

VEGAN SUSHI

100% plant-based options

Teriyaki Tofu Balls ^{GFA} With avocado crush or vegan avocado mayo & chilli	4pc 9 8pc 14 12pc 19	6pc 11.5 10pc 16.5 14pc 21.5
Vegetable Sushi Roll ^{GFA} Carrot, cucumber, avocado & cabbage roll with ginger & wasabi	4pc 8	8pc 13
Avocado & Cucumber Uramaki ^{GFA} Inside out sushi roll with sesame, ginger & wasabi		6pc 9
Spring Roll Uramaki With sweet chilli sauce		6pc 9
Temaki Vegetable ^{GFA} Avocado, cabbage, carrot, cucumber & red capsicum		7
Hosomaki Kappa Maki ^{GFA} Small cucumber sushi roll		6.5
Hosomaki Avocado Maki ^{GFA} Small avocado sushi roll		7
Inari 2pc Sweet tofu pockets filled with sushi rice, no seaweed		6.5
Nigiri Platter ^{GFA} 10 Pieces of mixed vegan nigiri, sushi rice topped with grilled pumpkin, shitake mushroom & inari tofu		28

VEGAN CURRIES

Mixed Vegetable Curry & Rice	sml 15	lrg 17.5
Yasai Itame Curry & Rice	sml 16	lrg 18.5
Teriyaki Tofu Curry & Rice	sml 17	lrg 21

KETO SUSHI

Made to order using cauliflower 'rice' & cream cheese
in place of regular rice

Raw Salmon Roll ^{GFA} NZ salmon, avocado, cucumber 4pc cal 214 / carb 3.55g / fat 15.95g / prot 13.5g 8pc cal 428 / carb 7.1g / fat 31.9g / prot 27g	4pc 11	8pc 16
Veggie Roll ^{GFA} Red capsicum, cabbage, takuan (pickled daikon), avocado, cucumber & kewpie mayonnaise 4pc cal 115.5 / carb 5.5g / fat 9.3g / prot 2.15g 8pc cal 231 / carb 11g / fat 18.6g / prot 4.3g	4pc 9.5	8pc 14
Grilled Chicken Roll ^{GFA} Grilled chicken breast, cabbage, red capsicum pepper & kewpie mayonnaise 4pc cal 151.5 / carb 4.65g / fat 10.2g / prot 11.55g 8pc cal 303 / carb 9.3g / fat 20.4g / prot 23.1g	4pc 10.5	8pc 15
Keto Bento Box ^{GFA} Jizo mixed salad, edamame beans, ramen egg on cauliflower rice, cauliflower avocado sushi with either mixed sashimi selection or yasai itame (stir fried vegetables) cal 428 / carb 7.1g / fat 31.9g / prot 27g		28

VEGAN SMALL PLATES

100% plant-based options

Miso Soup ^{GF} Traditional Japanese vegetable soup	4.5
Edamame ^{GFA} Boiled soy beans. Add chilli garlic + 0.50c	7.5
Miso Glazed Sweetcorn Cob ^{GF}	7.5
Spring Rolls 10pc Vegetable spring rolls with sweet chilli sauce	10
Kushiage Tofu ^{GFA} Grilled tofu with teriyaki or miso sauce. Regular or sesame crusted	8
Tempura Vegetables Crispy tempura battered thinly cut seasonal vegetables with dipping sauce	12
Karaage Entree With mayonnaise or garlic aioli	14
Yasai Itame ^{GFA} Stir-fried teriyaki vegetables	10
Green Salad Green seaweed salad with seasoned sesame & red ginger	8.5

VEGAN MAINS

Jizo House Salad ^{GFA} Mixed leaves, dressed Japanese style slaw, shiso, wasabi kale, toasted nori, avocado & edamame	17
Tofu Salad ^{GFA} Jizo house salad with fresh, kushiage or sesame crusted tofu	19
Tofu Poke ^{GFA} Tofu, avocado, carrot, cucumber, edamame, lettuce, pineapple & rice Fresh, Kushiage or Sesame Crusted	22
Karaage Main With quinoa rice, dressed avocado salad & garlic aioli	24
Yasai Itame Bento ^{GFA} Stir-fried vegetables, edamame, avocado uramaki & Japanese vegetable miso soup	27

VEGAN RAMEN / UDON

Served with either ramen noodles or udon noodles

Yasai Itame Stir fried vegetables in rich shoyu & miso broth	21
Shiitake & Edamame Sliced shiitake mushrooms, edamame & mung beans	21
Spicy Miso Tofu & Vegetable Stir fried vegetables with fresh tofu	21
Vegetarian Deluxe Corn cob, grilled eggplant, broccolini, seasonal greens, crispy fried shallots & marinated bamboo shoots	23

VEGAN DONBURI

Served on rice. Make any dish spicy + 1.50

Miso Tofu Don ^{GF} Deep fried tofu, vegetables & miso sauce	20
Teriyaki Tofu Don ^{GFA} Deep fried tofu & vegetables	20
Yasai Itame Don ^{GFA} Teriyaki vegetables	sml 14 lrg 17