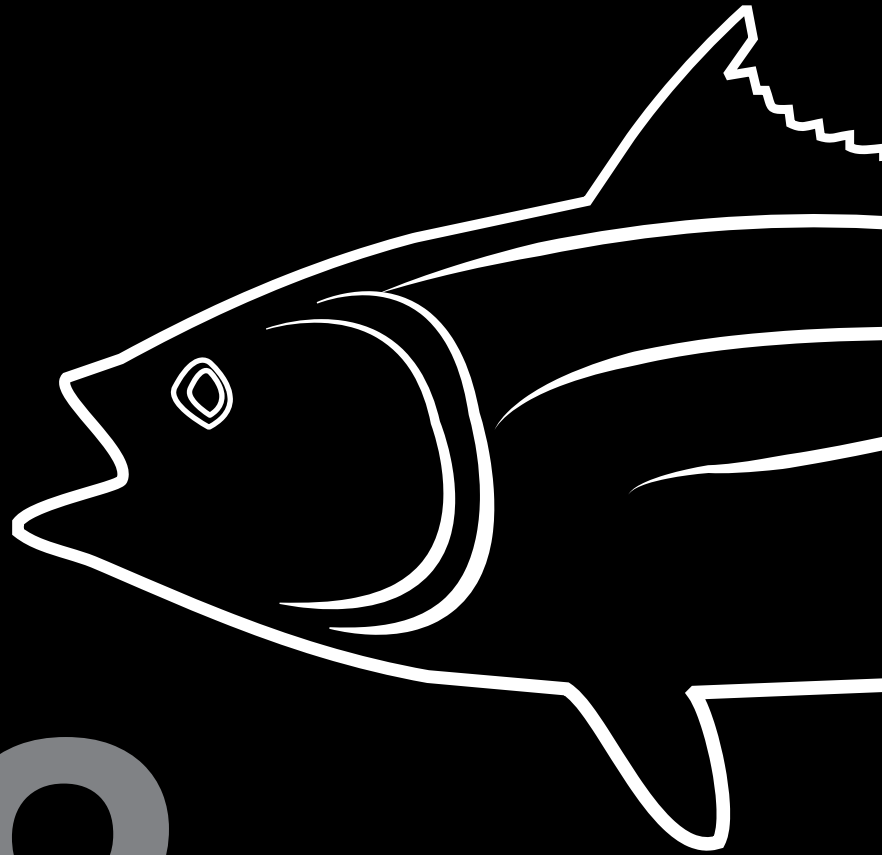




SUSHI  
SEAFOOD  
STEAK



&



A  
DHARSHAN  
MUNIDASA  
RESTAURANT

# WELCOME TO THE TUNA & THE CRAB

The Tuna & The Crab is a celebration of Sri Lanka's finest Tuna and iconic Mud Crabs, opening our doors in 2014 at the Galle Dutch Hospital within the Galle Fort, a UNESCO world heritage site.

Created by renowned Sri Lankan – Japanese Chef & Restaurateur Dharshan Munidasa, our restaurant is a hybrid of his award-winning restaurants Nihonbashi Japanese Restaurant and Ministry of Crab. Over the years Chef Dharshan learnt how to grade tuna from captains of tuna vessels landing in Sri Lanka and crabs from the crab mongers of Pettah who were exporting to Singapore, leading to the creation of our sister restaurants, and eventually to the opening of The Tuna & The Crab, serving the freshest and finest seafood in the South. Strongly influenced by the Japanese restaurants of modern Tokyo, The Tuna & The Crab features an open kitchen with a Teppan Grill, where you can see our chefs in action, preparing up the best ingredients our island nation has to offer.

The dining options at The Tuna & The Crab are many, from our signature tuna & crab dishes, to our extensive range of Japanese cuisine from sushi to tempura, okonomiyaki and Japanese Sets, to our selection of fresh seafood and our amazing Black Angus Sirloin.

WE HOPE YOU ENJOY DINING WITH US!



