

トモエ

MENU



TOMO JAPANESE RESTAURANT

86 LOOP STREET
Corner of Loop and Streets,
CBD, Western Cape, South Africa

021 422 0635
tomocapetown@gmail.com
@tomocapetown

前菜

SIDES AND STARTERS **Takeaway Available*

白ごはん	Steamed White Rice (S/M)	R15/R20
お味噌汁	Miso Soup Wakame Seaweed, Tofu, Spring Onion and Mushroom	R36
枝豆	Edamame Boiled Soy Beans	R48
揚げ出し豆腐	Agedashi Tofu <i>*Chef Recommended</i> Deep-Fried Tofu in Dashi Sauce	R65
タコポン酢	Tako Ponzu Cape Local Octopus Chopped Sashimi in Chili Ponzu Sauce	R68
とも刺身	Tomo Sashimi 6 Pcs of Sashimi Topped with Ginger, Garlic, Red Onion, Spring Onion, Sesame Oil, Red Chili and Ponzu Sauce	
鮪	– Tuna	R75
鮭	– Salmon	R78
ノルウェー産の炙り鯖	– Seared Mackerel 5pcs Seared Norwegian Mackerel	R68
炙り鮪	Seared Tuna 5pcs of Seared Tuna with Thin Strips of Vegetables	R78
牛たたき	Beef Tataki Seared Beef Fillet with Peanut Dressing	R85

餃子

DUMPLINGS **Takeaway Available*

焼き餃子	Fried Dumplings	
鮪	Tuna (6P/12P)	R58/R118
海老	Prawn (6P/12P) Chinese Cabbage, Rice Noodles and Mushrooms	R78/R148
野菜	Vegetable (6P/12P) Chinese Cabbage, Rice Noodles and Mushrooms	R78/R148
蒸し餃子	Steamed Dumplings	
牛肉	Beef (4P/8P)	R75/R115
羊肉	Lamb (4P/8P)	R78/R118
野菜	Vegetable (6P/12P)	R78/R148

鉄板焼き

TEPPANYAKI **Takeaway Available*

チキン照り焼き	Chicken Teriyaki	R108
鮭味噌漬	Salmon Miso-Yuanyaki <i>*Limited Offer/Chef Recommended</i>	R185
	Miso Marinated Salmon	
牛フィレ肉	Beef Fillet	R195

天ぷら

TEMPURA **Takeaway Available*

野菜	Vegetable	R85
	6 Fine Strips of Sweet Potato, Carrot and Assorted Vegetable	
へイク	Hake	R85
	5 Pcs of Cape Hake with Sweet Chili Sauce or Tempura Sauce	
海老	Rock Shrimp	R98
	8 Pcs with Spicy Japanese Mayo and Garlic Panko	
車海老	Prawn	R108
	3 Pcs with Sweet Chili Sauce or Tempura Sauce	

ろばた

JAPANESE BRAAI (ROBATA) **Takeaway Available*

ねぎま	Negima	R36
	2 Pcs of Skewered Chicken and Spring Onion	
つくね	Tsukune	R36
	2 Pcs of Skewered Chicken Balls	
秋刀魚	Sanma	R36
	Pacific Saury Fish	
ハラミ	Harami	R40
	2 Pcs of Salmon Belly with Chili Sauce	
羊肉	Lamb	R58
	2 Pcs of Skewered Mongolian Style Lamb	

寿司

SUSHI (2P)

玉子	Tamago	R28
	Egg Omelette	
アボカド	Avocado	R40
	When Available	
鮪	Tuna	R58
ローズ	Rose (4P)	R75
	Salmon, Mayo and Caviar	
鮭	Salmon	R58
車海老	Prawn	R65
帆立	Scallop	R78
	Alaska Deep Sea Scallop	
鰻	Unagi	R140
	BBQ Eel	
炙り鯖	Seared Saba	R46
	Marinated Norwegian Mackerel	
炙り鮭	Seared Salmon	R65

