



## Sushi Es Castell restaurante

C/ de Sa Font, 1 - Es Castell - Menorca - Tel. Reservas: **871 902 779**  
Abierto todos los días de 12 h. a 16 h. y de 19 h. a 24 h.

### Nigiri (2 piezas)

1. Salmón	4.45
2. Salmón flameado (Salsa Castell)	4.75
3. Atún	5.15
4. Pez mantequilla flameado	4.75
5. Gamba	4.25
6. Anguila	4.95
7. Tobiko (huevas de pez volador)	4.95

### Maki (8 piezas)

11. Salmón	5.95
12. Atún	6.95
13. Aguacate y pepino	5.25
14. Salmón y queso Philadelphia	6.55
15. Salmón y aguacate	6.55
16. Pez mantequilla	5.45
17. Cangrejo aguacate	5.45

### Sashimi (9 piezas)

21. Salmón	13.95
22. Atún	16.95
23. Pez mantequilla	12.95
24. Variado (3 atún, 3 salmón, 3 pez mantequilla)	14.95

### Tartar

25. Salmón (Aguacate, mango, salmón, salsa kimochi, tobiko)	13.95
26. Atún (Aguacate, mango, atún, salsa kimochi, tobiko negro)	15.95

### Tataki (9 piezas)

27. Salmón (Cebolla crujiente, aguacate, salsa ponzu, sésamo)	14.95
28. Atún (Cebolla crujiente, aguacate, salsa ponzu, sésamo)	17.95

### Temaki (1 pieza)

31. Salmón (Salmón, aguacate, lechuga, mayonesa, tobiko)	5.45
32. Atún (Atún, aguacate, lechuga, mayonesa, tobiko)	5.95
33. Pez mantequilla	5.45
(Pez mantequilla, aguacate, lechuga, mayonesa, tobiko negro)	
34. Anguila (Anguila, aguacate, lechuga, salsa anguila, sésamo)	5.95
35. Tempura de gamba	5.95
(Tempura de gamba, aguacate, lechuga, salsa teriyaki, sésamo)	

### Maki crispy (8 piezas)

41. Salmón (Salsa teriyaki, sésamo)	7.45
42. Atún (Salsa teriyaki, sésamo)	7.95
43. Pez mantequilla (Salsa teriyaki, sésamo)	7.45
44. Cangrejo (Salsa teriyaki, sésamo)	7.45
45. Pato (Salsa teriyaki, sésamo)	7.95

### Futomaki (8 piezas)

46. Tempura verdura roll	12.95
(Zanahoria, calabacín, pimiento rojo, pimiento verde, cebolla, salsa teriyaki, sésamo)	
47. Castell	12.95
(Atún, salmón, pez Mantequilla, cangrejo, pepino, aguacate, wakame, gambas)	

### Maki roll (8 piezas)

51. California sésamo	8.95
(Cangrejo, aguacate, mayonesa, envuelto sésamo)	
52. Atún cheese	11.95
(Atún, aguacate, queso Philadelphia, envuelto sésamo)	
53. Salmon cheese	10.95
(Salmón, aguacate, queso Philadelphia, envuelto sésamo)	
54. Uramaki salmón	11.95
(Salmón, aguacate, queso, envuelto salmón)	
54 A. Uramaki atún	13.95
(Atún, aguacate, queso, envuelto atún)	
55. Spicy salmón	12.95
(Salmón, cebolla crujiente, picante, wakame, tobiko)	
56. Spicy atún	13.95
(Atún, cebolla crujiente, picante, wakame, tobiko)	
57. Crunch roll	9.95
(Cangrejo, aguacate, mayonesa, encima cebolla crujiente, salsa teriyaki)	
58. Dragón	11.95
(Tempura langostino, cangrejo, envuelto aguacate, salsa teriyaki, sésamo)	
59. Arcoiris	12.95
(Cangrejo, aguacate, mayonesa, envuelto salmón, atún, pez mantequilla, aguacate, salsa teriyaki, sésamo)	
60. Uramaki anguila	13.95
(Anguila, aguacate, queso, envuelto anguila, salsa anguila, sésamo) Philadelphia con anguila	
61. Tempura cangrejo suave	13.95
(Tempura cangrejo suave, lechuga, envuelto sésamo, mayo picante)	
62. Pollo crujiente	9.95
(Pollo crujiente, pepino, envuelto sésamo, salsa teriyaki)	
62 A. Pollo con queso	11.95
(Pollo crujiente envuelto con queso flameado, tobiko y salsa teriyaki)	
63. Pez mantequilla flameado	11.95
(Pez mantequilla, cebolla crujiente, envuelto pez mantequilla flameado, salsa Castell, sésamo)	
64. Tempura plátano roll	11.95
(Plátano, Nutella, encima anacardo y salsa teriyaki)	
65. Tempura salmón roll	11.95
(Salmón, aguacate, queso, salsa teriyaki, sésamo)	
66. Tempura atún roll	13.95
(Atún, aguacate, queso, salsa teriyaki, sésamo)	
67. Salmón flameado roll	13.95
(Salmón, aguacate, queso, envuelto salmón flameado, salsa Castell, sésamo)	
68. Mango verdura roll	10.95
(Mango, aguacate, queso, envuelto aguacate, salsa mango)	
69. Castell roll	13.95
(Tempura de gamba, aguacate, queso, envuelto ternera flameado, salsa teriyaki)	

