



# TONKATSU & BENTO

## Tonkatsu とんかつ

*Tender free range Western Plain pork contrasts nicely with the crunchy panko bread crumb coating.*

## Rice ご飯

*A steaming bowl of rice is the centrepiece of Teishoku. We serve carefully selected short-grain rice, freshly cooked every day.*



## Kobachi 小鉢

*Seasonal vegetables, quickly boiled and seasoned or pickled, are a healthy accompaniment to the main dish.*

## Miso Soup みそ汁

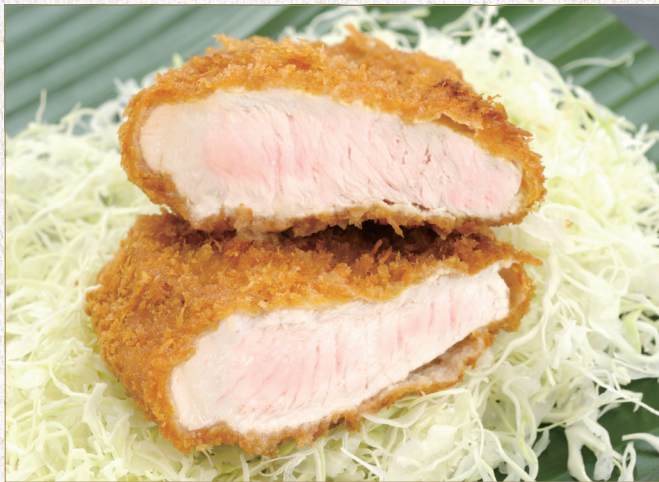
*Our miso soup is a hearty blend of red and white miso. Seasonal fresh vegetables give the soup earthy flavour.*

健康家族



# TONKATSU

## 豚ロースカツ



### What makes our *Tonkatsu* so special?

We use all-natural plain pork from 3 companies, bred free range so it's more tender and flavourful. Only the female pigs are selected and are fed on wheat and barley to ensure a succulent flavour. The pork is covered in a fresh breadcrumb coating and deep fried with pure vegetable oil. Please try our Tonkatsu, each mouthful leads to a crunchy and juicy perfection.

(Please allow 15-20 min to serve)



こだわり  
ポーク

特選豚使用



KOSHIKIKARI  
RICE



MISO  
SOUP



PANKO  
BREADCRUMBS



ORIGINAL  
SAUCE



KOBACHI  
SIDE DISH



Most Popular!

**1. TONKATSU PORK LOIN SET** ..... \$26.80  
Selected free range pork loin (170g) cooked in vegetable oil



**2. MISO KATSU PORK LOIN SET** ..... \$27.00  
Selected free range pork loin (170g) served with original miso paste



**3. PORK KATSU TAMA SET** ..... \$27.80  
Selected free range pork loin (170g) served with savoury soy and mirin egg sauce



**4. PORK FILLET KATSU SET** ..... \$26.80  
Pork tenderloin cutlet (135g) cooked in vegetable oil



**5. CHICKEN KATSU SET** ..... \$26.00  
Chicken thigh fillet (170g) cooked in vegetable oil



**6. CHICKEN KATSU TAMA SET** ..... \$26.80  
Chicken thigh fillet (170g) served with savoury soy and mirin egg sauce



**7. PORK FILLET KATSU & PRAWN SET** ..... \$29.80  
Pork tenderloin cutlet & 3 pcs deep fried prawn



**8. OYSTER & PRAWN SET** ..... \$30.80  
3 pcs deep fried oyster & 3 pcs deep fried prawn



**9. NAMBAN CHICKEN & PRAWN SET** ..... \$29.80  
Deep-fried chicken glazed with soy vinegar & 3 pcs deep fried prawn

# TEISHOKU

## 定食各種

和牛  
Wagyu



We use premium quality full blood wagyu **2GR**.  
2GR Wagyu's paddock-to-plate beef export enterprise boasts one of the largest Wagyu herds in the world. Wagyu beef's taste, tenderness and famed marbling make it highly sought after globally. The 2GR premium Wagyu beef brand is a high-quality product. The inspiration behind the 2GR premium Wagyu beef brand dates back more than 100 years to back in the late 1800s. Today's 2GR brand signifies the initials of Gina Rinehart, along with her daughter Ginia Rinehart.  
<http://www.hancockagriculture.com.au/2gr-premium-fullblood-wagyu/>

