

For the  of sushi



MENU



STARTERS

STARTERS

EDAMAME BEANS	75	VEG TEMPURA	69
PRAWN POPS	99	CALAMARI TEMPURA	85
FURIKAKE MUSHROOM POPS	59	PRAWN TEMPURA (3pcs)	89
STICKY SALMON & TUNA	85	VEG SPRINGROLL (3pcs)	59
		PRAWN SPRINGROLL (3pcs)	69

GYOZA (4pcs)

(JAPANESE POTSTICKERS)

VEG	69
PRAWN	79



● All you can eat

● Vegetarian/Vegan

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SALADS



SALADS

CRAB SALAD 109

crabstick, mayo, sesame seed, lettuce, cabbage, carrot, 7spices, cucumber

SEAFOOD SALAD 139

salmon, prawn, tuna, crabstick, avo, spring onion, sesame oil, mayo, lettuce, cabbage, carrot, 7spices, cucumber

JAPANESE SALAD 99

avo, seaweed, vinegar, sesame oil, lettuce, cabbage, carrot, 7spices, cucumber

BANTING

SALMON ROLL (8pcs) 199

salmon, cucumber, avo, carrot

PRAWN & TUNA ROLL (8pcs) 199

prawn, tuna, cucumber, avo, carrot

VEG ROLL (8pcs) 129

cucumber, avo, carrot, red pepper

MAKI (6pcs) 175

salmon, cucumber, avo, carrot, seaweed

RAINBOW HAND ROLL (1pc) 165

salmon, tuna, prawn cucumber, avo, carrot, your choice of seaweed or cucumber wrap

SALMON ROSES (4pcs) 199

salmon, prawn, carrot, avo, caviar

SEAWEED ROLL (10pcs) 229

salmon, tuna, avo, veg



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BANTING

CALIFORNIA ROLLS

● CALIFORNIA ROLLS 8pcs ROLLED RICE & SEAWEED BASE

BAMBOO ROLL 1 cucumber, avo, salmon, mayo	129	BAMBOO ROLL 5 cucumber, avo, panko calamari, mayo	129
BAMBOO ROLL 2 cucumber, avo, tuna, green pepper, mayo	129	SALMON AVO ROLL salmon, avo, sesame seed	109
BAMBOO ROLL 3 cucumber, avo, prawn, pickled radish, mayo	129	TUNA AVO ROLL tuna, avo, sesame seed	109
BAMBOO ROLL 4 cucumber, avo, pepper, pickled radish, beancurd	119	PRAWN AVO ROLL prawn, avo, sesame seed	109
		CALAMARI AVO ROLL calamari, avo, cream cheese, sesame seed	109



VEG ROLL	99	DEEP FRIED SALMON ROLL	109
cucumber, avo, pickled radish, red pepper, beancurd, carrot		salmon, avo, sesame seed, spring onion, rice, seaweed, mayo, sweet chilli sauce	
SPICY ROLL 1	109	DEEP FRIED TUNA ROLL	109
spicy salmon, avo, spring onion, sesame oil		tuna, avo, sesame seed, spring onion, rice, seaweed, mayo, sweet chilli sauce	
SPICY ROLL 2	109	DEEP FRIED PRAWN ROLL	109
spicy tuna, avo, spring onion, sesame oil		prawn, avo, sesame seed, spring onion, rice, seaweed, mayo, sweet chilli sauce	
RAINBOW ROLL	129	DEEP FRIED CALAMARI ROLL	109
salmon, tuna, avo, mayo		calamari, avo, sesame seed, spring onion, rice, seaweed, mayo, sweet chilli sauce	
NEW YORK ROLL	109	DEEP FRIED VEG ROLL	99
smoked salmon, avo, cream cheese		avo, red pepper, carrot, sesame seed, spring onion, rice, seaweed, mayo, sweet chilli sauce	
VEG NEW YORK ROLL	99		
cucumber, avo, cream cheese			
VEGAN ROLL	89		
avo, rocket, red pepper, carrot & vegan mayo			
PRAWN TEMPURA AVO ROLL	109		
prawn tempura, avo			

SUSHI

SASHIMI 4pcs (SLICED FISH)

SEARED TUNA 129

SALMON 129

TUNA 129

TATAKI 159

seared tuna sashimi (3 pcs),
seared salmon sashimi (3 pcs)

MAKI (SEAWEED ON THE OUTSIDE)

SALMON | TUNA | PRAWN 89

VEGETARIAN 79
avo | cucumber

DEEP FRIED TOFU 79
TEMPURA MAKI

DEEP FRIED SALMON MAKI 89
salmon, rice, seaweed, teriyaki,
spring onion

DEEP FRIED PRAWN MAKI 89
prawn, rice, seaweed, teriyaki,
spring onion

DEEP FRIED TUNA MAKI 89
tuna, rice, seaweed, teriyaki,
spring onion

NIGIRI 3pcs (SLICED FISH ON RICE)

