

EIGHT GRAINS

small snacks.

EDAMAME salted or spiced	8.5
DEEP FRIED SQUID*	15
CRISPY WONTON* ☆	14 / 4pcs
SICHUAN CHILLI OIL WONTON pork, prawn & mushroom	15 / 4pcs
FRIED SPRING ROLLS* ☆	15 / 4pcs
choice of beef or vegan	



baos n' buns.

BRAISED PORK BELLY BAO*	15
SWEET & SPICY CHICKEN BAO*	16
TEMPURA VEGE BAO	14
HONEY BBQ PORK STEAM BUN	13/2pcs

if you've got no time for nuts or coriander, let us know.

big snacks.

WOK STIR FRIED VEGETABLE ▲VA	16
FRIED CHICKEN SLIDER* choice of: teriyaki & mayo/ sweet & spicy/ sriracha mayo	18
STEAMED GARLIC PRAWNS ▲	19.5
served with glass noodles	
ROAST PORK PLATTER* honey bbq pork and/or crispy pork belly	24

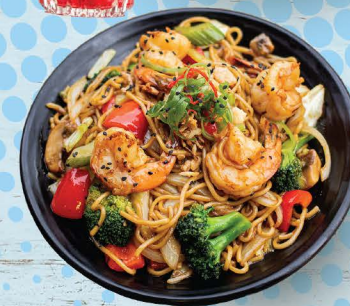
rice.

EIGHTGRAINS FRIED RICE ●	19
bbq pork / beef / tofu & vege	
CHICKEN FRIED RICE	20
fried chicken	
X.O. FRIED RICE	21
combination of prawns, bbq pork & chinese sausage	
CLASSIC SWEET & SOUR PORK	19.5
TAIWANESE BRAISED PORK BELLY	18.5
BLACK PEPPER HOT PAN ☆	19.5
beef/ chicken / tofu & vege ●	
SICHUAN KONG PAO* ☆	18.5
chicken / tofu & vege ●	

noods.

SCALLION HOUSE NOODLES with chicken & house blended soy	18.5
SICHUAN SPICY DAN DAN* ☆	19.5
VEGAN SPICY DAN DAN* ●	18.5
STIR FRY NOODLES choice of bbq pork (+1)/ chicken/ prawns / tofu & veg	19.5
STIR FRY RICE NOODLE ▲	19.5
choice of bbq pork (+1)/ chicken/ beef / prawns / tofu & veg	

(apart from bbq pork, all other proteins are GF) ▲



dumplings. steamed or pan fried

15 / half 22 / dozen

PORK & CHIVE	
CHICKEN, CORN & CORIANDER	
RED WINE PULLED BEEF	
VEGAN (mushroom & edamame) ●	
PRAWN, MUSHROOM & PORK	
PORK, GINGER & CORIANDER	

DIM SUM choice of: Shumai / Duck hoisin / or Xiao long Bao (soupy dumpling)	11 / 4pcs
DUMPLING TASTING PLATTER ☆	24 / 12pcs
DIM SUM PLATTER shumai & xiao long bao	16 / 6pcs

TOP DRINKS

CHECK OUT OUR FULL DRINKS MENU AT THE COUNTER!

HAPPY HOUR 4-6PM

TAP BEER	ASAHI SUPER DRY	13
	TUATARA HAZY IPA	13
	EG PILSNER	13
WINE	CANTI PROSECCO Veneto, Italy	14
	MATAWHERO Chardonnay, Gisborne	12.5
	THE NED Rose/SAV, Marlborough	12
CIDER	DEVIL'S STAIRCASE Pinot Noir, Central Otago	13
	ZEFFER CRISP APPLE	11
	GOOD GEORGE DORIS PLUM	11
COCKTAIL	TEAPOT COCKTAILS Orange/ Lychee/ Vanilla/ Lemon	19.5 / 31
NON ALCOHOLIC	ICED TEA	7
	ASSAM MILK TEA	5
	BUNDABERG Ginger Beer	6
	ALOE VERA	5
	COCA COLA Range	3.5/5.5



sweet.

