

TOKYO JOE

マンリ

STARTERS

MISO SOUP GF, DF 5	tofu, wakame & shallots
EDAMAME VG, GF, DF 8	choice of salt or spicy shichimi togarashi
KING SALMON CRISPY TACOS DF 16	salmon sashimi, wasabi tobiko, chilli mayo & iceberg lettuce (2pcs)
SALT & PEPPER SQUID DF, GF* 22	fragrant salt, chilli, crispy kale, TJ's mayo & spicy shichimi togarashi
PAN SEARED GYOZA DF, VG* 16	choice of pork, prawn, or veggie gyoza with chilli garlic dressing, shallots & sesame seeds (5pcs)
AGEDASHI TOFU GF, DF 18	TJ's tsuyu sauce, shallots, red radish, green beans & shiitake mushrooms
KARAAGE CHICKEN WINGS DF 18	fried chicken wings with kimchi vinaigrette sauce, fried onion, shallots & TJ's mayo
BAO BUN DF, VG* 18	slow cooked pork belly with pickled cucumber, cabbage, shallot & cashew nut sauce (3pcs) - option to swap pork for tofu

SIDES

STIR FRIED BROCCOLINI V, DF, VG* GF* 18	broccolini, kelp nori & sesame seasoning, sesame dressing with roasted pistachio
HOT CHIPS DF, GF* 10	nori salt with a side of TJ mayo
LOTUS ROOT CHIPS DF, GF, V, VG 10	nori salt
TJ HOUSE TOFU SALAD VG, GF*, DF, V* 8	mixed leaf, edamame, cherry tomato, avocado & fried tofu, with wasabi dressing
STEAMED WHITE RICE DF, GF, V 3/5	add a small or large side of steamed rice

MAINS

GRILLED YUZU MISO SALMON GF, DF 36	pan seared marinated salmon with sweet miso, steamed seasonal greens & roasted chat potato
CHICKEN KATSU CURRY 28	250g panko crumbed chicken, Japanese curry, with pickled cabbages
SCOTCH FILLET GF, DF 34	250g scotch fillet served with seasonal greens & roasted chat potato, with chimichurri sauce & red wine teriyaki jus
ANGUS BEEF BURGER 25	Angus Beef patty, cheddar cheese, pickles, lettuce, TJ's burger sauce <i>Served with hot chips</i>
KARRAGE CHICKEN BURGER 23	crispy fried chicken, cheddar cheese, pickles, slaw, TJ's spicy burger sauce <i>Served with hot chips</i>
TERIYAKI VG, DF, GF* -	steamed rice with seasonal greens and your choice of teriyaki protein
SALMON (150g) 34 CHICKEN (180g) 26	
TOFU (5pcs) 22 KING FISH (150g) 32	
TJ FRIED RICE DF, GF, V* 22	cabbage, carrot, shallot, edamame, egg, slow cooked pork belly, with nori kelp sesame seasoning - topped with a slow poached egg

DESSERTS

MOCHI ICECREAM 10	choice of strawberry, matcha, or vanilla (2pcs)
CHOCOLATE FONDANT 16	warm chocolate lava cake with vanilla icecream
ICECREAM BOWL GF 9	choice of strawberry, chocolate, or vanilla