### Bandejas

71. Bandeja 1 (8 piezas)	14.95
(2 nigiri salmón, 2 nigiri atún, 2 nigiri pez mantequilla, 2 nigiri gamba)	
72. Bandeja 2 (16 piezas)	11.95
(4 maki salmón, 4 maki atún, 4 maki pepino, 4 maki aguacate)	
73. Bandeja 3 (16 piezas)	13.95
(4 maki salmón, 4 maki atún, 4 California sésamo, 4 uramaki salmón)	
74. Bandeja 4 (20 piezas)	21.95
(4 maki salmón, 4 maki atún, 4 California sésamo, 4 uramaki salmón, 1 nigiri atún, 1 nigiri salmón, 1 nigiri pez mantequilla, 1 nigiri gamba)	
75. Bandeja 5 (16 piezas)	20.95
(4 nigiri salmón, 4 sashimi salmón, 4 uramaki aguacate, 4 uramaki salmón)	
76. Bandeja 6 (16 piezas)	23.95
(4 nigiri atún, 4 sashimi atún, 4 uramaki aguacate, 4 uramaki atún)	
77. Bandeja 7 (33 piezas)	39.95
(4 maki atún, 4 maki salmón, 3 sashimi atún, 3 sashimi salmón, 3 sashimi pez mantequilla, 2 nigiri salmón, 2 nigiri atún, 2 nigiri pez mantequilla, 2 nigiri gamba, 4 uramaki salmón, 4 uramaki atún)	

### Ensaladas

100. Wakame	5.95
(Gamba, tobiko, lechuga)	
101. Castell	11.95
(Lechuga, cangrejo, aguacate, gamba, salmón, tomate, maíz, cebolla y mayonesa picante)	

### Entrantes

102. Edamame	4.55
103. Rollito verdura (4)	3.35
104. Samosa (4)	3.35
105. Xia jiao (4)	6.45
(Empanadillas rellenas de gamba y bambú al vapor)	
106. Shao Mai (4)	6.45
(Rellena de carne de cerdo y setas al vapor)	
107. Xiao long bao (4)	6.45
(Empanadillas con carne de cerdo y col china al vapor)	
108. Gyoza de pollo (4)	5.95
(Empanadillas de pollo y verdura al plancha)	
109. Gyoza de gamba (4)	6.45
(Empanadillas de gambas y verdura al plancha)	
110. Brochetas de pollo fritas (4)	9.95
(Salsa sate)	
111. Brochetas de gamba fritas (4)	13.95
(Salsa sate)	
112. Tempura variada (10)	12.95
(Pimiento verde, pimiento rojo, zanahoria, calabacín, langostino)	

### Sopa

113. Miso	4.95
(Wakame, tofu, cebollino)	
114. Wan tun (4)	5.45
(Rellena de cerdo, cebollino, jengibre)	
115. Tailandia	5.45
(Gamba o pollo) (tomate cherry, coco, albahaca, la hierba de limón, jengibre azul)	
116. Pollo con maíz	5.45
117. Tom yum gung	5.45
(Gamba, hierba de limón, jengibre azul, salsa Tom yum)	
118. Agripicante	5.45

### Arroz

120. Arroz con huevo	4.95
121. Arroz negro	8.45
(Gamba, crab stick, zanahoria, cebollino, huevo y salsa soja)	
122. Castell	8.45
(Pollo, ternera, gamba, zanahoria, edamame, maíz y huevo)	
123. Arroz blanco	2.50
124. Arroz sushi	3.45

