

CAPE TOWN FISH MARKET



tigo business
A solution for every company

4G+


FREE Wi-Fi

Piki 



Mussel pot

STARTERS

Cheese & Garlic Bread 14,000
Smothered in cheese and garlic, this starter melts in your mouth

Fish Soup 17,000
Tomato-based fish soup, served with bread

Spring Rolls 15,000
4 mini spring rolls, deep-fried and served with soy dipping sauce

vegetable 15,000
chicken 18,000

Calamari 18,000
Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce

Mussel Pot 27,000
Steamed mussels in a creamy garlic sauce, served with fresh bread

Octopus 18,000
Pan-fried traditional Greek-style, served with balsamic vinaigrette

Spicy Chicken Wings 19,000
Pan-fried with spicy chilli sauce

Deep-Fried Chilli Poppers (V) 14,000
4 Deep-fried chilli poppers, filled with cheese, and served with sweet chilli sauce

Squid Heads 18,000
Deep-fried squid tentacles, served with our spicy mayo dressing

Oysters

Classic oysters served on ice with fresh lemon wedges six 48,000
twelve 72,000

Baked with garlic and parmesan six 48,000
twelve 72,000



Prawn Croquettes



Deep-fried Fish Tacos

Tacos

2 soft shell tacos filled with avo guacamole, tomatoes, red onion, coleslaw, carrots and a sweet mayo dressing

deep-fried fish **19,000**
 deep-fried prawn **21,000**

Prawn Croquettes

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

21,000

Ebi Bites

Tempura shrimp topped with chilli and a spicy mayo dressing

22,000

Tuna Carpaccio

Seared tuna, sprinkled with tempura crumbs, topped with chilli and lightly drizzled with a sweet soy dressing

17,000



Tuna Carpaccio



Ebi Bites



TAPAS

Prawn Popcorn



Seafood Popcorn

Tempura-battered fish morsels or prawn meat, coated in a spicy mayo dressing

fish 17,000
prawn 21,000

Beef Ribs

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

300g 26,000

Tuna Ceviche

Marinated tuna with spring onions, coriander, parsley and lime dressing

19,000

Rice Paper Rolls

Prawn, avocado, cucumber, carrot and red onion, wrapped in rice paper and served with a soy dipping sauce

19,000

Beef Ribs



Tuna Ceviche



Rice Paper Rolls

SIGNATURE SUSHI

Crab Crunch Rolls (5pcs) 21,000

Deep-fried spicy crab rolls topped with seven spice, spicy mayo, spring onion and sweet soy sauce

Salmon Grenades (3pcs) 21,000

Salmon roses topped with spicy mayo, spring onion, sesame oil, tempura crunch, nori and sweet soy sauce

Dragon Rolls (5pcs) 25,000

Tempura prawn rolls wrapped in avocado and topped with spicy mayo, spring onion, tempura crunch and sweet soy sauce

Rainbow Rolls Reloaded (5pcs) 25,000

Salmon and avocado rolls wrapped with nori and topped with Japanese mayo, caviar, seven spice, sweet soy sauce, sesame oil and sesame seeds

Tiger Rolls (5pcs) 25,000

Tempura prawn and cream cheese rolls wrapped with prawn and avocado, topped with Japanese mayo and sweet chilli sauce

Rock Shrimp Tempura Rolls (4pcs) 22,000

Spicy chopped tuna rolls topped with tempura shrimp, coated in a spicy mayo



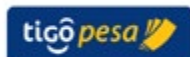
Poke Bowl 39,000

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

Vegan Poke Bowl 31,000

Marinated tofu, soya bean curd, edamame beans, avocado, corn, cucumber, bell peppers, cabbage, sesame seeds, seven spice and rice, served with soya sauce

Simply scan to pay with



CLASSIC SUSHI

Inside-out Rolls (4pcs)