刺身

SASHIMI

玉子	Tamago (4P)	R55
	Egg Omelette	
タコ	Tako (5P)	R68
	Cape Local Octopus	
鮪	Tuna (5P)	R85
鮭	Salmon (5P)	R85
帆立	Scallop (4P)	R88
	Alaska Deep Sea Scallop	
鰻	Unagi	R380
	BBQ Eel	

**Takeaway Available*

盛合わせ

PLATTER **Takeaway Available*

寿司盛合わせ **Nigiri Platter**

鮭	Salmon (5P)	R98
鮪	Tuna (5P)	R98
デラックス	Deluxe (20P)	R320
	Chef's Choice of Fish and Shell Fish, 6P Maki and 2P Rose	

刺身盛合わせ **Sashimi Platter**

鮭	Tuna (10P)	R165
鮪	Salmon (10P)	R165
デラックス	Deluxe (20P)	R360

寿司と刺身盛合わせ **Sushi and Sashimi Platter**

鮭	Salmon (17P)	R265
	5P Sashimi, 2P Nigiri, 8P Reloaded Salmon and 2P Rose	
鮭と鮪	Salmon and Tuna (20P)	R285
	6P Sashimi, 4P Nigiri, 8P Reloaded and 2P Rose	
おまかせ	Chefs Platter (28P)	R480
	6P Assorted Sashimi, 4P Assorted Nigiri, 8P Reloaded, 8P Tempura Prawn Roll, 2P Rose and Tako Ponzu	

おすすめ

海老天ぷらロール

SIGNATURE ROLLS (8P) **Takeaway Available*

Tempura Prawn Roll

Tempura Prawn California Roll topped with Avocado, Japanese Mayo and Sweet Chili Sauce

R118

リローデッド

Reloaded

Salmon California Topped with Tuna, Salmon, Japanese Mayo, Caviar, Seven Spices, Sesame Oil, Spring Onion and Teriyaki Sauce

R118

タイガーロール

Tiger Roll

Prawn California Roll Topped with Prawn and Spring Onion

R118

レインボーロール

Rainbow Roll

Salmon California Topped with Avocado, Tuna, Salmon, Japanese Mayo and Caviar

R118

フォーバイフォー

4x4

4 pieces of Reloaded Roll and 4 pieces of Rock Shrimp Roll

R118

ロックシュリンプロール

Rock Shrimp Roll

Spicy Tuna California Roll with Seven Spices, Japanese Mayo, Caviar, Sesame Oil, Spring Onion and Sriracha Sauce Topped with Spicy Rock Shrimp Tempura

R118

フォーシーズンズ

Four Seasons (Vegetarian)

Avocado, Yellow Radish, Mushroom, Cucumber, Carrot Topped with Fried Tofu Skin

R118

バイパーロール

Viper Roll

Eel, Avocado and Cucumber Topped with a Half Braaied Eel Dressed in Teriyaki Sauce

R380

巻物

MAKI (6P) **Takeaway Available*

きゅうり

Cucumber

R20

アボカド

Avocado

R30

鮭

Salmon

R40

鮪

Tuna

R40

椎茸

Mushroom

R40

クランチ

CRUNCH ROLL (5P) **Takeaway Available*

野菜

Vegetarian

An Assortment of Fresh Seasonal Vegetables

R75

鮭

Salmon

Salmon, Japanese Mayo, Avocado, Sweet Chili and Spring Onion

R85

鮪

Tuna

Tuna, Japanese Mayo, Avocado, Sweet Chili and Spring Onion

R85

鰻

Eel

Eel, Avocado, Teriyaki Sauce

R180

カリフォルニア

CALIFORNIA ROLL (8P) **Takeaway Available*

野菜	Vegetable Avocado and Cucumber	R65
鮪	Tuna Tuna and Avocado	R78
鮭	Salmon Salmon and Avocado	R78
スパイシー鮭	Spicy Salmon Salmon, Avocado, Sesame Oil, Seven Spices, Sriracha Sauce, and Japanese Mayo	R85
スパイシー鮪	Spicy Tuna Tuna, Avocado, Sesame Oil, Seven Spices, Sriracha Sauce, and Japanese Mayo	R85
海老	Prawn	R85

