



GOURMET GARDEN
SUSHI & SEA

Gourmet Moments

#WECOOKWITHLOVE

Gourmet Garden Sushi & Sea



What does sushi mean for us? It means love, creativity, pleasure and health.

We started our business in June 2020 with the aim of offering unparalleled culinary experiences. We decided to fuse the colorful and healthy culture of Japanese cuisine and the infinite diversity of the wonderful world of sushi, with a Mediterranean way of life and culinary culture. Our wide selection of delicious dishes is intended to cater to the needs of those, who are open to unique culinary experiences. Our venue regularly hosts various programs, such as birthday parties or reunions. As the first Sushi Restaurant in Szeged, we are determined to introduce the wonderful culinary experiences offered by these exotic cultures to our Guests. Enjoy the precious moments locked in a bite! We are glad you are here, and we hope you'll like what we can offer.

Anita Klement

Anita Klement
owner



Soups

Thai Vegetable Soup with wood-ear mushroom (1,6,9,10,11)	2 900 Ft
Miso Soup with tofu (4,6)	2 990 Ft
Ramen Soup with chicken (1,6,9,10,11)	3 190 Ft
Ramen Soup with shrimp (1,2,6,9,10,11)	3 390 Ft
Tom Yum Soup with shrimp and mussels (2,5,6,14)	3 490 Ft

Appetizers

Salted Edamame Beans +roasted baguette (1,6)	2 990 Ft
Avocado Shrimp Salad iceberg lettuce, avocado, shrimps fried in butter, garlic green spice dressing, sesame seeds (2,7,11)	4 190 Ft
Salmon Carpaccio Marinated in Dill and Beets (1,4)	4 590 Ft
Octopus Carpaccio with Lemon Sauce +roasted baguette (1,4)	4 790 Ft
Salmon Steak Tartare with Lime Vinaigrette +roasted baguette (1,4,7)	4 990 Ft
Tuna Cream with Herbs and Chives +roasted baguette (1,4,7)	4 990 Ft
Gourmet Cheese Plate selection of five types of artisan cheese, olives, dipping sauce (1,7)	5 190 Ft

Pastas

Roasted Ramen with shrimp (1,2,6,11)	4 790 Ft
Roasted Ramen with chicken (1,6,11)	4 990 Ft
Roasted Ramen with mussels (1,6,11,14)	4 990 Ft
Roasted Ramen with baby octopus(1,6,11,14)	4 990 Ft
Roasted Ramen with tofu (1,6,11)	4 990 Ft



Octopus carpaccio



Salmon Carpaccio Marinated in Dill and Beets

Sushi Primer

The History of Sushi

The history of sushi dates back to thousands of years. The first written records come from China, where they realized that pressed fish placed in rice remains consumable for a lot longer due to the fermentation of the rice. This ancient method of preservation is also the basis of today's sushi dishes. The Japanese learnt it from the Chinese and then it spread around the world. The original recipe was only intended to preserve the fish and they simply threw away the rice. Later in the town of Kobe (today known as Tokyo) a young Japanese man perfected the recipe. He no longer fermented the rice but instead, he mixed vinegar with boiled rice and used raw fish as topping. In the past decades this unique and healthy dish has spread all over the world, and it moved from the stands of street vendors to posh restaurants.

Maki Sushi (6 pcs)

This is probably the most well-known and widespread type of sushi. We place the dried seaweed sheet (nori) on a laid-out bamboo roll. We cover it with about 1 cm of rice and place the fish stripes or the vegetables in the middle. We reel it up with the help of the bamboo roll, we press it a little and cut it into small slices.

Cucumber	2 100 Ft
Tofu (6)	2 100 Ft
Avocado	2 300 Ft
Teriyaki Chicken (1,6)	2 300 Ft
Salmon (4)	2 400 Ft
Smoked Salmon (4)	2 500 Ft
Crispy, Breaded Tiger Prawns with Spicy Mayonnaise (1,2)	2 500 Ft
Tiger Prawns (2)	2 500 Ft
Tuna (4)	2 500 Ft
Maki with Salmon, Shrimp and Gourmet Sauce (1,2,3,4,6,10)	2 600 Ft

Big Maki (10 pcs)

Big Maki is a type of sushi, when we use not only a half but a whole seaweed sheet and fill it with our favorites. It is bigger than the classic maki sushi.

