

POKÉBOWLS 12,5

Salty soy • Sweet soy (house) • Teriyaki soy • House peanut • Sweet & sour • Sriracha mayo 🍴 • Sriracha Gojuchang 🍴

JAPAN Chef-style soy-marinated salmon, guacamole, lettuce, grated carrots, red cabbage, coriander, crispy onions

HAWAII Raw salmon, avocado, creamcheese, cucumber, edamame, mango, crispy onions

GYOZA ^{VE} 4 gyozas (curry chicken or veggie), grated carrots, avocado, cucumber, lettuce, leek

VEGANO ^{VE} Tofu, guacamole, lettuce, grated carrots, apple, edamame, red cabbage, crispy onions



+ EXTRAS

VEGGIE GYOZAS ^{VE} 5 pc	6
CURRY CHICKEN GYOZAS 5 pc	6
MISO SOUP ^{VG}	4
GREEN SALAD W/ CAESAR SAUCE ^{VG}	4
WAKAME SEAWEED SALAD ^{VE}	5
MOCHI TRIO ^{VE} 3 pc	4
CHIA PUDDING W/ ARTISAN JAM ^{VE} (BISCUITERIE SAINT-GUILHEM)	5

CUSTOM 13,5

Excluding formula • available in sushi-burrito or pokebowl version

Salty soy • Sweet soy (house) • Teriyaki soy • House peanut • Sweet & sour • Sriracha mayo 🍴 • Sriracha Gojuchang 🍴

PROTEIN ^{Choose 1} Raw salmon • Soy-marinated salmon • Citrus-marinated salmon • Crispy chicken • Cooked tuna mint mayo • Tofu

RAW VEGGIES ^{Choose 3} Lettuce • Carrots • Cherry tomatoes • Red cabbage • Edamame • Cucumber • Red onions • Mango • Grilled zucchini

TWIST ^{Choose 1} Avocado • Guacamole • Creamcheese • Cheddar • Wakame seaweed

TOPPING ^{Choose 1} Chulpi corn • Crispy onions • Toasted sesame seeds • Mixed seeds • Nachos • Croutons • Coriander • Pickled ginger

+ SUPPLÉMENTS

VEGAN CHEESE OPTION ^{VE}	+0,6
EXTRA SAUCE	+0,6
EXTRA PROTEIN	+3
EXTRA VEGGIE	+1
EXTRA TOPPING	+1
EXTRA TWIST	+1



Rock'n' Rolls

ENGLISH

HAPPY HOUR

*excludes alcohol

-10%

off your takeout order during the first hour of evening service.

CLICK & COLLECT
TAKE AWAY
DELIVERY

21 rue Henri René
34000 Montpellier
04 99 64 11 60
@rocknrollsmtp

Prices in euros / VAT included
VG: VEGETARIAN VE: VEGAN

GLOSSARY



NIGIRI

Vinegared rice + slice of fish on top



MAKI

Seaweed roll w/ rice & filling inside



CALI

Inside-out roll w/ rice outside + sesame



CRISPY

Roll w/o seaweed with fried onions around.



CRUNCHY

Inside-out w/ rice + fried onions



GREEN

Rice, rice paper, lettuce



PINK

Cream cheese + thin fish slice on top

We launched this restaurant with the desire to share our passion for sushi... our own twist. Our recipes are designed to please as many people as possible. Ultra generous sushi-burritos, rocking rolls, and fresh pokebowls.

Enjoy your meal!

Anaïs & Flo

STARTERS

CORN NACHOS W/ CHEDDAR ^{VG}	4
CORN NACHOS W/ GUACAMOLE ^{VE}	4
MISO SOUP ^{VG}	4
GREEN SALAD W/ CAESAR DRESSING ^{VG}	4
WAKAME SEAWEED SALAD ^{VE}	5
VINAIGARED RICE ^{VE}	3



DESSERTS

CHOCO HAZELNUT COOKIE ^{VG}	3,5
COCONUT PEARL ^{VG} 2pc	4
MOCHI TRIO ^{VE} 3pc Azuki, peanut & sesame	4
CHIA PUDDING + ARTISAN JAM ^{VE} (BISCUITERIE SAINT-GUILHEM) Jam subject to availability	5

DRINKS

SODA CAN 33CL Coca Cola, Coca Cola Zero, Fuzetea Peach or Lime, San Pelegrino Flavours.	2,5
WATER BTL 50CL	1,5
PREMIUM DRINKS ^{in formula +2}	4
BEER ^{Subject to availability}	5

FORMULAS

ROCK COMBO

Sushi-Burrito
+ starter
+ drink
17,5

ROLLS COMBO

Sushi-Roll
+ starter
+ drink
15,5

SUSHI-ROLLS 9,9

Large maki to dip in salty or sweet soy sauce

CHICKEN Crispy Chicken, avocado, cheddar, carrots, lettuce

SALMON Raw Salmon, avocado, cream cheese, cucumber, lettuce
GLUTEN FREE

+ EXTRAS

EXTRA PROTEIN +3
EXTRA SAUCE +0,6
VEGAN CHEESE OPTION ^{VE} +0,6

COOKED TUNA Cooked tuna mint mayo, cream cheese, cucumber, lettuce, crispy onions

VEGE Tofu, avocado, cucumber, cherry tomatoes, lettuce, croutons
VE

SUSHI-BURRITOS 12,5

A burrito-sized sushi, to be eaten without chopsticks with the sauce of your choice inside.

