

Breakfast until 3pm.....

Asa Gohan Set Traditional Japanese Breakfast

Teriyaki Organic Tofu[V] 22

Dasimaki Tamago(Japanese egg omlette) 22

Saikyo Sweet Miso Salmon 27

all served w/ Miso* Soup, Steamed Rice, Tsukemono(Japanese pickles), Today's Osozai(small dish)

Imo Mochi Eggs Benedict [VG]

Imo Mochi Tofu Benedict [V] Full 26/Half 16

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, JANKEN vegan butter

Today's Soup [V] 12

see the blackboard

Probiotic Carrot Salad [V] Small 16/Large 22

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

Breakfast Panna Cotta[V] 15

Miso & Amazake panna cotta, JANKEN granola flavoured with Kinako(soy powder) , coconut yoghurt, raspberry sauce

Black Sesame & Cacao Waffles [V] 27

Only Saturday & Sunday, limited numbers

served w/JANKEN coconut vanilla ice cream, Matcha Tofu mousse, black sesame & Kokuto(dark cane sugar) sauce, coconut chips, seasonal fruits

Okara Muffins, Sakekasu Scones, Cakes, Today's Salad

see the cabinet & fridge.

Add-on

Tempeh* 4

Tofu* 4

free-range egg 3

avocado 4

mushroom 4

GF brown seeded bread 3

JANKEN Yuzu ginger jam 2

Teriyaki sauce 2

BBQ sauce 2

Chan-Chan garlic Miso sauce 2

Miso hollandaise sauce 2

carrot* Koji dressing 2

Yuzu dressing 2

Wasabi 1

pickled ginger 1

Lunch from 11am.....

RICE 〰️ 〰️ 〰️

all served w/steamed multi-grain rice, fresh vegetables, quinoa, JANKEN 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*, Edamame

Teriyaki Salmon Bowl 25

pan-fried Mt.Cook Alpine salmon & mushroom w/Teriyaki sauce Nori seaweed, roasted sesame , 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 beef and onion w BBQ sauce roasted sesame*, spring onion, Edamame

JANKEN Vegan # 〰️ [V] 3

K ()

HOT POT SETS

all served w/steamed multi-grainrice, Tsukemono(Japanese pickles)

Creamy Vegan Hot Pot [V] 25

Tofu*, Tempeh*, seasonal vegetables, rice noodles cooked in a garlic, Miso* & soy milk soup

Seafood Miso Hot Pot 27

red prawn, scallop, Mt.Cook Alpine salmon, Tofu*, seasonal vegetables, rice noodles cooked in a Miso* based soup

Chicken Yuzu Sio Hot Pot 26

free-range chicken, seasonal vegetables, Tofu*, rice noodles cooked in a fermented Yuzu Shio(salt) soup

Nanban-style Karaage Chicken 30

Nanban-style Karaage Tofu [V] 28

fried free-range chicken or Tofu* coated with Nanban (Japanese sweet & sour) sauce, seasonal fresh vegetables w/spicy mango soy mayonnaise, sprouts, spring onion, lemon

Saikyo Sweet Miso Salmon 15

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

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

SIDES

Imo Mochi 2 pieces [V] 9

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

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

w/Himalayan pink salt or spicy salt

[VG]vegetarian [V]vegan * certified organic ingredients

Espresso *Toasted Coffee Roasters* *TERRAIN Fair Trade Organic Blend*

Espresso/Long Black/Americano 4.5
Flat White/Cappuccino M5/L5.5
Latte 5.5
Mocha w/Fair Trade Organic Cacao M5.5/L6
Iced Americano 5/Latte 6/Mocha 6
Maple Latte w/organic maple syrup Hot 6/Iced 6.5
Extras

Shot/Decaf Fair Trade Organic 1
Oat / Soy / Coconut 1

Hot Drinks

Hot Chocolate Fair Trade Organic M5/L5.5
Chai Latte spicy / sweet M5/L5.5
Matcha* Latte/ Hojicha Latte M5.5/L6
JANKEN Hot Yuzu Ginger 10

Japanese Tea

Sen-cha green tea 5.5
Genmai-cha green tea w/roasted brown rice 5.5
Soba-cha organic buckwheat tea, non caffeine 5.5
Dark Roasted Brown Rice Tea 6
organic, coffee substitute, non caffeine

Non-Alcoholic

"Cajyutta" Freshly Squeezed Grapefruit Juice 6
Organic Juice 6
Orange / Orange & Mango & Apple

Karma Drinks 5
Cola /Cola Sugar Free / Gingerale / Lemmy Lemonade
Kombucha 7
Antipodes Water Still / Sparkling 500ml 6/1L 11
Yuzu Tonic 11
100% Yuzu juice, organic tonic water, Yuzu peel

Chidori Ume Juice
w/sparkling water or hot water 11
w/"Cajyutta" freshly squeezed grapefruit juice 17
NZ produced Japanese plum & NZ honey juice. Special thanks
to Miller's Coffee and Mrs Chidori

Probiotic Smoothies

Winter Green Smoothie 10
spinach, apple, kiwi, Amazake,date, tahini, fresh
ginger, chia seed
Berry Pink Smoothie 10
raspberry, carrot, beetroot, banana, Amazake,
coconut yoghurt, lemon

Beer

Asahi Super Dry 10
Sapporo Premium 10
Scotts NZ Gluten Free Pale Ale 12
Steinlager Pure Light low alc. 9
Asahi Dry Zero non alc. 9

Sake

---Cold---

Mio Sparkling -sweet- glass14/300ml 20
Zenkuro from Queenstown
Junmai -dry- 180ml 24/375ml 47
Premium Junmai Dai Ginjo -mid dry-
180ml 34/300ml 54
Junmai Nigori -mid dry- 180ml 24/375ml 47
Dassai45 Junmai Dai Ginjo -fruity- 180ml 25/300ml 41
Sayuri Junmai Nigori -mid dry- 300ml 22

---Warm---

Ichinokura Junmai Organic -dry- 180ml 26/300ml 42

Japanese Fruit Wine & Cocktails

Organic Plum Wine served w/ice or hot water 15
Kokuto Plum Wine served w/ice or hot water 13
Junmai Yuzu Sake served w/ice 15
Japanese "Roku六" Gin & Tonic 14
JANKEN Organic Lemon Liquor
w/sparkling water or hot water 12
w/"Cajyutta" freshly squeezed Grapefruit juice 18
Suntory Kaku Highball whiskey + Soda 13



JANKEN MENU

"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 gluten-friendly 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.*

*At JANKEN, we want to provide meals that fuel your
body, and make you feel energetics 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.*

.....
If you have any special dietary requirements or allergies, please let us
know before you order. Our kitchen handles wheat, soy, tree nuts,
egg, and so on. Please understand that we can not guarantee 100%
free from contaminants but will do our best to cater toward you.