



## MIZU Lunch Menu

### Dine in or Take away

#### bento box

**pork tonkatsu bento box** ..... **\$20.00**  
free range pork tonkatsu, sashimi (4 pieces), salad, side dishes, miso soup 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, miso soup 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, miso soup and rice

**salmon teriyaki bento box (GF available may use oil cooked gluten dish)** ..... **\$23.00**  
salmon teriyaki, sashimi (4 pieces), salad, side dishes, miso soup 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, miso soup 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, miso soup and rice

**vegetarian bento box** ..... **(V) \$24.00**  
four kinds of vegetable tempura, fried tofu, eggplant and zucchini with dengaku sauce, vegetable gyoza, marinated wakame, green salad and rice

#### deluxe bento box

**salmon teriyaki deluxe bento box** ..... **\$37.00**  
salmon teriyaki, prawn and vegetable tempura, sashimi (4 pieces), salad, side dishes, miso soup 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, miso soup and rice



## teishoku

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

## salad

<b>garden salad (GF)</b> .....	<b>(v)</b> .....	<b>\$8.50</b>
fresh green salad with MIZU house dressing		
<b>kaiso salad (GF)</b> (may use same oil cooked gluten dish) .....	<b>(v)</b> .....	<b>\$18.00</b>
japanese seaweed and salad mix with MIZU house dressing topped with crispy lotus root chips		
<b>crab &amp; soba salad</b> .....		<b>\$22.50</b>
fresh sand crab meat, soba noodles and salad mix with MIZU house dressing topped with crispy lotus root chips		



## sashimi

<b>sashimi (small) (GF)</b> .....	<b>\$18.00</b>
today's selection of sliced raw fish served with wasabi (about 8 pieces)	
<b>sashimi (medium) (GF)</b> .....	<b>\$33.50</b>
today's selection of sliced raw fish served with wasabi (about 15 pieces)	
<b>sashimi (large) (GF)</b> .....	<b>\$48.50</b>
today's selection of sliced raw fish served with wasabi (about 22 pieces)	

## sushi rolls

<b>mizu roll</b> .....	<b>(medium size roll, 8 pieces)</b>	<b>\$19.50</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>\$19.00</b>
avocado, cucumber and tobiko roll topped with salmon		
<b>crunchy roll</b> .....	<b>(medium size roll, 8 pieces)</b>	<b>\$19.50</b>
avocado, cucumber and tobiko roll topped with tuna and crispy tenkasu		
<b>unagi roll</b> .....	<b>(medium size roll, 8 pieces)</b>	<b>\$22.50</b>
avocado, cucumber and tobiko roll topped with grilled eel		
<b>tempura prawn roll</b> .....	<b>(large size roll, 5 pieces)</b>	<b>\$17.50</b>
tempura prawn, avocado, lettuce and tobiko		
<b>salad roll (GF)</b> .....	<b>(large size roll, 5 pieces)</b>	<b>\$12.50</b>
fresh salad, avocado and cucumber		

## rice / miso

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

**MIZU**  
  
 水 • japanese eats  
 a la carte

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

**dessert** *(Dine in only)*

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

## NEW - Lunch Special

### Chirashi Zushi

("scattered rice")



Due to popular demand, Mizu is offering Hosokawa-san's famous Chirashizushi – "scattered sushi"- as a lunch special.

Itadakimasu!

**\$27.90**