SUSHI & SASHIMI

MANLY ROLL DF, GF* 22	seared salmon, kanikama, cucumber, tamago, avocado with sweet soy & wasabi mayo (8pcs)
TJ ROLL DF, GF* 22	raw tuna & kingfish, cucumber, avocado, spanish onion, spicy mayo, shichimi togarashi & tobiko (8pcs)
RAINBOW ROLL DF, GF* 22	raw salmon, tuna, kingfish, kanikama, cucumber, tamago, cucumber & avocado (8pcs)
CHICKEN KATSU & AVOCADO ROLL 20	crumbed fried chicken, avocado, cucumber & TJ's Mayo (8pcs)
HEALTHY VEGE ROLL V, DF, GF* V* 18	inari, avocado, cucumber, tomato, pickled daikon, with sesame dressing & sesame seeds (8pcs)
SALMON & AVOCADO ROLL 20	fresh salmon, avocado, cucumber & mixed sesame seeds (8pcs)
COOKED TUNA & AVOCADO ROLL 20	cooked tuna with TJ's mayo, avocado, cucumber & mixed sesame seeds (8pcs)
TEMPURA PRAWN & AVOCADO ROLL 22	crumbed fried prawn, avocado, sweet soy sauce, mayo & orange tobiko (8pcs)
KINGFISH CARPACCIO DF, GF 20	thinly sliced raw kingfish, with orange, black caviar, yuzu kosho & mixed herbs
OCEAN 12 SASHIMI DF, GF 35	assorted fresh market fish served with wasabi & pickled ginger (12pcs)
OCEAN 24 SASHIMI DF, GF 69	assorted fresh market fish served with wasabi & pickled ginger (24pcs)
TJ SUSHI & SASHIMI PLATTER DF*, GF* 88	deluxe selection of mixed sashimi (18pcs), sushi rolls (8pcs) & nigiri (6pcs) <i>chefs' choice of rolls and nigiri</i>
MIXED NIGIRI DF, GF 26	salmon, kingfish, tuna, nigiri with wasabi & pickled ginger (8pcs)
5 PIECE NIGIRI DF, GF -	5 pieces of nigiri - your choice of fish - <i>aburi with teriyaki sauce and TJ's mayo upon request (\$2 extra)</i>
SALMON 15 KINGFISH 15 TUNA 18	

V - VEGETARIAN / V* - VEGETARIAN POSSIBLE / VG - VEGAN / VG* - VEGAN POSSIBLE / GF - GLUTEN FREE / GF* - GLUTEN FREE POSSIBLE

1.5% SURCHARGE OCCURS ON ALL CARD PURCHASES | 10% SURCHARGE APPLIES ON SUNDAYS AND PUBLIC HOLIDAYS (OUR SURCHARGES PAY FOR STAFF KARATE LESSONS)

TOKYO JOE

マンリー

SPARKLING

TAR & ROSES PROSECCO KING VALLEY VIC	14/68
ATE SPARKLING SOUTH EASTERN AUSTRALIA	12/50
KISMET MOSCATO SOUTH AUSTRALIA.....	14/70

CHAMPAGNE

NV MOËT & CHANDON IMPÉRIAL BRUT CHAMPAGNE FRANCE.....	25/145
NV VEUVE CLICQUOT YELLOW LABEL CHAMPAGNE FRANCE.....	175

ROSÉ

THE PAWN 'EL DESPERADO' ROSE ADELAIDE HILLS SA	13/65
RAMEAU d'OR PETIT AMOUR ROSE IGP MEDITERRANEE FRANCE	16/80

WHITE

THE FALLS SAUVIGNON BLANC ADELAIDE HILL SA	12/64
CLOUD St PINOT GRIGIO VICTORIA	14/65
SNAKE & HERRING SAUVIGNON BLANC/SEMILLON MARGARET RIVER WA	16/82
LARK HILL REGIONAL RIESLING CANBERRA DISTRICT NSW.....	14/74
IN DREAMS CHARDONNAY YARRA VALLEY VIC.....	14/78
THE OTHER WINE Co. PINOT GRIS ADELAIDE HILLS SA	80

RED

ALTA PINOT NOIR REGIONAL VICTORIA	14/72
ATE SHIRAZ SOUTH EASTERN AUSTRALIA	12/50
ROBERT STEIN 'FARM SERIES' MERLOT MUDGEE NSW.....	14/78
BRUNO SHIRAZ BAROSSA VALLEY, SA	14/76
HESKETH REGIONAL SELECTION CABERNET COONAWARRA SA	15/88
THE PAWN SANGIOVESE ADELAIDE HILLS, SA	86
ROCKBARE SHIRAZ MCLAREN VALE SA	88

