

SUSHI MENU

MAKI SUSHI

thick roll 8pc

CHICKEN

Teriyaki chicken & vegetable	8.00
Satay chicken & vegetable	8.00
Sweet chilli chicken & vegetable	8.00
Crispy chicken with lettuce & mayo	8.00
add avocado	0.50

SALMON

gf California style inside-out roll	8.00
gf Fresh salmon & vegetables	8.00
gf Smoked salmon & vegetables	8.00
add avocado	0.50

TUNA

gf Cooked tuna & vegetables	8.00
gf Fresh tuna & vegetables	10.50
add avocado	0.50

TEMPURA

Prawn tempura with avocado 10pc	12.00
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VEGETABLE

v Avocado, pepper, carrot & cucumber	7.50
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CREAM CHEESE & AVOCADO

Smoked chicken	8.50
Crispy chicken	8.50
Teriyaki chicken	8.50
Fresh salmon	8.50
Smoked salmon	8.50
v Vegetables	8.00

HOSOMAKI

single filling thin roll 6pc

Crispy chicken	4.60
Teriyaki chicken	4.60
gf Fresh salmon	4.60
gf Cooked tuna with mayo	4.60
gf Fresh tuna	5.60
gf Cucumber	4.60
gf Avocado	4.60

INADI SUSHI

v Tofu pockets filled with sushi rice 2pc	4.00
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SPECIALS

gf OSHIZUSHI	4.60
layers of salmon avocado and rice 4pc	
SALMON ABURI NIGIRI	10.80
lightly torched salmon with mayo and tare sauce 4pc	

GUNKAN

'gunboat' 4pc
rice and tempura bits wrapped in nori

Spicy salmon	8.50
Spicy tuna	9.50

ONIGIRI

rice balls 2pc

Teriyaki chicken & avo	4.60
gf Salmon & avocado	4.60
Crispy chicken & mayo	4.60
gf Cooked tuna	4.60
v Vegetarian	4.60
Salted Salmon	5.60

MIXED PLATTERS

SUSHI LUNCH BOX 11.00

3pc sushi roll, inari, onigiri, ebi nigiri & 2pc hosomaki

gf SALMON PLATTER 13.00

3pc salmon roll, 4pc salmon hosomaki, salmon nigiri & 3pc salmon sashimi

v VEGETARIAN PLATTER 10.50

3pc vegetarian sushi, inari, avocado nigiri & 4pc hosomaki

PARTY PLATTER 40PC 44.00

SASHIMI

slices of raw fish

	half	whole
	7pc	12pc
gf All Salmon	11.50	20.00
gf All Tuna	13.00	22.00
gf Salmon & Tuna	12.00	21.00
gf Salmon, Tuna & White fish	10.50	17.00

NIGIRI

chosen topping on a ball of rice 4pc

gf Ebi <i>prawn</i>	8.00
gf Ika <i>squid</i>	8.00
gf Maguro <i>tuna</i>	9.90
gf Salmon	8.00
gf Tako <i>octopus</i>	8.00
Tamago <i>egg</i> 6pc	8.00
Unagi <i>eel</i>	10.00
gf White fish	8.00

MIXED NIGIRI

SMALL NIGIRI PLATTER 5pc comb 10.00

LARGE NIGIRI PLATTER 8pc comb 15.00

SUMO NIGIRI PLATTER 20pc comb 38.00

LUNCH MENU

ZENSAI

starters

✓	AGE GYOZA <i>fried dumplings</i>	7.50
✓	AGEDASHI TOFU	7.50
✓	EDAMAME <i>boiled soybeans</i>	6.50
✓	SPRING ROLLS	7.00
	TAKOYAKI <i>octopus balls</i>	7.50
	KARAAGE <i>chicken nuggets</i>	8.50
gf	YAKITORI <i>grilled chicken kebabs</i>	8.00

TEMPURA

✓	KAKIAGE <i>thinly cut vegetable tempura</i>	8.50
	TEMPURA PRAWN 2PC	7.50
	TEMPURA PRAWN 5PC	17.50

FUKUSAI

side dishes

✓	GOHAN <i>plain rice</i>	2.00
	MISO SOUP	2.00
✓	VEGETABLE SOUP	2.00
✓	SIDE SALAD	6.00
✓	GOMA WAKAME <i>seaweed salad</i>	6.50
✓	YASAI ITAME <i>stir fried vegetables</i>	6.00

SADADA

mixed green salads with Jitsu's special dressing

gf	GRILLED CHICKEN <i>regular or spicy</i>	12.00
	CHICKEN KATSU <i>BBQ or spicy sauce</i>	12.00
	CHICKEN TERIYAKI	12.00
	SALMON SASHIMI	13.50
✓	TOFU <i>fresh or spicy furai</i>	12.00
	add extra avocado to salad	3.50

CURRY

mild Japanese curry with rice and miso soup
curry base contains milk/cheese and peanuts

	CHICKEN CURRY	13.00
	CHICKEN KATSU CURRY	13.50
	EBI FURAI CURRY <i>prawn</i>	15.00
	TOFU FURAI CURRY	13.00
	VEGETABLE CURRY	11.00
	PLAIN CURRY <i>small bowl</i>	6.00

