

La Marina

Lunch Menu



LIGHT MEALS

- Hot Smoked Salmon & Salad
R100

- 6 Oysters & Bubbly
R165

- Trout Roulade & Salad
R95

- Fried Halloumi Fingers
R85

- Princess Pesto Gnocchi
R110

- Belgian Style Mussels
R140

- Oysters
R18 ea



DESSERTS

- Chocolate volcano R52
- Affogato R42
- Dom Pedro R55

MAIN COURSE

served with chips
or a salad

OLD SCHOOL

Grilled to Perfection

- Seabass R250
- Kingklip R220
- Salmon R280

DEEP DIVE

Topped with saucy mussels

- Seabass R260
- Kingklip R250
- Salmon R290

PRAWNS AND CHIPS

- 8 Perfectly Grilled Prawns
R180

PRAWN CURRY

- Served in a mild curry sauce and a roll
R160

PRAWN PASTA

- Saucy Prawns with Linguine
R160

CALAMARI

Grilled or fried, served with chips or a salad

- Tubes R170
- Heads R180

SEAFOOD PLATTER

SERVES TWO!

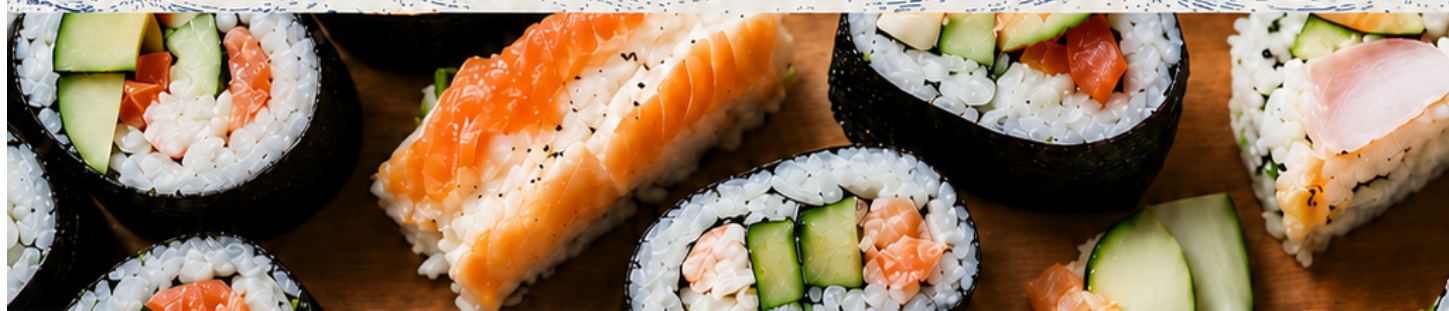
Line Fish, Calamari, 6 Prawns,
6 Mussels, Halloumi Fingers,
2 sides & Garlic Butter Sauce

R490



La Marina

Sushi



HAND ROLL (EACH)

- SALMON R51
 - PRAWN / TUNA R80
 - VEGETARIAN R42
- Add R10 for Cucumber Roll*

TERIYAKI (8 PIECE)

- SALMON and TUNA R109

SASHIMI (6 PIECE)

- SALMON R90
- TUNA R92

SALMON ROSES (6)

- SALMON ROSES R103
- SPECIALITY ROSES R109

POKE BOWLS

SALMON / TUNA WITH
EDEMAME, SUSHI RICE,
PEPPERS AND TERIYAKI

FASHION SANDWICH (4)

- CRAB R35
- SALMON R38
- AVO & CUCUMBER R34
- TUNA R36
- PRAWNS R36
- SMOKED SALMON &
CREAM CHEESE R41
- EMPEROR FASHION R43

MAKI (4)

- PICKLED RADISH R40
- PRAWN R32
- CRAB R32
- CUCUMBER R25
- SALMON R34
- TUNA R34

NIGIRI (2)

- SALMON R30
- PRAWN R25
- CRAB R23
- GOLDFISH R72
- TUNA R30

CALIFORNIA ROLLS (8)

- CRAB R70
- SALMON R75
- AVO & CUCUMBER R34
- TUNA R75
- PRAWNS R82
- SMOKED SALMON &
CREAM CHEESE R92

SPECIALITY CALIFORNIA ROLL (8)

- SALMON HOUSES R80
- RELOADED R135
- ROCK AND ROLL R145
- SALMON RAINBOW R130
- PANKO SALMON/PRAWN R150

INARI (2)

- SALMON R70
- PRAWN R65
- RADISH R65

ASK US ABOUT TAILOR-MADE SUSHI
PLATTERS FOR YOUR NEXT EVENT.
PLEASE NOTE – SUSHI CAKES HAVE
TO BE PRE-ORDERED!