Salty soy • Sweet soy (house) • Teriyaki soy • House peanut • Sweet & sour • Sriracha mayo 🍴 • Sriracha Gojuchang 🍴🍴

JAPAN

CUSTOMER FAV!

Chef-style soy-marinated salmon, guacamole, lettuce, grated carrots, red cabbage, coriander, crispy onions

PERÚ

GLUTEN FREE

Citrus-marinated salmon, guacamole, carrots, lettuce, red cabbage, red onions, chulpi corn

POLLO

HALAL

Crispy chicken, guacamole, cheddar, lettuce, carrots, red onions, corn nachos

ATÚN

Cooked tuna mint mayo, avocado, cucumber, cherry tomatoes, creamcheese, lettuce, croutons

VEGETA

VÉGÉ

Creamcheese, guacamole, lettuce, carrots, red cabbage, marinated grilled zucchini, seed mix

GREENGO

VEGAN

Tofu, guacamole, lettuce, carrots, edamame, red cabbage, crispy onions

+ EXTRAS

CURRY CHICKEN GYOZAS 5pc 6
VEGGIE GYOZAS ^{VE} 5pc 6

PROTEINE EXTRA +3
EXTRA SAUCE +0,6
VEGAN CHEESE OPTION ^{VE} +0,6



PLATTERS not customizable

DARUMA ^{VG} 18pc 14,9
6 cali avocado creamcheese, 6 cali avocado cucumber apple, 6 avocado maki

BONZAI 10pc 17,9
10 salmon nigiri

GUNDAM ^{VG} 24pc 18,9
6 cali avocado cucumber apple, 6 cali tofu avocado, 6 avocado maki, 6 green avocado creamcheese

SHOGI 24pc 22,9
6 crispy salmon creamcheese, 6 cali salmon avocado, 6 green salmon avocado, 6 avocado maki

WASABI 15pc 16,9
3 salmon nigiri, 6 cali salmon avocado, 6 salmon maki

CITY POP 18pc 19,9
3 salmon sashimi, 3 salmon nigiri, 6 cali salmon avocado, 6 salmon maki

RONIN 18pc 21,9
6 salmon nigiri, 6 cali salmon avocado, 6 green salmon avocado

SHAMISEN 24pc 23,9
6 pink salmon creamcheese, 6 cali salmon avocado, 6 salmon maki, 6 green salmon avocado

SALMON SUSHIS 6pc

B1-Salmon Maki 5,6
B2-Salmon Creamcheese Maki 5,8
C1-Salmon Avocado Cali 6,4
C2-Salmon Creamcheese Cali 6,3
C3-Salmon Avocado Creamcheese Cali 6,7
G1-Salmon Avocado Mint Green 6,7
G2-Salmon Creamcheese Mint Green 6,85
R1-Salmon Avocado Crunchy 6,9
R2-Salmon Creamcheese Crunchy 6,95
K1-Salmon Creamcheese Pink 7,7
S1-Salmon Sashimi 5pc 6,5
S2-Salmon Sashimi 8pc 9,95

COOKED TUNA SUSHIS 6pc

B3-Cooked Tuna Mayo Mint Maki 6,3
C4-Cali Cooked Tuna Mayo Mint Avocado 6,6
G5-Green Cooked Tuna Mayo Mint Avocado 6,95
R4-Crunchy Cooked Tuna Mayo Mint Avocado 6,85

CHICKEN SUSHIS 6pc

G4-Crispy Chicken Avocado Green 6,85
R3-Crispy Chicken Avocado Crunchy 6,85

VEGGIE SUSHIS 6pc

B5-Avocado Creamcheese Maki 4,6
B7-Cucumber Creamcheese Maki 4,2
C5-Cali Avocado Creamcheese 5,8
C6-Cali Avocado Cucumber Apple Pink Lady 5,3
G6-Green Avocado Creamcheese Mint 5,95
R5-Crunchy Avocado Cucumber Spicy Mayo 6,85



ORIGINAL CREATIONS 6pc 7,9

SALMONCITO

Raw salmon, creamcheese, guacamole, cucumber, crispy onions

POLLITO

Crispy chicken, red onions, cheddar, guacamole, corn nachos

VEGANITO ^{VE}

Tofu, guacamole, edamame, cucumber, crispy onions

+ EXTRAS

VEGGIE GYOZAS ^{VE} 5pc 6
CURRY CHICKEN GYOZAS 5pc 6
MISO SOUP ^{VG} 4
GREEN SALAD W/CAESAR SAUCE ^{VG} 4
WAKAME SEAWEEED SALAD ^{VE} 5
EXTRA SAUCE +0,6
VEGAN CHEESE OPTION ^{VE} +0,6

LUNCH MENUS 9,95

12 pieces of sushis of your choice

MIDORI

6 Salmon Avocado Cali+
6 Salmon Creamcheese Cali

AVOCADO ^{VG}

6 Avocado Creamcheese Green +
6 Avocado cucumber
Creamcheese Cali

CHIKIN

6 Crispy Chicken Avocado
Green Roll+ 6 Crispy Chicken
Avocado Crunchy Roll

+ 1 CHOICE OF:

- DRINK
- MISO SOUP
- WAKAME SEAWEEED SALAD
- GREEN SALAD W/CAESAR SAUCE
- VINAIGARED RICE