# THE TUNA

# &

# THE CRAB



鮭の刺身

## Tuna Sashimi 10

We proudly serve Tsukiji bound Regal Tuna that lands in Colombo.

鮭の握り

## Tuna Nigiri 2

The most elegant and regal of the sushis of the world. Made proudly with Tuna landed in Colombo!



鉄火巻き

## Tekka Maki 5

Traditional Tuna roll made from the finest Tuna caught in Sri Lanka!



マグロとアボカドロール

## Avocado & Tuna Maki 5

Rich, ripe slivers of avocado and tuna rolled with wasabi.



マグロと明太マヨロール

## Tuna Cod Roe Maki 10

Mentaiko (Cod Roe) blended with mayo and rolled into a medium sushi roll (8 pcs).



ツナマヨ巻き

## Tuna Salad Maki 4

スパイシーツナ巻き

## Spicy Tuna Maki 5

鮭の漬け丼

## Tekka Don (Tuna) 12

Our premium tuna, marinated in soy sauce and served atop steamed Japanese Rice.

カニのアボカドカップサラダ

## Crab Salad in Avocado 6

Steamed Sri Lankan Mud Crab meat mixed into a wasabi mayo and served in half an avocado.



ツナと蟹のアボカドカップサラダ

## Tuna & Crab Salad in Avocado 5

カニクリームコロッケ

## Creamy Crab Croquettes 9

Crab Croquettes from our sister restaurant Nihonbashi's premium croquette selection.

マッドクラブのパスタ

## Crab Pasta 15

(300g - 400g Crab)  
Pasta and Crab at its best, with olive oil based simple flavours.



蒸しカニ 2種のバターソースを添えて

## Steamed Crab 7

Steamed Sri Lankan Mud Crab (per 100g) served with hot butter sauce and spicy soy sauce.



マッドクラブのブラックペッパーソース

## Pepper Crab 7

Sri Lankan Mud Crab in a sauce made with freshly milled black pepper. (per 100g)



マッドクラブのガーリックチリソース

## Garlic Chilli Crab 7

Sri Lankan Mud Crab combined with olive oil, garlic, and chilli flakes in our signature style. (per 100g)

## サーロインステーキ STEAK

Prime cut of Black Angus sirloin cooked on our teppan grill to your liking, with an original marinade. Served with Garlic Rice.

27



# 寿司 SUSHI

巻物(6切れ)

## MAKI (6 PCS)

- 蓮根きんぴら巻き  
 **Lotus Root Maki** 4  
 Crunchy and spicy lotus root sushi roll.
- かっぱ巻き  
 **Kappa Maki** 4  
 Cool cucumber roll.
- アボガドときゅうりロール  
 **Avocado & Cucumber Maki** 4
- 照り焼きチキン巻き  
**Teriyaki Chicken Maki** 4  
 A favourite among our younger guests!
- 蒸しカニの巻物  
**Real Crab Meat Maki** 6  
 Famous Sri Lankan Crab Meat roll.

手巻き(1個)

## TEMAKI (1 PC)

- 天さび手巻き  
**Tensabi Temaki** 4  
 A Dharshan Munidasa creation, this temaki has a tempura prawn rolled in cool wasabi rice, playing on the different textures to create an unforgettable flavour.



- 鯛の熱々オリーブオイル&醤油かけ  
**Olive Oil & Soy Sauce Sashimi** 9  
 This signature dish features sizzling hot olive oil and garlic poured over thin slices of seabream sashimi, lightly cooking it to enhance its flavour!



- いかのチリオリーブオイル煮  
**Cuttlefish tossed in Olive Oil & Chilli** 9  
 From TV show to plate, enjoy our cuttlefish tossed in olive oil and chilli flakes to experience a fusion of Mediterranean and Sri Lankan flavours!

- エビクリームコロッケ  
**Creamy Prawn Croquettes** 9  
 Prawn Croquettes from our sister restaurant Nihonbashi's premium croquette selection.