La Marina

Sushi Platters



ROSE PLATTER (12)

R270

- SALMON ROSES (4)
- SPECIALITY ROSES (4)
- SALMON HOUSES (4)

SALMON PLATTER (18)

R290

- TIGER ROLL (6)
- SALMON FASHION (4)
- SALMON SASHIMI (6)

TIGER PLATTER (16)

R290

- TIGER ROLL (6)
- SALMON FASHION (4)
- SALMON SASHIMI (6)

VEGETARIAN PLATTER (20)

R190

- AVO MAKI (8)
- VEG RAINBOW ROLL (8)
- VEG FASHION SANDWICH (4)

EXCLUSIVE PLATTER (20)

R420

- ROCK & ROLL (4)
- SALMON HOUSES (4)
- TEMPURA PRAWNS (4)
- EMPEROR SANDWICH (4)
- SALMON INARI (4)

LMF SPECIALITY PLATTER (26)

R495

- SALMON ROSES (8)
- SALMON RAINBOW ROLL (8)
- SALMON SASHIMI (4)
- TUNA SASHIMI (4)
- SALMON HANDROLL (2)

POKE BOWL SALMON / TUNA

R120

Marinated in our Special Sauce.
Avo's, Edamame, Cucumber & Carrots.
Garnished with Toasted Sesame,
Seaweed, Spring Onions and Sesame
Seeds. Served on Sushi Rice.

CLASSIC PLATTER (22)

R460

- SALMON SASHIMI (4)
- GOLDFISH NIGIRI (2)
- SALMON HOUSES (4)
- SPECIALITY ROSES (4)
- SALMON RAINBOW ROLL (8)

MINI SPECIALITY (13)

R245

- SALMON ROSES (4)
- SALMON RAINBOW ROLL (4)
- SALMON SASHIMI (2)
- TUNA SASHIMI (2)
- SALMON HANDROLL (1)

SIGNATURE PLATTER (32)

R680

- PANKO CALIFORNIA ROLL (8)
- RELOADED (8)
- PRAWN INARI (4)
- TERIYAKI SASHIMI (8)
- SALMON ROSES (4)

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Drinks List



Softdrinks

- GRAPE / APPLETISER - R25
- ICE TEA PEACH / LEMON - R25
- STILL/SPARKLING WATER - R15
- COKE / COKE ZERO - R23
- FANTA/SPRITE - R23
- KOMBUCHA - R50
- CAPPY MANGO&ORANGE - R20
- SODA / LEMONADE - R20
- TONIC/DRY LEMON - R20
- RED BULL - R35

Wines

- SOPHIE TEREBLANCE - R170/R50
- DIEMERSFONTEIN PINOTAGE - R210
- SPRINGFIELD WHOLE BERRY - R245
- HAUTE CABRIERE CHARDONNAY-R185
- SPRINNFIELD LIFE FROM STONE-R240
- SPINGFIELD MISS LUCY - R250
- VILLERIA SPARKLING BRUT-R260/R65
- PROSECO - R335
- BELLA VINO -R110 /R35

Spirits

- GRANTS - R25
- JAMESONS - R35
- JAGERMEISTER - R30
- TANQUERY - R30
- APEROL SPRITS - R78



Beer & Ciders

- STELLA - R30
- HEINEKEN - R30
- AMSTEL - R30
- WINDHOEK DRAUGHT - R35
- WINDHOEK LAGER - R25
- CASTLE LIGHT - R25
- SAVANA DRY - R25
- HUNTERS DRY - R25
- ERDINGER WEISSE - R65
- ERDINGER KRISTALL -R65

GRAPPA

- GRAPPA BROTTA RUTA- R45
- GRAPPA NINO TRADIZION- R57

DOM PEDROS

- KHALUHA, AMARULA,
FRANGELICO, AMARETO,
JAMESONS - R55

MILK-SHAKES

- CHOCOLATE,
STRAWBERRY, BANANA,
BUBBLEGUM, LIME - R35

