

## JAPANESE CUISINE

Japanese dining has its roots in centuries old cuisine. Healthy for the heart, Japanese food is naturally light and low in fat, so you can afford to indulge.

Freshness is first to our chefs. Much of the Miyazu's reputation relies on our ability to obtain the freshest ingredients in New Zealand at the peak of their seasons. We only use fresh fish. Simplicity is next, rather than embellishing foods in heavy sauces, dipping sauces compliment the flavour rather than disguising it.

Japanese food is simple, natural and appealing to the eye as well as the palate.

### Dietary requirement

If you have any dietary requirement, please inform our wait staff and we are happy to accommodate your request.

\* = *gluten free option available*

V = *vegetarian*

We also have wheat free and sodium reduced soy sauce available.

### Take Away テイクアウト

Sushi and Sashimi platters for home entertaining are available by phone order. Please place your order by 6.00pm.

### Set Menus セットメニュー

Menu choices can be made for you at a set price by prior arrangement. Special menus can also be made up for celebrations, corporate or group dining.

### Shabu-Shabu しゃぶしゃぶ

A Japanese hot pot where you cook for yourself thinly sliced meat and vegetables in a steaming hot stock based broth.

Set menu \$ 55.00 per person.  
Including today's appetiser, sushi or tempura entrée, Shabu-Shabu, Miso soup, steamed rice, pickles, green tea ice cream and fruit with green tea or coffee.

**A minimum of 2 guests is required.**

Available Tuesday's and Wednesday's when pre ordered a minimum of 4 hours in advance.



## SUSHI BAR

### 寿司バー

Seated at the Sushi bar, you can choose fresh fish from our blackboard or from our chef's selected platters.

### Sashimi 刺身

Thin slivers of raw fish served with soy sauce and wasabi (hot horseradish).

### Sushi 寿司

Vinegary rice, raw and cooked seafood, pickles, vegetables, seaweed and condiments combined as:

### Nigiri Sushi 握り寿司

– Select your ingredients from today's blackboard.

Your choice is set on a small pillow of hand-moulded vinegary rice.

### Maki Sushi 巻き寿司

– Commonly referred to by Westerners as the Nori roll.

Using a bamboo mat, vinegary rice is rolled with Sushi filling.

## SASHIMI PLATTERS

### 刺身盛り合わせ

<b>Salmon Sashimi *</b>		<b>\$ 17.00</b>
サーモンの刺身	Fresh Marlborough salmon.	
<b>Tuna Sashimi *</b>		<b>\$ 19.50</b>
マグロの刺身	Fresh tuna direct from Fiji.	
<b>Assorted Sashimi *</b>	<i>Entrée</i>	<b>\$ 19.50</b>
刺身各種盛り合わせ	<i>Main</i>	<b>\$ 34.00</b>

Chef's selection of freshest tuna, salmon and white fish.

## SUSHI & SASHIMI PLATTERS

### 寿司と刺身の盛り合わせ

<b>1 person *</b>		<b>\$ 19.50</b>
一人前	7 pieces of sushi and 6 pieces of sashimi.	
<b>2 people *</b>		<b>\$ 39.00</b>
二人前	14 pieces of sushi and 12 pieces of sashimi.	
<b>3 people *</b>		<b>\$ 58.50</b>
三人前	21 pieces of sushi and 18 pieces of sashimi.	
<b>4 people *</b>		<b>\$ 78.00</b>
四人前	28 pieces of sushi and 24 pieces of sashimi.	