APPLE MANGO CINNAMON ROLLS ●	14/4pcs
SWEET BAO	9.5
fried baos served with condensed milk	

☆ popular ● vegan ▲ GFA 🌶️ spicy

HIT US UP IF YOU HAVE ANY ALLERGIES!

*contains nuts but can be removed



CATERING & GIFT CARDS AVAILABLE
EIGHTGRAINS.CO.NZ

RAMEN DONBURI SUSHI



寿司 兵士

SUSHI SOLDIER

SNACKS & FRIED CHICKEN

- EDAMAME - salted or spiced 8.5
- TAKOYAKI OCTOPUS BALLS 12/8pcs 17
- KARAAGE FRIED CHICKEN with teriyaki & mayo 17
- KOREAN STYLE FRIED CHICKEN with sweet & spicy sauce 17



COLD APPETIZER

- POKE SALAD BOWL 18
with sesame dressing* & choice of crispy chicken / teriyaki tofu / vegan / grilled NZ king salmon (+2) / fresh NZ king salmon (+2)
- NZ KING SALMON SASHIMI 8pcs 19
12pcs 27
- YELLOWFIN TUNA SASHIMI 8pcs 19
12pcs 27

RAMEN

HOUSE-MADE NOODLES

- TONKOTSU RAMEN 19
pork charsu, ajitama soy egg, wakame seaweed, shiitake mushroom, sweet corn, pickled mustard leaves in house made pork & chicken broth
- MISO RAMEN 19
pork charsu, ajitama soy egg, wakame seaweed, shiitake mushroom, sweet corn, pickled mustard leaves in house made fermented brown miso base broth
- CHICKEN RAMEN 19
grilled chicken, ajitama soy egg, wakame seaweed, sweet corn, shiitake mushroom, pickled mustard leaves in house made shio pork & chicken bone broth
- VEGAN RAMEN 19
wakame seaweed, tempura kakiage vegetables, shiitake mushroom, bok choy, sweet corn, pickled mustard leave in vege broth
- STIR FRY UDON NOODLES 19
stir fried thick noodles with choice of pork charsu / teriyaki chicken / tofu & vege



SUSHI

8 PIECES PER ROLL

- TERIYAKI CHICKEN 16
- FRESH NZ KING SALMON with avocado 18
- FRIED CHICKEN & AVOCADO with sriracha mayo 16
- CALIFORNIA MAKI 18
crab stick, avocado, cucumber
- PHILEDELPHIA ROLL 18
cream cheese, crispy chicken, avocado
- CRAZY ROLL 18
tempura prawn, crab sticks, tamago, avocado
- VEGAN 15
with teriyaki shiitake mushroom, inari tofu & pickled vege
- SUSHI CATERING PLATTER 28pcs from 55



DONBURI

served with rice & salad*

- KARAAGE FRIED CHICKEN 19.5
- CRISPY KATSU CHICKEN 19.5
- GRILLED TERIYAKI CHICKEN 19.5
- STIR FRY TERIYAKI TOFU & VEGE 18.5
- FRESH NZ KING SALMON 20
with seaweed & tobikko fish roe
- GRILLED NZ KING SALMON 20
with teriyaki & fried shallots

EXTRAS

- soy egg +3
- miso soup / vegan miso soup +4
- seaweed salad +4
- extra noodle, rice +5
- extra fried chicken +6
- extra fried gyoza / extra charsu +6

popular vegan GFA spicy

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*contains nuts but can be removed

BENTO BOX

served with seaweed salad, miso soup, steamed rice & pickles

- DELUXE 24
NZ king salmon sashimi, edamame, karaage fried chicken, beef spring roll & ajitama soy egg
- VEGAN 23
vegan gyoza, fried vegan spring rolls, teriyaki fried tofu & edamame beans

TOP DRINKS

RECOMMENDED TO PAIR WITH OUR FOOD
CHECK OUR FULL DRINKS MENU AT THE COUNTER!