豪州高級和牛使用



### KOBACHI SIDE DISH



BAMBOOSHOOT



SPINACH



CHERRY TOMATO



PUMPKIN



EGG OMELETTE



LOTUS ROOT



CELERY PICKLES



MISO EGGPLANT



CUCUMBER



TARO



KONJAC



BEANS



**10. TERIYAKI CHICKEN SET** ..... \$25.80  
 Chicken thigh fillet (200g) and season vegetables with homemade teriyaki sauce



**11. CHILI AND GARLIC CHICKEN SET** ..... \$26.80  
 Chicken thigh fillet (200g) cooked with fresh chili garlic and original gochujang sauce



**12. MISO EGGPLANT CHICKEN SET** ..... \$26.80  
 Pan fried chicken thigh fillet (200g) with miso eggplant and mirin sauce



**13. GINGER PORK SET** ..... \$26.80  
 Sauteed pork slices (180g) with fresh ginger sauce



**14. GRILLED SABA SET** ..... \$28.80  
 Grilled mackerel fillets 3 pcs



**15. TERIYAKI SALMON SET** ..... \$28.80  
 Pan fried salmon fillet (150g) with homemade teriyaki sauce



**16. WAGYU SUKIYAKI SET** ..... \$29.80  
 Wagyu bolar blade (180g) cooked with sukiyaki sauce






**17. WAGYU MISOYAKI BEEF SET** ..... \$29.80  
 Wagyu bolar blade (180g) cooked with original miso paste sauce



**18. WAGYU YAKINIKU BEEF SET** ..... \$29.80  
 Wagyu bolar blade (180g) & seasonal vegetables cooked with yakiniku sauce

# SUSHI·SASHIMI

## 寿司・刺身

 <b>Sashimi Soy Sauce</b> Kikkoman Soy Sauce Mirin, Kombu Zarame Sugar	 <b>Sushi Soy Sauce</b> Yamasa Soy Sauce Kombu Zarame Sugar	 <b>Wasabi</b> Blended Kaneku & Ymachu
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### Shari シャリ寿司飯

Our sushi rice is carefully selected by our chef from Aomori prefecture, Japan.

We use 'Hitomebore' blending with 'Koshihikari'. It is cooked with 'Shiragiku Vinegar' and Sake.

### Sashimi Shoyu 刺身正油

We use 'Yamasa' soy sauce from Chiba prefecture blending with 'Tamari' soy sauce with zarame sugar and konbu dashi.

### Sushi Shoyu 寿司正油

We use 'Yamana' soy sauce, sake and mirin.

### Wasabi カネクワサビ

Kaneku Wasabi is one of the best Wasabi made in Ome, where is surrounded by splendid nature with plenty of pure water.

It takes 1.5 to 2 years to grow Wasabi and the pure water is crucial growing it in Ome region.

Since its establishment in 1924, Kaneku has been a great part of Japanese cuisine with its dedication and an attentiveness for the taste as well as safety.



