

CONOLA GRILL & SUSHI

FRESH • FRIENDLY • LOCAL

Starters

Miso Soup 3 / Spicy 4

Edamame 4 / Spicy 5

Sunomono

cucumber salad 5.00

Seaweed Salad 5.00

Roasted Cauliflower

garlic sweet pepper olive oil, shaved parmesan, goat cheese, & green onion 11.00

Goat Cheese Fritters

w/ sweet onion tasso jam, candied pecans, & parmesan 10.00

Crawfish Jalapeño Poppers

tempura jalapeño's stuffed with jalapeño cream cheese, spicy crawfish, garlic soy, and sweet soy 13.00

Salmon Carpaccio

thinly sliced beet cured salmon with wasabi aioli and cilantro oil 14.00

Tuna Pagoda

spicy tuna, avocado, and pico de gallo stacked on wonton chips 15.00

Lemon Grass Chicken

3 chicken skewers, cucumber salad, cilantro oil, and sweet soy 11.00

Yellowtail Sumiso

yellowtail sashimi with jalapeño, cilantro oil, & yuzu miso sauce 18.00

Veggie Poke

sriracha baked tofu, spicy tomato, avocado, shredded beets, cucumber, red bell pepper, mixed greens, sesame oil, and garlic soy 10.00

Tuna Poke

chopped premium ahi, red onion, sesame oil, and ponzu over mixed greens, and beets 17.00

Crawfish Spinach Artichoke Dip

w/ grilled pita bread 14.00

Salads

Caesar

romaine, shaved parmesan, garlic croutons, & cilantro caesar 7.00
add chicken 4 - shrimp 6 - tuna 8

House

romaine, cabbage, carrots, tomato, red onion, & cucumber 6.00
add chicken 4 - shrimp 6 - tuna 8

Honey Pecan Chicken

romaine, cabbage, carrots, red onion, avocado, & honey mustard 13.00

Sashimi Salad

chef's select sashimi, over romaine, red onion, beets, shiitakes, & citrus soy dressing 18.00

Baked Salmon

sweet soy glazed kani crab stuffed salmon served with romaine, beets, red onion, shiitake, & ginger sesame dressing 22.00

Sandwiches

all served w/ coleslaw or hand cut fries
sub fresh fruit, caesar, house salad, or other side add 2.00

Knuckle Sandwich

siracha buttermilk fried chicken, pickles, green onion aioli, & coleslaw on ciabatta 12.50

Veggie Burger

Eleni's veggie burger on ciabatta w/ romaine, tomato, onion, & pickle 12.00

Burger or Chicken Sandwich

8 oz burger or grilled chicken breast on ciabatta bun w/ romaine, tomato, onion, & pickle 12.00
cheddar, swiss, american, pepper jack .50 each
bacon, grilled onion, sauteed mushroom, fried onion, pimento cheese, peanut butter, pork green chili 1.00 each

Entrees

Curry Rice Bowl

curry vegetables with coconut rice, peanuts, & cilantro 13.00
baked tofu 2 - roasted cauliflower 3 - chicken 4 - jumbo shrimp 6

Chickpea Cakes

served the same as the crab cakes but vegan & topped with vegan remoulade 15.00

Sesame Tuna

sesame crusted ahi tuna w/ coconut rice, cucumber salad, wasabi aioli, and sweet chili soy 22.00

Shrimp & Grits

rosemary bbq jumbo gulf shrimp over jalapeño cheese grits & grilled french bread 19.00

Thai BBQ

thai bbq glazed chicken breast w/ coconut rice, steamed vegetables, cilantro, & peanuts 15.00

Crab Cakes

2 lump crab cakes topped with remoulade served with roasted vegetables, and a salad of mixed greens, beets, pecans, almonds, & balsamic vinaigrette 24.00

* Consumer Advisory: Consumption of raw or undercooked meat, poultry, eggs, or seafood may increase the risk of illness.*

Signature Rolls

Triple Treat

tuna, salmon, yellowtail, cucumber and avocado topped with tobiko 14.50

Super Nova

tempura soft shell crab and asparagus topped with salmon, avocado, and sweet soy 15.00

Blushing Geisha

beet cured salmon, avocado, pico de gallo, romaine, and jalapeño cream cheese topped with cilantro oil 17.00

Ms. Perfect

spicy salmon and cucumber topped with kani crab, sweet soy, dynamite sauce, and crunchies 13.50

Uptowner

tempura shrimp, asparagus, and avocado topped with tuna, garlic soy, and sweet soy 17.00

Crouching Dragon

tempura shrimp, eel, and cucumber topped with avocado and sweet soy 16.00

Spider

tempura soft shell crab, cucumber, avocado, and kani crab topped with sweet soy 18.00

Cajun Sun

spicy crawfish and tempura asparagus topped with beet cured salmon, dynamite sauce, sweet soy, and crunchies 16.00

Yellow Crush

tempura bell pepper, cream cheese, and avocado topped with yellowtail, jalapeño, cilantro oil, and citrus miso 15.00

Tsunami

steamed shrimp, cucumber, and avocado topped with sweet chili seared salmon 14.00

Ole Metry

spicy crawfish, jalapeño cream cheese, and avocado 10.00

Rainbow

kani crab and cucumber topped with salmon, tuna, yellowtail, and avocado 15.00

Mt Fuji

scallops, spicy crawfish, jalapeno cream cheese, and asparagus baked with dynamite sauce and sweet soy 17.00

Traditional Rolls

Salmon 5.00

Tuna 6.00

Yellowtail & Green Onion 6.00

Spicy Tuna & Avocado 7.00

Tempura Shrimp 5.00

BBQ Eel

cucumber, & avocado 9.00

California

kani crab, cucumber, avocado, & smelt roe 7.00

Snow Crab Crunchy

kani crab, asparagus, & avocado topped with crunchies and dynamite sauce 8.00

Philly

salmon, avocado, & cream cheese 8.00

Conola Philly

beet cured salmon, avocado, & cream cheese 10.00

Veggie Rolls

Cucumber & Avocado 4.00

Tempura Asparagus 5.00

Veggie Crunchy

avocado, asparagus, marinated jackfruit, spicy vegan mayo, and crunchies 7.00

Green Peace

tempura asparagus, shiitake, red bell pepper, avocado, & romaine in soy paper with sesame ginger soy 12.00

Spicy Tomato & Avocado

5.00

Hot Hippy

siracha baked tofu, avocado, asparagus, red onion, & carrot baked with tahini sauce & sweet soy 15.00

Sweet Melissa

marinated jackfruit & cucumber, topped with spicy tomato, sweet soy, vegan dynamite, and crunchies 14.00

Nigiri

2 pcs

Tuna 8.00

Yellowtail 7.00

Salmon 6.00

Eel 8.00

Cured Salmon 7.00

Scallop 8.00

Sashimi

6 pcs

Tuna 15.00

Yellowtail 14.00

Salmon 12.00

Scallop 16.00

Sashimi Plate

3 pcs of each fish 27.00

Poke Bowls

Any roll of your choice over beets and salad for 2.00 up charge

Cucumber Salad

Seaweed Salad

Avocado

House Salad

Sides 5

Roasted Vegetables

Jalapeno Cheese Grits

Rosemary Fries

Coconut Rice

Roasted Cauliflower

Pimento Mac N Cheese