BEER

ON TAP	SCH	PNT
Brookvale Union Ginger Beer	11.5	14.5
Hahn SuperDry	10.2	14.2
4 Pines Japanese Lager	12	15.5
Tooheys New Lager	8.5	12.5
Kirin Ichiban	12	15.5
Beaches Brewery Hazy Lager	10.4	14
Asahi Super Dry	12	15.5
Furphy Refreshing Ale	10.5	14.5
Balter Eazy Hazy	11.5	14.5
Balter XPA	12	15.5
Stone & Wood Pacific Ale	12.5	16
4 Pines Pale Ale	12	15.5
Little Creatures Pale Ale	12	15.5
4 Pines Nitro Stout	13.5	16.5

ZERO*

Great Northern Zero	6
4 Pines Ultra Low	7
Heaps Normal Quiet XPA	8

LOW & MID

James Boag's Premium Light	8.5
Great Northern Super Crisp	9
Asahi Soukai 3.5	9

FULL STRENGTH

Asahi Super Dry	11
Great Northern	10
Corona	11.5
Coopers Pale Ale 375ml	10
Victoria Bitter 375ml	10
4 Pines Draught (Kolsch)	10
4 Pines Pale Ale	11
4 Pines Nitro Stout	12
Sapporo 650ml	16.5
Sapporo Black 650ml	16.5

SAKE

HAKUSHIKA KUROMATSU JUNMAI Dry, light & crisp with a hint of citrus (90ml)	5
NAMBUBIJIN TOKUBETSU JUNMAI Fruity & slightly sweet (90ml)	7
UMESHU PLUM WINE Light, fruity & smooth (90ml)	9
HAKUTSURU NIGORI YUZU Dry with a velvety texture & creamy aftertaste (90ml)	13
HAKUTSURU JOSEN Aromatic, dry & crisp (180ml)	15
HAKUTSURU SAYURI Floral, fragrant & slightly sweet (300ml)	34
BIZEN OMACHI Tropical notes & creamy (300ml)	48
HAKKAISAN TOKU JUNMAI Smooth, clean & dry (90ml)	13
HAKUSHIKA PLUM SAKE Sweet, fruity with a hint of citrus (300ml)	50

SAKE BOMBS \$12

KUROMATSU JUNMAI +

REDBULL | ORIGINAL, SUGARFREE, TROPICAL
or
4 PINES JAPANESE LAGER

RTD'S & CIDER

Citrusy Yuzu Ginger Beer Brookvale Union	13.5
Vodka Lemon Lime & Bitters Brookvale Union	13.5
Vodka Peach Iced Tea Brookvale Union	13.5
Pipsqueak Apple Cider Little Creatures	10.5
-196 Double Lemon Suntory	12.5
-196 Double Grape Suntory	12.5

SIGNATURE COCKTAILS

DAIFUKU SAN Vodka, Aperol, Yuzu, Watermelon	20
PORNSTAR MARTINI Vodka, Passoa, Passionfruit, Vanilla, Lime, Sparkling Wine	22
AZUMA Gin, Elderflower, Mint, Cucumber, Lime	21
KAFE NEGRONI Gin, Campari, Manly Spirits Coffee Liqueur, Antica Formula	22
MATCHA SAWAA Suntory Toki, Jack Daniel's Honey, Yuzu, Matcha, Whites	20
WASABI MAMI Don Julio Blanco, Cointreau, Wasabi, Lime, Togarashi	22
YABAI! Gin, Midori, Pineapple, Yuzu, Vanilla	21
SHOCHU MOJITO Pampero Blanco, Koyomi Shochu, Lime, Yuzu, Mint	20
ORENJI HIGBALL Tottori Japanese Whisky, Campari, Yuzu, Fever-Tree Blood Orange Soda	17

CLASSICS & MOCKTAILS AVAILABLE! JUST ASK OUR BARTENDERS

The Soul of Tokyo in Manly

HAPPY HOUR

EVERYDAY | 4PM TO 6PM

KIDS EAT FREE w/ ANY MAIN MEAL

EVERYDAY | 5PM TO 7PM

HOUSE BEERS/WINES/SPIRITS \$7

THURSDAY & FRIDAY | 6PM TO 8PM

ESPRESSO MARTINI	\$15
APEROL SPRITZ	\$15
PORNSTAR MARTINI	\$15
TOMMY'S MARGARITA	\$15