

JANKEN LUNCH MENU

GOZEN SET.....

Organic Tofu & Tempeh
w/vegetables 30.0[V]

-crispy pan-fried organic Tofu, Teriyaki
organic Tempeh & grilled seasonal
vegetables w/black sesame Miso sauce

Chan-Chan Garlic Miso Salmon 30.00

-pan-fried Mt Cook Alpine salmon &
vegetables w/JANKEN Chan-Chan garlic
Miso sauce, spring onion

Yakiniku NZ Beef 30.00

-stir fried sliced NZ grass-fed beef &
vegetables w/JANKEN BBQ sauce, spring
onion, roasted sesame

all served with

- organic Miso soup
- 2 kinds of today's
Osozai(small side dish)
- small lunch salad w/JANKEN
organic carrot & Koji(rice
malt) dressing
- Edamame
- Tsukemono(Japanese pickles)
- steamed multi grain rice
- today's sweet treat

*※add Small Sashimi +5.0
Tahini Goma Tofu
+5.0[V]*

HOT POT SET.....

served w/steamed multi-grain rice,
Tsukemono(Japanese pickles),Edamame

Creamy Vegan Hot Pot 25.0[V]
organic Tofu, organic Tempeh, seasonal
vegetables, rice noodles cooked in a
creamy garlic soy milk soup

Seafood Hot Pot 27.0
red prawn, Alpine salmon, today's fish,
seasonal vegetables, rice noodles
cooked in a organic Miso based soup

Free-range Chicken Hot Pot 26.0
free-range chicken, seasonal vegetables,
rice noodles cooked in a Yuzu Shio(salt)
soup

SASHIMI.....

served w/Wasabi

Mt,Cook Alpine Salmon

Ruakaka Kingfish

Today's Market Fish

17.0 6 pieces/34.0 12 pieces
choose your favourite. can be mixed

SUSHI SET.....

served w/organic Miso soup,
Wasabi, pickled ginger

Tofu & Vegetable Sushi
Roll 8 pieces 23.0[V]
pan-fried organic Tofu coated
with Yuzu-pon dressing,
avocado,carrot, cucumber, Daikon
radish,beetroot, red cabbage,
Nori seaweed, Nori salt, sprout
w/JANKEN Yuzu-pon dressing

Salmon Avocado Sushi Roll
8 pieces 26.0
fresh Mt.Cook Alpine Salmon,
avocado, carrot, organic Tamari
roasted seeds, Nori seaweed

[V] vegan

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 towards you.

RICE BOWL.....

served w/multi-grain rice

Tofu Bowl 21.0[V]

pan-fried organic Tofu & mushroom with JANKEN BBQ sauce, fresh vegetables, organic quinoa w/JANKEN organic carrot & Koji dressing, organic Tamari roasted seeds, pickled ginger, Nori seaweed, Edamame

JANKEN-made Vegan Curry Bowl 23.0[V]

Japanese-style curry made from scratch, served with grilled organic Tempeh & seasonal vegetables w/pickled Daikon radish, spring onion, shredded chilli

Teriyaki Free-range

Chicken Bowl 22.0

pan-fried chicken & mushroom with JANKEN Teriyaki sauce, fresh vegetables, organic quinoa w/JANKEN organic carrot & Koji dressing, Nori seaweed, roasted sesame, Edamame

Teriyaki Salmon Bowl 25.0

pan-fried Mt.Cook Alpine salmon & mushroom with Teriyaki sauce, fresh vegetables, organic quinoa w/JANKEN organic carrot & Koji dressing, Nori seaweed, roasted sesame, Edamame

Salmon/Kingfish Sashimi &

Avocado Bowl 25.0

choose your favourite. fresh sliced fish on Sushi rice, avocado, fresh vegetables, organic quinoa w/JANKEN organic carrot & Koji dressing, Nori seaweed, Wasabi, pickled ginger

Spicy Poke Bowl

Vegan 23.0[V]/Sashimi 24.0

spicy vegan mince & Inari Tofu/spicy Sashimi tartare on Sushi rice, avocado, fresh vegetables, organic Tamari roasted seeds, Edamame w/sweet sour dressing, Nori seaweed, pickled ginger

[V] vegan

ONIGIRI SET.....

served w/organic Miso soup, Tsukemono(Japanese pickles), Edamame

Vegan Onigiri[V] 17.0

- Tsukudani mushroom & Kombu kelp
- organic Tamari roasted seeds & Umeboshi paste

Fish & Chicken Onigiri 17.0

- flaked fish (salmon or kingfish)
- Teriyaki free-range chicken

STEAMED BUNS all 14.0 2peices..

Eggplant Steak & Sweet Date

Miso Buns[V]

w/salad, pickled ginger

Chan-Chan Garlic Miso

Organic Tofu Buns[V]

w/salad, carrot, spring onion

Teriyaki Free-range Chicken Buns

w/salad, carrot

add mayonnaise +1.0

SIDE.....

Small Lunch Salad 4.5[V]

w/JANKEN organic carrot & Koji dressing, organic quinoa

Steamed Multi-Grain Rice

4.0[V]

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

Organic Miso Soup 4.0[V]

w/crispy Tofu, spring onion

Edamame 10.0[V]

w/Himalayan pink salt or

Shichimi(Japanese chilli pepper) seasoning