

# build your Bowl \$15

## base

mixed greens (v)(gf) | brown rice (v)(gf)  
sushi rice (v)(gf) | rice noodles (v)(gf)

## protein

(choose one)  
tofu & mushrooms (v)(gf) | msc tuna poke (gf)  
free range chicken | miso-glazed pork  
stir-fried grass fed beef | jfc boneless thigh  
add extra protein \$4  
add boiled egg \$2

## veggies

edamame (v)(gf) | stir-fried corn (v)(gf)  
seasonal greens (v)(gf) | roast pumpkin (v)(gf)  
brussels sprouts (v)(gf)

## dressing

soy & mirin\* (vegan / gf available) | sesame yuzu |  
gochujang | ponzu

## pickles

kimchi | pickled cucumber (v)(gf)  
daikon & carrot (v)(gf) | pickled ginger (v)(gf)

## garnish

toasted nori (v)(gf) | spring onions (v)(gf)  
sesame seeds (v)(gf) | chilli threads (v)(gf)  
crushed wasabi peas (v)(gf)  
add avocado \$2

# ready to go

## poke bowls

**msc\* tuna** \$15  
sushi rice, lettuce, cabbage, green beans, wakame, msc\*  
tuna, chilli threads, sesame seeds, gochujang dressing

## salmon

sushi rice, cabbage, pickled cucumber, edamame,  
salmon, nori, soy & mirin dressing

## chilled bowls

**egg & mushroom (v)** \$12  
lettuce, cabbage, pumpkin, free range egg,  
mushroom, sesame seeds, spring onions, sesame  
yuzu dressing

## vegan vegetable noodle (v)

lettuce, cabbage, pumpkin, edamame, pickled bamboo,  
sesame seeds, spring onions, rice noodles, ponzu, shiso  
powder, soy & mirin dressing

## white cut chicken

lettuce, cabbage, pumpkin, edamame, wakame,  
sesame seeds, spring onions, free range chicken,  
sesame yuzu dressing

## miso-glazed pork

lettuce, cabbage, pumpkin, corn, pickled bamboo,  
sesame seeds, spring onions, miso glazed pork,  
soy & mirin dressing

## grass fed beef salad

lettuce, cabbage, pumpkin, green beans,  
brussels sprouts, sesame seeds, spring onions,  
stir-fried grass fed beef, gochujang dressing

## hiyashi chukka noodle salad

chicken, ramen noodles, edamame, corn,  
tomato, hiyashi dressing

\*(v) = vegetarian (gf) = gluten free

# made to order

## jfc japanese fried chicken

free range chicken  
jfc wings 6 pc / 12pc \$11 / \$19  
jfc boneless thigh \$8.5

**sauce** (choose one) (extra sauce + \$2)

chilli oil (v)(gf) | sesame yuzu | gochujang | ponzu (v)(gf)

## chefs choice bowls \$15

### buzen beef

sushi rice, grass fed beef, corn, pumpkin, brussels sprouts,  
kimchi, sesame seeds, chilli threads, spring onions,  
gochujang sauce

### tokyo tofu (v)(gf-on request)

mixed greens, brown rice, tofu, all the veggies, ginger,  
spring onions, nori strips, sesame seeds, soy & mirin

### okinawa pork

brown rice, otway pork, edamame, seasonal greens,  
corn, cucumber, spring onions, sesame seeds, chilli  
threads, ponzu sauce

### kyoto chicken

rice noodles, free-range chicken, pumpkin, edamame,  
corn, nori strips, carrot & daikon, spring onions, sesame  
seeds, sesame yuzu sauce

### sushi bowl (gf-on request)

mixed greens, sushi rice, msc tuna poke, edamame,  
seasonal greens, ginger, wasabi peas, carrot & daikon,  
nori strips, sesame seeds, soy & mirin sauce

### tochigi poke

Sushi rice, tuna poke, cucumber,  
hot & sour poke sauce, edamame, yuzu pumpkin,  
corn salsa, nori tempura crunch, cucumber takuan

## dessert & snacks

yuzu cheesecake - mini / regular \$3 / \$6  
dry roasted edamame \$3  
raw almonds \$4