

CAPE  
TOWN  
FISH  
MARKET



GET IN TOUCH ABOUT FRANCHISE OPPORTUNITIES: [FRANCHISE@WESTCOASTGROUP.CO.ZA](mailto:FRANCHISE@WESTCOASTGROUP.CO.ZA)





## NIBBLES

### Marinated Olives

Olives infused with herbs, garlic and olive oil

30

### Focaccia

Focaccia with rosemary and coarse salt served with olive oil, balsamic vinegar, and butter

30

### Edamame Beans

Steamed edamame pods, lightly tossed with coarse salt

58

### Oysters

A classic seafood starter served on ice with fresh lemon wedges

four **168**  
eight **338**

### Pongrácz & Oysters

Oysters (12) and a bottle of Pongrácz

**668**

## STARTERS

### Fish Goujons

Crispy battered fish bites, served with tartar sauce

68

### Crab & Cheese Spring Rolls

Crispy spring rolls filled with crab & cheese, served with sweet chilli sauce

70

### Calamari

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

86

### Chowder

A creamy garlic seafood soup with mixed seafood and potatoes, served with bread

94

### Tempura Prawns

Light and crispy tempura-battered prawns, served with sweet chilli sauce

96

### Tuna Carpaccio

Thinly sliced tuna drizzled with sesame oil, chilli and sweet soy, finished with tempura crumbs

**98**

### Lamb Croquettes

Crispy lamb croquettes with a molten mozzarella centre, served with spicy mayo

**116**

### Prawn Popcorn

Deep-fried tempura prawn meat, coated in a spicy mayo

**116**

### Robata Baby Squid

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

**118**

### Beef Ribs

Beef ribs, grilled in BBQ basting

300g **172**

98

## CLASSIC SUSHI



### Salads

Crabstick  
Prawn & avocado

68  
106



### Inside-Out Rolls (4pcs)

Vegetarian ginger [V] 54  
California 54  
Spicy tuna & avocado 68  
Prawn & avocado 68  
Smoked salmon & cream cheese 68  
Salmon & avocado 74  
Rainbow rolls 78



### Fashion Sandwiches (2pcs)

Salmon & avocado 74  
Prawn & avocado 74  
Wasabi parcel 86

### Makimono (4pcs)

Prawn 54  
Salmon 56



### Hand Rolls

Prawn & avocado 76  
Salmon & avocado 76



### Nigiri (2pcs)

Bean curd [V] 54  
Prawn 56  
Salmon 56



### Tempura-Fried Rolls (4pcs)

Inside-out rolls topped with Japanese mayo and sweet chili sauce  
Tuna 68  
Prawn 70  
Salmon 72



## SIGNATURE SUSHI & POKE BOWLS

### Rock Shrimp Tempura Rolls (4pcs) 98

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

### Rainbow Rolls Reloaded (5pcs) 84

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

### Dragon Rolls (5pcs) 88

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

### Tiger Rolls (5pcs) 84

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

### Salmon Grenades (3pcs) 106

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

### Crab Crunch Rolls (5pcs) 78

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



### Tuna Poke Bowl 162

Tuna, edamame beans, ginger, avocado, radish, cucumber, spring onion, caviar, seven spice and rice, served with spicy mayo and sweet soy sauce



### Tempura Prawn Poke Bowl 186

Deep-fried tempura prawn meat coated in spicy mayo, edamame beans, ginger, avocado, cucumber, nori, spring onion, seven spice and rice, served with sweet soy sauce



### Mixed Poke Bowl 188

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



### Sashimi (5pcs)

Tuna	94
Seared tuna	96
Salmon	98

### Roses (3pcs)

Tuna	84
Seared tuna	88
Salmon	94



SUSHI PLATTERS



**St Helena Bay** 348  
Salmon fashion sandwiches (2)  
Prawn fashion sandwiches (2)  
Salmon roses (6)  
Salmon & avocado inside-out rolls (4)  
California rolls (4)



**4 X 5** 176  
Rock shrimp tempura rolls (4)  
Rainbow rolls reloaded (5)



**Deluxe** 298  
Salmon & avocado inside-out rolls (4)  
Salmon roses (3)  
Rainbow rolls reloaded (5)  
Rock shrimp tempura rolls (3)



**Signature** 338  
Salmon roses (3)  
Dragon rolls (3)  
Rainbow rolls reloaded (3)  
Crab crunch rolls (5)  
Tiger rolls (5)



