

JAPANESE

JI
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CUISINE



Tempura 'Dynamite'
Chicken Uramaki Roll



Chilli & Mint Lamb
Deluxe Ramen



Avocado Uramaki Roll



Teriyaki Chicken
Sushi Balls

Vegan Nigiri Platter





Salmon & Mango
Special Uramaki Roll



Tempura 'Dynamite' Chicken



Karaage Chicken Bento



Spicy Miso Tofu
& Vegetable Ramen

Dragon Uramaki Roll



SMALL PLATES

Gohan ^{GF VG} Rice bowl	4.5
Miso Soup (regular or spicy) ^{VGA GF} Traditional Japanese soup with seaweed & spring onion	4.5
Edamame ^{GFA VG} Boiled soy beans. Add chilli garlic + 1.0	7.5
Miso Butter Glazed Sweetcorn Cob ^{VGA GF}	7.5
Kushiage Tofu ^{GFA VG} Grilled tofu with teriyaki or miso sauce. Regular or sesame crusted	8
Agedashi Tofu Deep-fried tofu with spring onion, ginger & sauce	9.5
Inari 2pc ^{VG} Sweet tofu pockets filled with sushi rice, no seaweed	6.5
Yasai Itame ^{GFA VG} Stir-fried teriyaki vegetables	10
Yakitori Skewers 2pc ^{GFA} Grilled skewered chicken with teriyaki or miso sauce	9
Squid Rings Fried panko crumbed squid rings, with traditional Japanese style tartare sauce	11.5
Karaage Chicken Crispy chicken with kewpie mayonnaise or chilli mayonnaise	14
Yaki Gyoza 6pc Pan-fried dumplings filled with chicken & vegetables	11.5
Takoyaki 6pc Octopus balls with jizo mayonnaise, katsu sauce & bonito fish flakes	11
Spring Rolls 10pc ^{VG} Vegetable spring rolls with sweet chilli sauce	10
Tempura Ebi Prawns 3pc Crispy tempura battered prawns with dipping sauce	13
Tempura Vegetables ^{VG} Crispy tempura battered seasonal vegetables with dipping sauce	12
Tempura 'Dynamite' Chicken Crispy fried chicken breast with chilli dipping sauce or sriracha mayo	14

SHARE

Share with 2-3 people

Karaage Chicken, Spring Roll & Teriyaki Chicken or Tofu Sushi Ball	35
Yaki Gyoza, Spring Roll & Kushiage Tofu	30

SALAD

Served with your choice of dressing:
Jizo original, sesame or Jizo mayo

Jizo House Salad <small>GFA VG</small>	17
Mixed leaves, dressed Japanese style slaw, shiso, wasabi kale, toasted nori, avocado & edamame	
Salmon Salad <small>GFA</small>	22
Jizo house salad with raw spicy salmon tartare or sashimi raw salmon	
Spicy Tuna Salad <small>GFA</small>	22
Jizo house salad with raw spicy tuna tartare, kewpie mayonnaise & spring onion tartare with sesame & ginger	
Tofu Salad <small>GFA VG</small>	19
Jizo house salad with fresh, kushiage or sesame crusted tofu	
Spicy Beef Salad	21
Jizo house salad with spicy yakiniku beef	
Teriyaki Chicken Salad	21
Jizo house salad with teriyaki chicken	
Green Salad <small>VG</small>	8.5
Green seaweed salad with seasoned sesame & red ginger	

SASHIMI

Selection of thinly sliced raw fish

Mixed Sashimi Seasonal Fish <small>GFA</small>	9pc 17	17pc 26.5
Salmon Sashimi <small>GFA</small>	8pc 18.5	12pc 27
Salmon & Tuna Sashimi <small>GFA</small>	8pc 18	12pc 26.5

NIGIRI & ABURI

Sushi rice ball topped with raw fish

Salmon Nigiri <small>GFA</small>	2pc 10
Tuna Nigiri <small>GFA</small>	2pc 10
Mixed Nigiri <small>GFA</small>	2pc 10
Salmon Aburi Torched <small>GFA</small>	2pc 10
Tuna Aburi Torched <small>GFA</small>	2pc 10