TASMANIA  
SALMON



TUNA



KINGFISH



BBQ EEL

**28. NIGIRI SUSHI AND CHICKEN KATSU SET (130G) .....\$33.80**



**29. ABURI SALMON CHIRASHI & CHICKEN KATSU SET (130G) .....\$33.80**



**19. NIGIRI SUSHI AND TERIYAKI CHICKEN SET .....\$33.80**  
Nigiri and roll sushi with teriyaki chicken (150g)

**20. NIGIRI SUSHI AND GINGER PORK SET .....\$34.80**  
Nigiri and roll sushi with ginger pork slices (150g)

**21. NIGIRI SUSHI AND TONKATSU PORK SET .....\$34.80**  
Nigiri and roll sushi with tonkatsu pork loin (130g)



**22. ABURI SALMON CHIRASHI & TERIYAKI CHICKEN SET .....\$33.80**  
Seared salmon fillet & teriyaki chicken (150g)

**23. ABURI SALMON CHIRASHI & GINGER PORK SET .....\$34.80**  
Seared salmon fillet & ginger pork slices (150g)

**24. ABURI SALMON CHIRASHI & TONKATSU SET .....\$34.80**  
Seared salmon fillet & tonkatsu pork loin (130g)



**25. ABURI SALMON CHIRASHI & MISO KATSU PORK SET .....\$35.00**  
Seared salmon fillet & tonkatsu pork loin (130g) with miso sauce

**26. ABURI SALMON CHIRASHI & WAGYU BEEF SET .....\$37.80**  
Seared salmon fillet & yakiniku wagyu beef (150g)

**27. ASSORTED SASHIMI SET .....\$38.80**  
Assorted sashimi with salmon, tuna, white fish, Hokkaido scallop & eggs

# NABEYAKI UDON 鍋焼きうどん

EXTRA RICE .....\$3.80 MISO SOUP .....\$4.00



**30. VEGETABLE UDON** .....\$20.00  
Season vegetables & poached egg udon noodles served in hot pot



**31. PORK FILLET KATSU UDON** .....\$22.80  
Deep fried pork tenderloin udon noodles served in hot pot



**33. NABEYAKI UDON** .....\$22.00  
Seasonal vegetables and sukiyaki beef (80g) udon noodles served in hot pot



**34. SEAFOOD UDON** .....\$24.00  
Assorted seafood (prawn, mussel, fish ball, salmon fillet) and seasonal vegetable udon noodles served in hot pot

## 鍋焼きうどん

# JAPANESE CURRY 当店のカレーライス



**35. VEGETABLE CURRY** .....\$20.00  
Seasonal vegetables (broccoli, eggplant, carrot, potato) curry with fried egg



**36. CHICKEN KATSU CURRY** .....\$21.00  
Chicken cutlet (120g) with homemade curry and pickles



**37. KARAAGE CHICKEN CURRY** .....\$21.00  
Deep fried chicken (120g) with homemade curry and pickles



**38. WAGYU YAKINIKU CURRY** .....\$25.00  
Wagyu beef (120g) with homemade curry and pickles



**39. PORK LOIN KATSU CURRY** .....\$22.00  
Pork cutlet (120g) with homemade curry and pickles



**40. DEEP FRY KING PRAWN CURRY** ..\$22.00  
Deep fried king prawn (3 pcs) with homemade curry and pickles



**41. PRAWN** .....\$3.50



**42. EXTRA FRIED EGG** .....\$2.80

# A LA CARTE アラカルト



43. COMBO SASHIMI  
\$20.80



44. SALMON SASHIMI (10 PCS)  
\$25.00



45. COMBO SUSHI  
\$18.80



46. SALMON SUSHI (4 PCS)  
\$13.80



47. ABURI SALMON SUSHI (4 PCS)  
\$14.80



48. MIXED CHIRASHI (+MISO SOUP)  
\$23.80



49. VEGETABLE CHIRASHI (+MISO SOUP)  
\$19.80



50. SALMON CHIRASHI (+MISO SOUP)  
\$22.80



51. MINI SALMON DON (75G)  
\$13.80



52. MINI UNAGI DON (100G)  
\$18.80



53. DELUXE SASHIMI  
\$49.80

とびこ

貝柱

鮓

鮭

鮪

We Are Now Serving  
Fresh Oyster!

