

# JANKEN LUNCH MENU

## GOZEN SET.....

- V GF Shojin Tofu, Temphe & Organic Tahini Goma-Tofu 32.0  
 -crispy pan-fried JANKEN-made organic vege-Tofu coated with organic quinoa puffs & grille orgainc Temphe w/steamed vegetables, JANKEN Shojin sesame Miso sauce  
 -JANKEN made creamy black and white Tahini Goma-Tofu w/sesame soy dressing, organic Tamari roasted seeds, spring onion
- GF Chan-chan Garlic Miso Salmon & Sashimi 32.00  
 -pan-fried Mt Cook Alpine salmon & vegetables w/garlic Miso sauce, spring onion  
 -two kinds of today's fresh market fish Sashimi w/Wasabi
- GF Yakiniku NZ Angus Beef & Kakuni Pork Belly 32.00  
 -stir fried sliced beef & vegetables w/JANKEN BBQ sauce, spring onion, roasted sesame  
 -sweet & tender simmered pork belly in a Teriyaki sauce w/broccoli, Japanese mustard, shredded chilli

All served with/

- today's Sushi roll
- today's Osozai(small side dish)
- small lunch salad w/JANKEN organic carrot & Koji(fermented rice) dressing
- steamed multi-grain rice
- Edamame
- organic Miso soup
- today's sweet treat

## HOT POT SET.....

served w/steamed multi-grain rice, today's Osozai(small side dish)

- V GF Creamy Vegan Hot Pot 25.0  
 organic Tofu, organic Tempeh, seasonal vegetables, rice noodles cooked in a creamy garlic soy milk soup
- GF Seafood Hot Pot 27.0  
 Argentinian prawn, scallops, Alpine salmon, today's fish, seasonal vegetables, rice noodles cooked in a organic Miso based soup
- GF Free-Range Chicken Hot Pot 25.0  
 slow cooked free-range chicken, seasonal vegetables, rice noodles cooked in a light teriyaki soup

## SUSHI SET.....

served w/organic Miso soup

- V GF Vegetable Sushi Roll 16.0  
 avocado, carrot, cucumber, Daikon radish, beetroot, red cabbage, Nori seaweed, Nori seaweed salt, sprout w/pickled ginger, Wasabi
- GF Salmon Sushi Roll 18.0  
 fresh Mt.Cook Alpine Salmon, avocado, carrot, cucumber, Daikon radish, Nori seaweed w/pickled ginger, Wasabi

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 SET.....

served w/multi-grain rice & organic Miso soup

V GF Tofu Bowl 20.0
pan-fried organic Tofu & mushroom with JANKEN BBQ sauce, fresh vegetables, organic quinoa w/JANKEN organic carrot & Koji(fermented rice) dressing, organic Tamari roasted seeds, pickled ginger, Nori seaweed, Edamame

V GF JANKEN-made Vegan Curry Bowl 22.0
Japanese-style curry is made from scratch served with grilled organic Tempeh & seasonal vegetables w/pickled Daikon radish, spring onion, shredded chilli

GF Teriyaki Free-range Chicken Bowl 20.0
pan-fried chicken & mushroom with Teriyaki sauce, fresh vegetables, organic quinoa w/JANKEN organic carrot & Koji(fermented rice) dressing, Nori seaweed, roasted sesame, Edamame

GF Teriyaki Salmon Bowl 24.0
pan-fried Mt.Cook Alpine salmon & mushroom with Teriyaki sauce, fresh vegetables, organic quinoa w/JANKEN organic carrot & Koji(fermented rice) dressing, Nori seaweed, roasted sesame, Edamame

GF Salmon Sashimi & Avocado Bowl 24.0
fresh and flaked Mt Cook Alpine salmon on Sushi rice, avocado, fresh vegetables, organic quinoa w/sesame soy dressing, Wasabi, pickled ginger, Nori seaweed

SASHIMI.....

GF Trio Sashimi
17.0 9 pieces
34.0 18 pieces
three kinds of today's fresh market fish w/fresh vegetables, Wasabi

GF Salmon
16.0 6 pieces
32.0 12 pieces
freshly sliced Mt. Cook Alpine Salmon w/fresh vegetables, Wasabi

STEAMED BUNS all 13.0 2peices....

V Eggplant Steak & Sweet Date Miso w/salad, pickled ginger

V Teriyaki Organic Tofu w/salad, carrot, sprout, ginger

Braised Pork Belly w/salad, carrot, sprout, Japanese mustard

SIDE.....

V GF Small Lunch Salad 4.5 w/JANKEN organic carrot & Koji(fermented rice) dressing, organic quinoa

V GF Steamed Multi-Grain Rice 4.0 w/organic grains such as wild rice, quinoa, sorghum, amaranth

V GF Organic Miso Soup 4.0 w/cricpy Tofu, spring onion

V GF Edamame 9.0 w/Himalayan pink salt or Shichimi(Japanese chilli pepper) seasoning