

CAPE  
TOWN  
FISH  
MARKET





Mussels

## STARTERS

### Chilli Poppers [v]

4 tempura-fried chilli poppers, filled with cheese, and served with sweet chilli sauce

60

### Calamari

Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce

66

### Fish Cakes

A combination of salmon, kingklip, hake and potato, deep-fried and served with tartar sauce

68

### Prawn Spring Rolls

3 spring rolls, deep-fried and served with a soy dipping sauce

70

### Tempura Prawns

3 light & crispy prawns, deep-fried in our secret batter, and served with sweet chilli sauce

72

### Mussels

Steamed West Coast mussels in a creamy garlic sauce

76

### Robata Baby Squid

Baby squid tubes and tentacles, grilled in our secret Robata sauce

84

### Oysters

A classic seafood starter, served on ice with fresh lemon wedges

four 120  
eight 236

## BREAD

### Cheese & Garlic Bread

Smothered in cheese and garlic, this starter melts in your mouth

44

## Prawn Croquettes



### Croquettes

Deep-fried balls filled with cheese, served with spicy mayo

prawn 72  
lamb 82

### Prawn Popcorn

Tempura-battered prawn meat, coated in a spicy mayo dressing 82

## Lamb Croquettes

## TAPAS



## Prawn Popcorn



### Prawn Tacos

2 soft shell tacos filled with deep-fried prawn meat, avo guacamole, tomatoes, red onion, coleslaw, carrots and a sweet mayo dressing 98

### Beef Ribs

Grilled beef ribs, basted in CTFM's special BBQ sauce

300g 124



## Beef Ribs

## Prawn Tacos



# SUSHI

## Roses (3pcs)

Seared tuna	70
Tuna	70
Salmon	72

## Hand Rolls

Prawn & avocado	54
Salmon & avocado	54

## Sashimi (5pcs)

Seared tuna	72
Tuna	70
Salmon	74



## Inside-out Rolls (4pcs)

California	40
Smoked salmon & Philadelphia cream cheese	52
Spicy tuna & avocado	52
Vegetarian ginger [V]	40
Prawn & avocado	52
Salmon & avocado	54



## Nigiri (2pcs)

Tuna	40
Prawn	42
Bean curd [V]	42
Salmon	42



## Fashion Sandwiches (2pcs)

Salmon & avocado	54
Prawn & avocado	54



## Makimono (4pcs)

Salmon	42
Prawn	40
Spicy tuna	40



**SUSHI**

**Specialities**

- Wasabi parcel (3pcs) **64**
- Rainbow roll (4pcs) **54**
- Gift-wrapped salmon (2pcs) **64**
- California, prawn tempura with Philadelphia cream cheese (3pcs) **54**
- California, crab salad & avocado (4pcs) **48**
- Spicy prawn with bean curd (2pcs) **48**

**Tempura-fried Sushi**

**4pcs - 52**



**Salads**

- Crabstick **48**
- Prawn & avocado **74**
- Tuna & avocado **60**



**Poke Bowl**

**136**

Salmon, tuna, bean curd, prawn, avocado, sesame seeds, seven spice and rice, served with spicy mayo and a sweet soy sauce

**Tuna Crunch Rolls**

**4pcs - 68 8pcs - 132**

Tuna and avocado, sprinkled with tempura crumbs, topped with chilli and a sweet soy dressing