Crabstick, avocado & cucumber **12,000**

Salmon & avocado **15,000**

Prawn & avocado **14,000**



Smoked salmon & cream cheese **14,000**

Spicy tuna & avocado **11,000**

Vegetarian ginger [V] **9,000**

Fashion Sandwiches (2pcs)

Salmon & avocado **13,000**
Prawn & avocado **13,000**



Nigiri (2pcs)

Tuna **13,000** Prawn **13,000** Salmon **15,000** Smoked Eel **18,000**

Spicy Prawn Bean Curd **15,000** Bean Curd **12,000**



Specialities

Caterpillar roll (4pcs) **22,000**

Wasabi parcel (3pcs) **15,000**

California prawn tempura with Philadelphia cream cheese (3pcs) **15,000**

Gift-wrapped salmon (2pcs) **17,000**



Makimono (4pcs)

Salmon **13,000** Prawn **12,000** Spicy tuna **11,000**





Volcano Rolls
3pcs - 13,000 6pcs - 24,000
 Deep-fried shrimp, guacamole, Philadelphia cream cheese, smoked salmon, caviar, sesame seeds and a sweet mayo dressing



Salads
 Crabstick **15,000**
 Tuna & avocado **16,000**
 Prawn & avocado **17,000**



Tuna Crunch Rolls
4pcs - 16,000 8pcs - 27,000
 Tuna and avocado, sprinkled with tempura crumbs, topped with chilli and a sweet soy dressing

Hand Rolls
 Prawn & avocado **15,000**
 Salmon & avocado **15,000**

Sashimi (5pcs)
 Seared tuna **16,000**
 Tuna **15,000**
 Salmon **18,000**

Roses (3pcs)
 Seared tuna **15,000**
 Tuna **15,000**
 Salmon **18,000**



SUSHI PLATTERS



Sandy Bay 48,000
 5 Seared tuna sashimi
 5 Tuna sashimi
 5 Salmon sashimi



Roses 41,000
 4 Salmon roses
 2 Tuna roses
 2 Seared tuna roses



4 X 5 42,000
 4 Rock shrimp tempura rolls
 5 Rainbow rolls reloaded



Walvis Bay 36,000
 2 Salmon roses
 3 Rock shrimp tempura rolls
 5 Rainbow rolls reloaded



St Helena Bay 80,000
 2 Salmon fashion sandwiches
 2 Prawn fashion sandwiches
 6 Salmon roses
 4 Salmon & avocado inside-out rolls
 4 California rolls

SUSHI PLATTERS

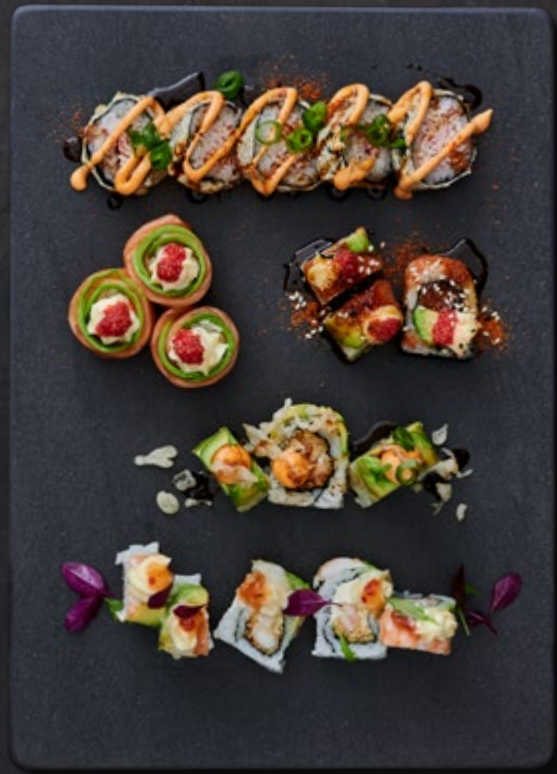


Deluxe 68,000

- 4 Salmon & avocado inside-out rolls
- 3 Salmon roses
- 5 Rainbow rolls reloaded
- 3 Rock shrimp tempura rolls

