

RICE BOWL

all served w/steamed multi-grain* rice, fresh vegetables, quinoa*, organic carrot Koji dressing

Tofu Bowl [V] 21

pan-fried Tofu* & mushroom with BBQ sauce, Tamari* roasted seeds*, pickled ginger, Nori seaweed, Edamame

Teriyaki Chicken Bowl 22

pan-fried free-range chicken & mushroom w/Teriyaki sauce, Nori seaweed, roasted sesame seed*, Edamame

Nanban-style Karaage Tofu Bowl 24

Nanban-style Karaage Chicken Bowl 25

fried organic Tofu or free-range chicken coated with Nanban sauce(sweet sour soy sauce) w/spicy mango soy mayonnaise, spring onion, lemon

Teriyaki Salmon Bowl 25

pan-fried Mt.Cook Alpine salmon & mushroom w/Teriyaki sauce, Nori seaweed, roasted sesame seed*, Edamame

Salmon Sashimi & Avocado Bowl 25

fresh sliced Mt.Cook Alpine Salmon & avocado on Sushi rice, Nori seaweed, Wasabi, pickled ginger

Yakiniku Beef Bowl 25

stir-fried sliced NZ grass-fed beef and onion w/BBQ sauce, roasted sesame seed*, spring onion, Edamame

JANKEN Vegan Curry Bowl [V] 24

Japanese-style curry sauce made from scratch w/grilled Tempeh* & vegetables, pickled Daikon radish, shredded chilli

Ramen-ish Rice Noodle Soup

Vegan Creamy Black Sesame Noodle [V] 20

rice noodles cooked in a garlic infused soy-milk Miso broth with black sesame & tomato flavour topped w/ grilled Tempeh*, vegetables, Shiitake mushroom, spring onion

Seafood Spicy Miso Noodle 25

rice noodle cooked in a Miso based soup topped w/red prawn, mussel, Mt.Cook Alpine salmon, snapper, vegetables, Shiitake mushroom, spring onion, house-made spicy garlic oil

Chicken Yuzu Shio Noodle 22

rice noodle cooked in a fermented Lemon & Yuzu Shio(salt) soup topped w/ free-range chicken, vegetables, Shiitake mushroom, spring onion

SUSHI

served w/Wasabi, pickled ginger

Tofu Salad Sushi Roll [V] 21

pan-fried Tofu*, avocado, carrot, cucumber, beetroot, red cabbage, Nori seaweed, Nori salt, sprouts w/JANKEN Yuzu-pon dressing

Salmon Avocado Sushi Roll 24

fresh Mt.Cook Alpine Salmon, avocado, carrot, Tamari* roasted seeds*, Nori seaweed

Avocado Sushi Roll [V] 13

Teriyaki Chicken Sushi Roll 22

Teriyaki free-range chicken, Nori seaweed w/Teriyaki sauce

SIDE

Saikyo Sweet Miso Salmon 15

pan-fried & steamed Mt. Cook Alpine Salmon marinated in sweet Miso* sauce w/pickled ginger, lemon

Imo Mochi 2 pieces [V] 9

pan-fried savory agria potato cake w/Chan-Chan garlic Miso sauce, Nori seaweed, ground sesame

Organic Tahini Goma-Tofu 2 pieces [V] 5

w/black sesame Miso sauce & Tamari* roasted seeds*, spring onion

Tsukemono Platter [V] 10

assorted Japanese traditional pickles

Steamed Multi-Grain Rice [V] 4

w/organic grains such as wild rice, quinoa, sorghum, amaranth, millet

Organic Miso Soup [V] 4

w/crispy Tofu, spring onion

Edamame [V] 10

[V]vegan [VG]vegetarian [DF]dairy-free
*certified organic ingredients

"We are what we eat."

THE KEY POINTS WE VALUE...

#Fresh, In-season, Local

In-season produce contains the nutrients our bodies need at that time of year. We also take great pride in using local produce whenever possible.

#Organic

We choose organic ingredients to prevent our bodies from consuming unwanted substances and support environmentally friendly farming practices.

#Fermented

We use fermented ingredients, which are an essential part of the Japanese diet, to boost our immunity. Miso, Shoyu, Sake, Koji, Amazake, Sakekasu, Tsukemono, etc...

#Friendly to everyone

All our menus are No Added Gluten and Dairy Free, with the exception of coffee milk, to ensure all customers with different dietary requirements can enjoy.

#Homemade

Most of the sauces and dressings used on the menu are made here from scratch with LOVE!

#Sustainable

We are committed to environmental protection. Our minimal food waste is diverted from landfill and composted instead.

We want to provide meals that fuel your body, and make you feel energised and empowered. We hope that our menu will be one of the choices you make for your wellbeing and add some bright colour to your daily life.

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If you have any special dietary requirements or allergies, please let us know before you order. We'll do our best to cater toward you. Please note our kitchen uses the following ingredients: tree nuts, peanuts, egg, fish, sesame, & shellfish. While we take the utmost care with every product we make, there is a chance of cross-contamination.



Breakfast

until 3pm *All Menus Have No Gluten Added.....*



Sweets & Desserts..