### Tallarines

130. Yakisoba	8.95
(Pollo, ternera, gamba y verdura)	
131. Yakiudon	8.95
(Gamba, verdura y salsa otafuku)	
132. Pad Thai	8.95
(Tallarines de arroz, huevo, gamba, verdura, cacahuete, lima, menta, salsa tamarindo y salsa picante)	
133. Singapur	8.95
(Fideo de arroz, pollo, ternera, gamba, curry amarillo, verdura y salsa picante)	
135. Con Verdura	6.95

### Pollo

138. Pollo al limón	9.45
139. Pollo con anacardos	9.45
140. Verdura	9.45
141. Agridulce	9.45
142. Curry rojo	9.95
(Curry rojo intenso picante, leche de coco y verdura)	
143. Katsu	9.45
(Tiras crujiente)	

### Ternera

144. Salsa de ostra	10.45
145. Judía negra	10.45
146. Puerro y jengibre al grill	10.45
147. Caramelizada	10.45
(Tiras crujiente, agridulce de chili suave)	
148. Curry verde	10.95
(Curry verde intenso picante, leche de coco y verdura)	

### Gambas

150. Ajillo	13.95
151. Picante	13.95
(Verdura)	
152. Salsa de ostra	13.95
(Verdura)	
153. Curry rojo	13.95
(Curry rojo intenso picante, leche de coco y verdura)	

### Pato

155. Pekines	17.95
(Pepino, puerro, salsa hoisin, 6 creps)	
156. Naranja	16.95
157. Cantonés al grill	17.95

### Costillas

160. Agridulce	9.45
161. Sal y pimiento (6)	9.45
162. Fritas (6)	9.45

### Alitas de pollo

165. Fritas (6)	9.45
166. Sal y pimiento (6)	9.45

## Menú de mediodía de Lunes a Viernes excepto festivos

<b>A: (elegir)</b> Wakame Rollito de verdura (3) Edamame Samosa (3) Miso	<b>B: (elegir)</b> Tallarines de verdura Arroz con huevo Arroz blanco Gyoza de pollo (4)
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### Elegir: A+B+C

<b>C1: (elegir)</b> Pollo con verdura Pollo agridulce Ternera salsa ostra Ternera curry Amarillo <b>13.95€</b>	<b>C2: (elegir)</b> Gamba picante Gamba con verdura Pato frito <b>14.95€</b>
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<b>C3 (11 piezas)</b> 4 Maki salmón 4 Maki rolls salmón y queso 3 Nigiri salmón <b>14.95€</b>	<b>C4 (10 piezas)</b> 4 Uramaki salmón 3 Sashimi salmón 3 Nigiri salmón <b>15.95€</b>
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(Incluye copa de vino de la casa o agua o refresco o cerveza y postre o café o infusiones)

! Si Ud. tiene alguna alergia, consulte con el personal.



TODOS LOS PRECIOS CON IVA INCLUIDO



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Open every day from 12 h at 16 h and from 19 h at 24 h

### Nigiri (2 pieces)

1. Salmon	4.45
2. Seared Salmon (Castell sauce)	4.75
3. Tuna	5.15
4. Flamed Butterfish	4.75
5. Prawn	4.25
6. Eel	4.95
7. Tobiko. Flying fish roe	4.95

### Maki (8 pieces)

11. Salmon	5.95
12. Tuna	6.95
13. Avocado and cucumber	5.25
14. Salmon and cream cheese	6.55
15. Salmon and avocado	6.55
16. Butterfish	5.45
17. Crab stick and avocado	5.45

### Sashimi (9 pieces)

21. Salmon	13.95
22. Tuna	16.95
23. Butterfish	12.95
24. Mixed (3 Tuna, 3 Salmon, 3 Butterfish)	14.95

### Tartare

25. Salmon (Avocado, mango, salmon, kimochi sauce, tobiko)	13.95
26. Tuna (Avocado, mango, tuna, kimochi sauce, black tobiko)	15.95

### Tataki (9 pieces)

27. Salmon (Crispy onion, avocado, ponzu sauce, sesame)	14.95
28. Tuna (Crispy onion, avocado, ponzu sauce, sesame)	17.95

### Temaki (1 piece)

31. Salmon (Salmon, avocado, lettuce, mayonnaise, tobiko)	5.45
32. Tuna (Tuna, avocado, lettuce, mayonnaise, tobiko)	5.95
33. Butterfish	5.45
(Butterfish, avocado, lettuce, mayonnaise, black tobiko)	
34. Eel (Eel, avocado, lettuce, eel sauce, sesame)	5.95
35. Tempura prawn	5.95
(Tempura prawn, avocado, lettuce, teriyaki sauce, sesame)	