握り(1貫)

## NIGIRI (1 PC)

- 海老  
**Ebi (Prawn) Nigiri** 2  
 Fresh Black Tiger Prawns.
- いか  
**Ika (Cuttlefish) Nigiri** 2  
 The very sweet Sri Lankan Cuttlefish Sushi.
- 鯛  
**Tai Nigiri** 2  
 Seabream Nigiri.



## 刺身 SASHIMI

- 本日の刺身盛り合わせ  
**Catch of the day Sashimi Platter** 10  
 A sashimi platter that includes the catch of the day and Sri Lanka's Regal Tuna.

盛り合わせ

## PLATTERS

- 握り盛り合わせ(6貫)  
**Nigiri Sushi Platter (6 pcs)** 11  
 A selection of nigiri sushi, made with the finest seafood.
- 握り盛り合わせ 風(28貫)  
**Sushi Platter 風 Kaze** 34  
 A cosy sushi platter for two consisting of 28 pcs.



- 刺身盛り合わせ 海(2人前)  
**Sashimi Platter "海" Umi (for two)** 10  
 A delectable sashimi platter of local catch including the Regal Tuna.

# 海鮮 SEAFOOD

- 淡水海老  
**Freshwater Prawns** 22  
 Amazing prawns from our lakes that can be enjoyed in one of three ways; Garlic Chilli, Pepper or Grilled with Garlic, Olive Oil and Soy Sauce.



- 本日のおすすめ 魚のグリル  
**Grilled catch of the day Fish Fillet** 10  
 Fillet of the daily catch, grilled with olive oil and soy sauce.



- 海老フライ  
**Panko Crusted Prawns** 17  
 Black Tiger Prawns crusted with bread crumbs and fried.

- 魚のフライ  
**Panko Crusted Fish Fingers** 10  
 Fish fingers of fresh seabream, crusted with bread crumbs and fried. Served with Tartar Sauce.



- オニオンリング  
**Panko Crusted Onion Rings** 4  
 Fried Onion Rings crusted with fresh breadcrumbs.





生春巻きのひとくちサラダ

**Namaharu Maki**

Black Tiger Prawn, avocado and cucumber salad served in a fresh spring roll.

枝豆

**Edamame**

Imported Japanese soy bean pods, an ideal starter!

マッシュルームのバター焼き

**Button Mushroom Bata yaki**

Butter Tempered Button Mushroom.

海藻サラダ

**Seaweed Salad**

Wasabi dressing drizzled over a selection of multi-coloured seaweed on a bed of lettuce.

牛のたたき

**Gyuu No Tataki**

Nihonbashi's star starter dish, rare roasted beef tataki.

照り焼きチキン

**Chicken Teriyaki**

Dark meat (chicken leg meat) cooked in our home made teriyaki sauce.



小皿料理

SMALL PLATES

海老天ぷら

**Ebi (Prawn) Tempura**

Black Tiger Prawn Tempura.

野菜天ぷら盛り合わせ

**Yasai Tempura**

Vegetable Tempura.

天ぷら盛り合わせ

**Tempura Moriawase**

An assortment of seafood and vegetables.

揚げ出汁豆腐

**Age Dashi Tofu**

Deep fried tofu with Tentsuyu (a Japanese dipping sauce) and bonito flakes.

豆腐ステーキ

**Tofu Steak**

Soft, healthy and served with a soy and mirin sauce.

味噌汁

**Miso Soup**



5

5

7

7

5

7

14

8

19

5

5

3

お好み焼き

OKONOMIYAKI

海鮮お好み焼き

**Seafood Okonomiyaki**

12

Okonomiyaki is best described as a Japanese pancake (or to some a Japanese pizza), hailing from the Kansai region of Japan. Thinly sliced cabbage is mixed into a special batter, to which we add seafood and other vegetables. This is slowly poured onto our teppan grill and cooked on a low flame. It is topped with a mixture of mayonnaise, our special Okonomiyaki sauce and very thin bonito shavings.

Vegetarian option also available.

