

LUNCH MENU

ZENSAI

starters

v AGEDASHI TOFU <i>deep fried tofu</i>	7.50
EBI TAMAGO TOJI <i>tempura prawns simmered in egg & onion</i>	8.50
v EDAMAME <i>boiled soybeans</i>	6.50
GYOZA <i>fried or steamed</i>	7.50
KUSHI KATSU <i>crumbed chicken kebabs</i>	8.50
v NATTO ISOBE AGE <i>tempura fried fermented soybean in nori</i>	8.00
NATTO MAGURO FRESH TUNA <i>fermented soybean & raw egg yolk</i>	9.50
NATTO SALMON SALMON <i>fermented soybean & raw egg yolk</i>	9.50
v GOMA WAKAME <i>seaweed salad</i>	6.50
v SPRING ROLLS	7.50
TAKOYAKI <i>octopus balls</i>	7.50
TEBASAKI <i>chicken wings</i>	9.00
gf SPICY TOFU PIRIKARA <i>pan fried tofu with chilli sauce</i>	7.50
KARA-AGE <i>chicken nuggets, with mayo & tomato sauce</i>	9.50
gf YAKITORI <i>grilled chicken kebabs</i>	9.00

TEMPURA

EBI <i>prawn 2PC</i>	7.50
EBI <i>prawn 5PC</i>	17.50
v KAKIAGE <i>thinly cut vegetable tempura</i>	8.50
MIXED <i>prawn, fish & vegetable</i>	9.00

SARADA

salad of mixed greens with Jitsu's special dressing

gf BEEF TATAKI <i>lightly seared beef</i>	13.00
gf CHICKEN GRILLED <i>regular or spicy</i>	13.00
CHICKEN KATSU <i>BBQ or spicy sauce</i>	13.00
CHICKEN TERIYAKI	13.00
gf SPICY MIXED SASHIMI	13.50
gf SPICY SALMON SASHIMI	14.50
v TOFU <i>fresh or spicy furai</i>	13.00

JITSU PLATE

meat, seafood or tofu with rice, side salad & miso soup

gf CHICKEN GRILLED <i>regular or spicy</i>	14.00
CHICKEN KATSU <i>BBQ or spicy sauce</i>	14.00
CHICKEN TERIYAKI <i>with mushrooms</i>	14.00
FISH BUTTERYAKI <i>or FISH TERIYAKI</i>	14.00
gf PRAWN KEBABS <i>spicy or regular</i>	15.00
gf SALMON STEAK <i>(will have pin bones)</i>	15.00
gf SIRLOIN STEAK	15.00
TOFU <i>teriyaki or spicy furai</i>	13.50

DONBURI

rice bowls topped with your choice of main and miso soup

BEEF YAKINIKU <i>with onions</i>	13.00
gf GRILLED CHICKEN <i>regular or spicy</i>	13.00
CHICKEN KATSU <i>BBQ or spicy sauce</i>	13.00
CHICKEN TERIYAKI <i>with mushrooms</i>	13.00
v KAKIAGE DON	13.00
KATSUDON	13.00
OYAKODON <i>chicken, egg & onion</i>	13.00
TENDON <i>tempura prawn and kaki age</i>	15.00
ADD EXTRA MEAT TO DONBURI	5.00

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

BENTO BOX

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

BEEF YAKINIKU <i>beef strips</i>	15.50
BUTA SHOGAYAKI <i>pork in ginger</i>	15.50
CHICKEN KARAAGE <i>chicken nuggets</i>	15.50
CHICKEN TERIYAKI <i>with mushrooms</i>	15.50
FISH TERIYAKI	15.50
SASHIMI MIXED	16.50
SASHIMI SALMON	17.00
SEAFOOD FURAI	16.00
SQUID BUTTERYAKI <i>butter & garlic</i>	15.50
TEMPURA <i>mixed</i>	16.00
v TOFU <i>teriyaki or spicy furai</i>	15.50
v VEGETABLE <i>teriyaki plain or with tofu</i>	14.50

