

# Mediterranean

## Seafood Restaurant & Sushi Bar

### A little about Sushi...

These days feeding your soul is as important as feeding your face. A Japanese proverb says that if you have the pleasant experience of eating something you have not tasted before, your life will be lengthened by 75 days. One evening at a sushi bar could add years to your life. The most perfect fish and shellfish are served uncooked in gemlike portions with delicately seasoned rice. Sushi, the combination of raw fish and seasoned rice seems so exotic to us, it's supremely logical food in Japan.

Sushi began centuries ago in Japan as a method of preserving fish. Cleaned raw fish were pressed between layers of salt and rice and weighed with a stone. After a few weeks the stone was removed and replaced with a light cover and a few months after that, the fermented fish and rice were considered ready to eat. Some restaurants in Tokyo still serve this original style of sushi called "narezushi", made with freshwater carp. It's flavour is so strong that it obscures the fish's identity altogether and narezushi's something of an acquired taste. It wasn't until the eighteenth century that a clever chef named Yohel decided to forego the fermentation process and serve sushi in something resembling its present form.

## Beginners Platter

### Beginners Platter No 1

4 Piece Prawn Fashion Sandwiches  
 4 Piece Smoked Salmon & Cream Cheese California Rolls  
 8 Piece Crab Maki R 109

### Beginners Platter No 2

4 Piece Smoked Salmon Sandwiches  
 4 Piece Crab Californian Rolls  
 2 Piece Prawn Nigiri R 115

## Nigiri

Luscious slices of raw fish sculpted onto delicately flavoured rice with a dab of wasabi. (2 piece)

Salmon	R 52
Tuna	R 48
Line Fish	R 45
Prawn	R 48
Smoked Salmon	R 46
Crab Stick	R 35
Eel	R 52

### Assorted Nigiri Platter

2 Piece Salmon  
 2 Piece Tuna  
 2 Piece Line Fish  
 2 Piece Prawn  
 4 Piece Vegetarian California Rolls R 200

### Assorted Nigiri Deluxe Platter

3 Piece Salmon  
 3 Piece Tuna  
 3 Piece Line Fish  
 3 Piece Prawn  
 4 Piece Vegetarian California Rolls R 285





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### Hand Rolls

Nori seaweed rolled into the shape of a cone, encasing a variety of lavishly arranged vegetables and or fish, set off against delicately flavoured rice.

(Single Hand Rolls)

Salmon, Avo, Cucumber & Mayo	R 55
Tuna, Avo, Cucumber & Mayo	R 52
Crab, Avo Cucumber & Mayo	R 45
Prawn, Avo, Cucumber, Caviar & Mayo	R 50
Vegetarian (Avocado, Cucumber, Carrot, Pickle & Mayo)	R 42
Spicy (Tuna, Salmon, Avocado & Seven Spice)	R 52

### Maki

Nori seaweed wrapped around rice with your choice of ingredients to make tasty delectable wheels full of the flavour of the sea. (6 piece)

Salmon	R 48
Tuna	R 44
Prawn	R 44
Smoked Salmon	R 44
Cucumber	R 28
Pickle	R 35
Avocado	R 39
Crab	R 35
Peppadew Maki	R 35
Eel Maki	R 60



### Maki with a Difference

Mediterranean Salmon Maki (6 piece)	R 88
Heart shaped salmon pieces	
Foto Maki (4 piece)	R 88
Salmon, tuna, cream cheese, avo, cucumber, prawn, crab caviar & crab stick	
Edo Maki (8 piece)	R 55
Smoked salmon, avo & cucumber	

### Fashion Sandwiches

A novel variation with rice on the outside encasing luscious layers of nori, fish or vegetables & cut into geometric shapes. (9 piece)

Tuna, avocado & mayo	R 80
Salmon, avocado & mayo	R 84
Line fish, avocado & mayo	R 70
Crab, avocado & mayo	R 60
Prawn, avocado & mayo	R 79
Smoked salmon, avocado & mayo	R 68



### Special Fashion Sandwiches (4 piece)

Special salmon	R 78
Special tuna	R 74
Special prawn	R 72
Special crab	R 60
Special Mediterranean (Salmon, Tuna)	R 78

All the special Fashion Sandwiches are filled with avocado and topped with mayo & caviar



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### Sashimi

The heart and soul of Japanese cuisine - succulent portions of the finest and freshest fish arranged to please the eye as well as the palate (3 piece)

Salmon	R 62
Tuna	R 60
Line Fish	R 47
Seared Salmon - 3 piece	R 64
Seared Tuna - 3 piece	R 62
Seared Tuna - 9 piece	R 165
Seared Salmon - 9 piece	R 170
Standard - 9 piece assorted sashimi	R 160
Assorted Sashimi Deluxe - 18 piece	R 290
Eel	R 65