### Maki crispy (8 pieces)

41. Salmon (Teriyaki sauce, sesame)	7.45
42. Tuna (Teriyaki sauce, sesame)	7.95
43. Butterfish (Teriyaki sauce, sesame)	7.45
44. Crab stick (Teriyaki sauce, sesame)	7.45
45. Duck (Teriyaki sauce, sesame)	7.95

### Futomaki (8 pieces)

46. Vegetable tempura roll	12.95
(Carrot, zucchini, red bell pepper, green bell pepper, onion, teriyaki sauce, sesame)	
47. Castell	12.95
(Tuna, salmon, butterfish, crab stick, cucumber, avocado, wakame, prawn)	

### Maki roll (8 pieces)

51. California sesame	8.95
(Crab stick, avocado, mayonnaise, wrapped in sesame)	
52. Philadelphia Tuna cheese	11.95
(Tuna, avocado, cheese, wrapped in sesame)	
53. Philadelphia Salmon cheese	10.95
(Salmon, avocado, cheese, wrapped in sesame)	
54. Uramaki salmon	11.95
(Salmon, avocado, cheese, wrapped in salmon)	
54 A. Tuna Uramaki	13.95
(Tuna, avocado, cheese, wrapped in tuna)	
55. Spicy salmon	12.95
(Salmon, crispy onion, spicy, wakame, tobiko)	
56. Spicy tuna	13.95
(Tuna, crispy onion, spicy, wakame, tobiko)	
57. Crunch roll	9.95
(Crab stick, avocado, mayonnaise, with crispy onion and teriyaki sauce)	
58. Dragon	11.95
(Shrimp tempura, crab stick, wrapped in avocado, teriyaki sauce and sesame)	
59. Rainbow	12.95
(Crab stick, avocado, mayonnaise, wrapped in salmon, tuna, butterfish, avocado, teriyaki sauce and sesame)	
60. Uramaki eel	13.95
(Eel, avocado, cheese, wrapped in eel, eel sause, sesame)	
61. Soft Shell crab tempura	13.95
(Soft Shell crab, lettuce, wrapped in sesame, mayonnaise and spicy)	
62. Crispy chicken	9.95
(Crispy chicken, cucumber, wrapped in sesame and teriyaki sauce)	
62 A. Chicken with cheese	11.95
(Crispy chicken, wrapped with flamed cheese, tobiko and teriyaki sauce)	
63. Flamed butterfish	11.95
(Butterfish, crispy onion, wrapped in flamed butterfish, castell sauce and sesame)	
64. Banana tempura roll	11.95
(Banana, Nutella, cashew and teriyaki sauce)	
65. Salmon tempura roll	11.95
(Salmon, avocado, cheese, teriyaki sauce and sesame)	
66. Tuna tempura roll	13.95
(Tuna, avocado, cheese, teriyaki sauce and sesame)	
67. Flamed salmon roll	13.95
(Salmon, avocado, cheese, wrapped in flamed salmon, castell sauce and sesame)	
68. Mango vegetable roll	10.95
(Mango, avocado, cheese, wrapped in avocado, mango sauce)	
69. Castell roll	13.95
(Prawn tempura, avocado, cheese, wrapped in seared beef and teriyaki sauce)	

### Sets

71. Set 1 (8 pieces)	14.95
(2 salmon nigiri, 2 tuna nigiri, 2 butterfish nigiri, 2 prawn nigiri)	
72. Set 2 (16 pieces)	11.95
(4 salmon maki, 4 tuna maki, 4 cucumber maki, 4 avocado maki)	
73. Set 3 (16 pieces)	13.95
(4 salmon maki, 4 tuna maki, 4 California with sesame, 4 salmon uramaki)	
74. Set 4 (20 pieces)	21.95
(4 salmon maki, 4 tuna maki, 4 California with sesame, 4 salmon uramaki, 1 tuna nigiri, 1 salmon nigiri, 1 butterfish nigiri, 1 prawn nigiri)	
75. Set 5 (16 pieces)	20.95
(4 salmon nigiri, 4 salmon sashimi, 4 avocado uramaki, 4 salmon uramaki)	
76. Set 6 (16 pieces)	23.95
(4 tuna nigiri, 4 tuna sashimi, 4 avocado uramaki, 4 tuna uramaki)	
77. Set 7 (33 pieces)	39.95
(4 tuna maki, 4 salmon maki, 3 tuna sashimi, 3 salmon sashimi, 3 butterfish sashimi, 2 salmon nigiri, 2 tuna nigiri, 2 butterfish nigiri, 2 prawn nigiri, 4 salmon uramaki, 4 tuna uramaki)	