Breaded Tiger Prawns, Iceberg Lettuce, Avocado, Piquant Gourmet Sauce (1,2,3,6,10)	4 500 Ft
Teriyaki Chicken, Feta Cheese, Cucumber, Iceberg Lettuce (1,6,7)	4 500 Ft
Surimi, Avocado, Cream Cheese, Arugula (2,7,11)	4 900 Ft
Salmon, Tuna, Cucumber, Teriyaki Sauce, Iceberg Lettuce (1,4,6)	4 900 Ft

Nigiri Sushi (1 pc)

Nigiri is an oval-shaped mound of rice. We place on it fish stripes, vegetables or any special seafood. Certain toppings are fastened to the rice with stripes of nori.

Avocado	990 Ft
Surimi (crab sticks) (2)	990 Ft
Teriyaki Chicken (1,6)	990 Ft
Tofu (6)	990 Ft
Salmon (4)	1 100 Ft
Tiger Prawns (2)	1 100 Ft
Eel with Sesame (4,11)	1 200 Ft
Salmon Marinated in Dill and Beets (4)	1 200 Ft
Salmon-avocado (4)	1 200 Ft
Nigiri in Salmon Wrapping with Masago Caviar (4)	1 200 Ft
Tataki Salmon roasted with teriyaki (1,6)	1 200 Ft
Tataki Tuna roasted with teriyaki (1,6)	1 200 Ft
Tuna (4)	1 200 Ft



Mixed Sushi Box



Nigiri in Salmon Wrapping with Masago Caviar



Salmon nigiri



Wonder Sushi Box

Roll Sushi (8 pcs)

It is a unique alternative to sushi, when instead of the seaweed, the rice is on the outside. It is roll sushi or a roll turned inside out.

Vegan Roll	3 990 Ft
8 pcs roll sushi with avocado, cucumber and bell pepper	
Salmon, Avocado, Cream Cheese Roll	4 290 Ft
8 pcs roll sushi in sesame wrapping (4,7,11)	
Tiger Prawns, Iceberg Lettuce, Smoked Salmon	4 290 Ft
8 pcs roll sushi (2,4,11)	
Teriyaki Chicken, Grilled Carrot	4 290 Ft
8 pcs roll sushi in black-and-white sesame wrapping (1,6,11)	
Salmon, Tuna Tartar, Fresh Iceberg Lettuce	4 290 Ft
8 pcs roll sushi (4,7,11)	
Teriyaki Chicken Roll	4 290 Ft
8 pcs roll sushi with feta cheese and avocado (1,6,7)	
Tofu, Grilled Carrot, Arugula	4 290 Ft
8 pcs roll sushi (6,11)	

Gourmet Roll Sushi (8 pcs)

Gourmet Salmon Roll	4 790 Ft
Salmon roll, avocado cream, iceberg lettuce, in caviar wrapping (1,3,4,6,10)	
Gourmet Shrimp Roll	4 790 Ft
Crispy shrimp roll, grilled carrot, feta cheese, roasted onion (1,2,7)	
Gourmet Tuna Roll	4 790 Ft
Tuna roll, chives, cucumber, Gourmet sauce, chives wrapping (3,4,6,10)	

Gourmet Favorite Sushi

Gourmet Piquant Maki	3 490 Ft
6 pcs avocado, tiger prawns, salmon tartar, caviar (2,4,7) 8 pcs	
Rainbow Roll	5 490 Ft
Salmon, tuna, avocado, tiger prawns (2,4) 8 pcs	
Crunchy Roll	4 590 Ft
Teriyaki chicken, grilled carrot, mayonnaise, crunchy (1,3,6,10) 8 pcs	
Extra Crunchy Roll	4 590 Ft
Teriyaki chicken, feta cheese, iceberg lettuce, crunchy (1,6,7)	
Favorite Roll	4 990 Ft
Breaded tiger prawns, arugula, avocado, Gourmet sauce (1,3,6,10) 8 pcs	
Gourmet Girl's Favorite	4 990 Ft
Salmon, avocado, feta cheese caviar wrapping (4,7) 8 pcs	
Tataki Salmon roll	5 790 Ft
Salmon, avocado, teriyaki roasted salmon wrapping (1,4,6)	
Tataki Tuna Roll	5 790 Ft
Tuna, cucumber, teriyaki roasted tuna wrapping (1,4,6)	