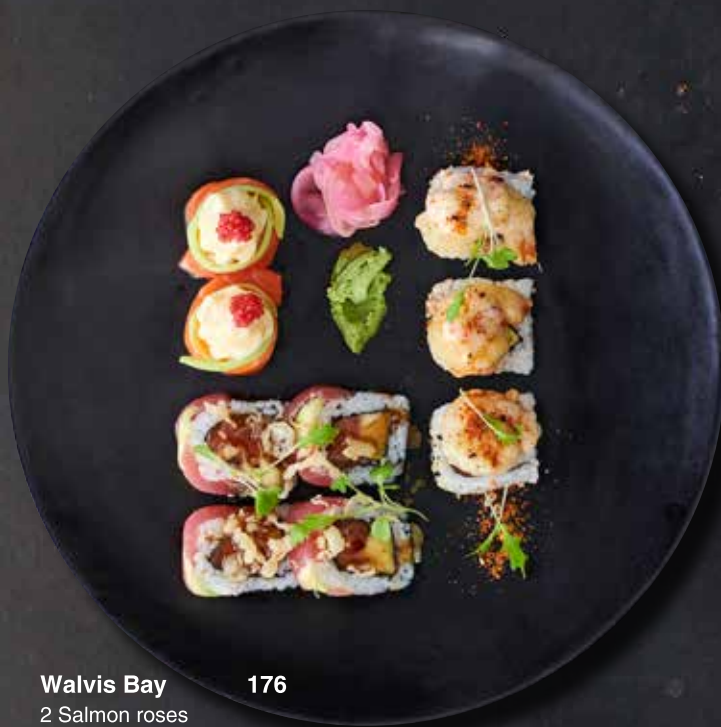
## SUSHI PLATTERS



**Sandy Bay 216**  
 5 Seared tuna sashimi  
 5 Tuna sashimi  
 5 Salmon sashimi



**4 X 4 142**  
 4 Tuna crunch rolls  
 4 Rock shrimp rolls with smoked salmon and cream cheese



**Walvis Bay 176**  
 2 Salmon roses  
 4 Tuna crunch rolls  
 3 Rock shrimp rolls with smoked salmon and cream cheese

**St Helena Bay 338**  
 2 Salmon fashion sandwiches  
 2 Prawn fashion sandwiches  
 6 Salmon roses  
 4 Spicy tuna & avocado inside-out rolls  
 4 California rolls



**Roses 189**  
 4 Salmon roses  
 2 Tuna roses  
 2 Seared tuna roses

Smoked Salmon Trout



## SALADS

### Greek [V]

Leavy greens, tomatoes, thinly-sliced red onions, cucumber, Danish feta and olives, drizzled with vinaigrette

92

### Seared Tuna

Seared tuna, cherry tomatoes, red onion, cucumber, radish and edamame beans, on a bed of leavy greens, sprinkled with sesame seeds and drizzled with sweet soy dipping sauce

120

### Smoked Salmon Trout

Smoked salmon trout, edamame beans, butter beans, broccoli, chilli and avocado, sprinkled with sesame seeds and drizzled with teriyaki dressing

136

ALL SALADS SERVED WITH DRESSING.  
PLEASE NOTIFY YOUR SERVER IF YOU PREFER WITHOUT.

## Teriyaki Salmon



### MAINS

Served with your choice of side, except dishes marked with an (\*)

<b>Fish &amp; Chips *</b>	200g	<b>90</b>		
The South African classic in CTFM style. Grilled or deep-fried, served with chips and tartar sauce	280g	<b>128</b>		
<b>Fish Cakes</b>		<b>98</b>		
A combination of salmon, kingklip, hake and potato, deep-fried and served with tartar sauce				
<b>Calamari</b>		<b>114</b>		
Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce				
<b>Fish Curry *</b>		<b>114</b>		
Fish and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice				
<b>Potjie *</b>	<b>West Coast</b>	<b>136</b>		
Fish, prawn meat, mussels, calamari and vegetables, served in a traditional pot with a separate portion of savoury rice	<b>East Coast</b>	<b>136</b>		
<b>Seafood Noodles *</b>		<b>136</b>		
Mixed seafood, noodles, carrots, onions and mushrooms cooked in our sweet teppanyaki sauce				
<b>Sole</b>	<b>single</b>	<b>136</b>		
Expertly grilled with lemon butter	<b>double</b>	<b>198</b>		
<b>Kingklip</b>	180g	<b>156</b>		
Fresh kingklip expertly grilled in a lemon butter sauce	280g	<b>208</b>		
<b>Prawn Curry *</b>		<b>156</b>		
Prawn meat and fresh vegetables in a coconut curry sauce, served with savoury rice				
<b>Robata Baby Squid</b>		<b>158</b>		
Baby squid tubes and tentacles, grilled in our secret Robata sauce				
<b>Prawns</b>		<b>184</b>		
8 medium-sized prawns grilled with your choice of lemon butter or a spicy peri-peri sauce				
<b>Teriyaki Salmon</b>	180g	<b>208</b>		
An expertly seared salmon steak drizzled with Japanese Teriyaki sauce	280g	<b>260</b>		
<b>Crayfish</b>	(per 100g)	<b>110</b>		
Expertly grilled with lemon butter				
<b>Giant Prawns</b>	(per 100g)	<b>110</b>		
Expertly grilled with lemon butter				



**Executive Platter  
without crayfish 898**  
Add crayfish  
(per 100g) 110



## PLATTERS

Served with savoury rice and your choice of side

### Fish Hoek Platter (for one) 160

Fillet of hake, deep-fried calamari strips and a fish cake, served with savoury rice and tartar sauce

### False Bay Platter (for one) 190

Fillet of hake, 2 grilled prawns, creamy garlic mussels and deep-fried calamari strips, served with savoury rice and tartar sauce

