

# MIZU Lunch Menu

## Lunch Special



**chirashi** ..... **\$29.90**

our popular sushi chef, Mr. Hosokawa's selection of fresh fish scattered on the bed of sushi rice, served with miso soup

## bento box

**pork tonkatsu bento box** ..... **\$22.80**

pork tonkatsu, sashimi (4 pieces), salad, side dishes, miso soup and rice

**chicken teriyaki bento box (GF available may use oil cooked gluten dish)** ..... **\$23.80**

chicken teriyaki, sashimi (4 pieces), salad, side dishes, miso soup and rice

**chicken karaage bento box (GF available may use oil cooked gluten dish)** ..... **\$23.80**

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)** ..... **\$25.80**

salmon teriyaki, sashimi (4 pieces), salad, side dishes, miso soup and rice

**wagyu yakiniku bento box (GF available may use oil cooked gluten dish)** ..... **\$27.80**

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)** ..... **\$27.80**

today's sashimi (7 pieces), karaage (3 pieces), salad, side dishes, miso soup and rice

**vegetarian bento box (V)** ..... **\$27.00**

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** ..... **\$37.80**

salmon teriyaki, prawn and vegetable tempura, sashimi (4 pieces), salad, side dishes, miso soup and rice

**wagyu yakiniku deluxe bento box** ..... **\$39.80**

stir fried wagyu beef slices and vegetables, prawn and vegetable tempura, sashimi (4 pieces), salad, side dishes, miso soup and rice



## set

**chicken karaage set** (GF available may use same oil cooked gluten dish) ..... **\$19.80**  
chicken karaage (5 pieces), salad, side dish, miso soup and rice

**pork tonkatsu set** ..... **\$21.80**  
pork tonkatsu, salad, side dish, miso soup and rice

**chicken teriyaki set** (GF available may use same oil cooked gluten dish) ..... **\$20.80**  
chicken teriyaki, salad, side dish, miso soup and rice

**salmon teriyaki set** (GF available may use same oil cooked gluten dish) ..... **\$21.80**  
salmon teriyaki, side dishes, miso soup and rice

**tempura set** ..... **\$23.80**  
two prawns and three kinds of vegetable tempura, side dishes, miso soup and rice

**sashimi set** (GF available may use same oil cooked gluten dish) ..... **\$24.80**  
today's sashimi (10 pieces), side dishes, miso soup and rice

**wagyu yakiniku set** (GF available may use same oil cooked gluten dish) ..... **\$22.80**  
stir fried wagyu beef slices and vegetables, side dish, miso soup and rice

**yasai tempura set** ..... **\$20.80**  
five kinds of vegetable tempura, salad, side dish and rice

## salad

**garden salad (GF)** ..... **(v)** ..... **\$12.00**  
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** ..... **\$24.50**  
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>\$26.00</b>
today's selection of sliced raw fish served with wasabi (about 8 pieces)	
<b>sashimi (medium) (GF)</b> .....	<b>\$47.00</b>
today's selection of sliced raw fish served with wasabi (about 15 pieces)	
<b>sashimi (large) (GF)</b> .....	<b>\$68.00</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>\$23.80</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>\$23.80</b>
avocado, cucumber and tobiko roll topped with salmon		
<b>crunchy roll</b> .....	<b>(medium size roll, 8 pieces)</b>	<b>\$25.80</b>
avocado, cucumber and tobiko roll topped with tuna and crispy tenkasu		
<b>unagi roll</b> .....	<b>(medium size roll, 8 pieces)</b>	<b>\$25.80</b>
avocado, cucumber and tobiko roll topped with grilled eel		
<b>tempura prawn roll</b> .....	<b>(large size roll, 5 pieces)</b>	<b>\$20.80</b>
tempura prawn, avocado, lettuce and tobiko		
<b>california roll</b> .....	<b>(medium size roll, 6 pieces)</b>	<b>\$21.80</b>
prawn, avocado, egg omelette and tobiko		
<b>salad roll (GF)</b> .....	<b>(large size roll, 5 pieces)</b>	<b>\$15.80</b>
fresh salad, avocado and cucumber		

## rice / miso

<b>bowl of rice (GF)</b> .....	<b>\$4.00</b>
steamed koshihikari rice	
<b>miso soup (GF)</b> .....	<b>\$4.50</b>
traditional japanese stock 'dashi' with soy bean paste, aburaage, wakame and shallots	



<b>tsukemono moriawase</b>	<b>(v)</b>	<b>\$7.80</b>
assorted japanese style pickles		
<b>takuan</b>		<b>\$7.80</b>
sweet and tart slices of yellow pickled daikon		
<b>edamame (GF)</b>	<b>(v)</b>	<b>\$7.80</b>
young soy beans in the pod served with sea salt		
<b>goma-ae (GF)</b>	<b>(v)</b>	<b>\$8.00</b>
green beans with sweet sesame dressing		
<b>wasabi daikon (GF)</b>	<b>(v)</b>	<b>\$12.00</b>
homemade wasabi flavoured quick pickled daikon radish		
<b>yasai gyoza</b>	<b>(v)</b>	<b>\$10.00</b>
deep fried crispy vegetable gyoza with house made gyoza sauce (7 pieces)		
<b>takoyaki</b>		<b>\$13.50</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 (5 pieces)		
<b>chicken karaage</b> (GF available may use same oil cooked gluten dish)		<b>\$16.50</b>
fried chicken with soy, ginger, garlic and a hint of sesame oil		
<b>agedashi tofu</b>	<b>(v)</b>	<b>\$14.80</b>
soft tofu coated with potato starch and deep-fried, served in a broth		
<b>yasai ankake tofu (GF)</b> (may use same oil cooked gluten dish) <b>(v)</b>		<b>\$16.50</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>\$23.00</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>\$39.50</b>
two pieces each of local tiger prawns, calamari and whiting deep fried in light batter, served with ten-tsuyu dipping sauce		