



chocolate buddha
communal japanese dining

LUNCH MENU

MONDAY – FRIDAY 12–4PM

PLEASE BE ADVISED:

We do not co-ordinate our dishes; please start your meal when it arrives

LUNCH TRAY \$20

CHOOSE ONE OPTION:

- 1 CHICKEN TERIYAKI STIR-FRY
w bok choy, ginger, carrots & sesame seeds
- 2 BEEF TERIYAKI STIR-FRY
w bok choy, ginger, carrots & sesame seeds
- 3 VEGETABLE ANKAKE * (V)
deep-fried eggplant & zucchini in shiitake mushroom & ginger ankake sauce
- 4 OMELETTE (V)
egg omelette filled w eggplant, shiitake mushrooms, pickled daikon & chives, topped w ankake glaze & ao nori flakes
- 5 VEGETABLE CURRY * (V) (add two tempura prawns +\$5)
japanese-style curry w onions, button mushrooms, capsicum, potato, pumpkin & carrot topped w mizuna leaves & pickles
- 6 GRILLED SALMON (add +\$5)
120g grilled salmon served medium rare topped w alfalfa & gf teriyaki sauce
- 7 MA PO TOFU
our version of the spicy Chinese classic w our house made teriyaki sauce w chicken mince, silken tofu, eggplant, red capsicum, spring onion & fresh chilli – served w crispy rice crackers
- 8 TEMPURA SOBA NOODLES * (V) (add two tempura prawns +\$5)
green tea soba noodles & spring onion in vegetable dashi broth

served w 3 pieces of tempura vegetables & pickles on side

ALL TRAYS INCLUDES:

- Mixed Leaf Salad – red onion, cherry tomato & nori
Salmon Sashimi – 2 pcs
* - Vegetarian & Grilled Salmon will be served w avocado hosomaki
Goma-ae – blanched broccoli w sesame dressing

TRAYS 1-7 ALSO INCLUDES:

- Miso – dashi w wakame, spring onion & silken tofu
Steamed Rice – choice of white or brown rice

ZENSAI – IZAKAYA

- | | |
|---|-------|
| misoshiru - small large | 4 6 |
| fish dashi or vegetable stock w wakame, silken tofu & spring onion | |
| edamame (V) | 7 |
| steamed soybeans w your choice of salt:- chilli, green tea or rock | |
| nasu dengaku (V) | 9 |
| deep-fried eggplant pieces w smoky miso glaze & sesame seeds | |
| goma-ae (V) | 9 |
| blanched cold broccoli w roasted sesame dressing | |
| chicken ao nori | 10 |
| diced chicken thigh, marinated in garlic, sesame oil & extra virgin olive oil, deep-fried in potato starch & coated in ao nori, served w mayo & lemon | |
| age-dashi tofu (V) | 12 |
| deep-fried silken tofu, grated daikon, spring onion & nori w vegetable broth | |
| buddha dumplings (5, V) | 15 |
| deep-fried vegetarian dumplings served w sweet chilli sauce | |
| tofu salad (V)(add char-grilled chicken thigh +\$7) | 15 |
| soft tofu pieces w a salad of wakame, mixed leaves, cherry tomatoes, red onion & sesame seeds w a sesame oil & gluten free soy vinaigrette | |
| steamed noodle dumplings (5) | 18 |
| freshly prepared in house - prawn, salmon, water chestnut & chives wrapped in brown rice noodles & steamed, served w ponzu dipping sauce | |
| tempura soft shell crab salad | 22 |
| served w green tea soba noodles, red onion, coriander, mint, shiso leaves, | |

cherry tomatoes, shichimi & sesame garlic dressing

steamed rice – white or brown

6

NOODLES

- | | |
|---|----|
| tori soboro somen | 19 |
| minced chicken, flavoured w red miso paste & spicy sriracha sauce, garnished w shiso & ramen crisps served over somen noodles w a touch of vegetable stock | |
| miso udon (V) | 19 |
| udon noodles in vegetable miso broth w deep-fried silken tofu (4), carrots, shiitake mushrooms, bokchoy, wakame & spring onion | |
| spicy pork ramen | 21 |
| slow cooked pork w bok choy, wakame & pickled ginger over ramen noodles in a mild flavoured house made chicken stock, kochujan miso, butter & miso paste, sprinkled w shichimi, spring onion & nori | |
| shake ramen | 26 |
| 120g grilled salmon – medium rare in a house made chicken stock w miso, bok choy, beanshoots & sweetcorn over ramen noodles – delicate & tasty | |

V – VEGETARIAN

GLUTEN FREE & KIDS MENU

Please turn over...

SUSHI – SASHIMI – MAKI

- | | |
|--|----|
| kingfish ochazuke | 18 |
| a simple delicate Japanese winter favourite – pouring hot kombu dashi over rice topped w fresh diced kingfish, nori, sesame seeds, kizami wasabi & matcha green tea | |
| vegetable maki (6, V) | 15 |
| inside out rolled filled w avocado, shiso & cucumber topped w sesame seeds & the following toppings:
2 pcs w teriyaki marinated water chestnuts w miso & coriander
2 pcs w tofu & avocado, kizami wasabi & baby shiso
2 pcs w smoked eggplant marinated in tamari & ginger w chopped chives | |
| tempura pumpkin roll (4, V) | 15 |
| inside out roll filled w tempura pumpkin, beetroot, seaweed salad & avocado, topped w black sesame & japanese mayo | |

maki rolls (6)	
inside out roll w avocado, shiso & cucumber topped w sesame seeds – your choice of:	
kingfish w grated ginger & chives	16
salmon w nikiri soy, shiso & mayo	15
combination of both	16
gyu tataki nigiri (4)	19
rare seared beef nigiri sushi topped w house made japanese steak sauce, chives & wasabi leaf	
ocean trout nigiri (4)	19
scorched ocean trout nigiri sushi topped w wasabi leaf	