### Kalk Bay Platter (for two) 384

2 fillets of hake, 8 grilled prawns, creamy garlic mussels and deep-fried calamari strips, served with savoury rice and tartar sauce

### Hout Bay Platter 498

2 fillets of hake, 2 fish cakes and 8 grilled prawns accompanied by creamy garlic mussels, deep-fried calamari strips and our Robata baby squid, served with savoury rice and tartar sauce

### Executive Platter (without crayfish) 898

The ultimate seafood platter. Enjoy a giant tiger prawn, 8 grilled prawns, 4 langoustines, 2 fillets of hake, 2 fish cakes, Robata baby squid, deep-fried calamari strips and creamy garlic mussels, served with savoury rice, tartar sauce and your choice of side

**ADD CRAYFISH (per 100g) 110**

**ADD GIANT PRAWNS (per 100g) 110**

**ADD LANGOUSTINES (per 100g) 110**

## COMBOS

Served with savoury rice and your choice of side

### Hake & Calamari 146

Fillet of hake and deep-fried calamari strips, served with tartar sauce

### Sole & Calamari 164

Grilled sole and deep-fried calamari strips, served with tartar sauce

### Surf & Turf 186

The best of land and sea. A sirloin steak (250g) and deep-fried calamari strips, served with tartar sauce

### Prawn & Calamari 218

8 medium grilled prawns and deep-fried calamari strips, served with tartar sauce and lemon butter

### Executive Surf & Turf 246

Sirloin (250g) basted with CTFM's secret BBQ sauce, deep-fried calamari strips and 4 medium grilled prawns with lemon butter

**SUBSTITUTE FRIED CALAMARI FOR GRILLED BABY SQUID 30**

**UPGRADE ANY PLATTER WITH 2X PRAWNS 40**

## Beef Ribs



### MEAT & POULTRY

Served with your choice of side, except dishes marked with an (+)

<b>CTFM Burger *</b>	Beef	Chicken
Served with chips and onion rings	104	102
<b>Chicken Curry *</b>		114
Chicken and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice		
<b>Chicken Schnitzel</b>		122
Crumbed in Japanese bread crumbs, deep-fried until golden brown, served with a sauce of your choice		
<b>Sirloin Steak</b>	250g	160
A sirloin steak, basted in CTFM's special BBQ sauce, served with onion rings		
<b>T-bone Steak</b>	350g	168
A T-bone steak, basted in CTFM's special BBQ sauce, served with onion rings		
<b>Beef Ribs</b>	600g	240
Grilled beef ribs, basted in CTFM's special BBQ sauce, served with onion rings	900g	340

### SIDES

Chips	26
Savoury rice	28
Onion rings	28
Green salad	30
Vegetables	30

### SAUCES

Tartar	16
Lemon butter	16
Garlic butter	16
Cheese	23
Pepper	23
Peri-Peri	23

Sticky Toffee



## DESSERTS

Served with seasonal fruit, cream or ice cream

### Ice Cream

The original classic, served with hot chocolate sauce

46

### Deep-fried Oreos

Served with ice cream and chocolate sauce

54

### Chocolate Brownie

A melt-in-your-mouth chocolate delight

66

### Strawberry Cheesecake

Served with a medley of seasonal fruit

66

### Sticky Toffee

A moist sponge cake made with finely chopped dates, drizzled with sticky toffee sauce

66

### Mississippi Mud Pie

A rich chocolate brownie base with thick layers of hazelnut and chocolate mousse, topped with ganache

66

## GOURMET MILKSHAKES

### Berry Bomb

Rich premium vanilla ice cream swirled with fresh berry purée

52

### Cookies & Cream


Delicious crunchy chocolate biscuits, blended into our premium vanilla ice cream

52

### Caramel Pop

Our signature rich premium vanilla ice cream with waves of smooth caramel sauce garnished with crunchy caramel popcorn

52



Seafood Noodles

## BRANCHES ACROSS AFRICA

### WESTERN CAPE

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GrandWest: +27 21 535 3110  
Langebaan: +27 22 707 7796  
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ASK YOUR WAITER FOR OUR SET MENUS. ORDER ONLINE FROM ORDERIN, MR D FOOD OR UBER EATS (ONLY AVAILABLE IN SA).

Fish may contain bones and all weights are approximate, uncooked weights. Prices include VAT.  
No service charge is added to the bill except a discretionary charge of 10% for tables of 8 or more. Food presentation may differ from photographs.  
Foods may contain traces of sesame seeds or nuts. [V] = Vegetarian.