- BEER**
 - SAPPORO 10
 - ASAHI BLACK 11
 - EIGHTGRAINS PILSNER 11
- WINE**
 - CHOYA PLUM WINE 12
15%, Japan
 - MATAWHERE 12/48
Chardonnay, Gisborne
 - THE NED 12/48
Rose / SAV, Marlborough



- SOJU & SAKE**
 - CHUM CHURUM 19 Bottle
 - PEACH/GRAPE/BLUEBERRY
 - SOJU HIGHBALL 11 Glass
SODA, AND THE FLAVOUR OF YOUR CHOICE
 - KIMOTO JUNMAI 15% 11.5 / 22
 - MIO SPARKLING 19 Bottle

- SODA**
 - CALPIS 6
 - DRAGON BALL SODA 6
 - BUNDABERG LEMON, LIME AND BITTERS 6

HAPPY HOUR 4-6PM



CATERING & GIFT CARDS AVAILABLE SUSHISOLDIER.CO.NZ

TAKE IT EASY WITH CATERING PACKAGES

FUN FEAST

35pp



BAO BUNS
Fried chicken, Pork belly, Vegan



MIXED SUSHI PLATTER
GF AVAILABLE

Choices of Crispy chicken,
Vegan, Salmon, & Tuna



EDAMAME BEANS

PICK YOUR OWN DUMPLING PLATTER

Pork & chive, Red wine & beef,
Chicken, corn & coriander
Vegan tofu & edamame
Prawn, pork & mushroom,
Pork, ginger & coriander



SWEET SLICES
GF + VEGAN AVAILABLE

FRIED KARAAGE CHICKEN
Sweet & Spicy, Kewpie Mayo



EIGHT GRAINS

All catering served on platters, or as
takeaway in boxes with an additional charge

I FEEL GOOD

26pp



PICK YOUR OWN DUMPLING PLATTER

Pork & chive, Red wine & beef,
Chicken, corn & coriander
Vegan tofu & edamame
Prawn, pork & mushroom,
Pork, ginger & coriander



BAO BUNS
Fried chicken, Vegan



MIXED SUSHI PLATTER

GF AVAILABLE

Choices of Crispy chicken,
Vegan, Salmon, & Tuna

PARTY PALS

29pp



PICK YOUR OWN DUMPLING PLATTER

Pork & chive, Red wine & beef,
Chicken, corn & coriander
Vegan tofu & edamame
Prawn, pork & mushroom,
Pork, ginger & coriander

NOODLE / DON CUPS

CHOICE OF
BBQ pork stir fried noodles
Kong Pao Chicken fried rice,
Stir fry Tofu + veggie don (V)



WONTONS



EDAMAME BEANS



ADD ONS OR DIY PACKAGE

PLATTERS

ANTIPASTO / GRAZING PLATTER *from 50*

A delicious combination of cheeses, vegetables, meats, breads & dips

FRIED CHICKEN PLATTER *from 50*

Korean fried chicken, pickles & sauces

DUMPLING PLATTER *from 55 / 30pcs*

Pork & chive, Pork & prawn, Chicken & coriander, Red wine beef, Vegan, Pork, ginger & coriander

SUSHI PLATTER *from 55 / 28pcs*

Salmon, Teriyaki chicken, Crispy chicken, Fresh tuna, Inari, Vegan, Nigiri, or mixed of our choice



CANAPÉS

TAKOYAKI *from 4*

with QP mayo & bulldog sauce

RICE PAPER SPRING ROLLS *from 6*

SALMON CROSTINI CREAM CHEESE *from 6*

FRIED CHICKEN SLIDER *from 8*

EDAMAME BEANS 8



NOODLES / RICE / SALAD

POKE STYLE SALAD BOWLS *from 18*

crispy chicken, fresh salmon, grilled salmon or vegan

KONG PAO CHICKEN *from 18.5*

STIR FRIED BBQ PORK NOODLES *from 18.5*

CRISPY CHICKEN FRIED RICE *from 18.5*



SNACKS

FRESH OR FRIED SPRING ROLL *from 5*

beef or vege

CRISPY WONTON *from 5*

pork & prawn



BAKERY & SWEETS

CASHEW NUT BERRY SLICE (VG) *from 5.5*

CHOCOLATE BROWNIE *from 5.5*

AFGHAN BISCUITS *from 6*

CHEESE SCONES *from 5.5*

WHOLE CHEESECAKE 6" *from 55*



NOTE: Minimum spend of \$200 to qualify for delivery (free delivery within the four city avenues) otherwise pick-up in-store