SALMON | TUNA | PRAWN 89

VEG tofu | avo 89

HAND ROLL 1pc

SALMON | TUNA | PRAWN 79

VEGETARIAN | VEGAN 69

SPICY SALMON | SPICY TUNA 79

PRAWN TEMPURA HANDROLL 79

ROSES 4pcs

SALMON 109

TUNA 109

GRANITE SALMON ROSES 149

VEGAN ROSES 99

FU TO MAKI 4pcs (BIG ROLLS WITH SEAWEED OUTSIDE)

VEGETARIAN 79

cucumber, pickled radish, avo,
bean curd, carrots red pepper

PRAWN 99

cucumber, avo, prawn, pickled
radish, avo, bean curd, carrots
red pepper

● FASHION SANDWICHES 9pcs

SALMON	119
salmon, sesame seed, avo, mayo	
PRAWN	119
prawn, sesame seed, avo, mayo	
VEGETARIAN	109
avo, carrot, cucumber	
VEGAN	109
avo, carrot, cucumber, rice & vegan mayo	
WASABI PARCELS	140
salmon, avo, mayo, wasabi	

● INARI 2pcs (WRAPPED IN A SWEET BEANCURD)

SALMON	75
salmon, 7 spices, spring onion, sesame oil	
PRAWN	75
prawn, 7 spices, spring onion, sesame oil, avo	
CHILLI PRAWN	75
prawn, 7 spices, spring onion, sesame oil, chilli sauce, avo	
TOFU	79
tofu, mayo	
AVO	69
avo, mayo	



SIGNATURE

● SIGNATURE DISHES

RELOADED RAINBOW

salmon, tuna, avo, sesame oil, 7 spices, mayo, pancko bread crumbs caviar, sesame seeds & teriyaki

149

DRAGON RAINBOW

tempura prawn, salmon, tuna, avo, 7 spices, mayo, caviar, sesame seeds & teriyaki

159



SIGNATURE

AKURA deep fried salmon california roll laid flat, sesame oil drizzle, 7 spices, topped with rock shrimp, tino mayo, sesame seeds & teriyaki	149	MONKEY BAR (8pcs) prawn tempura, avo, caviar, rice, seaweed, mayo & teriyaki	149
SAKINA deep fried salmon, avo, cream cheese california roll, topped with sesame seeds, tino mayo & signature chilli sauce	149	MONA LISA (8pcs) salmon california roll, avo, topped with prawn pops & deep fried tuna	159
ACTIVE BOMB seared salmon, spring onion, rice, seaweed, chilli bean-mayo & teriyaki	149	VEGAN ACTIVE BOMB spring onion, rice, seaweed, tempura mushroom, tofu, vegan chilli bean mayo & teriyaki sauce	139
GORGEOUS GIRL (8pcs) deep fried prawn California roll, topped with active prawn mix, spring onion, avo & teriyaki	149	VEGAN RAINBOW DEEP FRIED tempura mushroom, tofu, beancurd, rice, avo, vegan chilli bean mayo & teriyaki sauce	139



MISO SOUP

wakame, sesame seed oil, spring onion,
miso, tofu & 7 spices

with veg **69**

with trio of seafood **79**

POKE BOWLS

pickled cabbage, carrot, cucumber,
edamame beans, spring corn, onion,
pepper, avo and sesame seeds dressed
with sesame dressing and teriyaki
sauce

salmon **149**

tuna **149**

prawn **149**

veg **139**



RAMENS

all ramen is salmon based broth,
ramen noodles, corn, mushroom,
wakame, spicy egg, pickled cabbage,
spring onion

salmon **149**

tuna **149**

prawn **149**

veg **139**

MISO SOUP

DESSERT

ACTIVE SIGNATURE 69

deep fried banana and Nutella spring roll served with ice cream topped with mint and drizzled with chocolate sauce

MOCHI BY 4TEA 45



SPECIALITY TEA

GREEN TEA 39
green tea leaves served with rose tea petals



SOFT DRINKS

Red Bull	32
Lipton Ice Tea Peach	26
Lipton Ice Tea Lemon	26
Red Grapetizer	35
Appletiser	35
Lime	10
Kola Tonic	10
Passion Fruit	10
Soda Water 200ml	18
Lemonade 200ml	18
Ginger Ale 200ml	18
Tonic Water 200ml	18
Dry Lemon 200ml	18