DONBURI

tofu ankake don (V)	19
silken tofu simmered w bok choy, wombok, shiitake mushrooms, carrot & ginger, topped w shredded nori over steamed rice	
sashimi don	22
fresh salmon sashimi marinated in yukke soy w sliced cucumber, shiso leaf, sesame seeds & alfalfa sprouts over sushi rice	

DESSERTS

green tea brulee	10
creamy & distinctly green tea flavoured take on a classic dessert!	
chocolate mousse	11
smooth & rich, callebaut belgian chocolate mousse w hint of orange	
yuzu baked cheesecake	14
freshly made baked cheesecake w black sesame biscuit base & yuzu jam	
choya apple crumble	15
house made warm apple crumble w shortbread biscuit base w choya plum wine apples, served w vanilla ice-cream & thickened pouring cream	
ice-cream – per scoop	5
vanilla (gluten free)	
azuki bean	
green tea	



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GLUTEN FREE LUNCH TRAY \$20

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- GF CHICKEN TERIYAKI STIR-FRY
w bok choy, ginger, carrots & sesame seeds
- GF BEEF TERIYAKI STIR-FRY
w bok choy, ginger, carrots & sesame seeds
- GF GRILLED SALMON (add +\$5)*
120g grilled salmon served medium rare topped w alfalfa & gf teriyaki sauce

ALL TRAYS INCLUDES:

- Mixed Leaf Salad – red onion, cherry tomato & nori
- Salmon Sashimi – 2 pcs
- * - Grilled Salmon will be served w avocado hosomaki
- Goma-ae – blanched broccoli w gf sesame dressing
- Miso – dashi w wakame, spring onion & silken tofu
- Steamed Rice – choice of white or brown rice

GLUTEN FREE DONBURI

gf tofu ankake don (V)	19
silken tofu simmered w bok choy, wombok, shiitake mushrooms, carrot & ginger, topped w shredded nori over steamed rice	
gf sashimi don	22
fresh salmon sashimi marinated in yukke soy w sliced cucumber, shiso leaf, sesame seeds & alfalfa sprouts over sushi rice	

GLUTEN FREE ZENSAI – IZAKAYA

gf misoshiru - small large	4 6
fish dashi or vegetable stock w wakame, silken tofu & spring onion	
gf edamame (V)	7
steamed soybeans w rock salt	
gf nasu dengaku (V)	9
steamed eggplant pieces w smoky miso glaze & sesame seeds	
gf goma-ae (V)	9
blanched cold broccoli w roasted sesame dressing	
gf tofu salad (V)(add char-grilled chicken thigh +\$7)	15
soft tofu pieces w a salad of wakame, mixed leaves, cherry tomatoes, red onion & sesame seeds w a lemon, sesame oil & gluten free soy vinaigrette	
gf steamed noodle dumplings (5)	18
freshly prepared in house - prawn, salmon, water chestnut & chives wrapped in brown rice noodles & steamed, served w ponzu dipping sauce	
steamed rice – white or brown	6

GLUTEN FREE SUSHI – SASHIMI – MAKI

gf kingfish ochazuke	18
a simple delicate Japanese winter favourite – pouring hot kombu dashi over rice topped w fresh diced kingfish, nori, sesame seeds, kizami wasabi & matcha green tea	
gf vegetable maki (6, V)	15
inside out rolled filled w avocado, shiso & cucumber topped w sesame seeds	

& the following toppings:
 2 pcs w teriyaki marinated water chestnuts w miso & coriander
 2 pcs w tofu & avocado, kizami wasabi & baby shiso
 2 pcs w smoked eggplant marinated in tamari & ginger w chopped chives

gf maki rolls (6)

inside out roll w avocado, shiso & cucumber topped w sesame seeds –
 your choice of:

kingfish w grated ginger & chives 16
 salmon w nikiri soy & shiso 15
 combination of both 16

gf ocean trout nigiri (4) 19

scorched ocean trout nigiri sushi topped w wasabi leaf

GLUTEN FREE DESSERT

gf chocolate mousse 11

smooth & rich, callebaut belgian chocolate mousse w hint of orange

gf vanilla ice-cream 5

per scoop

KIDS MENU

GLUTEN FREE OPTION AVAILABLE

Please advise your waiter

edamame (V) 7

steamed, salted soybeans

kids karaage (5) 15

crispy fried chicken spare ribs, marinated in garlic, served w
 japanese mayo

kids buddha dumplings (5, V) 15

deep fried vegetarian dumplings w japanese mayo in dipping sauce

kids maki rolls (8)

nori rolls w sushi rice & your choice of filling:

avocado 12

fresh salmon, avocado & mayo 16

teriyaki chicken & mayo 16

kids ramen 12

plain ramen noodles in house made chicken or vegetable broth

kids beef bento 16

char-grilled scotch fillet slices served med rare w japanese mayo,
 mixed salad & steamed rice

kids chicken bento 16

char-grilled chicken thigh fillet w balsamic teriyaki glaze, sesame seeds,
 mixed salad & steamed rice

kids ice-cream – per scoop

vanilla 3 green tea 5
 azuki bean 5

kids chocolate mousse 5

smooth & rich, callebaut belgian chocolate mousse w hint of orange

kids juice box 3

golden circle juice w a choice of orange or apple

V - VEGETARIAN

**NEED TO MAKE A GROUP BOOKING
 OR FUNCTION?**

We have great SHARING MENUS available for large groups
 of 10 or more, starting at \$40 per person!

Call or email us!