoza, marinated wakame, green salad and rice	

deluxe bento box

(not including miso soup)

salmon teriyaki deluxe bento box	\$37.00
salmon teriyaki, prawn and vegetable tempura, sashimi (4 pieces), salad, side dishes and rice	
wagyu yakiniku deluxe bento box	\$39.00
stir fried wagyu beef slices and vegetables, prawn and vegetable tempura, sashimi (4 pieces), salad, side dishes and rice	

teishoku

(not including miso soup)

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

salad

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 topped with crispy lotus root chips		
crab & soba salad		\$22.50
fresh sand crab meat, soba noodles and salad mix with MIZU house dressing topped with crispy lotus root chips		

sashimi

mizupaccio (GF) **\$18.00**

carpaccio MIZU style, salmon sashimi slices with soy, grape seed oil, sea salt, dried shiso flakes and fresh lemon to squeeze

salmon sashimi (small) (GF) **\$18.00**

fresh tasmanian salmon sashimi served with wasabi (about 8 pieces)

salmon sashimi (medium) (GF) **\$33.50**

fresh tasmanian salmon sashimi served with wasabi (about 15 pieces)

sushi rolls

tasmanian roll (GF) **(medium size roll, 8 pieces)** **\$19.00**

avocado, cucumber and tobiko roll topped with salmon

salmon crunchy roll **(medium size roll, 8 pieces)** **\$19.50**

avocado, cucumber and tobiko roll topped with salmon 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

seafood

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)

ebi tempura **\$25.00**

three local tiger prawns deep fried in light batter, served with ten-tsuyu dipping sauce

black cod saikyoyaki (GF) (may use same oil cooked gluten dish) **\$48.50**

grilled miso marinated black cod, fried eggplant and zucchini with saikyo miso sauce, green salad with MIZU house dressing on top

meat

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

tonkatsu **\$26.50**
deep fried panko crumbed free range pork fillet, green salad and tonkatsu sauce

wagyu shioyaki (GF) **\$48.50**
pan fried sake and sesame marinated wagyu beef slices, lemon,
fresh salad with MIZU house dressing

wagyu soy butter **\$48.50**
pan fried wagyu beef slices with sukiyaki garlic butter sauce,
fried eggplant and zucchini, fresh salad with MIZU house dressing

vegetable

tsukemono (v) **\$6.80**
assorted japanese style pickles

edamame (GF) (v) **\$6.80**
young soybeans in the pod served with sea salt

yasai gyoza (v) **\$9.50**
deep fried crispy vegetable gyoza with house made gyoza sauce (7 pieces)

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

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

rice / miso

bowl of rice (GF) **\$3.00**
steamed koshihikari rice

miso soup (GF) **\$4.00**
traditional japanese stock 'dashi' with soybean paste,
tofu, wakame and shallots