BEER

Castle Lite	30
Windhoek Lager	35
Windhoek Draught	40

SAKE

Kahutsuru Sake served at room temperature or hot	
Shot 25ml	30
Big Flask	90

SPIRITS

Smirnoff Vodka	30
Bacardi	30

SHOOTERS

Japanese Shooter Sake, vodka served with lemon, 7 spices & furikake	45
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COCKTAILS

Rock Shandy	40
Steelworks	45
Mojito	65
Japanese Long Island	75

CIDERS

Hunters Dry	30
Savannah Dry	30

BEVERAGES

WINES

ERNST & GOUWS HOUSE WINES

	Glass	Bottle
19th Sauvignon Blanc	55	280
Chenin Blanc	55	280
Pinotage	60	290
Merlot		320
Pinot Noir		350

WINES

	Glass	Bottle
Opstal Blush Rose	55	250
Graham Beck Rose		369
Graham Beck Brut		369



● SPECIALS

“All You Can Eat” Sushi from 199

An additional charge of R8 will be billed for every piece of sushi not consumed and it is not to be taken away. Otherwise, the full portion has to be paid if it will be taken away.

Monday - Sunday: All day

ACTIVE PLATTERS SPECIALS (veg option available)

ACTIVE 0 (10pcs) 120

4 x Vegetarian California Rolls
4 x Prawn Fashion Sandwich
2 x Salmon Roses

ACTIVE 1 (16pcs) 150

6 x Avo Maki
4 x Tuna California Rolls
4 x Prawn Fashion Sandwich
2 x Salmon Nigiri

Monday to Sunday: All day
Specials are set platters and can't be replaced with other types of sushi

SIGNATURE COLLECTION 1 150

12 pcs

4 X Yakuza
4 X Tokyo Drift
4 X Rainbow Roses

SIGNATURE COLLECTION 2 150

12 pcs

4 X Ranbow
4 X Harakiri
4 X Bermuda

SPECIALS



PLATTERS

ACTIVE SUSHI 1 (26pcs) 479

8 x Rainbow Roll
4 x Salmon Roses
6 x Active Bomb
8 x Bamboo Roll 1

ACTIVE SUSHI 2 (36pcs) 589

8 x Rainbow Roll
4 x Salmon Roses
8 x Calamari Roll
8 x Monkey Bar,
8 x Deep Fried Prawn Roll

STANDARD 1 (30pcs) 499

6 x Tuna Maki
8 x Salmon California Roll,
9 x Prawn Fashion Sandwich
3 x Prawn Nigiri
4 x Salmon Roses

STANDARD 2 (34pcs) 599

6 x Tuna Maki
8 x Salmon California Roll,
9 x Prawn Fashion Sandwich
3 x Prawn Nigiri
4 x Tuna Roses
4 x Salmon Sashimi

DEEP FRIED 1 (20pcs) 399

4 x Tuna Maki
10 x Salmon California Roll
6 x Tempura Prawns

DEEP FRIED 2 (31pcs) **489**
10 x Salmon California Roll
10 x Tuna California Roll
4 x Tuna Maki
4 x Salmon Maki
3 x Tempura Prawns

VEGETARIAN 1 (23pcs) **299**
6 x Avo Maki
8 x Veg California Roll
9 x Veg Fashion Sandwich

VEGETARIAN 2 (58pcs) **749**
6 x Avo Maki
6 x Rocket Maki
4 x Veg Inari
18 x Veg Fashion Sandwich
8 x Bamboo 4
16 x Veg California Roll

BANTING (30pcs) **749**
10 x Seaweed Roll
10 x Bamboo Roll 1,
4 x Salmon Roses
6 x Salmon Sashimi

SIGNATURE (36pcs) **679**
6 x Active Bomb
8 x Akura Roll,
8 x Monkey Bar
6 x Mona Lisa Roll,
8 x Rainbow Roll Reloaded

DELUXE (48pcs) **689**
6 x Salmon Maki
8 x Prawn California Roll
8 x Tuna California Roll
8 x Tuna Fashion Sandwich
9 x Prawn Fashion Sandwich
8 x Salmon Roses

COMBO (62pcs) **999**
6 x Tuna Maki
8 x Prawn California Roll
8 x Tuna California Roll
8 x Salmon California Roll
9 x Tuna Fashion Sandwich
9 x Salmon Fashion Sandwich
6 x Prawn Nigiri, 8 x Salmon Inari

CORPORATE (109pcs) **1249**
8 x Salmon California Roll
8 x Tuna California Roll
16 x Prawn California Roll
6 x Tuna Maki
6 x Prawn Maki
12 x Salmon Maki
18 x Salmon Fashion Sandwich
18 x Prawn Fashion Sandwich
9 x Tuna Fashion Sandwich

PLATTERS



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