CURRY

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

	med	large
CHICKEN CURRY	9.00	14.00
CHICKEN KATSU CURRY	10.00	14.50
EBI FURAI CURRY <i>prawn</i>	11.00	16.00
TOFU FURAI CURRY	9.00	13.00
VEGETABLE CURRY	8.00	11.00
PLAIN CURRY <i>small bowl</i>	4.00	

NOODLE SOUP

udon (thick wheat noodle) or ramen (thin egg noodle)

CHASHU MEN <i>with pork slices</i>	12.50
CURRY UDON/RAMEN <i>with chicken</i>	12.50
SEAFOOD UDON/RAMEN	12.50
TEMPURA NABE UDON <i>prawn & vegetable tempura with tofu & egg in a hot pot</i>	14.00
TEMPURA UDON/RAMEN <i>with prawn & vegetable</i>	13.50
TEMPURA SOBA <i>buckwheat noodles (extra time needed to cook)</i>	13.50

YAKISOBA / YAKIUDON

stir-fried noodles with vegetables
soba (thin egg noodle) or udon (thick wheat noodle)

CHICKEN, BEEF, PORK, TOFU <i>or PLAIN</i>	12.00
SEAFOOD	13.00

YASAI ITAME

stir-fried vegetables

gf CHICKEN, BEEF, PORK, TOFU <i>or PLAIN</i>	12.00
gf SEAFOOD	13.00

EXTRAS

v GOHAN <i>plain rice</i>	2.50
MISO SOUP	2.50
v VEGETABLE SOUP	2.50

BYO (bottled wine only - 1 bottle between 2 people)
service charge 5.00

v vegetarian
gf can be made gluten free

DINNER MENU

ZENSAI

starters

v AGEDASHI TOFU <i>deep fried tofu</i>	8.50
EBI TAMAGO TOJI <i>tempura prawns simmered in egg & onion</i>	9.50
v EDAMAME <i>boiled soybeans</i>	7.00
GYOZA <i>fried or steamed</i>	8.00
KUSHI KATSU <i>crumbed chicken kebabs</i>	9.50
v NATTO ISOBE AGE <i>tempura fried fermented soybean in nori</i>	8.50
NATTO MAGURO <i>fresh tuna, fermented soybean & raw egg yolk</i>	10.00
NATTO SALMON <i>salmon, fermented soybean & raw egg yolk</i>	10.00
v GOMA WAKAME <i>seaweed salad</i>	7.00
v SPRING ROLLS	8.00
TAKOYAKI <i>octopus balls</i>	8.50
TEBASAKI <i>chicken wings</i>	9.50
gf SPICY TOFU PIRIKARA <i>pan fried tofu with chilli sauce</i>	8.50
KARA-AGE <i>chicken nuggets, with mayo & tomato sauce</i>	10.00
gf YAKITORI <i>grilled chicken kebabs</i>	9.50

TEMPURA

EBI <i>prawn 2PC</i>	7.50
EBI <i>prawn 5PC</i>	17.50
v KAKIAGE <i>thinly cut vegetable tempura</i>	9.00
MIXED <i>prawn, fish & vegetable</i>	10.00

SARADA

mixed green salads with Jitsu's special dressing

gf BEEF TATAKI <i>lightly seared beef</i>	14.50
gf CHICKEN GRILLED <i>regular or spicy</i>	14.50
CHICKEN KATSU <i>BBQ or spicy sauce</i>	14.50
CHICKEN TERIYAKI	14.50
gf SPICY MIXED SASHIMI	15.50
gf SPICY SALMON SASHIMI	16.00
v TOFU <i>fresh or spicy furai</i>	14.00

JITSU PLATE

meat, seafood or tofu with rice, side salad & miso soup

gf CHICKEN GRILLED <i>regular or spicy</i>	17.50
CHICKEN KATSU <i>BBQ or spicy sauce</i>	17.50
CHICKEN TERIYAKI <i>with mushrooms</i>	17.50
FISH BUTTERYAKI <i>or FISH TERIYAKI</i>	17.50
gf PRAWN KEBABS <i>spicy or regular</i>	19.00
gf SALMON STEAK <i>(will have pin bones)</i>	19.00
gf SIRLOIN STEAK	18.50
TOFU <i>teriyaki or spicy furai</i>	17.50