SASHIMI & NIGIRI

Combination of sashimi & nigiri

Mixed Sashimi 14pc & Nigiri 4pc <small>GFA</small>	30
Salmon Sashimi 10pc & Nigiri 4pc <small>GFA</small>	30
Tuna Sashimi 10pc & Nigiri 4pc <small>GFA</small>	30
Salmon Sashimi 5pc Tuna Sashimi 5pc & Nigiri 4pc <small>GFA</small>	30

V Vegetarian VG Vegan (maybe fried with meat products) VGA Vegan Available
GF Gluten Free GFA Gluten Free Available (mayo & sushi may contain traces of grain vinegar)

SUSHI PLATTER

Combination of sashimi, nigiri & maki sushi roll

Jizo Deluxe Platter <small>GFA</small>	65
Sashimi 11pc, nigiri 6pc, mixed maki sushi roll 12pc & active smoke centre piece	
Salmon Platter <small>GFA</small>	50
Sashimi 8pc, nigiri 6pc, salmon maki roll 6pc & active smoke centre piece	
Tuna Platter <small>GFA</small>	50
Sashimi 8pc, nigiri 6pc, tuna maki roll 6pc & active smoke centre piece	
Salmon & Tuna Platter <small>GFA</small>	50
Sashimi 8pc, nigiri 6pc, salmon maki roll 6pc & active smoke centre piece	
Mixed Platter <small>GFA</small>	40
Mixed nigiri 6pc, mixed maki sushi roll 12pc	

Jizo Deluxe Platter



POKE

Chicken Poke	23
Chicken with avocado, carrot, cucumber, edamame, lettuce, pineapple & rice	
Teriyaki <small>GFA</small> OR Karaage +\$2	
Tofu Poke <small>GFA V</small>	22
Tofu with avocado, carrot, cucumber, edamame, lettuce, pineapple & rice	
Fresh, Kushiage or Sesame Crusted	
Salmon Poke <small>GFA</small>	26
NZ salmon with crab meat, avocado, carrot, cucumber, edamame, lettuce, pineapple & rice	
Raw, Teriyaki or Spicy	
Tuna Poke <small>GFA</small>	26
Tuna with crab meat, avocado, carrot, cucumber, edamame, lettuce, pineapple & rice	
Raw, Teriyaki or Spicy	

Raw Salmon Poke



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(maybe fried with meat products)
VGA Vegan Available GF Gluten Free
GFA Gluten Free Available
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SUSHI BALLS

Small sushi rice balls with teriyaki sauce, avocado mayo, chilli mayo or Japanese style tartare sauce. Make any dish spicy +1.5

Teriyaki Chicken Sushi ^{GFA} With avocado mayonnaise	4pc 9 8pc 14 12pc 19	6pc 11.5 10pc 16.5 14pc 21.5
Teriyaki Tofu Sushi ^{GFA V} With avocado mayonnaise	4pc 9 8pc 14 12pc 19	6pc 11.5 10pc 16.5 14pc 21.5
Teriyaki Salmon Sushi ^{GFA} NZ salmon with tartare sauce topped with chilli flakes	4pc 11 8pc 17 12pc 23	6pc 14 10pc 20 14pc 26
Teriyaki Tuna Sushi ^{GFA} With tartare sauce	4pc 11 8pc 17 12pc 23	6pc 14 10pc 20 14pc 26
Teriyaki Shrimp Sushi ^{GFA} With tartare sauce	4pc 10 8pc 16 12pc 22	6pc 13 10pc 19 14pc 25
Smoked Salmon Sushi ^{GFA} Served cold with avocado & lemon cream cheese	4pc 11 8pc 17 12pc 23	6pc 14 10pc 20 14pc 26
Karaage Chicken Sushi With kewpie mayo or chilli mayo	4pc 10 8pc 16 12pc 22	6pc 13 10pc 19 14pc 25

SUSHI ROLL

Wrapped in seaweed

Vegetable Sushi Roll ^{GFA VG} Avocado, cabbage, cucumber, red capsicum	4pc 8	8pc 13
Shrimp Sushi Roll ^{GFA} Shrimp, avocado, cucumber, kewpie mayonnaise	4pc 8	8pc 13
Raw Salmon Sushi Roll ^{GFA} NZ salmon, avocado, cucumber	4pc 10	8pc 15
Raw Tuna Roll ^{GFA} Tuna, avocado, cucumber	4pc 10	8pc 15
Karaage Chicken Roll Crispy chicken, cabbage, red capsicum, kewpie mayonnaise	4pc 9	8pc 14

