

What is Teishoku?

定食

Teishoku is a healthy Japanese set meal, often served home style on small plates. A nourishing combination of rice, main dish, miso soup and seasonal vegetables, it is designed to reset your body and mind.

Tonkatsu とんかつ

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

Kobachi 小鉢

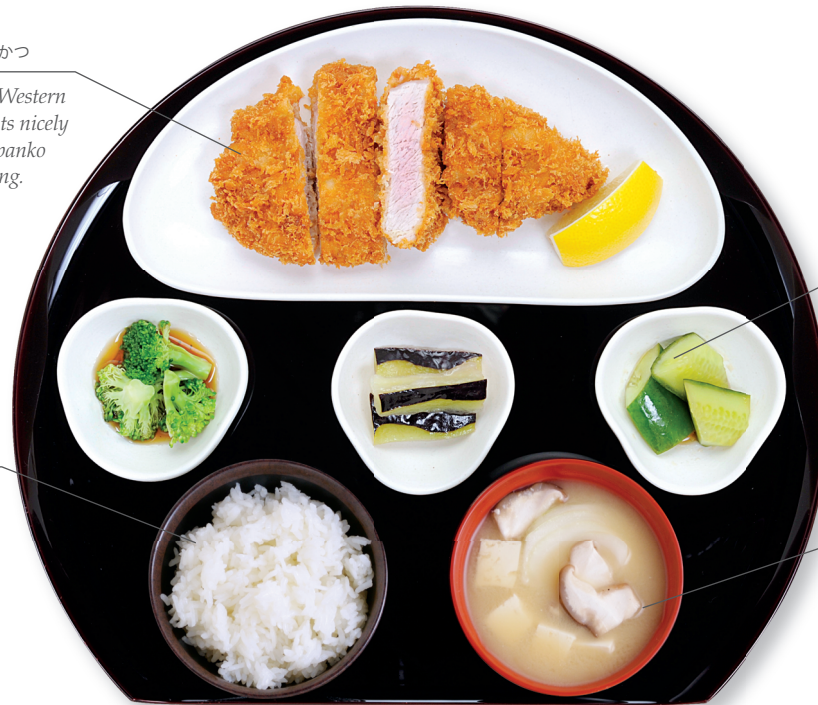
Seasonal vegetables, quickly boiled and seasoned or pickled, are a healthy accompaniment to the main dish.

Rice ご飯

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

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
miso

Complementary Kobachi

Our Teishoku set menu comes with below side dishes. Changes daily.



Konyaku
-made from yam potato starch, served with soy and sake.



Kiriboshi Daikon
-dried and shredded daikon radish, served with soy and mirin.



Cucumber Pickles
-marinated in rice wine vinegar, vegetables change daily.



Tomato Vinaigrette
-cherry tomato served with our special dressing.



Dashimaki Tamago
-traditional Japanese omelette made with free range eggs and dashi stock.

Miso's Special Sauce

- **Teriyaki Sauce**
sake, mirin, soy sauce & ginger
- **Miso-yaki Sauce**
a blend of strongly flavoured dark red miso and sweet-ish moromi miso, sugar, mirin, soy sauce & ginger
- **Ginger Sauce**
ginger, honey, garlic, soy sauce & onion
- **Miso's Yakiniiku Sauce**
dark red miso, sugar, garlic, mirin, chilli, sesame seed, soy sauce & sesame oil
- **House Dressing**
citrus ponzu sauce, onion, ginger, soy sauce & vegetable oil sauce, Vegetable oil

PORK TEISHOKU ポーク定食



Most Popular

1. **Tonkatsu Pork Loin Set \$18.80**
we use all-natural pork loin (180g)
こだわりのポーク使用



2. **Miso Katsu Set \$18.80**
tonkatsu pork loin (180g) with sweet miso sauce



6. **Fillet Pork Katsu Set \$18.80**
natural grain fed pork fillet (160g)
ヒレカツポークを使用



Very Popular

7. **Fillet Pork & Prawn Set \$19.80**
natural grain fed pork fillet & crumbed king prawn with homemade tartare sauce