DONBURI

rice bowls topped with your choice of main and miso soup

BEEF YAKINIKU <i>with onions</i>	14.00
gf CHICKEN GRILLED <i>regular or spicy</i>	14.00
CHICKEN KATSU <i>BBQ or spicy sauce</i>	14.00
CHICKEN TERIYAKI <i>with mushrooms</i>	14.00
v KAKIAGE DON	14.00
OYAKODON <i>chicken, egg & onion</i>	14.00
TENDON <i>tempura prawn and kaki age</i>	16.50
ADD EXTRA MEAT TO DONBURI	5.00

BENTO BOX

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

BEEF YAKINIKU <i>beef strips</i>	19.00
BUTA SHOGAYAKI <i>pork in ginger</i>	19.00
CHICKEN KARAAGE <i>chicken nuggets</i>	19.00
CHICKEN TERIYAKI <i>with mushrooms</i>	19.00
FISH TERIYAKI	19.00
SASHIMI MIXED	20.00
SASHIMI SALMON	21.00
SEAFOOD FURAI	20.00
SQUID BUTTERYAKI <i>butter & garlic</i>	19.00
TEMPURA <i>mixed</i>	20.00
v TOFU <i>teriyaki or spicy furai</i>	18.00
v VEGETABLE <i>teriyaki plain or with tofu</i>	18.00

CURRY

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

CHICKEN CURRY	14.50
CHICKEN KATSU CURRY	15.00
EBI FURAI CURRY <i>prawn</i>	17.00
TOFU FURAI CURRY	14.50
VEGETABLE CURRY	13.00
PLAIN CURRY <i>small bowl</i>	4.00

TEDDANYAKI

sizzling meals served on hot plates,
your choice of main served with stir fried vegetables, rice & miso

gf CHICKEN, BEEF	19.00
gf SEAFOOD	21.00
gf TOFU	18.00

EXTRAS

v GOHAN <i>plain rice</i>	2.50
MISO SOUP	2.50
v VEGETABLE SOUP	2.50

BANQUET

selection of dishes, meant to be shared
(minimum of 4 persons)

SUSHI AND SPRING ROLLS	
MISO SOUP	
KAKIAGE <i>vegetable tempura</i>	
BEEF YAKINIKU, CHICKEN <i>(karaage or teriyaki style) and FISH (butteryaki or teriyaki style)</i>	
PLAIN RICE	per person 25.00

BYO (bottled wine only - 1 bottle between 2 people) service charge	5.00
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Please inform waitstaff of any allergies or dietary restrictions and we will try to accomodate.

v vegetarian
gf can be made gluten free

SUSHI MENU

MAKI SUSHI

thick roll 8pc

CHICKEN

Teriyaki chicken & vegetable	8.50
Satay chicken & vegetable	8.50
Sweet chilli chicken & vegetable	8.50
Crispy chicken with lettuce & mayo	8.50

SALMON

gf California style (inside-out) sesame seeds	8.80
gf Fresh salmon & vegetables	8.80
gf Smoked salmon & vegetables	8.80

TUNA

gf Cooked tuna & vegetables	8.50
gf Fresh tuna & vegetables	10.00

TEMPURA

Prawn tempura 10pc	12.00
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VEGETABLE

v Capsicum, carrot and cucumber	8.00
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CREAM CHEESE

gf Smoked chicken	8.90
Crispy chicken	8.90
Teriyaki chicken	8.90
gf Fresh Salmon	9.20
gf Smoke Salmon	9.20
v Vegetables	8.90

HOSOMAKI

single filling thin roll 6pc

Crispy chicken	5.00
Teriyaki chicken	5.00
gf Fresh salmon	5.00
gf Cooked tuna with mayo	5.00
gf Fresh tuna	6.00
gf Avocado	5.00
gf Cucumber	5.00