### Salads

100. Wakame	5.95
(Shrimp, tobiko, lettuce)	
101. Castell	11.95
(Lettuce, crab, avocado, shrimp, salmon, tomato, corn, spicy mayonnaise)	

### Starters

102. Edamame	4.55
103. Vegetable roll (4)	3.35
104. Samosa curry (4)	3.35
105. Har Gow (4)	6.45
(Steamed dumplings stuffed with shrimp and bamboo)	
106. Shu Mai (4)	6.45
(Steamed with meat and mushroom stuffing)	
107. Xiao Long bao (4)	6.45
(Steamed dumplings with pork and chinese cabbage)	
108. Chicken Gyoza (4)	5.95
(Pan fried chicken and veggie dumplings)	
109. Shrimp gyoza (4)	6.45
(Pan fried shrimp and veggie dumplings)	
110. Fried Chicken brochette (4)	9.95
(Satay sauce)	
111. Fried Shrimp brochette (4)	13.95
(Sate sauce)	
112. Assorted tempura (10)	12.95
(Green bell pepper, red bell pepper, carrot, zucchini, shrimp)	

### Soup

113. Miso	4.95
(Wakame, tofu and chive)	
114. Wonton (4)	5.45
(Pork, chive and ginger stuffing)	
115. Thailand	5.45
(Shrimp or chicken) (Cherry tomato, basil, lemongrass, blue ginger)	
116. Chicken with corn	5.45
117. Tom yum gong	5.45
(Shrimp, lemongrass, blue ginger, tom yum sauce)	
118. Hot and sour	5.45

### Rice

120. Egg fried rice	4.95
121. Black rice	8.45
(Shrimp, crab stick, carrot, chive, egg and soy sauce)	
122. Castell	8.45
(Chicken, beef, shrimp, carrot, edamame, corn and egg)	
123. White rice	2.50
124. Sushi rice	3.45

### Noodles

130. Yakisoba	8.95
(Chicken, beef, shrimp and vegetable)	
131. Yaki udon	8.95
(Shrimp, vegetable and otafuku sauce)	
132. Pad Thai	8.95
(Rice noodles, egg, shrimp, vegetable, peanut, lime, mint, tamarind sauce and spicy sauce)	
133. Singapore	8.95
(Rice noodle, chicken, beef, shrimp, yellow curry and spicy sauce)	
135. With Vegetable	6.95

### Chicken

138. Lemon chicken	9.45
139. Peanut chicken	9.45
140. Vegetable	9.45
141. Bittersweet	9.45
142. Red curry	9.95
(Hot red curry, coconut milk and vegetable)	
143. Katse	9.45
(Crispy chicken fillets)	

### Beef

144. Oyster sauce	10.45
145. Black bean	10.45
146. Leek and ginger grilled	10.45
147. Caramelized	10.45
(Crispy fillets, sweet and sour mild chilli)	
148. Green curry	10.95
(Hot green curry, coconut milk and vegetable)	

### Shrimps

150. Garlic	13.95
151. Spicy	13.95
(Vegetable)	
152. Oyster sauce	13.95
(Vegetable)	
153. Red curry	13.95
(Hot red curry, coconut milk and vegetable)	

### Duck

155. Peking duck	17.95
(Cucumber, leek, hoisin sauce, 6 pancakes)	
156. À l'orange	16.95
157. Cantones grilled	17.95

### Ribs

160. Bittersweet	9.45
161. Salt and pepper (6)	9.45
162. Fried (6)	9.45

### Chicken wings

165. Fried (6)	9.45
166. Salt and pepper (6)	9.45

## Midday menu

From monday to friday except holidays

**A: (choose)**  
Wakame  
Vegetable roll (3)  
Edamame  
Samosa curry (3)  
Miso

**B: (choose)**  
Vegetable noodles  
Egg fried rice  
White rice  
Chicken gyoza (4)

### Choose: A+B+C

**C1: (choose)**  
Chicken with vegetable  
Sweet and sour chicken  
Beef with oyster sauce  
Yellow curry with beef  
**13.95€**

**C2: (choose)**  
Spicy shrimp  
Shrimp with vegetable  
Fried duck  
**14.95€**

**C3 (11 pieces)**  
4 Salmon maki  
4 Maki roll salmon cheese  
3 Salmon nigiri  
**14.95€**

**C4 (10 pieces)**  
4 Salmon uramaki  
3 Salmon sashimi  
3 Salmon nigiri  
**15.95€**

(Included glass of house wine or water or soft drink or beer and dessert or coffee or infusions)

! If you have any allergies, check with the staff.



ALL PRICES ARE VAT INCLUDED