

# CAPE TOWN FISH MARKET





**tigo** business  
A solution for every company



**4G+**



**FREE Wi-Fi**







Mussel pot

STARTERS

<b>Cheese &amp; Garlic Bread</b> Smothered in cheese and garlic, this starter melts in your mouth	15,000
<b>Fish Soup</b> Tomato-based fish soup, served with bread	18,000
<b>Spring Rolls</b> 4 mini spring rolls, deep-fried and served with soy dipping sauce	vegetable 16,000 chicken 19,000
<b>Calamari</b> Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce	21,000
<b>Mussel Pot</b> Steamed mussels in a creamy garlic sauce, served with fresh bread	29,000
<b>Octopus</b> Pan-fried traditional Greek-style, served with balsamic vinaigrette	18,000

<b>Spicy Chicken Wings</b> Pan-fried with spicy chilli sauce	21,000
<b>Deep-Fried Chilli Poppers (V)</b> 4 Deep-fried chilli poppers, filled with cheese, and served with sweet chilli sauce	15,000
<b>Squid Heads</b> Deep-fried squid tentacles, served with our spicy mayo dressing	18,000

<b>Oysters</b>	
<b>Classic oysters served on ice with fresh lemon wedges</b>	six 52,000 twelve 76,000
<b>Baked with garlic and parmesan</b>	six 52,000 twelve 76,000



TAPAS



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 20,000  
deep-fried prawn 22,000

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

24,000

Tuna Carpaccio

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

20,000



Tuna Carpaccio



Ebi Bites

Simply scan to pay with





TAPAS



Prawn Popcorn



Beef Ribs

Seafood Popcorn

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

fish 18,000  
prawn 23,000

Beef Ribs

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

300g 30,000

Tuna Ceviche

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

20,000

Rice Paper Rolls

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

24,000



Tuna Ceviche



Rice Paper Rolls



## SIGNATURE SUSHI

### Crab Crunch Rolls (5pcs) 22,000

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

### Salmon Grenades (3pcs) 24,000

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

### Dragon Rolls (5pcs) 28,000

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

### Rainbow Rolls Reloaded (5pcs) 28,000

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) 28,000

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

### Rock Shrimp Tempura Rolls (4pcs) 24,000

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



### Poke Bowl 43,000

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 34,000

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

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CLASSIC SUSHI

Inside-out Rolls (4pcs)

Crabstick,  
avocado &  
cucumber

14,000

Salmon  
& avocado

18,000

Prawn  
& avocado

16,000



Smoked  
salmon &  
cream cheese

16,000

Spicy tuna  
& avocado

12,000

Vegetarian  
ginger [V]

10,000

Fashion Sandwiches (2pcs)

Salmon & avocado 14,000

Prawn & avocado 14,000



Nigiri (2pcs)

Tuna 16,000 Prawn 16,000 Salmon 18,000

Spicy Prawn Bean Curd 18,000 Bean Curd 14,000



Makimono (4pcs)

Salmon 14,000 Prawn 12,000 Spicy tuna 12,000



Specialities

Wasabi  
parcel (3pcs) 16,000

California  
prawn tempura  
with Philadelphia  
cream cheese  
(3pcs) 16,000

Rainbow  
roll (4pcs) 16,000

Gift-wrapped  
salmon (2pcs) 18,000







**Volcano Rolls**  
**3pcs - 14,000    6pcs - 26,000**  
Deep-fried shrimp, guacamole, Philadelphia cream cheese, smoked salmon, caviar, sesame seeds and a sweet mayo dressing



**Salads**  
Crabstick                      **16,000**  
Tuna & avocado           **16,000**  
Prawn & avocado         **18,000**



**Tuna Crunch Rolls**  
**4pcs - 18,000    8pcs - 32,000**  
Tuna and avocado, sprinkled with tempura crumbs, topped with chilli and a sweet soy dressing

**Hand Rolls**  
Prawn & avocado         **16,000**  
Salmon & avocado       **16,000**

**Sashimi (5pcs)**  
Seared tuna                **18,000**  
Tuna                           **18,000**  
Salmon                       **23,000**

**Roses (3pcs)**  
Seared tuna                **18,000**  
Tuna                           **18,000**  
Salmon                       **22,000**





