



# SUSHI & NOODLEBAR MENU

## THE HISTORY OF SUSHI

The earliest form of sushi, a dish today known as narezushi, has its probable origin with paddy fields along the Mekong river in Southeast Asia. The prototypical narezushi is made by lacto-fermenting fish with salt and rice in order to control putrefaction. Spreading southwards down the Mekong, narezushi then entered Austronesia. In Japan the dish's distribution overlaps with the introduction of wet-field rice cultivation during the Yayoi period.

Narezushi appears in the Chinese dictionary in the 2nd century CE as the character sa (pickled fish with salt and rice), which was during a period in which the Han Chinese were expanding south of the Yangtze river, adopting the food from the non-Han peoples.

The Japanese preferred to eat fish with rice, known as namanare or namanari, semi-fermented. During the Muromachi period namanare was the most popular type of sushi. Namanare was partly raw fish wrapped in rice, consumed fresh, before it changed flavor. This new way of consuming fish was no longer a form of preservation but rather a new dish in Japanese cuisine.

During the Edo period, a third type of sushi was developed, haya-zushi. Haya-zushi was assembled so that both rice and fish could be consumed at the same time, and the dish became unique to Japanese culture. It was the first time that rice was not being used for fermentation. Rice was now mixed with vinegar, with fish, vegetables and dried food stuff added. This type of sushi is still very popular today. Each region utilizes local flavors to produce a variety of sushi that has been passed down for many generations.

Today's style of nigirizushi, consisting of an oblong mound of rice with a slice of fish draped over it, became popular in Edo (contemporary Tokyo) in the 1820s or 1830s. One common story of nigirizushi's origins is of the chef Hanaya Yohei (1799–1858), who invented or perfected the technique in 1824 at his shop in Ryōgoku. After the Great Kanto earthquake in 1923, nigirizushi chefs were displaced from Edo throughout Japan, popularizing the dish throughout the country.



# SUSHI MENU

## MAKI

(6 Piece)

- **Vegetarian Maki** R36  
(Avocado or Cucumber)
- **Crab Maki** R38
- **Prawn Maki** R45
- **Smoked Salmon & Cream Cheese Maki** R45



## FASHION SANDWICHES

(4 or 8 Piece)

- **Vegetarian** R45/R70  
(Avo, Cucumber & Carrots) or (Strawberry & Cream Cheese)
- **Smoked Salmon & Cream Cheese** R60/R95
- **Strawberry, Salmon & Cream Cheese** R60/R95
- **Crispy Salmon & Avo** R60/R95  
(Topped with Sweet Chilli)
- **Salmon & Avo** R58/R90
- **Prawn & Avo** R58/R90
- **Tuna & Avo** R58/R90
- **Crab & Avo** R58/R90



## TEMAKI

(Hand Roll, 1 Piece)

- **Vegetarian** R42
- **Tempura Prawn** R50  
(Cucumber, Tempura Prawn, Sweet Chilli Mayo)
- **Salmon & Avo** R50  
(Salmon, Avo & Mayo)
- **Spicy Tuna** R50  
(Tuna, 7 Spice, Avo & Mayo)
- **Smoked Salmon & Cream Cheese** R50  
(Smoked Salmon, Cream Cheese in Sesame Sauce)

- **Prawn & Avo** R50  
(Prawn, Avo, Mayo & Cucumber)
- **Cucumber Wrapped** R52  
(Salmon & Avo OR Prawn & Avo)



# SUSHI MENU

## INARI

(2 Piece)

- **Vegetarian** R45  
(Carrots, Avo, Cucumber & Mayo)
- **Crab Salad** R50  
(Crab Sticks, Tempura Butter, Mayo & 7 Spice)
- **Spicy Prawn** R60  
(Prawn, Avo, Mayo & Tongarasy Spice)
- **Salmon** R60  
(Salmon, Avo, Mayo & 7 Spice)
- **Tempura Prawn** R60  
(Tempura Prawn, Mayo, Sweet Chilli, Seame Seeds)



## CALIFORNIAN ROLLS

(4 or 8 Pieces)

- **Vegetarian** R55/R90  
(Avo, Cucumber & Bean Curd)
- **Crab & Avo** R55/R90
- **Salmon & Avo** R58/R95
- **Prawn & Avo** R58/R95
- **Tuna & Avo** R58/R95
- **Tempura Prawn** R58/R95  
(Tempura Prawns, Cucumber & Sweet Chilli)
- **Strawberry Salmon & Cream Cheese** R58/R95
- **Smoked Salmon & Cream Cheese** R60/R98

## SASHIMI

(3 Piece)

Salmon	R72
Tuna	R72
Seared Salmon	R75
Seared Tuna	R75

## NAGIRI

(3 Piece)

Vegetarian	R60
Crab	R62
Salmon	R65
Tuna	R65
Prawn	R65





# SUSHI MENU

## CHEFS SPECIALS

(4 or 8 Piece)

