

EST.  1997

# THE ROCK

— SEAGRILL &amp; SUSHI —



## — WINE LIST —

We have selected our wines from local producers solely because we're both proud of the excellent choices of wines in our region and because we love supporting local!

	BOTTLE	GLASS
<b>BUBBLES</b>		
Benguela Cove .....	R280.00	R70.00
Genevieve Brut Cap Classique .....	R350.00	
Domaine Des Dieux Claudia .....	R420.00	
Domaine Des Dieux Rose of Sharon .....	R420.00	

<b>CHARDONNAY</b>		
Seven Springs (unwooded) .....	R200.00	R55.00
Newton Johnson Chardonnay .....	R380.00	
Tesselaarsdal .....	R450.00	
Ataraxia .....	R495.00	
Restless River Ave Maria .....	R595.00	
Hamilton Russel .....	R850.00	

<b>SAUVIGNON BLANC</b>		
Lomond .....	R175.00	R45.00
Gabriëlskloof .....	R200.00	R55.00
Newton Johnson .....	R200.00	
Spookfontein .....	R210.00	R55.00
Southern Right .....	R220.00	
Ataraxia .....	R240.00	

<b>CHENIN BLANC</b>		
Beaumont .....	R225.00	R55.00
Alheit Vineyards Cartology .....	R575.00	

<b>WHITE BLENDS</b>		
Bouchard Finlayson Blanc de Mer .....	R180.00	

<b>ROSE</b>		
Ashbourne .....	R185.00	R50.00
Creation .....	R220.00	
Bartho Eksteen Blom .....	R260.00	

	BOTTLE	GLASS
<b>CABERNET SAUVIGNON</b>		
Spookfontein Cabernet Sauvignon .....	R245.00	R65.00
Raka .....	R330.00	

<b>SYRAH</b>		
Gabriëlskloof .....	R230.00	
Villion .....	R320.00	
Beaumont Dangerfield .....	R475.00	
Luddite Shiraz .....	R980.00	

<b>PINOTAGE</b>		
Raka .....	R320.00	
Southern Right .....	R495.00	

<b>PINOT NOIR</b>		
Bosman .....	R375.00	
Creation .....	R395.00	
Crystallum Peter Max .....	R550.00	
Restless River La Luc .....	R625.00	
Tesselaarsdal .....	R850.00	

<b>RED BLENDS</b>		
Newton Johnson Full Stop Rock .....	R300.00	
Lomond Belladonna .....	R300.00	
Luddite Saboteur .....	R420.00	

<b>MERLOT</b>		
Lomond .....	R175.00	R45.00
Spookfontein .....	R240.00	R65.00
Creation .....	R370.00	

<b>MAGNUMS (1.5L)</b>		
Benguela Cove Collage .....	R650.00	
Benguela Cove Syrah .....	R750.00	
Creation Syrah Grenache .....	R850.00	



### OUR INFORMATION

E&OE | Open from 08H30 to 22H00 | Monday to Sunday | [www.therock.co.za](http://www.therock.co.za)

# THE ROCK

— SEAGRILL &amp; SUSHI —



## — FRIDAY SUSHI SPECIAL —

Enjoy our famous and fabulous sushi on special every Friday. Not available for take away.

### NIGIRI 2PC

A small parcel of rice layered with your choice of

Tuna .....	R40.00
Norwegian salmon .....	R45.00

### MAKI ROLL 6PC

A traditional rolled sushi of rice wrapped in nori (seaweed) and filled with your choice of

Cucumber .....	R25.00
Avocado .....	R25.00
Tuna .....	R38.00
Norwegian salmon .....	R45.00

### CALIFORNIA ROLL 4/8PC

A traditional rolled sushi of rice filled with avocado and your choice of

Vegetarian .....	R25	R40
Prawn .....	R35	R60
Tuna .....	R38	R60
Norwegian salmon .....	R40	R70
Spicy Salmon .....	R45	R80

### ROCK ROSES 4PC ..... R70.00

Norwegian salmon wrapped around sushi rice, avocado and mayo.  
Topped with caviar

### FASHION SANDWICHES 4PC

Rice, avocado and kewpie mayo layered with your choice of

Cucumber (no mayo) .....	R26.00
Tuna .....	R48.00
Prawn .....	R45.00
Norwegian salmon .....	R50.00

### SALMON COMBO 12PC ..... R200.00

2 x salmon roses ..... 4 x salmon california rolls  
3 x salmon sashimi ..... 3 x salmon nigiri

### SASHIMI 4PC

Tuna .....	R65.00
Norwegian salmon .....	R75.00



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## — SUSHI —

We use the freshest Norwegian salmon and tuna that we can get our hands on for our handmade sushi

### NIGIRI 2PC

A small parcel of rice layered with your choice of

Prawn .....	R50.00
Tuna .....	R52.00
Norwegian salmon .....	R55.00

### SASHIMI 4PC

Tuna .....	R75.00
Norwegian salmon .....	R95.00

### MAKI ROLL 6PC

A traditional rolled sushi of rice wrapped in nori (seaweed) and filled with your choice of