SIDE DISH EXTRAS



Edamame
\$5.80



Agedashi Tofu
\$5.80

Very Popular



Salmon Sashimi
\$8.80



Nasu Miso
\$5.80



Karaage Chicken
\$7.80



Mini Udon
\$7.80



3. Oroshi Katsu Set \$18.80
tonkatsu pork loin (180g), grated daikon radish with ponzu dipping sauce



4. Katsu-tama Set \$19.80
tonkatsu pork loin topped with egg & onion in sweet soy broth



5. Toro Toro Pork Set \$18.80
pork belly cooked 3 hours with soy & mirin, boiled egg & eggplant miso



8. Shoga-yaki Pork Set \$18.80
pan fried grain-fed pork with tangy ginger soy sauce



9. Spicy Chilli Pork Set \$18.80
pan fried grain-fed pork and bamboo shoots with tangy chilli and garlic sauce



10. Miso Teriyaki Set \$18.80
pan fried pork and eggplant with our saikyo miso

What makes our **Tonkatsu** so special?

We use all-natural Western Plain pork from Victoria (and processed in Adelaide), 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 soybean oil. Please try our Tonkatsu, each mouthful leads to a crunchy and juicy perfection.

(Please allow 15-20 min to serve)



CHICKEN TEISHOKU チキン定食



11. Chicken Katsu Set \$17.80
deep fried chicken thigh (180g) served with fruit yogurt



12. Chicken Katsu-tama Set \$18.80
chicken katsu topped with egg & onion in sweet soy broth



13. Teriyaki Chicken Set \$17.80
pan fried chicken maryland serve with fruit yogurt and takuwan pickles

TEISHOKU COMBO コンボ定食 chirashi comes with raw, seared (aburi) or cooked salmon as your choice



14. Chirashi Sushi & Tonkatsu Set \$22.80
chirashi and tonkatsu pork loin (130g)



15. Chirashi Sushi & Sashimi Set \$22.80
chirashi and 3 kinds fresh sashimi



16. Chirashi Sushi & Wagyu Set \$24.80
wagyu beef is served with yakiniku sauce



17. Tonkatsu Pork Loin & Udon Set \$20.80



18. Sashimi & Udon Set \$20.80



19. Sashimi & Unaju* Set \$25.80
*BBQ eel (100g) exclusively imported by Miso

BENTO BOX 弁当ボックス



20. **miso Bento** MISO弁当 \$21.80
kushikatsu pork, salmon sashimi, soft shell crab, Japanese side dishes, rice & miso soup



21. **Hokkaido Bento** 北海道弁当 \$24.80
cooked salmon flake, salmon roe, shiitake mushroom, dashimaki egg on rice, salmon sashimi, Japanese side dish & miso soup



22. **Unagi Bento** うなぎ弁当 \$24.80
barbecued eel* (100g), salmon sashimi, soft shell crab, Japanese side dishes, rice & miso soup
* exclusively imported by Miso



23. **Salmon Bento** サーモン弁当 \$23.80
teriyaki salmon, salmon sashimi, soft shell crab, Japanese side dishes, rice & miso soup



24. **Chicken Nanban Bento** チキン南蛮弁当 \$21.80
chicken nanban, salmon sashimi, nasu miso, Japanese side dishes, fruits, rice & miso soup



25. **Vege Lover Bento** ベジタリアン弁当 \$20.80
chirashi (sweet soy curd bean, shitake mushroom, dashimaki egg, avocado), nasu miso, agedashi tofu, vege tempura, Japanese side dishes, fruits, rice & miso soup

MISO SALAD サラダ



26. Tofu, Wakame & Avocado Salad
\$10.80
豆腐・ワカメ・アボカドサラダ



27. Salmon Sashimi & Avocado Salad
\$12.80
サーモン刺身サラダ



28. Shabu-Shabu Pork Salad
\$12.80
温しゃぶしゃぶ ポークサラダ

Salad Dressing

Please choose your dressing
by Miso's recipe.