Salmon Nigiri, Tataki Salmon



Salmon the best sushi box

Sushi Plates

Welcome Sushi Box (16 pcs - for 1-2 pers.) (1,2,3,4,7,10,11)	7 990 Ft
4 pcs salmon roll avocado, cream cheese, sesame wrapping 4 pcs tuna roll, cucumber, tuna, chives, chives wrapping 3 pcs crispy shrimp maki 3 pcs surimi maki 1 pc salmon nigiri 1 pc tiger prawns nigiri	
Vegan Selection (16 pcs, 5 varieties - for 1 pers.) (6)	7 200 Ft
3 pcs avocado maki 3 pcs cucumber maki 8 pcs arugula, tofu, bell pepper roll avocado wrapping 2 pcs tofu nigiri	
Nigiri Variations (8 pcs - for 1-2 pers.) (1,2,4,6,11)	8 590 Ft
Eel Salmon Tuna Tataki salmon Tataki tuna Tiger prawns Surimi Salmon marinated in dill and beets	
Gourmet Sushi Mix (24 pcs, 7 varieties - for 2 pers.) (1,2,4,6,11)	10 500 Ft
2 pcs salmon nigiri, 2 pcs tiger prawns nigiri, 3 pcs tuna maki, 3 pcs salmon maki, 3 pcs avocado maki, 3 pcs teriyaki chicken maki, 8 pcs tiger prawns, iceberg lettuce, salmon	
Nigiri-Sashimi Sushi Mix (- for 1 pers.) (2,4,11)	10 600 Ft
Eel nigiri, Tiger prawns nigiri, Salmon nigiri, Tuna nigiri, Tuna sashimi, Salmon sashimi, Fresh vegetables	
Mixed Sushi Plate (26 pcs, 5 varieties - for 2 pers.) (1,2,3,4,6,7,10,11)	11 900 Ft
2 pcs salmon nigiri 2 pcs tuna Nigiri 6 pcs tiger prawns maki 8 pcs Favorite roll, Breaded tiger prawns, arugula, avocado, Gourmet sauce 8 pcs chicken roll, feta, chicken, avocado	

Sashimi Extra Sushi (15 pcs - for 2 pers.) (2,4) 11 500 Ft

Salmon sashimi
Tuna sashimi
Salmon sashimi marinated in dill and beets
Tiger prawns
Eel caviar

Maki Extra Variations Mix (28 pcs, 7 var. - for 2 pers.) (1,2,3,4,6,7,10,11) 12 500 Ft

10 pcs maki surimi, avocado, arugula, cream cheese, sesame
3 pcs maki cucumber
3 pcs maki avocado
3 pcs Gourmet piquant maki, avocado, tiger prawns, salmon tartar, caviar
3 pcs maki tiger prawns, crispy tiger prawns
3 pcs maki salmon
3 pcs maki tuna

Tataki box (18 pcs - for 1-2 pers.) (1,4,6) 11 500 Ft

8 pcs roll, tataki salmon, avocado, teriyaki roasted salmon wrapping
8 pcs roll, salmon, avocado, teriyaki, salmon wrapping
1 pc nigiri salmon
1 pc tataki salmon

Extra Sushi Box (32 pcs, 10 varieties - for 2-3 pers.) (1,2,4,6,7,11) 14 500 Ft

2 pcs salmon nigiri masago with caviar,
2 pcs salmon nigiri,
3 pcs salmon maki,
3 pcs tuna maki,
3 pcs surimi crab sticks maki,
3 pcs teriyaki chicken maki,
4 pcs salmon, avocado, cream cheese sesame wrapping roll,
8 pcs crispy shrimp roll, grilled carrot, feta cheese, roasted onion
4 pcs tiger prawns, iceberg lettuce, salmon roll