SUSHI PLATTERS



**Sandy Bay** 56,000  
5 Seared tuna sashimi  
5 Tuna sashimi  
5 Salmon sashimi



**Roses** 46,000  
4 Salmon roses  
2 Tuna roses  
2 Seared tuna roses



**4 X 5** 45,000  
4 Rock shrimp tempura rolls  
5 Rainbow rolls reloaded



**Walvis Bay** 48,000  
2 Salmon roses  
3 Rock shrimp tempura rolls  
5 Rainbow rolls reloaded



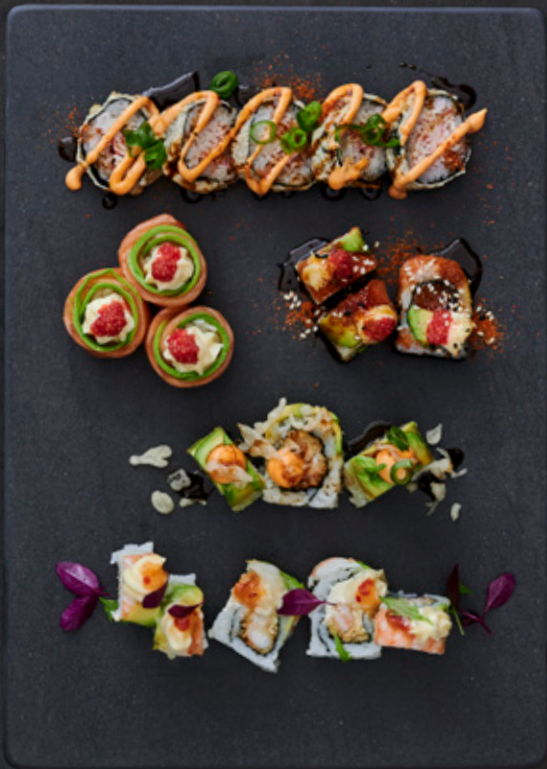
**St Helena Bay** 88,000  
2 Salmon fashion sandwiches  
2 Prawn fashion sandwiches  
6 Salmon roses  
4 Salmon & avocado inside-out rolls  
4 California rolls



SUSHI PLATTERS



**Deluxe** 74,000  
4 Salmon & avocado inside-out rolls  
3 Salmon roses  
5 Rainbow rolls reloaded  
3 Rock shrimp tempura rolls



**Signature** 95,000  
3 Salmon roses  
3 Dragon rolls  
3 Rainbow rolls reloaded  
5 Crab crunch rolls  
5 Tiger rolls



**Prawn** 55,000  
2 Prawn nigiri  
4 Prawn inside-out rolls  
4 Prawn sandwiches



**Salmon** 60,000  
2 Salmon nigiri  
4 Salmon inside-out rolls  
4 Salmon sandwiches

Simply scan to pay with





Greek Salad



## SALADS

**Greek [V]** 21,000  
Mixed leafy greens, tomatoes, thinly-sliced red onions, cucumber, Danish feta and olives

**Grilled Chicken & Avocado** 24,000  
Grilled chicken, avocado and tomatoes on a bed of leafy greens, garnished with red onion and cucumber

**Smoked Salmon & Avocado** 28,000  
Smoked salmon, avocado, tomatoes and red onion, on a bed of mixed greens, sprinkled with sesame seeds

**Prawn & Avocado** 28,000  
Shelled prawns and avocado on a bed of mixed greens, tomatoes and red onion, sprinkled with sesame seeds

**Octopus & Mango** 26,000  
Pan-fried octopus, sliced mango, tomatoes and mixed leafy greens, drizzled with a honey mustard dressing

**Seared Tuna Salad** 30,000  
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 33,000  
Deep-fried, served with chips and tartar sauce

**Catch of the day** 43,000  
Freshly sourced and grilled fillet of fish with lemon butter

**Whole Grilled Changu** 42,000  
Grilled whole fish with lemon butter

**Teriyaki Salmon** 180g 53,000  
An expertly grilled salmon fillet drizzled with Japanese Teriyaki sauce

**Seared Tuna** 300g 45,000  
Freshly sourced tuna fillet, best served seared, with Teriyaki sauce

**Sole** Single 31,000 Double 55,000  
Expertly grilled with lemon butter

SHELLFISH

**Prawns** 41,000  
12 prawns grilled with your choice of lemon butter or a spicy peri-peri sauce

**Lobster Thermidor** 78,000  
Whole fresh lobster, served the traditional way with prawns in a creamy white sauce and oven-baked