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# MAKI SUSHI

巻き寿司

*6-8 pieces per order*

<b>Tempura Vegetarian Roll</b> *v 天ぷら野菜ロール	Tempura vegetables.	<b>\$ 14.00</b>
<b>Teriyaki Chicken Roll</b> * チキン照り焼きロール	Chicken thigh, cucumber and egg omelette served with teriyaki sauce.	<b>\$ 15.00</b>
<b>Rainbow Roll</b> * レインボーロール	Inside out roll with salmon, tuna, prawn, white fish, avocado, cucumber and egg omelette with mayo.	<b>\$ 15.00</b>
<b>California Roll</b> * カリフォルニアロール	Inside out roll with crab meat, flying fish caviar, avocado, cucumber, mayo and sesame seeds.	<b>\$ 16.00</b>
<b>Spicy Tuna Roll</b> スパイシーツナロール	Inside out roll with fresh tuna with spicy sauce, cucumber and spring onion topped with cayenne pepper.	<b>\$ 16.00</b>
<b>Salmon Avocado Roll</b> * サーモンアボカドロール	Inside out roll with fresh salmon, avocado, egg omelette, cucumber and tempura flakes.	<b>\$ 16.00</b>
<b>Tempura Prawn Roll</b> 海老天ぷらロール	Inside out roll with tempura prawns, flying fish caviar, cucumber and avocado, served with mayo and teriyaki sauce.	<b>\$ 17.00</b>
<b>Nelson Roll</b> ネルソンロール	Chef's selection of fresh and cooked seafood with cucumber, avocado and egg omelette.	<b>\$ 17.50</b>
<b>Dragon Roll</b> ドラゴンロール	Inside out roll with grilled eel, tempura prawns, flying fish caviar, cucumber, avocado and sesame seeds, served with mayo and teriyaki sauce.	<b>\$ 18.00</b>
<b>Tarantula Roll</b> * タランチュラロール	Deep fried soft shell crab, flying fish caviar avocado, cucumber, snowpea shoots and bonito flakes served with mayo and teriyaki sauce.	<b>\$ 19.50</b>

# NIGIRI SUSHI

握り寿司

*2 pieces per order*

Please ask our wait staff or see the Sushi Bar blackboard for our chef selected, daily fresh fish and seafood.

***Priced Daily***

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# A LA CARTE

アラカルト

## BENTO

お弁当

Is the perfect option to enjoy a taste of Japanese cuisine, compartmentalised box featuring a selection of different Japanese cooking styles including Sushi, Sashimi, Tempura, rice and dessert.

<b>Miyazu Dinner Bento Box*</b>	Chicken	\$ 42.50
	Beef	\$ 44.50
	Seafood	\$ 43.50

A selection of sushi, sashimi and tempura, pickled vegetables with your choice of either pan fried chicken, beef or seafood served with rice, Miso soup, dessert of green tea ice cream and fresh fruit.

<b>Bento Box Vegetarian *v</b>	\$ 41.50
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Sushi, tempura, pickled vegetables, Agedashi tofu, Okonomiyaki (Japanese savoury pancake) and salad served with rice, Miso soup, dessert of green tea ice cream and fresh fruit.



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# ENTRÉES

## 前菜

<b>Edamame Beans</b> *v 枝豆	Blanched green soy beans in pod, served with flaky natural sea salt.	<b>\$ 7.00</b>
<b>Grilled Green Lipped Mussel</b> * グリーンマッスルのグリル	Green ripped mussel, grilled with Yum Yum sauce (Japanese style mayonnaise, infused with Miso paste and lemon zest)	<b>\$ 13.00</b>
<b>Agedashi Tofu</b> *v 揚げだし豆腐	Deep fried tofu in a light potato starch coat served with Dashi stock.	<b>\$ 13.00</b>
<b>Miyazu Sashimi Salad</b> ミヤズ刺身サラダ	Selection of Sashimi on a bed of crispy salad served with toasted nuts, seeds, Wonton chips, Tamari and sesame dressing.	<b>\$ 18.00</b>
<b>Seaweed Salad</b> *v 海藻サラダ	Crispy green salad on a duet seaweed served with Ponzu dressing.	<b>\$ 9.50</b>
<b>Tataki</b> * たたき	Choose between fillet of beef or venison lightly seared and served with ginger soy sauce.	<b>\$ 17.00</b>
<b>Chicken Kara-age</b> 鳥から揚げ	Traditional Japanese marinated fried chicken served with Japanese mayonnaise sauce.	<b>\$ 15.00</b>
<b>Assorted Tempura</b> * 天ぷら盛り合わせ	A selection of prawns, fish and vegetables deep fried in a light and crispy Japanese batter with tempura dipping sauce.	<b>\$ 16.00</b>
<b>Assorted Vegetable Tempura</b> *v 野菜天ぷら盛り合わせ	A selection of Tofu, vegetables deep fried in a light and crispy Japanese batter with tempura dipping sauce.	<b>\$ 14.00</b>
<b>Prawn Tempura</b> * 海老の天ぷら	4 pieces of prawns and Kakiage fried in a light crispy Japanese batter with tempura dipping sauce.	<b>\$ 18.00</b>