Crispy Shrimp Sushi Box (36 pcs - for 2-3 pers.) (1,2,3,6,7,10,11) 15 900 Ft

8 pcs roll, surimi pincers, cream cheese, fried bell pepper
10 pcs big maki, tempura crab, avocado, iceberg lettuce sweet soy
10 pcs big maki, Shrimp torpedo, feta cheese and iceberg lettuce
6 pcs maki torpedo shrimp
2 pcs crispy crab nigiri

Wonder Sushi Box (36 pcs, 7 varieties - for 2-3 pers.) (1,2,4,6,7,11) 15 900 Ft

8 pcs salmon, tiger prawns roll, avocado cream, iceberg lettuce
8 pcs crispy Shrimp roll, grilled carrot, feta cheese, roasted onion
10 pcs big maki teriyaki chicken, feta cheese, cucumber, green salad with Gourmet sauce
3 pcs tuna maki
3 pcs salmon maki
2 pcs salmon nigiri avocado wrapping
2 pcs tuna nigiri



Garden sushi box



Gourmet Piquant Maki



Paradise sushi box



Nigiri sashimi sushi box

Garden Sushi Mix (42 pcs, 7 varieties - for 3-4 pers.) (1,2,3,4,6,7,10,11) **19 900 Ft**

6 pcs Gourmet piquant maki, avocado, tiger prawns, piquant salmon, caviar
8 pcs crunchy roll, teriyaki chicken, grilled carrots, mayonnaise, crunchy
6 pcs smoked salmon maki with grilled carrots
10 pcs big maki, surimi, avocado, arugula, cream cheese, sesame
2 pcs eel nigiri
2 pcs nigiri salmon masago with caviar
8 pcs salmon roll (avocado, salmon, tiger prawns)

Salmon The Best Sushi Box (42 pcs - for 2-3 pers.) (2,4,7,11) **19 900 Ft**

2 pcs nigiri salmon wrapping masago with caviar
2 pcs salmon nigiri avocado wrapping
8 pcs roll, salmon, tuna cucumber cream cheese
10 pcs big maki, roasted salmon, fried bell pepper, grilled carrot
6 pcs maki salmon
6 pcs maki salmon, tiger prawns
4 pcs salmon sashimi
4 pcs mosaic sushi

Party Box (52 pcs, 10 varieties - for 3-4 pers.) (1,2,3,4,6,10,11) **22 800 Ft**

2 pcs tiger prawns nigiri,
2 pcs salmon, masago with caviar nigiri,
6 pcs surimi maki
6 pcs breaded tiger prawns, spicy mayonnaise maki,
6 pcs tuna maki,
6 pcs salmon maki,
8 pcs salmon, avocado roll, avocado wrapping, teriyaki sauce
8 pcs teriyaki chicken, grilled carrots, sesame wrapping roll
8 pcs surimi roll, iceberg lettuce, Gourmet sauce, fried arugula wrapping

Colorful Sushi Plate (50 pcs, 9 varieties - for 3-4 pers.) (1,2,3,4,6,7,10,11) **23 900 Ft**

8 pcs surimi, avocado roll, with arugula, cream cheese, sesame
8 pcs tuna roll, with avocado, tuna cream, chives
8 pcs Gourmet girl's favorite roll, avocado, salmon, feta, caviar
8 pcs teriyaki chicken roll, feta, iceberg lettuce, roasted onions
6 pcs crispy, fried tiger prawns maki
6 pcs cucumber maki
2 pcs surimi nigiri
2 pcs tiger prawns nigiri
2 pcs salmon avocado nigiri

Paradise Sushi Box (60 pcs - for 4-5 pers.) (2,4,7,11) **29 900 Ft**

8 pcs rainbow roll, salmon, avocado, tuna tiger prawn
8 pcs salmon roll with feta, avocado and caviar wrapping
8 pcs shrimp love roll, salmon, avocado, tiger prawns wrapping
2 salmon nigiri
2 pcs salmon nigiri marinated in dill and beets
2 tiger prawns nigiri
2 nigiri salmon, wrapping masago with caviar
6 salmon maki
6 tiger prawns maki
8 pcs salmon festive roll, salmon, tuna, cucumber, cream cheese
8 pcs smoked salmon roll, bell pepper, grilled carrot