**Giant Prawns** 78,000  
4 jumbo prawns butterflied and grilled with lemon butter

CALAMARI

**Calamari** 39,000  
Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce

CURRIES, PAELLA & PASTA

**Stir Fry Vegetable Noodles [V] \*** 24,000  
Peppers, green beans, broccoli, onions, mushrooms and noodles cooked in our sweet teppanyaki sauce

**Arrabbiata Pasta \*** 24,000  
Penne pasta cooked in a spicy tomato and garlic sauce, served with vegetables and parmesan cheese

**Chicken Pasta \*** 29,000  
Grilled chicken strips, mushrooms, peppers, onions, garlic and cream, served with penne and parmesan cheese

**Seafood Pasta \*** 33,000  
Fish, prawns and mussels, served in a creamy white sauce, served with penne and parmesan cheese

**Seafood Paella \*** 30,000  
Fish, prawn meat, mussels, calamari, squid, chicken and rice in a spicy tomato-based sauce

**Seafood Noodles \*** 33,000  
Mixed seafood, noodles, carrots, onions and mushrooms cooked in our sweet teppanyaki sauce

**Chicken Curry \*** 32,000  
Chicken and fresh vegetables in a curry sauce, served with steamed rice

**Prawn Curry \*** 35,000  
Prawn 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

<b>Fish &amp; Calamari</b> Fillet of fish and deep-fried calamari strips served with tartar sauce	46,000
<b>Prawn &amp; Calamari</b> 8 grilled prawns and deep-fried calamari strips, served with tartar sauce and lemon butter	52,000
<b>Sole &amp; Calamari</b> sole and deep-fried calamari strips, served with tartar sauce and lemon butter	53,000
<b>Calamari Trio</b> A calamari-lover's delight. Deep-fried calamari, Robata baby squid and deep-fried squid heads, served with tartar sauce	53,000
<b>Surf &amp; Turf</b> The best of land and sea. A 200g sirloin steak and deep-fried calamari strips, served with tartar sauce	52,000
<b>Executive Surf &amp; Turf</b> 200g sirloin steak, 4 grilled prawns and deep-fried calamari strips (125g), served with our unique peri-peri sauce	66,000





Executive Platter

## PLATTERS

Served with savoury rice and your choice of side

### False Bay Platter (for one)

62,000

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)

105,000

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

192,000

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

265,000

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

<b>Cheddar Melt Chicken Schnitzel</b> Crumbed chicken fillet breast, served with melted cheese and a creamy mushroom sauce	180g	35,000
<b>Grilled ½ Chicken (Plain or Peri-Peri)</b> Oven roasted half chicken in local favourite spices and flavours		36,000
<b>Beef Ribs</b> Grilled beef ribs, basted in CTFM's special BBQ sauce, served with onion rings	600g 900g	58,000 82,000
<b>Sirloin Steak</b> Sirloin steak, basted in CTFM's special BBQ sauce, served with onion rings	200g 300g	42,000 56,000
<b>T-bone Steak</b> A T-bone steak, basted in CTFM's special BBQ sauce, served with onion rings	500g	78,000

<b>Madagascan Pepper Steak</b> 200g tenderloin, smothered with creamy Madagascan pepper sauce	200g	43,000
<b>Ribeye steak</b> A ribeye steak, basted in CTFM's special BBQ sauce, served with onion rings	300g	68,000
<b>Tomahawk Steak</b> A ribeye steak on the bone, basted in CTFM's special BBQ sauce, served with onion rings	600g	86,000

BURGERS

<b>CTFM Burger *</b> Served with chips and onion rings	Beef 30,000	Chicken 30,000
<b>Macon, Cheese &amp; Guacamole Burger</b> 200g beef burger, topped with macon, guacamole, melted cheese and salsa sauce		36,000



Chocolate Volcano



DESSERTS

- Ice Cream**  
The original classic, served with hot chocolate sauce

15,000
- Chocolate Volcano**  
Soft-centered chocolate delight, served with ice cream

17,000
- Chocolate Brownie**  
A melt-in-your-mouth chocolate delight

17,000

- Apple Pie**  
Traditional hot apple pie with cinnamon, served with ice cream

18,000
- Strawberry Panna Cotta**  
Traditional Italian dessert of sweetened cream in a strawberry sauce

18,000

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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

180 Msasani Bay, Dar es Salaam • Reservations: +255 758 555 366 • [tanzania@ctfm.com](mailto:tanzania@ctfm.com)

  @CTFMTZ [www.ctfm.co.tz](http://www.ctfm.co.tz)

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