**Salmon** 202  
Salmon nigiri (2)  
Salmon inside-out rolls (4)  
Salmon sandwiches (4)



**Prawn** 186  
Prawn nigiri (2)  
Prawn inside-out rolls (4)  
Prawn sandwiches (4)



**Walvis Bay** 218  
Salmon roses (2)  
Rock shrimp tempura rolls (3)  
Rainbow rolls reloaded (5)



**Smoked Salmon  
Trout Salad**



**Beef Ribs (900g)**

## SALADS

All salads are served with dressing. Please notify your server if you prefer no dressing

### Greek [V] 124

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

### Sesame Chicken 148

Grilled chicken, feta, avocado, cucumber, cherry tomatoes, red onion, and sesame seeds, served with sweet soy sauce

### Halloumi & Edamame [V] 148

Grilled halloumi, red cabbage, avocado, edamame beans, radish, and carrots, sprinkled with sesame seeds and drizzled with sesame seed oil and sweet soy dressing

### Smoked Salmon Trout 194

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

## MEAT & POULTRY

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

### Crispy Fried Chicken Burger 120

A 150g fried chicken fillet with onion, pickles, tomato, lettuce, and burger sauce, served on a soft brioche bun, with crispy onion rings

### Beef Burger 132

A 150g Beef patty with onion, pickles, tomato, lettuce, and burger sauce, served on a soft brioche bun, served with crispy onion rings

### Chicken Curry \* 146

Tender chicken and vegetables cooked in a traditional Cape Malay curry sauce, served with savoury rice

### Chicken Schnitzel 300g 148

Crispy breaded chicken schnitzel, served with onion rings and your choice of cheese, pepper, or mushroom sauce

### Beef Ribs 600g 348

Beef ribs, grilled in BBQ basting, served with onion rings

900g 486

## STEAKS

Grilled in BBQ basting and served with your choice of side and onion rings

### Sirloin 250g 198

### Rump 300g 202

### Fillet 250g 262

### Ribeye 350g 268

## SAUCES

Tartar	26	Cheese	32
Lemon butter	26	Pepper	32
Garlic butter	26	Peri-Peri	32
Spicy mayo	32	Mushroom	32

## SIDES

Chips	42	Baby Potatoes	46
Savoury rice	42	Green salad	47
Onion rings	42	Vegetables	47



Prawn & Mussel Linguine



Seafood Paella



Norwegian Salmon



## SEAFOOD

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

<b>Fish &amp; Chips *</b>	200g	126
Grilled hake with lemon butter or deep-fried hake, served with crispy chips and tartar sauce	280g	182

<b>Calamari</b>	250g	162
Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce		

<b>Seafood Potjie *</b>	<b>176</b>
Fish morsels, prawn meat, mussels, calamari, and vegetables in a tomato-based sauce, served in a traditional pot with a separate portion of savoury rice	

<b>Seafood Curry *</b>	<b>176</b>
Fish morsels, prawn meat, mussels, calamari, and vegetables cooked in a traditional Cape Malay curry sauce, served with savoury rice	

<b>Prawn &amp; Mussel Linguine *</b>	<b>178</b>
Linguine tossed in a spicy napoletana sauce with prawns and mussels	

<b>Grilled Sole</b>	single	186
Sole grilled in lemon butter, offering a light and flavourful taste.	double	264

<b>Grilled Prawns</b>	eight	202
Medium-sized prawns, grilled with your choice of lemon butter or peri-peri	twelve	264
	sixteen	342

<b>Prawn Curry *</b>	<b>198</b>
Prawn meat, and vegetables cooked in a traditional Cape Malay curry sauce, served with savoury rice	

<b>Robata Baby Squid</b>	<b>224</b>
Baby squid tubes and tentacles, grilled in our secret Robata sauce	

<b>Grilled Kingklip</b>	200g	232
South African Kingklip grilled in lemon butter	280g	288

<b>Seared Tuna Steak</b>	200g	280
Lightly grilled tuna steak, coated in seven spice and drizzled with sweet soy sauce		

<b>Norwegian Salmon</b>	200g	318
Grilled Norwegian salmon, edamame beans, drizzled with teriyaki	280g	372

<b>Seafood Paella (serves two) *</b>	<b>390</b>
Our take on Paella with prawns, calamari, fish morsels, mussels, chicken and rice, cooked with fragrant herbs and spices	





**Executive Platter**

## COMBOS

Served with savoury rice and your choice of side

### Hake & Calamari

A 200g fillet of hake grilled with lemon butter, served with deep-fried calamari strips and tartar sauce

194

### Prawn & Hake

4 Grilled prawns with lemon butter and a 200g fillet of hake grilled with lemon butter, served with tartar sauce

226

### Sole & Calamari

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

232

### Prawn & Calamari

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

264

### Surf & Turf

A 250g sirloin steak grilled in BBQ basting, served with deep-fried calamari strips and tartar sauce