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# MAINS

## 主菜

<b>SAKAMUSHI Fish of the Day *</b> 本日の魚の酒蒸し	Sake flavored steamed fish of the day served with tofu, spring onion, mushroom and Ponzu sauce.	<b>\$ 30.50</b>
<b>Salmon TERIYAKI*</b> サーモン照り焼き	In Mirin, lime and Tamari soy sauce marinated Marlborough King Salmon, oven baked and served with Agadeshi tofu and wilted spinach.	<b>\$ 34.00</b>
<b>Sesame Seared Tuna *</b> マグロ胡麻炙り焼き	Lightly seared, sesame coated fresh Tuna, served with seaweed salad and accompanied with Ponzu Dressing.	<b>\$ 36.00</b>
<b>Chicken TERIYAKI</b> チキン照り焼き	Pan fried Chicken Thigh cooked with Miyazu Teriyaki sauce. Accompanied with sautéed Teppan Yaki vegetable and Takana rice.	<b>\$ 30.00</b>
<b>WAFU Beef Steak</b> 和風ビーフステーキ	Japanese style char-grilled 200g NZ Wakanui Ribeye steak, served on bed of sweetened Miso paste and chef's special chilli sauce. Accompanied with sautéed Shiitake mushroom and bean sprouts.	<b>\$ 34.00</b>
<b>Assorted Tempura *</b> 天ぷら盛り合わせ	A selection of prawn, fish and vegetables fried in a light and crispy Japanese batter with tempura dipping sauce.	<b>\$ 28.00</b>
<b>Assorted Vegetable Tempura *</b> 野菜天ぷら盛り合わせ	A selection of tofu, vegetables fried in a light and crispy Japanese batter with tempura dipping sauce.	<b>\$ 24.00</b>
<b>Udon Noodles with Tempura</b> 天ぷらうどん	Traditional Japanese thick wheat noodles with Tempura in Dashi broth.	<b>\$ 24.00</b>

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## SIDE ORDERS

サイドオーダー

<b>Miso Soup</b> *v 味噌汁	Japanese traditional soy bean soup.	<b>\$ 4.00</b>
<b>Steamed Rice</b> *v ライス		<b>\$ 4.00</b>
<b>Fried Rice</b> *v フライドライス	Steamed rice fried with vegetables and egg.	<b>\$ 6.00</b>
<b>Seaweed Salad</b> *v 海藻サラダ	Crispy green seaweed salad served with Ponzu dressing.	<b>\$ 9.50</b>
<b>Green Salad</b> *v グリーンサラダ	Fresh garden salad.	<b>\$ 6.00</b>
<b>Japanese Pickles</b> *v お漬物	Traditional Japanese pickles. Daikon radish, cucumber, Takana mustard and Sushi ginger.	<b>\$ 4.50</b>

## DESSERTS

デザート

<b>Teppan Yaki Bananas</b> 鉄板焼きバナナ	Miyazu most popular dessert. Bananas wrapped in Crêpes Suzette accompanied with seasonal fruits and orange honey sauce.	<b>\$ 13.50</b>
<b>Black Sesame Crème Brulée</b> * 黒ゴマブリュレ	Black sesame Crème Brulée accompanied with seasonal fruits.	<b>\$ 12.50</b>
<b>Rich Chocolate Tart</b> チョコレートタルト	Rich chocolate tart served with mascarpone cream, seasonal fruits compote and chocolate shards.	<b>\$ 12.50</b>
<b>Azuki Ice Cream Parfait</b> 小豆アイスパフェ	Traditional red bean ice cream served with Azuki bean paste, fruits and cornflakes.	<b>\$ 12.50</b>
<b>Green Tea Ice Cream</b> * グリーンティーアイスクリーム	Green tea ice cream accompanied with seasonal fruits.	<b>\$ 9.50</b>

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# TEPPAN YAKI

鉄板焼き

Is a Japanese-style barbecue, where "your own chef" prepares our freshest ingredients right in front of you to your liking. All Teppan menus have gluten free and sodium reduced options available. Please inform our wait staff who will be happy to accommodate your request.