Signature 86,000

- 3 Salmon roses
- 3 Dragon rolls
- 3 Rainbow rolls reloaded
- 5 Crab crunch rolls
- 5 Tiger rolls



Prawn 50,000

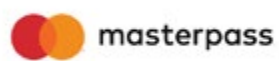
- 2 Prawn nigiri
- 4 Prawn inside-out rolls
- 4 Prawn sandwiches



Salmon 53,000

- 2 Salmon nigiri
- 4 Salmon inside-out rolls
- 4 Salmon sandwiches

Simply scan to pay with



Greek Salad



SALADS

Greek [v] 20,000
Mixed leafy greens, tomatoes, thinly-sliced red onions, cucumber, Danish feta and olives

Grilled Chicken & Avocado 23,000
Grilled chicken, avocado and tomatoes on a bed of leafy greens, garnished with red onion and cucumber

Smoked Salmon & Avocado 26,000
Smoked salmon, avocado, tomatoes and red onion, on a bed of mixed greens, sprinkled with sesame seeds

Prawn & Avocado 26,000
Shelled prawns and avocado on a bed of mixed greens, tomatoes and red onion, sprinkled with sesame seeds

Octopus & Mango 25,000
Pan-fried octopus, sliced mango, tomatoes and mixed leafy greens, drizzled with a honey mustard dressing

Seared Tuna Salad 28,000
Seared tuna, roasted nuts, boiled egg, grilled vegetables, corn, avocado and carrots on a bed of mixed greens and drizzled with a sweet soya dressing

Lobster Thermidor



MAINS

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

FISH

Fish & Chips * 200g 27,000

Deep-fried, served with chips and tartar sauce

Catch of the day 39,000

Freshly sourced and grilled fillet of fish with lemon butter

Whole Grilled Changu 42,000

Grilled whole fish with lemon butter

Teriyaki Salmon 180g 49,000

An expertly grilled salmon fillet drizzled with Japanese Teriyaki sauce

Seared Tuna 300g 41,000

Freshly sourced tuna fillet, best served seared, with Teriyaki sauce

SHELLFISH

Prawns 38,000

12 prawns grilled with your choice of lemon butter or a spicy peri-peri sauce

Lobster Thermidor 71,000

Whole fresh lobster, served the traditional way with prawns in a creamy white sauce and oven-baked

Giant Prawns 73,000

4 jumbo prawns butterflied and grilled with lemon butter

CALAMARI

Calamari 34,000

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

CURRIES, PAELLA & PASTA

Stir Fry Vegetable Noodles [V] * 22,000

Peppers, green beans, broccoli, onions, mushrooms and noodles cooked in our sweet teppanyaki sauce

Arrabbiata Pasta * 23,000

Penne pasta cooked in a spicy tomato and garlic sauce, served with vegetables and parmesan cheese

Chicken Pasta * 26,000

Grilled chicken strips, mushrooms, peppers, onions, garlic and cream, served with penne and parmesan cheese

Seafood Pasta * 28,000

Fish, prawns and mussels, served in a creamy white sauce, served with penne and parmesan cheese

Seafood Paella * 27,000

Fish, prawn meat, mussels, calamari, squid, chicken and rice in a spicy tomato-based sauce

Seafood Noodles * 28,000

Mixed seafood, noodles, carrots, onions and mushrooms cooked in our sweet teppanyaki sauce

Chicken Curry * 29,000

Chicken and fresh vegetables in a curry sauce, served with steamed rice

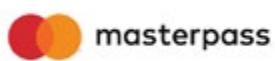
Prawn Curry * 33,000

Prawn meat and fresh vegetables in a coconut curry sauce, served with steamed rice

Crab Curry * 36,000

Atlantic whole crab meat and fresh vegetables in a coconut curry sauce, served with steamed rice

