



LUNCH MENU

JIZAKANA TEISHOKU

Teishoku is a traditional Japanese home style meal, served on small plates.

Here, we introduce popular Teishoku of our time.

Keeping the basic style of rice, soup and side dishes, the menu of side dishes has come to be of great variety, both eastern and western style.

1. TERIYAKI SALMON (gf/df)(A)	42
2. TERIYAKI CHICKEN (gf/df)	32
3. TERIYAKI SABA (gf/df)(I) grilled mackerel	34
4. CHICKEN KATSU (df)	32
5. SASHIMI 8PCS (gf/df)(M) 4 variation of fish	42
6. UNAGI KABAYAKI (df)(I) grilled eel	39
7. MIXED TEMPURA (ve/df)(I) prawn & vegetables	34
8. BEEF SUKIYAKI (df) Japanese beef hot pot	37
9. TOFU SUKIYAKI (df) Japanese tofu hot pot	33
10. MISO EGGPLANT (gf/df)	32

* ADD CHAWANMUSHI +\$5

silky smooth egg custard

* All Teishoku are served with rice and miso soup. Miso soup is not included with Sukiyaki.

* Rice can be substituted with salad upon request.

** Please inform staff for all allergies and dietary. Not all ingredients are listed.*

(v) vegetarian (ve) vegan (df) dairy free (gf) gluten free | (A) Australian (I) Imported (M) Mixed origin



JIZAKANA
JAPANESE RESTAURANT

MENU | ALL DAY

APPETIZER

前菜 | ぜんさい

1. CHAWAN-MUSHI ADD ON - IKURA \$6 / UNI \$9 (v/df)(A)	10
organic egg, prawn meat, shitake mushroom & chive	
2. LOTUS ROOT CHIPS (ve/gf/df)	8
3. TRUFFLE EDAMAME (ve/gf/df)	10
orange zest & truffle oil	
4. SPICY EDAMAME (ve/gf/df)	10
chilli, garlic & sesame seed	
5. FRESH OYSTER 1PC (df)(A)	6
ponzu, finger lime & chive	
6. DEEP FRIED OYSTERS 2PCS (df)(A)	12
tasmanian pacific oyster, tartar sauce & lemon	
7. AGEDASHI TOFU (v/gf/df)	16
crispy bean curd, shallot, dashi & sweet soft shitake mushrooms	
8. SHIO KOMBU BUTTER SCALLOPS 2PCS (gf)(I)	16
grilled scallops, shio kombu & soy sauce	
9. SHIITAKE MUSHROOM & PRAWN TEMPURA 2PCS (df)(I)	16
prawn stuffed shiitake mushroom	
10. SASHIMI TACO 2PCS (gf/df)(M)	19
assorted sashimi, spicy mayo, crunch rice cracker, rump fish roe & shio kombu	

SALAD

サラダ

1. AVOCADO AND TOMATO (ve/df)	18
with yuzu dressing dressing & crunch batter	
2. SOFT SHELL CRAB SALAD (df)(I)	24
with wasabi dressing, crunch sweet potato & tomato	

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RAW

鮮菜 | せんさい

- | | |
|---|----|
| 1. KINGFISH LIME (gf/df)(A)
finger lime & kombu dressing | 29 |
| 2. WAGYU TATAKI (df)
9+rump cap, ponzu sauce & radish | 30 |
| 3. YUZU NANBAN ASSORTED SASHIMI ZUKE (gf/df)(M)
chef's assorted sashimi, yuzu ponzu sauce, ikura & avruga caviar | 32 |

SASHIMI

刺身 | さしみ

- | | |
|--|----|
| 1. TUNA & SALMON SASHIMI 10PCS (gf/df)(A) | 40 |
| 2. ASSORTED SASHIMI SMALL 12PCS (gf/df)(M)
4 variation of daily fish | 42 |
| 3. ASSORTED SASHIMI MEDIUM 18PCS (gf/df)(M)
6 variation of daily fish | 63 |
| 4. ASSORTED SASHIMI LARGE 28PCS (gf/df)(M)
8 variation of daily fish with scallop | 98 |

SUSHI

寿司 | すし

- | | |
|---|-------|
| 1. ABURI SUSHI 6PCS/10PCS (gf/df)(A)
3 variation of daily grilled fish | 28/45 |
| 2. ASSORTED SUSHI SMALL 8PCS (gf/df)(M)
4 variations of daily fish | 36 |
| 3. ASSORTED SUSHI MEDIUM 12PCS (gf/df)(M)
6 variations of daily fish | 58 |
| 4. ASSORTED SUSHI LARGE 18PCS (gf/df)(M)
9 variations of daily fish | 84 |