### California Rolls

A colourful core of jewel-like fillings of your choice wrapped in nori, rolled in rice and sprinkled with sesame seeds. An appetizing and delectable symphony of flavours. (8 piece)

Salmon, Avocado & Cucumber	R 72
Tuna, Avocado & Cucumber	R 72
Line Fish, Avocado & Cucumber	R 60
Prawn, Avocado, Cucumber & Mayo	R 65
Smoked Salmon, Avocado, Cucumber & Mayo	R 64
Vegetarian (Avo, cucumber, carrot, pickle & Mayo)	R 48
Smoked Salmon & Cream Cheese	R 72
Crab, Avocado, Cucumber & Mayo	R 55

### Special California Rolls (10 piece)

10 Piece Dragon Roll (BBQ eel, spring onion, mayo & chili powder)	R 92
10 Piece Yuppy Rolls (smoked salmon, cream cheese, spring onion & avo)	R 69
10 piece Tiger Rolls (prawn, salmon, mayo, peppadew & avo)	R 92

### Special California Rolls (8 piece) NEW

Pyramid <b>*NEW*</b> (salmon, crab stick, avo, caviar & Mayo)	R 75
Prawn Caterpillar <b>*NEW*</b> (prawn, avo, caviar, mayo)	R 80
Alaska Reloaded <b>*NEW*</b> (crab, avo, cream cheese, caviar, mayo)	R 80
New York <b>*NEW*</b> (deep fried prawn, crab stick, avo, caviar, mayo)	R 91
Godzilla <b>*NEW*</b> (tempura prawn, cream cheese, caviar)	R 80
Green Mamba <b>*NEW*</b> (selection of veggies, caviar)	R 60
Deep Fried Prawn <b>*NEW*</b> (prawn, avocado, cucumber & sweet chili mayo)	R 75

Sakura (salmon, avo & caviar of crab)	R 82
Rainbow (salmon, tuna, avo, caviar & mayo)	R 91
Fire Roll (seared tuna, chili powder, avocado)	R 82
Sato Roll (salmon, tuna, avocado)	R 76
Spicy Salmon Roll (salmon, chili powder, avocado)	R 74
Spicy Tuna Roll (tuna, chili powder, avocado)	R 72
Rainbow Special (prawn, cream cheese, salmon, tuna, mayo, caviar & avo)	R 92
Mediterranean Roll (prawn, salmon, tuna, mayo, caviar, crab stick & avo)	R 91



**PERSONS WITH ALLERGIES - PLEASE BE ADVISED THAT BEING A SEAFOOD RESTAURANT ALL OUR FOOD DOES COME IN CONTACT WITH FISH OR SHELLFISH**



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## Seafood Restaurant & Sushi Bar

### Combo's

#### Combo 3

**R 115**

- 2 Piece Prawn Nigiri
- 2 Piece Smoked Salmon Nigiri
- 2 Piece Crab Nigiri

#### Combo 4

**R 175**

- 4 Piece special Salmon Fashion Sandwiches
- 3 Piece Salmon Nigiri
- 4 Piece Salmon Maki

#### Combo 5

**R 175**

- 4 Piece special Tuna Fashion Sandwiches
- 3 Piece Tuna Nigiri
- 4 Piece Tuna Maki

### Spring Rolls

2 Piece

Prawn

R 32

Vegetarian

R 28



### Desserts

Inari 2 piece

R 42

Bean Curd, Prawn, Avocado, Mayo & Caviar

### Extra Items

Extra Mayo	R 8
Extra Wasabi	R 8
Extra Ginger	R 8
Extra Cream Cheese	R 10
Extra Caviar	R 40
Sushi Rice	R 22
Fortune Cookie	R 6
White Rabbit 180g packet	R 65
Miso Soup	R 26
Saki (Rice Wine)	R 50
Chinese Tea per pot (serves two)	R 24



Mediterranean Seafood Restaurant & Sushi Bar  
will be your  
favourite place to eat



#### Riverside Mall

Tel (013) 757 0170  
Fax (013) 757 0189  
Restaurant 1 & 2,  
White River Road  
Riverside Mall, Nelspruit

#### I'Langa Mall

Tel (013) 742 2235  
Fax (013) 742 2381  
Shop Ug2 Cnr Flamboyant &  
Bitterbessie Street  
I'Langa Mall, Nelspruit



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### Double Decker Fashion Sandwiches (8 piece)

