

GRAB N GLOW BENTO BOXES / LUNCH BOX

BENTO BOX 1	£10.49
(8 pcs Salmon Hosomaki, 2 pcs Salmon Nigiri, 2 pcs Veg Gyoza, Edamame)	
BENTO BOX 2	£11.99
(8 pcs Tuna Hosomaki, 2 pcs Tuna Sashimi, 2 pcs Veg Gyoza, Edamame)	
BENTO BOX 3	£10.49
(8 pcs Pumpkin Ktatsu Uramaki, 8 pcs Avocado Hosomaki, 2 pcs Veg Gyoza, Edamame)	
BENTO BOX 4	£10.99
(Chicken Yakisoba, 2 pcs Vege Gyoza, Edamame)	

SUSHI VEGETABLE BOXES

MIXED VEG MAKI BOX (24 pieces) (v)	£11.49
(8 pcs avocado hosomaki, 8 pcs cucumber hosomaki, 8 pcs Carrot hosomaki)	
VEG BOX (16 Pieces) (v)	£11.99
(8 pcs mixed vegetable uramaki, 4 pcs avocado hosomaki, 4 pcs cucumber hosomaki)	
GRAB N GLOW VEG BOX (24 Pieces) (v)	£18.99
(8 pcs pumpkin katsu uramaki, 8 pcs avocado hosomaki, 8 pcs cucumber hosomaki)	

SUSHI BOXES

SALMON BOX (20 pieces)	£19.99
(8 pcs salmon Avocado uramaki, 8 pcs salmon Hosomaki, 2 pcs salmon nigiri, 2 pcs salmon sashimi)	
TUNA BOX (20 pieces)	£22.99
(8 pcs tuna avocado uramaki, 8 pcs tuna hosomaki, 2 pcs tuna nigiri, 2 pcs tuna Sashimi)	
GRAB N GLOW MIXED BOX (16 pieces)	£21.99
(4 pcs salmon avocado uramaki, 4 pcs tuna avocado uramaki, 2 pcs salmon nigiri, 2 pcs tuna nigiri, 2 pcs salmon sashimi, 2 pcs tuna sashimi)	
MIXED NIGIRI BOX (10 pieces)	£14.49
(2 pcs Salmon, 2 pcs Tuna, 2 pcs Prawn, 2 pcs Squid & 2 pcs Octopus)	

HOT FOOD RICE DISHES

CHICKEN KATSU CURRY	£7.49
(Rice with curry; served with special breaded fried chicken slices & sesame seeds)	
PRAWN KATSU CURRY	£7.99
(Rice with curry; served with 4 pieces of deep fried breaded prawn katsu & sesame seeds)	
VEGETABLE GYOZA CURRY	£6.49
(Rice with curry; served with 4 pieces vegetable gyoza & sesame seeds)	
PUMPKIN KATSU CURRY	£6.49
(rice with curry; served with 4 pieces pumpkin croquette & sesame seeds)	
CHICKEN TERIYAKI DONBURI	£7.99
(Rice with mixed vegetable, teriyaki sauce and grilled chicken & sesame seeds)	
BEEF TERIYAKI DONBURI	£8.99
(Rice with mixed vegetable, teriyaki sauce and grilled beef & sesame seeds)	

GRAB N GLOW NOODLES

MIXED VEGETABLES YAKISOBA	£6.99
(Fried Mixed vegetables & sesame seeds)	
CHICKEN YAKISOBA	£7.99
(Grilled chicken with mixed vegetables)	
BEEF YAKISOBA	£8.99
(Fried beef with mixed vegetables)	
SEA FOOD YAKISOBA	£10.99
(Fried sea foods with mixed vegetables)	



SALADS

KAISO SALAD	£4.99
(Japanese seaweed with edamame beans)	
WAFU SALAD	£5.49
(Mixed salads with wakame and avocado)	
CHIRASHI SALAD	£5.99
(Sushi rice, salads, fresh sea food & chef special salad dressing)	
SEARED SALMON SALAD	£7.49
(Mixed salads with seared salmon)	
SEARED TUNA SALAD	£7.49
(Mixed salads with seared tuna)	
CHEF SPECIAL SALAD	£9.99