Yuzu Ponzu Dressing

- Japanese yuzu citrus juice
- ponzu citrus juice
- onion
- rice bran oil



Miso Sesame Dressing

- saikyo miso
- white sesame paste
- rice vinegar
- rice bran oil



Mustard Dressing

- hot English mustard
- Dijon mustard
- rice vinegar
- rice bran oil



UDON NOODLE うどん



29. Curry Udon \$14.80
カレーうどん
topped with karaage chicken



30. Toro Toro Pork Udon \$15.80
とろとろポークうどん
3 hours cooked pork belly & egg with soy & mirin



31. Niku Udon \$15.80
肉うどん (和牛使用)
topped with sautéed wagyu beef

JAPANESE CURRY オリジナルカレー



32. Karaage Chicken Curry \$14.80
からあげカレー
served with cabbage salad



33. Chicken Katsu Curry \$15.80
チキンカツカレー
served with cabbage salad



34. Wagyu Beef Curry \$17.80
和牛カレー
served with cabbage salad



35. Veggie Curry \$14.80
野菜カレー
served with cabbage salad

36. Pork Loin Katsu Curry \$16.80
カツカレー
served with cabbage salad

37. Pork Fillet Katsu Curry \$16.80
ヒレカツカレー
served with cabbage salad

Our Curry Sauce



Curry served with steaming rice is one of Japan's most popular home style dish. We give the sauce a little twist with apple juice and cider for sweetness and added spices like Chinese five spice and cinnamon for richness. Enjoy!

Today's Special Bento 日替わり弁



Lunch Today's Special Bento \$17.80

Dinner Today's Special Bento \$19.80

At Miso, each bento is designed with nutritional balance and aesthetic pleasure in mind. Today's Special Bento changes daily because we want to showcase the best produce we have that day, which used the daily fish from fish market, seasonal vegetables and fruits. Our chef choose best quality fish and fruits in fish market. Our staff will gladly assist you with the details.

An example of Today's Special Bento is displayed at the door.

本日の日替わり弁当は接客係におたずねください。

20 portions
only

Healthy Japanese ingredients at a glance



TOFU 豆腐

There are two main types of tofu, or soya bean curd; silken and firm. Tofu has long been a great source of protein for Japanese people. It is also high in calcium and vitamin B. We source all our tofu locally.



MISO 味噌

Made from fermented soybeans, miso contains live bacteria and enzymes that aid digestion and is high in vitamin B. At Miso, we import top-quality miso paste from Japan. Our dishes use a blend of strongly flavoured red miso and milder white miso.



KONBU 昆布

As a basic ingredient of dashi stock, dried konbu is a good source of glutamic acid, an amino acid that is responsible for dashi's umami flavour. It is extremely healthy because of its high mineral content, and can be eaten pickled or fresh. We use high-quality konbu from Hokkaido.



NATTO 納豆

Some people are put off by the sticky appearance and the powerful smell of natto (fermented soybeans). But it is a good source of protein and rich in vitamin B2, which helps maintain youthful skin. It is said that eating natto can prevent heart attacks and strokes.



WAKAME わかめ

This type of seaweed used in salads and soup is rich in iodine, calcium and omega 3 fatty acid. A daily intake helps regulate thyroid and heart functions.



GREEN TEA お茶

When Japanese people have a cuppa after a meal, it is usually a cup of green tea. Catechin, a bitter ingredient in the tea, kills bacteria that could cause food poisoning. A daily tea drinking habit is also believed to reduce the growth of cancer. At Miso, we serve Uji tea leaves from Kyoto.



Masuya

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Miso

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Izakaya Masuya

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12-14 O'Connell St, Sydney
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Makoto Chatswood

336 Victoria Ave, Chatswood
Ph (02) 9411 1838



Masuya Suisan

Shop 5, 447 Pitt St, Sydney
(Cnr. Pitt St & Campbell St)
Ph (02) 9280 0377



Makoto Bento

Shop 64, Chatswood Interchange
438 Victoria ave, Chatswood 2067
Ph (02) 9411 1863

Open!

Michi Izakaya & Ramen

161 Clarence St, Sydney

New!

Miso Japanese Restaurant

Green Square, Sydney (March/2019)