FRESH OYSTER (3 PCS)  
with Yuzu Ponzu Sauce  
\$13.80



54. SALMON AVOCADO  
MAKI SUSHI (4 PCS)  
\$8.80



## 各種巻寿司

SALMON BABY ROLLS (6 PCS) ..... \$6.50  
CUCUMBER BABY ROLLS (6 PCS) ..... \$5.50  
AVOCADO BABY ROLLS (6 PCS) ..... \$6.50

# EXTRA A LA CARTE アラカルト



55. EDAMAME  
\$8.80



56. NASU MISO  
\$8.80



57. KARAGE CHICKEN (5 PCS)  
\$12.80



58. AGEDASHI TOFU  
\$8.80



59. MINI UDON  
\$8.80



60. PORK TONKATSU (170g)  
\$19.00



61. PORK MISO KATSU (170g)  
\$19.80



62. CHICKEN KATSU (170g)  
\$18.00



63. PORK GINGER (180g)  
\$19.00



64. TERIYAKI SALMON (3 PCS)  
\$20.80



65. GRILLED SABA (3 PCS)  
\$20.80



66. WAGYU YAKINIKU (180g)  
\$21.80



67. TERIYAKI CHICKEN (200g)  
\$18.00



68. SAUTEED VEGETABLES & TOFU  
\$15.80



69. TAKOYAKI (6 PCS)  
\$10.80



70. PORK GYOZA (5 PCS)  
\$10.80

## SUKIYAKI HOTPOT

LIMITED PORTIONS  
For 2 ppl

**\$65**



Australian  
Wagyu Beef (330g)

- Full blood Wagyu Slice 9+
- Seasonal Vegetables
- Fresh Tofu
- x2 Poached egg (dipping sauce)
- x1 udon noodles (200g)

寿喜焼鍋

DINNER ONLY

# BOOKING POLICY

Dear Valued Customers,

*For bookings, our restaurant can only accommodate 12 people in total per service. We kindly ask for your understanding that we may need to reschedule if it exceeds this number.*

**LUNCH SERVICE: 12 ppl (max.) 11:30 - 1:00PM**

**DINNER SERVICE: 12 pp (max.) 5:30 - 7:45PM**

**DINING TIME: 90 Minutes (per table)**

**LARGE GROUPS:**

Please contact the restaurant in advance for any requests for big group bookings.

**CANCELLATIONS & LATE ARRIVALS:**

We will confirm your booking before your arrival time. However, late arrivals that exceed 15 minutes may need to be rescheduled. We strive to maintain a punctual schedule. All bookings have a 15-minute "grace period" that is set aside if you are running a few minutes late. We understand that emergencies can happen. In such cases, please notify us. We will do our best to accommodate and find a suitable solution.

**BYO SURCHARGE:**

\$5.00 per glass

\$5.00 per cake

**FOOD ALLERGY WARNING:**

Our food may contain or have come in contact with peanuts, wheat, soy, seafood or dairy products. If you have any allergies, please ask a staff about the ingredients before placing your order

# OPENING HOURS

## LUNCH SERVICE

**Monday: 11:30-2:00PM**

**Tuesday: 11:30-2:00PM**

**Wednesday: 11:30-2:00PM**

**Thursday: 11:30-2:00PM**

**Friday: 11:30-2:00PM**

**Saturday: 11:30-2:00PM**

**Sunday: CLOSED**

## DINNER SERVICE

**Monday: 5:30-9:00PM**

**Tuesday: 5:30-9:00PM**

**Wednesday: 5:30-9:00PM**

**Thursday: 5:30-9:00PM**

**Friday: 5:30-9:00PM**

**Saturday: 5:30-9:00PM**

**Sunday: CLOSED**

**Public Holiday Hours:**

**Please call the shop**



## Miso Green Square

Shop 1, Green Square Town Centre,

14 Ebsworth St, Zetland NSW 2017

Phone: (02) 8590 3424

Email: misozetland@gmail.com



**Miso Green Square's Story:**

Miso Green Square opened in 2020. The concept for our shop was created by restaurateur Ken Sadamatsu to introduce traditional Japanese teishoku—a healthy, balanced Japanese set meal. Teishoku features a fixed menu, with pre-selected dishes served together as a set.

We offer a wide selection of delicious Japanese dishes designed to be enjoyed by people of all nationalities and generations. Miso is a casual dining restaurant that also specialises in takeaway Japanese bento and donburi.

Thank you for visiting Miso!