蟹のお好み焼き

**Crab Okonomiyaki**

10

100g of Sri Lankan Mud Crab meat blends into the iconic Okonomiyaki.

定食  
TEISHOKU  
(JAPANESE SETS)



ワインのおつまみ弁当

**Bento Box for Wine Lovers**

Tuna and Crab Salad in Avocado, Tuna Sashimi, Olive Oil and Soy Prawns, Kani Gunkan Maki, Tensabi Temaki, Crab Croquettes & Miso Soup.

19



ゴールフォート弁当

**The Galle Fort Bento**

Tuna and Crab Salad in Avocado, Sashimi of the Day, Grilled Prawn Salad, Tuna Nigiri, Yaki Sakana, Kappa Maki, Japanese Rice & Miso Soup.

19



朝メチキンの唐揚げ定食

**Asa Dori No Karaage Set**

Crispy Fried Chicken, Tuna Salad, Iceberg Salad, Onigiri, Miso Soup and Dessert.

10



寿司定食

**Sushi Set**

Tuna, Ebi (Prawn) and White Fish Nigiri, Fukusa Sushi (omelette wrapped sushi), Kappa Maki, Chicken Teriyaki, Iceberg Salad, Miso Soup and Dessert.

13



フライ盛り合わせ定食

**Furai Moriawase Set**

Crumb fried Prawns, Fish and Vegetables, Tuna Salad, Iceberg Salad, Onigiri, Miso Soup and Dessert.

10



刺身・寿司定食

**Sashimi & Sushi Set**

A complete meal with Sashimi, Sushi and Miso Soup.

16



お好み焼き定食

**Okonomiyaki Set**

Seafood Okonomiyaki, Sakana Furai (crumb fried fish), Iceberg Salad, Onigiri, Miso Soup and Dessert.

10



かにチャーハン

### Kani Chahan (Crab Rice)

This Crab Rice or Kani Chahan, one of Nihonbashi's most popular dishes, which has transcended Ministry of Crab and is now here!

えびチャーハン

### Ebi Chahan

Japanese style fried rice made with succulent whole black tiger prawns.

ねぎチャーハン

### Negi Chahan

## 丼もの DONBURI

アンガスビーフのすき焼き丼 温泉卵のせ

### Yakiniku Don

Slices of Black Angus slow cooked and simmered, and served atop steamed Japanese Rice. Topped with a sous vide egg.

天丼

### Ten Don

Prawn and Vegetable Tempura served atop steamed Japanese Rice.



カレーライス

## CURRY RICE

野菜カレーライス

### Yasai Curry Rice

A medley of vegetables in Japanese curry gravy.

チキンカレーライス

### Chicken Curry Rice

A boneless whole chicken leg cut into chunks and cooked in a Japanese curry gravy.

海老カレーライス

### Ebi Curry Rice

Prawn and vegetable curry rice.

ビーフカレーライス

### Beef Curry Rice

Japanese curry rice made with tender Black Angus Sirloin.

ビーフカツカレーライス

### Beef Katsu Curry

Panko coated beef, deep fried and sliced up. Served in a Japanese curry gravy.

## ご飯もの RICE

ガーリックライス

### Garlic Rice

Subtly flavoured, and sinfully simple Garlic Rice.

ご飯

### Gohan

Steamed Japanese Rice.

おにぎり(おなか 又は ツナマヨ)

### Onigiri

Rice ball wrapped in seaweed with a filling of katsuobushi or tuna salad.



## 麺類 NOODLES

天ぷらうどん

### Tempura Udon

Udon noodles served in a hot soup with Tempura Prawns and vegetables.

たぬきうどん

### Tanuki Udon

Hot Udon noodle soup with Tempura batter balls.



## デザート DESSERT

渋谷スタイルフレンチトースト

### Shibuya Style French Toast

A decadent, soft French Toast made with Sri Lanka's traditional street bread. Served with whipped cream, strawberries and a drizzle of palm sugar syrup.