TEMAKI ZUSHI

Sushi filled nori seaweed cone

Temaki Raw Salmon <small>GFA</small> NZ salmon, avocado, cucumber	9.5
Temaki Tuna <small>GFA</small> Tuna, avocado, cucumber	9.5
Temaki Shrimp <small>GFA</small> Shrimp, avocado, cucumber, kewpie mayonnaise	8
Temaki Vegetable <small>GFA VG</small> Avocado, cabbage, carrot, cucumber, red capsicum	7
Temaki Karaage Chicken Crispy chicken, cabbage, red capsicum, kewpie mayonnaise	9

URAMAKI ROLL

Inside out sushi roll with seaweed

California Roll 6pc Surimi crab, avocado, cucumber, mayonnaise	10
Dragon Roll 6pc Panko crumbed prawn, avocado, cucumber, mayonnaise, katsu sauce	13
Shrimp Uramaki 6pc <small>GFA</small> Shrimp, avocado, cucumber, kewpie mayonnaise	10
Salmon Uramaki 6pc <small>GFA</small> Raw NZ salmon, avocado, cucumber	12
Teriyaki Chicken Uramaki 6pc <small>GFA</small> Teriyaki chicken, avocado, cucumber	11
Tempura 'Dynamite' Chicken Roll 4pc Crispy tempura breast, sriracha mayo, cucumber, avocado & chives with chilli pipette	13
Avocado & Cucumber Uramaki 6pc <small>GFA VG</small> Sesame, ginger & wasabi	9
Spring Roll Uramaki 6pc <small>VG</small> With sweet chilli sauce	9
Salmon & Mango Special Roll 8pc Raw NZ salmon, cream cheese, avocado & mango roll	15.5



Salmon &
Mango Special
Uramaki Roll

HOSOMAKI ROLL

Small sushi roll with seaweed

Kappa Maki 6pc <small>6pc GFA VG</small> Cucumber sushi	6.5
Avocado Maki 6pc <small>GFA VG</small> Avocado sushi	7
Salmon Maki 6pc <small>GFA</small> Raw NZ salmon sushi	8.5
Tekka Maki 6pc <small>GFA</small> Raw tuna sushi	8.5

DONBURI

Served on rice. Make any dish spicy + 1.5

Yakiniku Beef Don <small>GFA</small> Grilled beef, onion, yakiniku sauce. Add vegetables +4	sml 15	lrg 18
Yasai Itame Don <small>GFA VG</small> Teriyaki vegetables	sml 14	lrg 17
Teriyaki Chicken Don <small>GFA</small> Grilled chicken with stir fried vegetables		22
Miso Chicken Don Grilled chicken, stir fried vegetables with miso sauce		22
Teriyaki Tofu Don <small>GFA VG</small> Deep fried tofu & vegetables		20
Miso Tofu Don <small>VG GF</small> Deep fried tofu, vegetables with miso sauce		20
Teriyaki Prawn & Vegetable Don <small>GFA</small> Pan-fried shrimp, seasonal greens & vegetables		22
Chicken Katsu Don Deep fried panko crumbed chicken breast, egg, onion		20
Pork Katsu Don Deep fried panko crumbed pork, egg, onion		20

UDON NOODLES

Thick wheat noodles. Make any dish spicy + 1.5

Tori Vegetable Udon Chicken & vegetables noodle soup	19.5
Curry Udon <small>VGA</small> Noodle soup with chicken or vegetable curry	18
Fried Chicken Udon Pan fried chicken with vegetables & noodles	19.5
Fried Beef Udon Pan fried beef with vegetables & noodles	19.5
Fried Prawn Udon Pan-fried shrimp, vegetables, edamame & noodles	18
Fried Vegetable Udon <small>VG</small> Pan fried vegetables & noodles	18
Spicy Miso Udon Spicy miso based noodle soup with tofu & vegetables	18.5