Gourmet Bowl

Teriyaki Bowl **4 990 Ft**

Teriyaki chicken, grilled carrot, feta cheese, cucumber, cashew, spicy yoghurt dressing, carrot cream Bases to choose from: Quinoa, roasted rice noodles, sushi rice (1,6,7,8)

Vega Bowl **4 990 Ft**

Edamame beans, tofu, avocado, sushi rice, salad, carrots, teriyaki sauce Bases to choose from: Quinoa, roasted rice noodles, sushi rice (6)

Chili Bumm Bowl **5 290 Ft**

Chilis buttery crab, tomato, edamame beans, smoked salmon, iceberg lettuce, roasted onions, chili sauce Bases to choose from: Quinoa, roasted rice noodles, sushi rice (2,4,7)

Gourmet Bowl **5 290 Ft**

Shitake mushroom, carrots, roasted salmon, fried bell pepper, peanuts, sauce with chives and garlic Bases to choose from: Quinoa, roasted rice noodles, sushi rice (4,5,7)

Rainbow Bowl **5 290 Ft**

Salmon, tuna, tiger prawns, avocado, salad, sesame, caviar, sweet soy Bases to choose from: Quinoa, roasted rice noodles, sushi rice (1,2,4,6,11)

Tempura Fever **5 290 Ft**

Tempura Shrimp, roasted salmon, salted edamame beans, sushi rice, tomato salsa, Gourmet sauce Bases to choose from: Quinoa, roasted rice noodles, sushi rice (1,2,3,4,6,10)

Shrimp Shine **5 290 Ft**

Chilis buttery crab, torpedo shrimp, tempura avocado, sushi rice, tomato salad with soy sauce Bases to choose from: Quinoa, roasted rice noodles, sushi rice (1,2,3,6,7)



Rainbow Bowl

Mediterranean & Sea food

Mediterranean Selection	7 490 Ft
New Zealand green-lipped mussel, blue mussels, shrimp in chili butter, breaded torpedo shrimp, roasted baguette (1,2,7,14)	
Shrimp Extra Plate	6 590 Ft
Shrimp and avocado salad, tiger prawn tail with chili butter and green spices, torpedo shrimp, scampi, tempura shrimp, roasted baguette (1,2,7)	
Tiger Prawn Tail, Chili Butter and Green Spices with roasted baguette (1,2,7)	5 390 Ft
Blue Mussels in White Wine with roasted baguette (1,7,14)	5 390 Ft
New Zealand Green-lipped Mussel with roasted baguette (1,7,14)	5 390 Ft
Shrimp and Blue Mussels in a creamy herb sauce with roasted baguette (1,2,7,14)	5 890 Ft
Mussel whit Garlic and Chili with roasted baguette (1,7,14)	5 390 Ft
Mediterranean Scallop in its Shell in parsley and garlic sauce (1,7,14)	2 990 Ft
Mediterranean Scallop in its Shell in tomato sauce (1,7,14)	2 990 Ft
Mediterranean Scallop in its Shell roasted with parmesan (1,7,14)	2 990 Ft
Giant Squid Tentacles with vitelotte gnocchi (1,7,14)	6 590 Ft
Grilled Sea Pikeperch with caprese salad (4,7)	6 390 Ft
Mediterranean Carnival baby octopus, blue mussels, shrimp in butter, giant squid tentacles, scampi, with roasted baguette (1,2,7,14)	7 990 Ft
New Zealand Blue Grenadier Fish Fillet with lotus root steamed in teriyaki (1,4,6)	6 490 Ft
Calamari Fritti	5 490 Ft
(Crispy fried calamari with piquant sauce served on salad) (1,3,6,10,14)	
Favorite Shrimp Box with Sushi - for 2 pers.	11 900 Ft
Torpedo shrimp, shrimp in chili butter, fresh green salad, surimi roll with feta and avocado, tempura shrimp, teriyaki sauce (1,2,3,6,7,10)	