JIZAKANA SPECIAL

CHEF'S SELECTION FISH OF DAY

1. SPECIAL SUSHI FOR 2 16PCS (gf/df)(M) chef's selection of fish with toro, scampi & uni	130
2. SPECIAL SASHIMI FOR 2 22PCS (gf/df)(M) chef's selection of fish with toro, scampi & uni	140
3. SPECIAL SUSHI & SASHIMI FOR 2 20PCS (gf/df)(M) chef's selection of fish with toro, scampi & uni	150
4. SUSHI PLATTER FOR 3 27PCS (gf/df)(M) assorted sushi with scallop & toro	150
5. SASHIMI PLATTER FOR 3 39PCS (gf/df)(M) assorted sashimi with scampi, scallop & uni	172
6. "1 METRE" SASHIMI PLATTER 80PCS (gf/df)(M) chef's selection of fish with toro, scampi & uni <i>*Pre-order minimum 1day in advance</i>	350
7. LOBSTER SASHIMI(PER KG) WITH LOBSTER MISO SOUPS (gf/df)(A) <i>*Pre-order minimum 2days in advance</i>	260
8. GRILLED TUNA HEAD (MAGURO NO KABUTOYAKI) (gf/df)(A) <i>*Pre-order minimum 1day in advance</i>	120

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ROLLS

巻き物 | まきもの

1. SALMON & AVOCADO ROLL (gf/df)(A)	20
2. SPICY TUNA ROLL (gf/df)(A) fresh tuna, cucumber, radish pickle, spicy sauce & crunch batter	25
3. LOCAL GRILLED SALMON ROLL (gf/df)(M) grilled salmon, avocado & blue swimmer crab meat	29
4. CRUNCH PRAWN TEMPURA ROLL (df)(I) prawn tempura, avocado with mayo sauce & crunchy flake	27
5. SOFT SHELL CRAB ROLL (gf/df)(I) deep-fried soft-shell crab, avocado & cucumber	25
6. VOLCANO SCALLOP ROLL (gf/df)(I) scallop, blue swimmer crab meat , avocado & cucumber	30
7. VEGE TEMPURA ROLL (df) okra, pumpkin, sweet potato & avocado	23

TEMPURA

天麩羅 | てんぷら

1. MIX VEGGIE TEMPURA 6PCS (ve/df)	23
2. PRAWN TEMPURA 5PCS (df)(I)	25
3. WHITING FISH TEMPURA 6PCS (df)(A)	25
4. WHOLE ANAGO (SEE EEL) TEMPURA (df)(I)	28
5. PRAWN & VEGGIE TEMPURA 7PCS (df)(I)	29
6. TEMPURA PLATTER (df)(M) 3 prawns, 3 whiting fish, 4-5 seasonal veggies & half-piece anago	53

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1. PORK BUNS 2PCS (df)	21
slow cooked pork belly in bao buns	
2. MISO EGGPLANT (ve/gf/df)	22
aka miso, chives & arare rice cracker bits	
3. BAKED TRUFFLE CABBAGE (ve/df)	21
baked cabbage, truffle oil, ponzu & crunch sweet potato	
4. BAKED BROCCOLINI (ve/gf/df)	23
with pine nut & lemon	
5. CHARGRILLED OCTOPUS (gf/df)(A)	38
slow cooked octopus, aka miso, fennel pickle & lemon zest	
6. TOFU SUKIYAKI (v/df)	28
cabbage, shiitake mushroom served with soft egg & steam rice	
7. BEEF SUKIYAKI (df)	32
cabbage, shiitake mushroom served with soft egg & steam rice	
8. CAULIFLOWER KARAAGE (df)	22
romesco sauce, black tenkasu & soy sauce marinated cauliflower	
9. CRISPY KARRAGE CHICKEN (df)	27
mayo & house made spicy mayo	
10. POPCORN LOBSTER (df)(I)	39
fermented spicy mayo & leek	
11. GRILLED FISH COLLAR 2PCS (gf/df)(A)	20/28
dry aged salmon / kingfish collar	
12. GRILLED KING PRAWNS 5PCS (gf/df)(A)	58
large king prawns with shio kombu, garlic herb butter and teriyaki glazed soft shiitake mushrooms & lemon	

ROBATA GRILL

炉端焼き | ろばたやき

1. UNAGI KABAYAKI (df)(I)	35
whole unagi, japanese cucumber salad, egg flakes, pickled ginger & nori	
2. TERIYAKI SALMON STEAK (gf/df)(A)	42
daikon oroshi, shallot & sesame seed	
3. SAIKYO MISO CURED BLACK COD (gf/df)(I)	47
saikyo miso marinated black cod, capsicum, white radish & caramelised white miso sauce	
4. MB9+ WAGYU STEAK 200g	65
MB score 9+ with bone marrow, wasabi, garlic purée & ponzu	

DINNEER ONLY

ROBATA YAKITORI

炉端焼鳥 | ろばたやきとり

CHARCOAL GRILLED SKEWER (EACH SERVING CONTAINS 2 SKEWERS)

1. CHICKEN THIGH (df)	13/14
salt or tare(house made sweet soy)	
2. PORK BELLY (df)	16/17
salt, miso or spicy miso	
3. MISO EGGPLANT (df)	12
miso or spicy miso	
4. WAGYU BEEF (df)	18/19
salt or tare(house made sweet soy)	

EXTRAS

お碗 | おわん

1. MISO SOUP (v/gf/df)	5
2. STEAM RICE (ve/gf/df)	5

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