264

### Executive Surf & Turf

A 250g sirloin steak grilled in BBQ basting, served with deep-fried calamari strips, 4 grilled lemon butter prawns, and tartar sauce

346

## PLATTERS

Served with savoury rice and your choice of side

### Fish Hoek Platter (for one)

A 200g fillet of hake grilled with lemon butter, deep-fried calamari strips, and fish goujons, served with tartar sauce

218

### False Bay Platter (for one)

A 200g fillet of hake grilled with lemon butter, deep-fried calamari strips, fish goujons, 2 grilled lemon butter prawns, and steamed West Coast mussels in a rich garlic sauce, served with tartar sauce

268

### Kalk Bay Platter (for two)

Two 140g fillets of hake grilled with lemon butter, deep-fried calamari strips, fish goujons, 8 grilled lemon butter prawns, and steamed West Coast mussels in a rich garlic sauce, served with tartar sauce

530

### Hout Bay Platter

Two 140g fillets of hake grilled with lemon butter, deep-fried calamari strips, fish goujons, 8 grilled lemon butter prawns, Robata baby squid, and steamed West Coast mussels in a rich garlic sauce, served with tartar sauce

658

### Executive Platter

Grilled lemon butter crayfish, two 140g fillets of hake grilled with lemon butter, deep-fried calamari strips, fish goujons, 16 grilled lemon butter prawns, Robata baby squid, and steamed West Coast mussels in a rich garlic sauce, served with tartar sauce

1400

## SPECIALTY SEAFOOD

Grilled with lemon butter

### Giant Prawn

242

### Crayfish

580

## ADD ONS

Available only with a platter or combo

### Add 2 Prawns

52

### Add Calamari

56

### Add Mussels

70

### Add Baby Squid

92





## DESSERTS

### Ice Cream 64

Vanilla ice cream, served with hot chocolate sauce

### Chocolate Brownie 84

Chocolate, nutty fudge brownie, served with ice cream

### Baked Cheesecake 84

Traditional baked lemon cheesecake, served with ice cream

### Malva Pudding 84

A moist sponge cake, drizzled with creamy sauce and served with ice cream

### Hot Mud Pudding 84

A rich moist chocolate pudding, steam-baked to perfection, covered with chocolate sauce and served with ice cream

## KIDDIES MEALS

Only for kids 12 years old and under

### Fish Fingers 66

Fish fingers served with chips & tartar sauce

### Fish Bites 68

Crispy fish bites served with chips and tartar sauce

### Calamari Strips 72

Calamari strips served with chips & tartar sauce

### Chicken Strips 72

Chicken strips served with chips

### Fish & Chips 76

Hake fillet served with chips & tartar sauce

### Grilled Burger 76

Two mini chicken or beef burgers served with chips

### Ice Cream & Chocolate Sauce 36

Ice cream served with chocolate sauce & sprinkles

### Choc Nut Sundae 44

Ice cream served with chocolate sauce, nuts & sprinkles

## KIDDIES DRINKS

### Cappy Juice (200ml) 24

Apple / Orange

### Milkshakes 35

Chocolate / Vanilla / Lime / Strawberry





## BRANCHES ACROSS AFRICA

### WESTERN CAPE

Bloubergstrand: +27 21 879 4142

Canal Walk: +27 21 555 1950

GrandWest: +27 21 535 3110

Langebaan: +27 22 707 7796

V&A Waterfront: +27 21 418 5977

### FREE STATE

Bloemfontein: +27 51 433 1894

### KWAZULU-NATAL

Umhlanga: +27 31 001 0423

### NAMIBIA

Klein Windhoek: +264 83 331 8101

### TANZANIA

Dar es Salaam: +255 75 855 5366

### ZANZIBAR

Stone Town: +255 628 796 977

## DINING GUIDELINES

- CORKAGE:** Corkage is charged at R45 per bottle. Only wine is permitted, no spirits, liqueurs, or hard liquor allowed. A maximum of 1 bottle per person is allowed, with a total maximum of 10 bottles per bill.
- ALLERGENS:** Our dishes may contain allergens, including nuts, gluten, dairy, shellfish, and other common allergens. If you have any dietary restrictions or allergies, please inform your server before ordering. While we take precautions, cross-contamination may occur in our kitchen.
- SERVICE FEE:** A standard service fee of 10% will be added to tables of 8 or more guests. This ensures that our staff can continue providing excellent service. Additional gratuity is always appreciated.

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