- **Tempura Buttered Prawns** R50  
(Tempura buttered prawns served with Sweet Chilli)
- **Tiger Roll** R58/R95  
(Prawn, Avo, Cucumber. Topped with Prawn, Avo, Sweet Chilli & Teriyaki Sauce)
- **Salmon & Avo Rainbow Roll** R58/R95
- **Tuna Rainbow Rolls** R58/R95
- **Wasabi Parcel** R58/R95  
(Wasabi, Avo, Salmon topped with Salmon & Mayo)
- **Rock Prawns** R58/R95  
(Spicy Salmon topped with Fried Prawns & Sweet Chill Mayo & Spring Onions)
- **Bamboo** R60  
(Cucumber, Rice Paper, Prawns & Avo topped with Mayo & Caviar)
- **Surprise Ball** R60  
(Chopped Prawns, Spring Onions, 7 Spice, Mayo topped with Smoked Salmon & Sesame Sauce)
- **Fried Californian Rolls** R60/R96  
(Salmon & Avo OR Tuna & Avo topped with Yummy Sauce, Spring Onion & Sesame Sauce)
- **Assorted Rainbow Rolls** R60/R96  
(Prawn & Avo topped with Salmon, Tuna, Mayo, Caviar & Teriyaki Sauce)
- **Double Salmon Fashion Sandwich** R68  
(Salmon & Avo topped with Salmon, Wasabi Mayo & Sesame Sauce)
- **Kickboxing Roll** R62/R97  
(Fried Prawn & Avo topped with Avo & Sirajh Sauce)
- **Yummy Roll** R65/R99  
(Tempura Prawn & Avo topped with Smoked Salmon & Sracha Mayo)
- **TiCayZa Roses (4 pc)** R75  
Salmon Roses OR Tuna Roses



# SUSHI MENU

## SUSHI PIZZA

(Per slice)

- **Salmon Teriyaki** **R85**  
(Seaweed and Sushi Rice Base, Salmon, Avo, Kewpie Mayo, Sesame Seed & 7 Spice)
- **Spicy Prawn** **R85**  
(Seaweed and Sushi Rice Base topped with Spicy Prawns, Spring Onions, Avo, Spicy Tongarashi & Mayo, Siraja Sauce)
- **Vegetarian Deluxe** **R75**  
(Seaweed and Sushi Rice Base, topped with Avo, Cucumber, Sauted Carrots, Sesame Seeds & Wasabi Mayo)



## SUSHI DONUT

- **Assorted** **R110**  
(Prawn & Cucumber inside topped with Salmon, Avo & Tuna )
- **Vegetable** **R79**  
(Cucumber Bean Curd & Carrots inside topped with Avocado & Sesame Seeds )



## DESSERT SUSHI

(4 or 8 Pieces)

- **Fried Banofi (4pc)** **R68**  
(Strawberry & Cream Cheese topped with Fried Banana & Chocolate Sauce)
- **Strawberry & Nutella Roll (4pc)** **R68**  
(Strawberries & Nutella Topped with Strawberries & Honey)
- **Banana & Chocolate Spring Rolls (3 pc)** **R68**  
(Banana & Chocolate topped with Condensed Milk)



# SUSHI MENU

## SUSHI PLATTERS

- **Salmon Half Platter (12pc) R200**  
(4pc Fashion Sandwich, 2pc Salmon Roses, 2pc Salmon Nagiri, 4pc Salmon Rainbow Rolls)
- **Delightful Platter (30pc) R260**  
(8pc Vegetarian Maki, 8pc Salmon Maki, 8pc Crab Maki, 6pc Salmon Cream Cheese & Avo Fashion Sandwich)
- **Vegetarian Platter (18pc) R230**  
(8pc Vegetarian Rainbow Rolls, 4pc Vegetarian Fashion Sandwiches, 6pc Avo & Cucumber Maki)
- **Crispy Platter (16pc) R240**  
(4pc Tempura Californian Rolls, 4pc Tempura Prawns, 4pc Crispy Salmon Fashion Sandwiches, 4pc Fried Prawn Californian Rolls)
- **Prawn Platter (14pc) R250**  
(4pc Prawn Fashion Sandwich, 4pc Prawn Rainbow Rolls, 4pc Prawn Californian Rolls, 2pc Prawn Nagiri)
- **Temaki Platter (8pc) R250**  
(2 Salmon Temaki, 2 Prawn Temaki, 2 Crab Temaki, 2 Tuna Temaki)
- **Sashimi Deluxe Platter (16pc) R270**  
(4pc Seared Salmon, 4pc Seared Tuna, 4pc Salmon, 4pc Tuna)
- **Salmon Platter (21pc) R280**  
(4pc Californian Rolls, 4pc Fashion Sandwich, 4pc Sashimi, 6pc Maki, 3pc Nagiri)
- **Assorted Platter (20pc) R300**  
(4pc Prawn Fashion Sandwich, 4pc Crab Californian Rolls, 4pc Assorted Rainbow Rolls, 2pc Salmon Sashimi, 2pc Tuna Sashimi, 2pc Salmon Roses, 2pc Prawn Nagiri)
- **Chefs Special Platter (20pc) R360**  
(4pc Yummy Roll, 4pc Rock Prawns, 4pc Tiger Rolls, 8pc Assorted Rainbow Rolls)
- **Summer Platter (20 pc) R400**  
(2 Crab Hand Rolls, 6pc Prawn Maki, 4pc Prawn Rainbow Rolls, 6pc Salmon Roses, 4pc Tuna Fashion Sandwich)
- **TiCayZa Signature Platter (32pc) R500**  
(4pc Yummy Roll, 4pc Assorted Rainbow Roll, 4pc Strawberry Rainbow Roll, 4pc Rock Prawn, 4pc Strawberry Salmon & Cream Cheese Fashion Sandwich, 6pc Salmon Maki, 4pc TiCayZa Salmon Roses, 2pc Prawn Inari, 4pc Bamboo Californian Rolls)
- **Family Platter (64pc) R1000**  
(8pc Tiger Rolls, 8pc Salmon Rainbow Rolls, 8pc Salmon Fashion Sandwiches, 8pc Prawn Fashion Sandwiches, 4pc Tuna Fashion Sandwiches, 4pc Tuna Rainbow Rolls, 4pc Prawn Nagiri, 4pc Tuna Sashimi, 4pc Salmon Sashimi, 8pc Crab Californian Rolls, 4pc Salmon Roses)