Simply scan to pay with





Executive Surf & Turf

COMBOS

Served with savoury rice and your choice of side

Fish & Calamari

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

44,000

Prawn & Calamari

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

48,000

Calamari Trio

A calamari-lover's delight. Deep-fried calamari, Robata baby squid and deep-fried squid heads, served with tartar sauce

49,000

Surf & Turf

The best of land and sea. A 200g sirloin steak and deep-fried calamari strips, served with tartar sauce

48,000

Executive Surf & Turf

200g sirloin steak, 4 grilled prawns and deep-fried calamari strips (125g), served with our unique peri-peri sauce

63,000



Executive Platter

PLATTERS

Served with savoury rice and your choice of side

False Bay Platter (for one) 56,000

Fillet of fish, 4 grilled prawns, creamy garlic mussels and deep-fried calamari strips, served with savoury rice and tartar sauce

Kalk Bay Platter (for two) 98,000

2 fillets of fish, 8 grilled prawns, creamy garlic mussels and calamari strips and Robata baby squid, served with savoury rice and tartar sauce

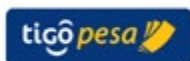
Hout Bay Platter 178,000

Lobster, 8 grilled prawns, mussels, 2 fillets of fish (140g), 4 fish cakes, deep-fried calamari strips (125g) and Robata baby squid (150g), served with savoury rice and tartar sauce

Executive Platter 245,000

Lobster, 2 giant prawns, 8 grilled prawns, 4 fillets of fish (140g), 4 fish cakes, mussels, deep-fried calamari strips (125g) and Robata baby squid (150g), served with savoury rice and tartar sauce

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Tomahawk Steak



MEAT & POULTRY

Served with your choice of side

Cheddar Melt Chicken Schnitzel	180g	34,000
Crumbed chicken fillet breast, served with melted cheese and a creamy mushroom sauce		
Grilled ½ Chicken (Plain or Peri-Peri)		35,000
Oven roasted half chicken in local favourite spices and flavours		
Beef Ribs	600g	52,000
Grilled beef ribs, basted in CTFM's special BBQ sauce, served with onion rings	900g	75,000
Sirloin Steak	200g	39,000
Sirloin steak, basted in CTFM's special BBQ sauce, served with onion rings	300g	53,000
T-bone Steak	500g	71,000
A T-bone steak, basted in CTFM's special BBQ sauce, served with onion rings		

Madagascar Pepper Steak	200g	41,000
200g tenderloin, smothered with creamy Madagascar pepper sauce		
Ribeye steak	300g	58,000
A ribeye steak, basted in CTFM's special BBQ sauce, served with onion rings		
Tomahawk Steak	600g	78,000
A ribeye steak on the bone, basted in CTFM's special BBQ sauce, served with onion rings		

BURGERS

CTFM Burger *	Beef	Chicken
Served with chips and onion rings	28,000	28,000
Macon, Cheese & Guacamole Burger		36,000
200g beef burger, topped with macon, guacamole, melted cheese and salsa sauce		

Chocolate Volcano



DESSERTS

Ice Cream The original classic, served with hot chocolate sauce	11,000
Chocolate Volcano Soft-centered chocolate delight, served with ice cream	15,000
Chocolate Brownie A melt-in-your-mouth chocolate delight	15,000

Cheesecake Served with a medley of seasonal fruit	15,000
Apple Pie Traditional hot apple pie with cinnamon, served with ice cream	15,000

Simply scan to pay with





Seafood Noodles



Food presentation may differ from photographs.

Foods may contain traces of sesame seeds or nuts. [V] = Vegetarian.

Fish may contain bones and all weights are approximate, uncooked weights. Prices include VAT.

Fish Policy: We are committed to delivering only the freshest seafood available, in accordance with the highest quality, hygiene and sustainability standards as set out by the TFDA. Our fish is caught fresh, daily and sourced locally to support the local market and encourage the growth of the local industry. We are against any form of dynamite fishing. Products that are not available locally, such as salmon, mussels and seasonal products are

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