Shrimp and Blue Mussels



Mediterranean Carnival



Mediterranean Selection



Giant Squid Tentacles with Vitelotte Gnocchi



New Zealand Blue Grenadier

Gourmet Experiences

Shrimp Extra Experience Package - for 2-3 pers. (1,2,7)

21 900 Ft

Shrimp in chili butter
Tempura shrimp
Surimi pincers
Breaded crab
Torpedo shrimp
Scampi
Avocado shrimp salad
Green salad with parsley vinaigrette
Roasted baguette

Mussel Experience Package - for 2-3 pers. (1,7,14)

21 900 Ft

Green-lipped mussel
Blue mussel
Mussel in chili butter
Mediterranean scallop
Roasted baguette

Mediterranean Experience Package - for 2-3 pers. (1,2,7,14)

21 900 Ft

Green-lipped mussel
Blue mussel
Torpedo shrimp
Shrimp in chili butter
Tempura shrimp
Surimi pincers
Breaded crab
Shrimp in potato nest
Scampi
Green salad
Roasted baguette
Chili sauce
Teriyaki sauce

Sushi Experience Package (50 pcs, 8 varieties) - for 2-3 pers. (1,2,3,4,6,7,10,11) **24 000 Ft**

6 pcs Gourmet piquant maki (avocado, tiger prawns, piquant salmon, caviar)
8 pcs crunchy roll (teriyaki chicken, grilled carrots, mayonnaise, crunchy)
8 pcs Gourmet girl's favorite sushi (salmon, avocado, caviar, feta)
6 pcs smoked salmon maki with grilled carrots
10 pcs big maki surimi, avocado, arugula, cream cheese, sesame
2 pcs eel nigiri
2 pcs nigiri salmon masago with caviar
8 pcs rainbow sushi (salmon, avocado, tiger prawns)

Desserts

Chocolate Souffle	2 190 Ft
With lime and raspberry dressing and vanilla ice-cream (1,7)	
White Chocolate Souffle	2 190 Ft
With dark chocolate sauce, vanilla ice cream (1,7)	
Fried Banana	2 190 Ft
With caramel dressing and roasted almonds (1,3,7)	
Sushi Dessert	2 190 Ft
With fruits, sprinkled almond and chocolate dressing (8)	
Mochi	2 390 Ft
In two flavors with raspberry dressing (1,7)	

Dressings & Sauces

Piquant carrot cream (7)	500 Ft
Fresh yoghurt dressing (7)	500 Ft
Teriyaki sauce (1,6)	500 Ft
Gourmet sauce (mayonnaise, wasabi, soy sauce, sweet chili, spices) (1,3,6,10)	500 Ft
Sweet chili	500 Ft
Sweet soy sauce (1,6)	500 Ft
Extra roasted baguette (1)	400 Ft
Extra ginger	400 Ft
Extra soy (1,6)	400 Ft
Gluten free baguette	+300 Ft
Gluten free soy (6)	450 Ft



Sushi dessert

Allergenic Ingredients:

1. Cereals containing gluten
2. Shellfish and products made of shellfish
3. Egg and products made of egg
4. Fish and products made of fish
5. Peanut and products made of peanut
6. Soybeans and products made of soybeans
7. Milk and products made of milk
8. Nuts, such as almond, peanut, walnut, cashew, pecan, Brazil nuts, pistachio, macadamia or Queensland nut and products made of these
9. Celery and products made of celery
10. Mustard and products made of mustard
11. Sesame and products made of sesame
12. Carbon-dioxide and sulfides expressed in SO₂ in larger than 10 mg/kg or 10 mg/liter concentration
13. Lupine and products made of lupine
14. Mollusks and products made of mollusks

Our prices do not include a 10% of service fee!



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Nigiri-sashimi sushi mix



Salmon Nigiri Marinated in Dill and Beets



Tataki Salmon Roll



Tataki sushi box



Tataki Tuna Nigiri



New Zealand Green-lipped Mussel