手巻き

HAND ROLL (1P) **Takeaway Available*

野菜	Vegetarian An Assortment of Fresh Seasonal Vegetables with Japanese Mayo	R40
鮪	Tuna Tuna, Avocado and Japanese Mayo	R40
鮭	Salmon Salmon, Avocado and Japanese Mayo	R40
海老天ぷら	Tempura Prawn Prawn Tempura, Avocado, Sweet Chili Sauce and Japanese Mayo	R50
鰻	Eel Eel, Avocado and Teriyaki Sauce	R180

いなり

INARI (2P) **Takeaway Available*

プレーン	Plain Sushi Rice, Avocado Stuffed in Fried Tofu Skin with Japanese Mayo	R36
スパイシー海老	Spicy Prawn Sushi Rice, Prawn, Avocado Stuffed in Fried Tofu Skin with Seven Spices, Sesame Oil and Japanese Mayo	R48
スパイシーサーモン	Spicy Salmon Sushi Rice, Salmon, Avocado Stuffed in Fried Tofu Skin with Seven Spices, Sesame Oil and Japanese Mayo	R48
帆立	Scallop Sushi Rice, Alaska Deep Sea Scallop, Avocado and Caviar Stuffed in Fried Tofu Skin	R75

はさみすし

SANDWICH SUSHI (4P) **Takeaway Available*

野菜	Vegetarian An Assortment of Fresh Seasonal Vegetables with Japanese Mayo	R46
鮪	Tuna Tuna, Avocado and Japanese Mayo	R65
車海老	Prawn Prawn, Avocado and Japanese Mayo	R65
鮭	Salmon Salmon, Avocado and Japanese Mayo	R68

ちらし

CHIRASHI ASSORTED SASHIMI SERVED OVER SUSHI RICE **Takeaway Available*

並	Standard Chef's Choice of Fish Only	R220
上	Deluxe Chef's Choice of Fish, Eel, Octopus, Tamago, Prawn Tempura and Caviar	R280

麺類

NOODLES **Takeaway Available*

ともラーメン	Tomo Signature Ramen	
野菜	– Vegetable	R78
牛肉	– Beef	R98
中華麺	Fried Egg Noodles	
牛肉	– Beef	R98
野菜	– Vegetable	R98
車海老	– Prawn	R108
天ざるそば	Tenzaru Soba Cold Soba Served with 2P Prawn Tempura and 1P Kakiage	R110
天ぷらうどん	Tempura Udon Udon in Dashi Broth Topped with 2P Prawn Tempura and 1P Kakiage	R110

ご飯もの

RICE DISH **Takeaway Available*

カレー	Japanese Curry	
鶏肉	– Chicken	R98
牛肉	– Beef	R118
焼き鯖	Saba Grilled Mackerel with 2Pcs of Rock Shrimp and Salad	R98
鰻の蒲焼	Eel Rice Dish	R380

弁当

BENTO BOX (LIMITED OFFER) *Takeaway Available R260
Sashimi, Nigiri, Steamed, Dumplings and other assorted Chef's
Favorite Dishes Served with Miso Soup plus Tea

デザート

DESSERT

抹茶アイスクリーム Green Tea Ice Cream with Red Bean Paste R68
黒胡麻アイスクリーム Black Sesame Ice Cream with Red Bean Paste R68

*10% service charge will be added to bills of 6 people or more

追加 EXTRAS

Wasabi (わさび) R12 • Japanese Mayo (マヨネーズ) R12 • Sushi Ginger (ガリ) R12
Chili Sauce (チリソース) R25 • Avocado (アボカド) R20 • Caviar (とびっこ) R20

Please Ask Your Waiter About the Chef's Specials!



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