SIDE ORDERS

SUSHI RICE (On top Sesame Seeds)	£2.99
DORAYAKI CUSTARD (Japanese Pan Cake)	£2.99
DORAYAKI STRAWBERRY (Japanese Pan Cake)	£2.99
DORAYAKI CHOCOLATE (Japanese Pan Cake)	£2.99
TERIYAKI SAUCE	£0.99
SWEET CHILLI SAUCE	£0.99
TON KATSU SAUCE	£0.99
SPICY MAYO	£0.99
WASABI	£0.99
GINGER	£0.99
SOYA SAUCE	£0.99
MAYONAISE	£0.99
CHIRASHI HOT CHILLI	£0.99



SOFT DRINKS

COKE 330ml	£1.49
COKE ZERO 330ml	£1.49
DIET COKE 330ml	£1.49
7UP 330ml	£1.49
FANTA 330ml	£1.49
LIPTON ICED TEA (Peach) 500ml	£2.50
LIPTON ICED TEA (Lemon) 500ml	£2.50
STILL WATER 500ml	£1.75
SPARKLING WATER 500ml	£1.75



Sushi
Grab N Glow



OPENING HOURS

Monday (4:00pm - 11:00pm)

Tuesday Closed

Wednesday to Friday (4:00pm - 11:00pm)

Saturday & Sunday (12:00pm - 11:00pm)



www.sushigrabnglow.co.uk

TEL: 02031 98 24 22

687 Cranbrook Road, Ilford, IG2 6SY

APPETISER

EDAMAME (Rock Salt)	£2.49
SPICY EDAMAME	£2.99
KING PRAWN TEMPURA 5 pieces	£5.99
PUMPKIN CROQUETTE 6 pieces	£5.49
CHICKEN GYOZA 5 pieces	£5.49
VEGETABLE GYOZA 5 pieces	£4.49
PRAWN GYOZA 5 pieces	£5.49
MIXED VEGETABLE TEMPURA 8 pieces	£6.49
(Seasonal Vegetables)	
MISO SOUP	£2.49



HOSOMAKI (8 PIECES)

AVOCADO (v)	£3.49
ASPARAGUS (v)	£3.79
CUCUMBER (v)	£2.99
CARROT (v)	£2.99
CRAB STICK	£3.99
SALMON	£4.49
TUNA	£4.99
SEA BASS	£3.99
SPICY SALMON	£4.49
SPICY TUNA	£4.99
SPICY SEA BASS	£4.99



URAMAKI (RAW FISHES)

(8 pieces of inside out variety of filling)

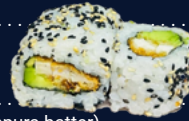
SALMON AVOCADO	£6.49
(Contains with roasted mixed sesame seeds)	
TUNA AVOCADO	£6.99
(Contains with roasted mixed sesame seeds)	
PRAWN TEMPURA AVOCADO	£6.49
(Contains with roasted mixed sesame seeds)	
CALIFORNIA URAMAKI	£6.49
(Crabstick, Avocado, mayonnaise, Contains with tobiko)	
SPICY SALMON	£6.99
(Cucumber, spring onion, Chirasha or Spicy Mayo with roasted mixed sesame seeds)	
SPICY TUNA	£6.99
(Cucumber, spring onion, Chirasha or Spicy Mayo with roasted mixed sesame seeds)	
SPICY PRAWN TEMPURA	£6.99
(Cucumber, spring onion, Chirasha or Spicy Mayo with roasted mixed sesame seeds)	



URAMAKI (COOKED)

(8 pieces of inside out variety of filling)

CHICKEN KATSU URAMAKI	£5.99
(Chicken Katsu, avocado & ton katsu sauce)	
DUCK URAMAKI	£6.49
(Aromatic Duck, Cucumber, spring onion & hoisin sauce)	
PHILADELPHIA URAMAKI	£7.49
(Smoked salmon, avocado, spring onion, cream cheese & Contains with tobiko)	
VEGETABLE TEMPURA URAMAKI	£5.99
(Deep fried Seasonal Mixed vegetable with tempura batter)	
CRISPY SALMON URAMAKI	£6.99
(Crispy Salmon, cucumber & cream cheese)	
PUMPKIN CROQUETTE URAMAKI	£5.49
(Fried pumpkin croquette & tonkatsu sauce)	