RAMEN NOODLES

Thin wheat noodles with a rich paitan soup or spicy miso.
Served with seasonal greens, spring onion & Jizo ramen egg

Yakiniku Beef Grilled beef & onion in yakiniku sauce	24
Teriyaki Chicken Grilled chicken in teriyaki sauce	24
Chashu Pork Sous vide marinated pork belly with vegetables	24
Chilli & Mint Lamb Deluxe Marinated pulled lamb, garlic greens, shiitake mushrooms	28
Ribeye Deluxe Chilled medium-rare marinated Ribeye beef, miso glazed corn cob, onions, shiitake mushroom & broccolini	28
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Thin wheat noodles with rich shoyu & miso or spicy miso.	
Yasai Itame <small>VG</small> Stir fried seasonal vegetables	21
Shiitake & Edamame <small>VG</small> Sliced shiitake mushrooms, edamame & mung beans	21
Spicy Miso Tofu & Vegetable <small>VG</small> Stir fried vegetables with fresh tofu	21
Vegetarian Deluxe <small>VG</small> Corn cob, grilled eggplant, broccolini, seasonal greens, crispy fried shallots & marinated bamboo shoots	23

KATSU & TERIYAKI MAINS

All meals come with Jizo original dressed salad, coleslaw & rice

Teriyaki Chicken ^{GFA} Grilled chicken in teriyaki sauce	23
Yakiniku Beef ^{GFA} Grilled beef & onion in yakiniku sauce	23
Teriyaki Salmon ^{GFA} Grilled salmon in teriyaki sauce	25
Karaage Chicken Crispy chicken pieces with Japanese mayonnaise	24
Vegetable Katsu ^v Panko crumbed pumpkin, mushroom & seasonal vegetable with katsu sauce	22
Chicken Katsu Sesame crumbed chicken breast with katsu sauce	24
Tonkatsu Panko crumbed pork with katsu sauce	24
Jizo Deluxe Katsu Panko crumbed chicken, pork & vegetables with katsu sauce	25
Mixed Seafood Katsu Panko crumbed prawn, market fish, mussels & squid with Japanese style tartare sauce	25
Salmon Katsu Sesame crumbed NZ salmon, cucumber & ponzu pickle with tartare sauce	28
Beef Sirloin Katsu Sesame crumbed pepper sirloin steak with demi-glaze	28

BENTO

Set menu box with miso soup, rice, mixed salad, Jizo coleslaw

Teriyaki Bento ^{GFA} Choice of teriyaki chicken, yakiniku beef or teriyaki salmon, kushiage tofu & avocado uramaki	28
Katsu Bento Choice of panko crumbed chicken breast or pork, spring rolls & salmon uramaki	28
Karaage Bento Crispy chicken, spring rolls & avocado uramaki	29
Sashimi Bento Mixed sashimi, takoyaki & salmon uramaki	29.5
Yasai Itame Bento ^{GFA VG} Vegan stir-fried vegetables, edamame, avocado uramaki & Japanese vegetable miso soup	27

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JAPANESE CURRY

Vegetable Curry ^{VG} On rice	sml 15	lrg 17.5
Chicken Curry On rice	sml 16	lrg 19
Chicken Katsu Curry Panko crumbed chicken breast, chicken curry & rice	sml 18	lrg 22
Pork Katsu Curry Panko crumbed pork, chicken curry & rice	sml 18	lrg 22
Karaage Chicken Curry Crispy chicken, chicken curry & rice	sml 19	lrg 23
Yasai Itame Vegetable Curry ^{VG} Stir fry vegetables with curry & rice	sml 16	lrg 18.5
Teriyaki Tofu Curry ^{VG} Teriyaki kushiage tofu, vegetable curry & rice	sml 17	lrg 21
Vegetable Katsu Curry ^V Panko crumbed pumpkin, mushroom & seasonal vegetables, vegetable curry & rice	sml 17	lrg 21

DESSERT

Japanese Mochi 9.5
Sticky rice dumpling with sweet ice cream filling

- Vanilla ^{3pc}
- Green Tea ^{3pc}
- Mango ^{3pc}



Vanilla Japanese
Mochi Dessert

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