## TEPPAN YAKI MAIN COURSE

メインコース 鉄板焼き

All mains are served with today's appetizer, fried rice, Teppan Yaki vegetables and Miso soup.

## TEPPAN YAKI SET MENU

鉄板焼きセットメニュー

Your choice of Sushi or Tempura entrée, any of the Teppan Yaki main courses and our green tea ice cream, accompanied by fresh sliced fruit.

In addition you can choose any of our à la Carte desserts for a \$ 6.00 surcharge.

	Main Course	Set Menu
<b>Chicken Thigh *</b> 鶏もも肉	\$ 32.00	\$ 50.00
<b>Venison *</b> ベニソン ( 鹿肉 )	\$ 37.00	\$ 55.00
<b>Prime fillet of Beef *</b> 牛フィレ肉	\$ 36.00	\$ 54.00
<b>Seafood *</b> シーフード	\$ 37.00	\$ 55.00
<b>Seafood &amp; Chicken Thigh *</b> シーフードと鶏もも肉	\$ 36.00	\$ 54.00
<b>Seafood &amp; Venison *</b> シーフードとベニソン	\$ 39.00	\$ 57.00
<b>Seafood &amp; prime fillet of Beef *</b> シーフードと牛フィレ肉	\$ 39.00	\$ 57.00
<b>Meat Selection *</b> ミートセレクション (a minimum of 5 guests is required)	\$ 39.00	\$ 57.00
<b>Mixed Selection *</b> ミックスセレクション (a minimum of 5 guests is required)	\$ 39.00	\$ 57.00

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## JAPANESE SAKE

日本酒

Served warmed or chilled

Small 150ml	<b>\$ 6.50</b>
Large 300ml	<b>\$ 13.00</b>
Gekkeikan Premium 150ml	<b>\$ 13.50</b>
Gekkeikan Premium 300ml	<b>\$ 26.00</b>
Kuromatsu-Haushika Junmai Ginjo 300ml btl. Full-bodied mellow Sake with sweet flavour and smooth finish	<b>\$ 33.50</b>
Kuromatsu-Haushika Ginjo Namachozo 300ml btl. Gentle taste with fresh fruity Ginjo flavour, light on the pallet, very smooth	<b>\$ 24.50</b>
Kuromatsu-Haushika Hana Kohaku 300ml btl. Plum Sake The unique original Sake with Japanese plum extract added. Sweet and refreshing taste. Recommended as dessert wine or aperitif	<b>\$ 32.50</b>

## COFFEE & TEAS

コーヒーと紅茶、日本茶

Pot of Japanese Green Tea	<b>\$ 4.50</b>
Selection of Herbal Teas	<b>\$ 3.00</b>
Espresso Coffees	<b>\$ 4.00</b>

## BEERS & WATERS

ビールとミネラルウォーター

Asahi	<b>\$ 9.50</b>	Steinlager Premium Light	<b>\$ 6.50</b>
Kirin	<b>\$ 9.50</b>	Steinlager	<b>\$ 7.00</b>
Sapporo	<b>\$ 9.50</b>	Steinlager Pure	<b>\$ 8.50</b>
Mac's Gold	<b>\$ 7.00</b>	Stella Artois Legere	<b>\$ 8.50</b>
Stoke Golden Lager	<b>\$ 8.50</b>	Stella Artois	<b>\$ 8.50</b>
Stoke Amber	<b>\$ 8.50</b>	Corona	<b>\$ 8.50</b>
Stoke Dark	<b>\$ 8.50</b>	Becks	<b>\$ 8.50</b>
Speights	<b>\$ 7.00</b>	Heineken	<b>\$ 8.50</b>
Speights Distinction	<b>\$ 7.00</b>		
Waiwera Still		San Pellegrino Sparkling	
1 litre	<b>\$ 10.00</b>	250ml	<b>\$ 4.00</b>
		500ml	<b>\$ 5.50</b>
Antipodes Still & Sparkling			
500ml	<b>\$ 5.50</b>		
1 litre	<b>\$ 10.00</b>		