DONBURI

Rice bowls topped with your choice of main and miso soup

	BEEF YAKINIKU	13.00
	GRILLED CHICKEN <i>regular or spicy</i>	13.00
	CHICKEN KATSU <i>BBQ or spicy sauce</i>	13.00
	CHICKEN TERIYAKI	13.00
	FISH <i>teriyaki or butteryaki sauce</i>	13.00
✓	KAKIAGE DON	13.00
	PORK CHASU <i>slices of pork with mayo</i>	13.00
	TENDON <i>tempura prawn and kaki age</i>	15.00

BENTO BOX

Choice of main, rice, assorted sides, pickled vegetables and miso soup

	KARAAGE <i>chicken nuggets</i>	16.00
	SALMON SASHIMI	17.00
	SAKANA FURAI <i>BBQ, spicy or tartare</i>	16.00
	SEAFOOD FURAI <i>BBQ, spicy or tartare</i>	16.00
	TEMPURA <i>mixed</i>	16.00
✓	TOFU <i>teriyaki or spicy furai</i>	16.00
✓	VEGETABLE <i>teriyaki with tofu</i>	16.00

EXTRA SERVING

✓	AVOCADO	3.50
	MEAT	5.00
✓	TOFU	2.00
✓	EGG	2.50

✓ vegetarian

✓* can be made vegetarian

gf can be made gluten free

Please inform waitstaff of any allergies or dietary restrictions and we will try to accommodate.

NOODLE SOUPS

13.00

CHOOSE YOUR NOODLE TYPE

RAMEN

thin egg noodle

UDON v

thick wheat noodle

CHOOSE YOUR SOUP FLAVOUR

CURRY

*mild Japanese curry
contains milk/cheese and peanuts*

MISO v*

soybean flavour

SHOYU v*

soy flavour

TONKOTSU

pork flavour

CHOOSE YOUR TOPPING

*comes with bean sprouts, egg, spring onions,
sesame seeds and a hint of heat*

BEEF

CHICKEN

PORK

SEAFOOD

fish cakes

TOFU & DUMPLINGS v

no egg



not spicy



medium spicy



very spicy

EXTRA SERVING

NOODLES	2.50
EGG	2.50
TOPPINGS	4.00
RICE	2.00

v vegetarian

v* can be made vegetarian

gf can be made gluten free

VEGAN LUNCH MENU

MAKI SUSHI

thick roll 8pc

gf VEGETABLE carrot, cucumber & pepper 8.00

HOSOMAKI

single filling thin roll 6pc

gf AVOCADO 5.00

gf CARROT 5.00

gf CAPSICUM 5.00

gf CUCUMBER 5.00

INARI SUSHI

TOFU POCKETS filled with sushi rice 2pc 5.00

ONIGIRI

gf VEGETARIAN rice balls 2pc 5.00

MIXED PLATTER

VEGAN PLATTER 12.00

3pc vegetable sushi, inari, vegetable riceball & 4pc hosomaki

ZENZAI

starter

AGEDASHI TOFU deep fried tofu 7.50

gf EDAMAME boiled soybeans 6.50

GYOZA FRIED or STEAMED 7.50

GOMA WAKAME seaweed salad 6.50

SPRING ROLLS 7.50

gf SPICY TOFU PIRIKARA 7.50

pan fried tofu with chilli flakes

TEMPURA

KAKIAGE thinly cut vegetables 8.50

SARADA

special salads of tossed greens garnished with almonds, toasted nori, mandarin & Jitsu's salad dressing

TOFU FRESH or SPICY TOFU FURAI 13.00

VEGAN MEAT 14.50

gf Grilled regular or spicy

Katsu bbq, spicy or plain

Teriyaki

YAKIUDON

stir-fried udon noodles with vegetables

TOFU or PLAIN 12.00

VEGAN MEAT 14.00

YASAI ITAME

stir-fried vegetables

gf TOFU or PLAIN 12.00

gf VEGAN MEAT 13.00

JITSU PLATE

vegan meat or tofu on rice with side salad served with vegetable soup.

TOFU TERIYAKI or SPICY TOFU FURAI 13.50

VEGAN MEAT 15.00

gf Grilled regular or spicy

Katsu bbq, spicy or plain

Teriyaki with mushrooms

JITSU BENTO

traditional Japanese boxed lunches with multiple compartments your choice of main served with plain rice, Japanese style pickled vegetables, agemono (fried sides) & vegetable soup

KAKIAGE TEMPURA 14.50

TOFU TERIYAKI or SPICY TOFU FURAI 15.50

VEGAN MEAT 17.50

Grilled regular or spicy

Katsu bbq, spicy or plain

Teriyaki with mushrooms

VEGETABLE TERIYAKI plain or with tofu 14.50

DONBURI

rice bowls topped with your choice of main served with vegetable soup

KAKIAGEDON 13.00

TOFU TERIYAKI or SPICY TOFU FURAI 13.00

VEGAN MEAT 15.00

gf Grilled regular or spicy

Katsu bbq, spicy or plain

Teriyaki with mushrooms

add extra vegan meat to donburi 5.00

VEGAN CURRY

served with rice and vegetable soup

KAKIAGE thinly cut vegetables 13.00

TOFU FURAI 13.00

VEGAN MEAT 15.00

KATSU VEGAN MEAT 15.50

add extra meat to donburi 5.00

UDON NOODLE SOUP

udon (thick wheat noodle) with shoyu (soy sauce base)

AGE GYOZA AND TOFU 12.50

KAKIAGE VEGETABLE TEMPURA 13.50

gf VEGAN MEAT 14.50

BYO (bottled wine only - 1 bottle between 2 people)

service charge 5.00

gf can be made gluten free