コーヒーゼリー

### Coffee Jelly

A delightfully light jelly made with sweetened strong coffee.

## 飲み物

## DRINKS

煎茶

### Sencha Tea

アイスティーソーダ

### Iced Tea Soda

ジンジャービール

### Ginger Beer

ミネラルウォーター(カラフェ)

### Water Carafe

ココナッツジュース

### Just Thambili

ライムジュース

### Fresh Lime Juice

ライムソーダ

### Lime & Soda

パッションフルーツジュース

### Fresh Passion Fruit Juice

# ワイン WINES

## ROSÉS

The Beach House Rosé	48
Torresella Pinot Grigio Rosé	48

## WHITES

Tall Horse Chenin Blanc	48
The Beach House Sauvignon Blanc	48
Torresella Pinot Grigio	48

## WHITES BY THE GLASS (150ML)

Tall Horse Chenin Blanc	10
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## REDS

Torresella Refosco Rosso	48
The Beach House Sunset Shiraz	48
Robert Mondavi Private Selection Zinfandel	48

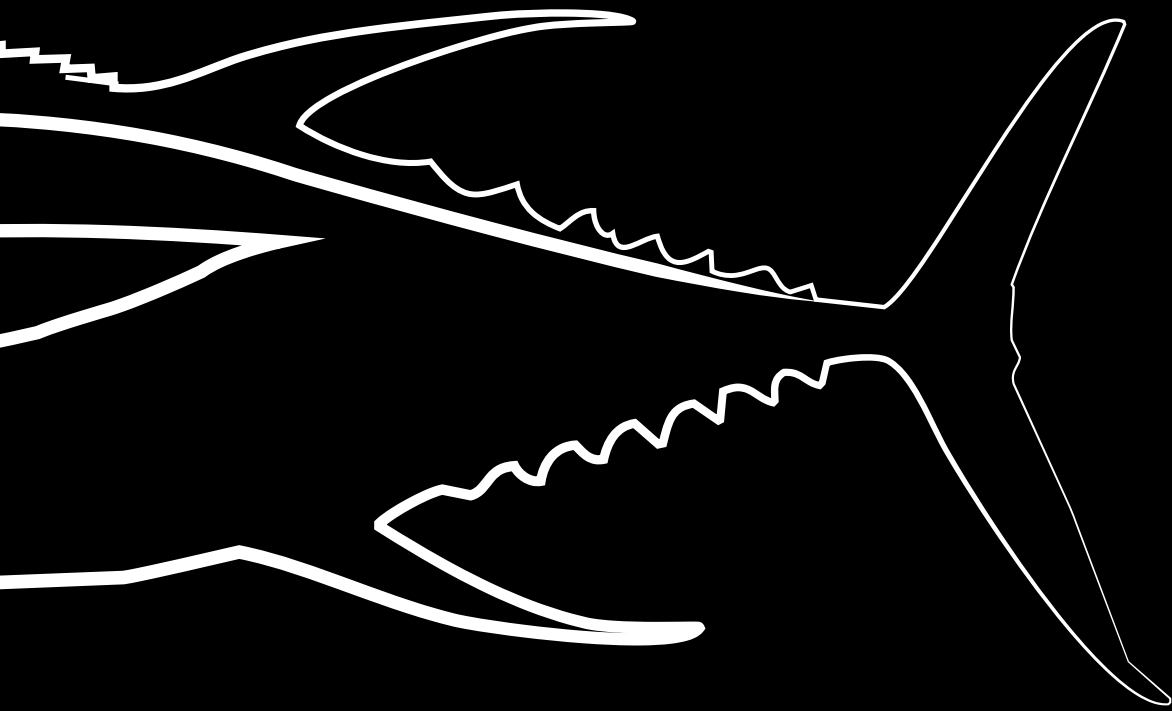
## RED BY THE GLASS (150ML)

Torresella Refosco Rosso	10
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# ビール BEER

Carlsberg (330ml)	3
Lion Lager (325ml)	3
Guinness (500ml)	5





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