# CHEF'S SPECIALS

## SWEET SOYA NOODLES

(Noodles wokked in Sweet Soya Sauce with Garlic, Eggs, Carrots, Cabbage, Broccoli, Cauliflower & a Choice of Protein)

- Vegetarian R90
- Chicken R115
- Pork R130
- Beef R130
- Prawn R140



## FRIED RICE CHILLI PASTE

(Fried Rice in Chilli Paste with Carrots, Onions & Hoisin Chicken)

- Chicken R115
- Pork R130
- Beef R130
- Prawn R140



## TICAYZA BOWL

(Noodles or Rice wokked in XO and Dark Soya Sauce with Baby Marrows, Bok Choi, Peppers & a Choice of Protein)

- Vegetarian R80
- Chicken R110
- Pork R130
- Beef R130



## POKE BOWL

(Disconstructed Sushi) (Sushi Rice, Avocado, Pickled Cucumbers, Basil Leaves, Spring Onion and XO Soya Sauce served with a choice of Tuna or Salmon)

- Tuna R90
- Salmon R90



# OTHER

## TICAYZA CUISINES

- **Vegetarian** R150  
(Spicy or Mild)
- **Chilli Chicken with Walnuts** R160  
(Spicy or Mild)
- **Basil Beef with Cashew Nuts** R170  
(Spicy or Mild)
- **Sweet Chilli Pork with Peppers** R170  
(Spicy or Mild)



## SIDES

- **Jaga Bata (Mini Bowl)** R60  
(Baby Potatoes cooked in Butter, Tongarshi Spice, Spring Onion and Kwepie Mayo)
- **EggFried Rice** R40  
(200g of Thai Rice wokked in StirFry Sauce)
- **EggFried Noodles** R45  
(200g of Thai Noodles wokked In StirFry & Egg)
- **Korroke (4 pieces)** R40  
(Mashed Potatoes, Onion, Black Pepper crumbed served with TICayZa Sauce)



## SALADS

(Small or Large)

- **Greek Salad** R45/R80  
(Cucumber, Lettuce, Olives & Cherry Tomatoes)
- **Salmon Salad** R65/R90  
(Fried Salmon, Avo ,Cucumber & Veg)
- **Fried Prawn Salad** R65/R90  
(Fried Prawns, Lettuce, Cucumber & Cherry Tomatoes)



# CHINESE MENU

## SWEET & SOUR

(Fried Rice or Noodles)

- **Vegetarian** R120  
(Sweet & Sour Peppers, onion, cabbage, carrots, bok choy)
- **Chicken** R130
- **Beef** R140
- **Pork** R140
- **Prawn** R140



## CHOW MEIN/CHOP SUEY

(Fried Rice or Noodles)

- **Vegetarian** R80  
(Sweet & Sour Peppers, onion, cabbage, carrots, bok choy)
- **Chicken** R110
- **Beef** R120
- **Pork** R130
- **Prawn** R130



## SPRING ROLLS

- **Cheesy Vegetarian** R40  
(Carrots, Cabbage, Peppers & Mozzarella Cheese)
- **Sweet & Sour Robot** R45  
(Pepperdews, Feta Cheese, Peppers)
- **Spiced Chicken Teriyaki** R45  
(Chicken, Cream Cheese, Cabbage & Teriyaki)
- **Chilli Cheese Prawn** R50  
(Prawns, Mozzarella Cheese & Chillies)
- **Creamy Salmon** R50  
(Cream Cheese, Salmon & Coriander)



## BEVERAGES

- Aloe Juice R35
- Coconut Milk R35
- Iced Tea R25
- Sodas R20
- Fruit Juice R20



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