**\*NEW\***

Salmon, caviar & mayo R 95  
 Prawn, caviar & mayo R 89

### Platters

#### Salmon Sensation R 550

8 piece Sakura  
 9 piece Salmon Sashimi  
 6 piece Salmon Maki  
 4 piece Salmon Rose  
 6 piece Salmon Nigiri  
 4 piece special Salmon Fashion Sandwiches

#### Tuna Treat R 530

8 piece Sakura  
 9 piece Tuna Sashimi  
 6 piece Tuna Maki  
 4 piece Tuna Rose  
 6 piece Tuna Nigiri  
 4 piece special Tuna Fashion Sandwiches

#### Lovers Dream R 595

3 piece Salmon Sashimi  
 3 piece Tuna Sashimi  
 3 piece Line Fish Sashimi  
 4 piece Salmon Maki  
 4 piece Tuna Maki  
 2 piece Salmon Rose  
 2 piece Tuna Rose  
 2 piece Salmon Nigiri  
 2 piece Tuna Nigiri  
 2 piece Prawn Nigiri  
 4 piece special Prawn Fashion Sandwiches  
 4 piece special Salmon Fashion Sandwiches



#### Salmon Platter R 300

6 piece Salmon Sashimi  
 2 piece Salmon Rose  
 4 piece Sakura  
 5 piece Salmon Nigiri

#### Tuna Platter R 285

6 piece Tuna Sashimi  
 2 piece Tuna Rose  
 4 piece Sakura  
 5 piece Tuna Nigiri

#### Mix Platter R 280

3 piece Salmon Sashimi, 3 piece Tuna Sashimi  
 3 piece Line Fish Sashimi  
 5 piece Nigiri - 2 pc Salmon, 1 pc prawn, 1 pc tuna  
 1 piece Line Fish  
 4 piece California Roll - chef's choice

#### Lover's Platter 1 R 200

4 piece Smoked Salmon & Creamed Cheese California Rolls  
 4 piece Prawn Fashion Sandwiches  
 2 piece Prawn Nigiri  
 2 piece Smoked Salmon Rose  
 Fish salad  
 6 piece Avo Maki

#### Lover's Platter 2 R 330

3 piece Tuna Sashimi  
 3 piece Salmon Sashimi  
 4 piece special Fashion Sandwiches  
 2 piece Prawn Nigiri  
 4 piece Sakura California Rolls  
 2 piece Salmon Rose  
 Fish salad

#### Sushi Platter R 410

9 piece assorted Sashimi  
 2 piece Salmon Nigiri  
 2 piece Tuna Nigiri  
 2 piece Line Fish Nigiri  
 2 piece Prawn Nigiri  
 3 piece Avocado Maki  
 3 piece Cucumber Maki  
 4 piece Sakura  
 4 piece special Salmon Sandwich



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## Seafood Restaurant & Sushi Bar

### Platters

#### Sushi Platter

R 410

- 9 piece assorted Sashimi
- 2 piece Salmon Nigiri
- 2 piece Tuna Nigiri
- 2 piece Line Fish Nigiri
- 2 piece Prawn Nigiri
- 3 piece Avocado Maki
- 3 piece Cucumber Maki
- 4 piece Sakura
- 4 piece special Salmon Fashion Sandwiches



### Sushi Salads

- Sweet Chili Tuna Salad **NEW** R 80
- deep fried Tuna, sweet chili, caviar, spring onion, lettuce
- Sashimi Salad R 120
- Salmon, Tuna, Line Fish, Prawn, Crab Stick & Caviar
- Fish Salad R 60
- Tuna, Line Fish, Prawn, Mayo, Crab Stick
- Prawn Salad R 95
- Prawn, Caviar, Avocado, Mayo
- Seaweed Salad R 30

### Special Sushi

- 4 piece Cucumber Roll R 68
- Prawn, Mayo & Caviar
- Lover's Oyster each R 28
- Smoked Salmon, Cream Cheese, Spring Onion, Caviar



### SUSHI ROSES

- 4 Piece Salmon Rose R 71
- Salmon, Mayo, Caviar & Avocado
- 4 Piece Tuna Rose R 70
- Tuna, Mayo, Caviar & Avocado
- 4 Piece Smoked Salmon Rose R 64
- Smoked Salmon, Mayo, Caviar & Avocado



### Combo's

#### Combo 1

R 170

- 2 Piece Salmon Sashimi
- 2 Piece Line Fish Sashimi
- 1 Piece Tuna Nigiri
- 1 Piece Salmon Nigiri
- 4 Piece Sakura
- 4 Piece Salmon Maki

#### Combo 2

R 125

- 1 Piece Salmon Nigiri
- 1 Piece Tuna Nigiri
- 1 Piece Line Fish Nigiri
- 4 Piece Sakura
- 1 Piece Prawn Nigiri

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