FUTOMAKI

(6 Pieces of large size rolls filled with different toppings)

SALMON AVOCADO FUTOMAKI	£7.49
TUNA AVOCADO FUTOMAKI	£7.99
SPICY SALMON FUTOMAKI	£6.99
(Salmon, avocado, cucumber, spring onion, chirasha or spicy Mayo)	
SPICY TUNA FUTOMAKI	£7.99
(Tuna, avocado, cucumber, spring onion, chirasha or spicy Mayo)	
KING PRAWN TEMPURA FUTOMAKI	£7.99
(King prawn tempura, cucumber, avocado, salad, tobiko)	
SMOKED SALMON FUTOMAKI	£7.49
(Smoked salmon, avocado, spring onion, cream cheese)	
DUCK FUTOMAKI	£7.49
(Aromatic duck, cucumber, carrot, Hoi sin sauce)	
CHICKEN KATSU FUTOMAKI	£6.49
(Chicken katsu, avocado, ton katsu sauce)	
VEGETABLE TEMPURA FUTOMAKI	£6.49
(Fried vegetable with tempura batter)	



SIGNATURE ROLL

(Sushi Grab N Glow Special Roll 8 pieces)

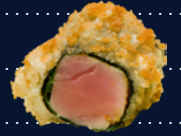
GREEN DRAGON ROLL	£9.99
(cooked prawn Tempura, cucumber, ton katsu sauce topped with slice avocado & tobiko or fried onion)	
FIRE DRAGON ROLL	£9.99
(cooked prawn Tempura, cucumber, tonkatsu sauce or spicy mayo topped with seared salmon and tobiko or fried onion)	
RAINBOW ROLL	£9.99
(Crabstick, avocado, mayonnaise topped with variety of fishes)	
VEGAN DRAGON ROLL (v)	£8.99
(Avocado, Cucumber, Asparagus & Carrot on top slice of avocado)	



GRAB N GLOW DEEP FRIED ROLL

(6 pieces deep fried roll with tempura batter)

SALMON FRIED ROLL	£8.99
(Fresh salmon, crabstick, avocado, cucumber)	
TUNA FRIED ROLL	£9.99
(Fresh tuna, Tamago, avocado, cucumber)	
MIXED VEGETABLE ROLL (v)	£7.99
(Seasonal Vegetables)	



NIGIRI

(2 pieces of Rice balls topped with variety of fillings)

SALMON	£3.99
TUNA	£4.49
SEA BASS	£3.99
SALMON & CREAM CHEESE	£4.49
EBI / PRAWN	£3.99
SQUID	£3.99
OCTOPUS	£3.99
SEARED SALMON	£3.99
SEARED TUNA	£4.49



SASHIMI

(5 pieces of raw fish)

GRAB N GLOW MIXED SASHIMI BOX	£14.99
(3 pcs Salmon, 3 pcs Tuna, 2 pcs Prawn, 2 pcs Squid & 2 pcs Octopus)	
SALMON (Freshly Cut)	£5.99
TUNA (Freshly Cut)	£5.99
SEARED SALMON	£6.49
SEARED TUNA	£7.49
SEA BASS	£5.99
SQUID	£6.49
OCTOPUS	£6.49



TEMAKI

(Cone shaped rice with variety of fillings)

SALMON AVOCADO	£4.49
TUNA AVOCADO	£4.49
SPICY SALMON CUCUMBER	£4.99
SPICY TUNA CUCUMBER	£4.99
CALIFORNIA TEMAKI	£3.99
(Crabstick, avocado, mayonnaise)	
PRAWN TEMPURA AVOCADO	£3.99
VEGETABLE TEMPURA (v)	£3.49
PRAWN AND AVOCADO	£3.99
DUCK AND CUCUMBER	£3.99