All Gluten Friendly

Asa Gohan Set (Traditional Japanese Breakfast)

Teriyaki Organic Tofu [V] 22

Dasimaki Tamago (Japanese egg omlette) [VG] 22

Saikyo Sweet Miso Salmon 27

all served w/ Miso* Soup, steamed multi-grain* rice,
Tsukemono (Japanese pickles), today's Osozai (small dish)

Onigiri (Rice Ball with various filling) 5/each

Mt.Cook Alpine Salmon Flake

Teriyaki Free-range Chcken

Shiitake Mushroom and Kombu Kelp Tsukudani [V]

Umeboshi Paste and Tamari* Roasted Seeds* [V]

Onigiri Set 16

two Onigiri with your choice from above, served w/ Miso* soup ,
Tsukemono (Japanese pickls)

Imo Mochi Eggs Benedict [VG] 26

Imo Mochi Tofu Benedict [V] 26

poached free-range egg or pan-fried organic Tofu, avocado, grilled
mushroom, fresh salad on JANKEN savory potato cake w/vegan
hollandaise sauce, sprout, shredded chilli

Eggs On Toast [VG]/ Tofu On Toast [V] 15

free-range eggs or organic Tofu on your way, gluten free brown
seeded bread w/fresh salad, Yuzu dressing, *house-made vegan
butter on request*

Today's Soup [V] 15

ask staff or see the blackboard w/ toasted gluten free bread,
house-made vegan butter on request

Today's Salad & Osozai mini 6 / small 12 / large 20

ask staff or see the cabinet fridge

Probiotic Carrot Salad [V] small 16 / large 22

shredded carrot & beetroot, fresh salad w/Tamari* roasted
seeds*, quinoa*,organic carrot* Koji dressing

JANKEN Salad & Osozai Brekkie 28

Probiotic Carrot Salad, Organic Tahini Goma-Tofu, today's salad or
Osozai, toasted gluten free bread, your choice of poached free-
range egg or pan-fried organic Tofu, sesame seeds*, avocado,
mango spicy soy mayonnaise

Nourish Buddha Bowl [V] 22

grilled Tempeh*, avocado, Shiitake mushroom & kelp Tsukudani,
Adzuki beans*, vegan cheddar cheese, shredded carrot & cabbage &
beetroot, cucumber, tomato, sprout, Miso caramel nuts*, goji
berry*, steamed multi-grain* rice, black tahini Yuzu dressing

Mochi Wrap Sandwich 13

Eggplant w/Sweet Date Miso, Miso Caramel Nuts,
Teriyaki Organic Tempeh, etc.

house-made tortilla wraps that are made from buckwheat flour*
and tapioca flour* and have a sticky texture like Japanese Mochi(rice
cake) all served w/ fresh salad and vegetables

Sandwich 13

BBQ Organic Tofu, Teriyaki Free-range Chicken, etc.

served w/brown seeded gluten-free bread, fresh salad and vegetables,
leek & beetroot relish, vegan hollandaise sauce

Plant Based Lasagna [V] 18

layers of soy meat tomato sauce, gluten-free pasta, Miso white sauce
and vegan cheddar cheese, baked in the oven

Pink Probiotic Smoothie Bowl [V] 20

a blended bowl with mango, banana, beetroot, carrot, coconut
yoghurt topped with house-made Kinako(roasted soy powder)
granola*, seasonal fresh fruits, chia seed

Breakfast Panna Cotta with Chia Pudding [V] 18

Amazake(fermented rice) & berries(strawberry, raspberry) panna
cotta, cacao maple chia pudding, coconut yoghurt, house-made
Kinako(roasted soy powder) granola*, raspberry sauce, fresh berries

Black Sesame & Cacao Waffles [V] 28

served w/house-made Matcha* ice cream, Tofu* chocolate mousse,
sweet Adzuki bean*, seasonal fruits, black sesame &
Kokuto(dark cane sugar) sauce, coconut chip

Kids Black Sesame & Cacao Waffles [V] 16

half size waffles w/house-made coconut vanilla ice cream, seasonal
fruits, black sesame & Kokuto(dark cane sugar) sauce, coconut chip

Add On

Grilled Tempeh* 4

Grilled Tofu* 3

Free-range Egg 3

Avocado 4

Mushroom 4

Tomato 3

Gluten-free Toasted Bread 2

Pickled Ginger 2

Wasabi 1

Extra Sauce or Dressing 2

House-made Yuzu Ginger Jam 2

Cabinet Sweets

Organic Tofu Muffin [V] 5

Sakekasu Date Scone [V] 5

Miso Vegan Cheese Scone [V] 5

Cinnamon Coconut Yoghurt Banana Bread [V] 7

Ice Cream

1 scoop 6.5/2 scoops 10 [V]

Coconut Vanilla w/seasonal fruit, coconut chip

Matcha Green Tea* w/sweet Adzuki bean*

Sakekasu Raisin w/cacao nib*

Dessert & Cake

Affogato, Matcha Affogato [V] 13

2 scoops of coconut vanilla ice cream w/ organic espresso coffee or
organic Matcha Green Tea

Tofu Chocolate Mousse [V] 8

w/coconut yoghurt, raspberry sauce

Amazake & Berries Panna Cotta [V] 9

w/coconut yoghurt, black sesame sauce

Sakekasu Cheese Cake [V] 10

Sakekasu Chocolate Truffle [V] 6/2p

Orange Cake [DF] 7

Vegan Cake from "La Pettie Noix"

It's the only place you can eat our cake makers' cakes!

Dark Chocolate Cake [V] 10

Matcha Green Tea Cake [V] 10

Yuzu Citrus Cake [V] 10

Tiramisu [V] 10

Amazake Probiotic Smoothie

Minty Matcha Green [V] 15

Amazake(fermented rice drink), Matcha powder*, mango,
pineapple, spinach, mint, lemon
add Organic Moringa Powder +2

Cacao Peanut Butter [V] 15

Amazake(fermented rice drink), raw cacao powder*, peanut
butter, banana, seasonal fruit(orange or strawberry), cacao nib*

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