INARI SUSHI

v Tofu pockets filled with sushi rice 2pc	5.00
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SPECIALS

gf OSHIZUSHI 4PC	10.00
<i>layers of salmon avocado and rice</i>	
SALMON ABURI NIGIRI 4PC	12.00
<i>lightly torched salmon with mayo and tare sauce</i>	

SASHIMI

slices of raw fish

	half	whole
	7pc	12pc
gf All Salmon	13.50	23.00
gf All Tuna	15.00	25.00
gf Salmon & Tuna	14.50	24.00
gf Salmon, Tuna & White fish	12.00	19.00

ONIGIRI

rice balls 2pc

Teriyaki chicken	5.00
gf Salmon	5.00
Crispy chicken & mayo	5.00
gf Cooked tuna	5.00
v Vegetarian	5.00
Salted Salmon	6.00

GUNKAN

'gunboat' 2pc
rice and tempura bits wrapped in nori

Spicy Salmon	6.50
Spicy Tuna	7.00

NIGIRI

chosen topping on a ball of rice 2pc

gf Ebi <i>prawn</i>	5.50
gf Ika <i>squid</i>	5.50
gf Maguro <i>tuna</i>	6.50
gf Salmon	6.00
gf Tako <i>octopus</i>	5.50
Tamago <i>egg</i>	5.00
Unagi <i>eel</i>	6.00
gf White fish	5.50

MIXED PLATTERS

Sushi lunch box	12.60
<i>3pc sushi roll, inari, onigiri, nigiri & 2pc hosomaki</i>	
gf Salmon Platter	15.50
<i>3pc salmon roll, 4pc salmon hosomaki, salmon nigiri & 3pc salmon sashimi</i>	
v Vegetarian Platter	12.00
<i>3pc vegetarian sushi, inari, vegetable riceball & 4pc hosomaki</i>	
PARTY PLATTER 40pc	44.00

BYO (bottled wine only - 1 bottle between 2 people)
service charge 5.00

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

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

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

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

VEGAN DINNER 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 8.50

gf EDAMAME boiled soybeans 7.00

GYOZA FRIED or STEAMED 8.00

GOMA WAKAME seaweed salad 7.00

SPRING ROLLS 8.00

gf SPICY TOFU PIRIKARA 8.50

pan fried tofu with chilli flakes

TEMPURA

KAKIAGE thinly cut vegetables 9.00

SARADA

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

TOFU FRESH or SPICY TOFU FURAI 14.00

VEGAN MEAT 16.00

gf Grilled regular or spicy

Katsu bbq, spicy or plain

Teriyaki

YAKIUDON

stir-fried udon noodles with vegetables

TOFU or PLAIN 13.00

VEGAN MEAT 15.00

YASAI ITAME

stir-fried vegetables

gf TOFU or PLAIN 13.00

gf VEGAN MEAT 14.00

JITSU PLATE

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

TOFU TERIYAKI or SPICY TOFU FURAI 17.00

VEGAN MEAT 19.00

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 18.00

TOFU TERIYAKI or SPICY TOFU FURAI 18.00

VEGAN MEAT 20.00

Grilled regular or spicy

Katsu bbq, spicy or plain

Teriyaki with mushrooms

VEGETABLE TERIYAKI plain or with tofu 18.00

DONBURI

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

KAKIAGEDON 14.00

TOFU TERIYAKI or SPICY TOFU FURAI 14.00

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 vegetable soup

KAKIAGE 14.50

TOFU FURAI 14.50

VEGAN MEAT 15.50

KATSU VEGAN MEAT 16.00

add extra vegan meat to donburi 5.00

swap rice to udon noodles 2.00

TEPPANYAKI

sizzling meals served on a hot plate, your choice of main served with stir fried vegetables, rice and vegetable soup

TOFU 18.00

gf VEGAN MEAT 19.00

BYO (bottled wine only - 1 bottle between 2 people) service charge 5.00

gf can be made gluten free