Cucumber .....	R30.00
Avocado .....	R32.00
Tuna .....	R48.00
Norwegian salmon .....	R60.00

### CALIFORNIA ROLL 4/8PC

A traditional rolled sushi of rice filled with avocado and your choice of

Vegetarian .....	R30	R50
Tuna .....	R42	R80
Norwegian salmon .....	R50	R88
Prawn .....	R48	R80
Spicy Salmon .....	R52	R90

### ROCK ROSES 4PC .....

Norwegian salmon wrapped around sushi rice, avocado and mayo. Topped with caviar

### SALMON BOMBS 3PC .....

Rice, avocado, cucumber and kewpie mayo wrapped in salmon and topped with finely chopped salmon mixed with 7 spice

### FASHION SANDWICHES 4PC

Rice, avocado and kewpie mayo layered with your choice of

Cucumber (no mayo) .....	R32.00
Tuna .....	R56.00
Prawn .....	R58.00
Norwegian salmon .....	R68.00

### HAND ROLL 1PC

Rice, avocado, cucumber and kewpie mayo wrapped in nori (seaweed) with your choice of

Tuna .....	R49.00
Prawn .....	R49.00
Norwegian salmon .....	R55.00

### AVO BOAT 2PC .....

Fresh avocado, bean curd and kewpie mayo sprinkled with sesame seeds

### RAINBOW ROLL 4PC .....

Tuna, crab, cucumber and kewpie mayo wrapped in rice and salmon

### TEMPURA SPICY SALMON 4PC .....

Seven spice salmon and avocado wrapped in rice and fried in panko crumbs. Topped with sweet chilli mayo dressing

### PHILADELPHIA 4PC .....

Cream cheese and avocado wrapped in rice and smoked salmon

### WASABI PARCEL 4PC .....

Tuna and wasabi mayo wrapped in rice and salmon. Topped with caviar

### TEMPURA PRAWN ROLL 4PC .....

Tempura prawn, avocado, cucumber wrapped in rice and topped with sweet chilli

### CALIFORNICATION 4PC .....

Tuna, avocado and cream cheese wrapped in rice and topped with prawn and seven spice

### CUCUMBER SCREW 4PC .....

Seared salmon and tuna wrapped around cucumber, sushi rice, cream cheese and wasabi mayo

### TEMPURA SALMON 4PC .....

Tempura salmon, avocado and cucumber wrapped in rice and topped with kewpie mayo and caviar

### NEW WAVE ROCK ROLL 4PC .....

Salmon, prawn, seven spice and avocado wrapped in rice and cucumber

### STRAIGHT JACKET PRAWNS 6PC .....

Spicy prawns

## — SUSHI SALADS —

### SALMON & TUNA SASHIMI .....

Fresh Norwegian salmon and tuna sashimi on a bed of fresh greens and cherry tomatoes. Served with avocado, wasabi and salad dressing.

### SHREDDED CRAB SALAD .....

Shredded crab, kewpie mayo and sesame seeds.



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## — SUSHI PLATTERS —

We use the freshest Norwegian salmon and tuna that we can get our hands on for our handmade sushi

### TUNA PLATTER 12PC ..... R165.00

3 x tuna maki  
3 x tuna sashimi  
4 x tuna california rolls  
2 x tuna nigiri

### SALMON PLATTER 12PC ..... R220.00

2 x salmon roses  
3 x salmon sashimi  
4 x salmon california rolls  
3 x salmon nigiri

### SUSHI & SASHIMI COMBO 12PC ..... R250.00

#### SALMON ONLY ..... R270.00

2 x salmon sashimi  
2 x tuna sashimi  
4 x crab california rolls  
2 x salmon nigiri  
2 x tuna nigiri

### ARIGATOU 24PC ..... R485.00

#### SALMON ONLY ..... R525.00

4 x crab california rolls  
4 x salmon fashion sandwiches  
4 x salmon avocado rolls  
2 x salmon sashimi  
4 x tuna avocado rolls  
2 x salmon nigiri  
2 x tuna nigiri  
2 x tuna sashimi

### NIPPON 18PC ..... R220.00

#### SALMON ONLY ..... R260.00

4 x salmon avocado rolls  
4 x tuna avocado rolls  
4 x prawn california rolls  
3 x smoked salmon maki  
3 x cucumber maki

## — DIM SUM —

Small plates of 3 steamed dumplings

### PORK & PRAWN ..... R60.00

### ANGRY DUCK ..... R60.00

### EXTRAS

Add some extras to your sushi

Ginger, wasabi or kewpie mayo ..... R8<sup>EA</sup>

Sushi rice ..... R20<sup>EA</sup>



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## — ALCOHOLIC BEVERAGES —

We offer a selection of local craft beers and after dinner refreshments.

### AFTER DINNER

Grappa, Dallacia or Tanagra .....	R50.00
Spookfontein Cape Ruby Port .....	R40.00
KWV 10 Year Brandy .....	R45.00
Richelleu 10 Year Vintage Brandy .....	R45.00
Van Ryns Single Potstill Brandy .....	R45.00

### LOCAL CRAFT BEER ..... R45.00

Ask your waiter about our selection of on tap craft beers



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