

CAPE
TOWN
FISH
MARKET



PONGRÁCZ & OYSTERS

Oysters (12) and a bottle of Pongrácz 598

GET IN TOUCH ABOUT FRANCHISE OPPORTUNITIES: FRANCHISE@WESTCOASTGROUP.CO.ZA



STARTERS

Cheese & Garlic Bread

Smothered in cheese and garlic

Chilli Poppers [V]

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

Calamari

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

Fish Cakes

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

Prawn Spring Rolls

Three spring rolls, deep-fried and served with sweet chilli sauce

Tempura Prawns

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

Mussels

Steamed West Coast mussels in a creamy garlic sauce

Robata Baby Squid

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

46

76

78

78

88

88

96

106

Croquettes

Deep-fried and filled with cheese, served with spicy mayo prawn 88
lamb 102

Prawn Popcorn

Deep-fried tempura prawn meat coated in a spicy mayo 102

Prawn Tacos

Two tacos filled with deep-fried tempura prawn meat, avo guacamole, tomatoes, red onion, coleslaw, carrots and sweet mayo 126

Beef Ribs

Beef ribs grilled with BBQ basting 300g 158

Oysters

A classic seafood starter served on ice with fresh lemon wedges four 152
eight 302

Pongrácz & Oysters

Oysters (12) and a bottle of Pongrácz 598

CLASSIC SUSHI



- Salads
- Crabstick

60
- Prawn & avocado

94



- Inside-Out Rolls (4pcs)
- Vegetarian ginger [V]

48
- California

48
- Spicy tuna & avocado

60
- Prawn & avocado

62
- Smoked salmon &

62
- Philadelphia cream cheese
- Salmon & avocado

66
- Rainbow rolls

66



- Fashion Sandwiches (2pcs)
- Salmon & avocado

66
- Prawn & avocado

66
- Wasabi parcel

76

- Hand Rolls
- Prawn & avocado

68
- Salmon & avocado

68



- Nigiri (2pcs)
- Bean curd [V]

48
- Prawn

50
- Salmon

50



- Makimono (4pcs)
- Prawn

48
- Salmon

48



- Tempura-Fried Rolls (4pcs) 64
- Inside-out rolls topped with Japanese mayo and sweet chilli sauce

SIGNATURE SUSHI & POKE BOWLS

Crab Crunch Rolls (5pcs)

72

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

Salmon Grenades (3pcs)

96

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

Dragon Rolls (5pcs)

80

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

Rainbow Rolls Reloaded (5pcs)

76

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)

76

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

Rock Shrimp Tempura Rolls (4pcs)

88

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



Tuna Poke Bowl

144

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



Tempura Prawn Poke Bowl

166

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



Mixed Poke Bowl

168

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



Sashimi (5pcs)	
Tuna	84
Seared tuna	86
Salmon	88

Roses (3pcs)	
Tuna	76
Seared tuna	80
Salmon	84

SUSHI PLATTERS



St Helena Bay 312
Salmon fashion sandwiches (2)
Prawn fashion sandwiches (2)
Salmon roses (6)
Salmon & avocado inside-out rolls (4)
California rolls (4)



4 X 5 156
Rock shrimp tempura rolls (4)
Rainbow rolls reloaded (5)



Deluxe 268
Salmon & avocado inside-out rolls (4)
Salmon roses (3)
Rainbow rolls reloaded (5)
Rock shrimp tempura rolls (3)

Signature 302
Salmon roses (3)
Dragon rolls (3)
Rainbow rolls reloaded (3)
Crab crunch rolls (5)
Tiger rolls (5)



Salmon 176
Salmon nigiri (2)
Salmon inside-out rolls (4)
Salmon sandwiches (4)



Prawn 162
Prawn nigiri (2)
Prawn inside-out rolls (4)
Prawn sandwiches (4)



Walvis Bay 196
Salmon roses (2)
Rock shrimp tempura rolls (3)
Rainbow rolls reloaded (5)



Beef Ribs

SALADS

All salads are served with dressing.

Please notify your server if you prefer no dressing.

Greek [V] 112
Leafy greens, tomatoes, thinly-sliced red onions, cucumber, Danish feta and olives, drizzled with vinaigrette

Sesame Chicken 134
Grilled chicken, feta, avocado, cucumber, cherry tomatoes, red onion, sesame seeds, served with sweet soy sauce

Smoked Salmon Trout 176
Smoked salmon trout, edamame beans, butter beans, broccoli, chilli and avocado, sprinkled with sesame seeds and drizzled with Teriyaki sauce

SAUCES

Tartar	23
Lemon butter	23
Garlic butter	23
Cheese	29
Pepper	29
Peri-Peri	29

SIDES

Chips	38
Savoury rice	38
Onion rings	38
Green salad	42
Vegetables	42

MEAT & POULTRY

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

Beef Burger 118
150g beef patty, grilled with BBQ basting and topped with our burger sauce, served with onion rings

Jalapeño Chicken Burger 118
150g chicken breast, grilled with BBQ basting and topped with cheese, jalapeño chillies and our burger sauce

Chicken Curry * 132
Chicken and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice

Chicken Schnitzel 150g 134
Crumbed in Japanese bread crumbs, deep-fried until golden brown, served with onion rings and a sauce of your choice

Sirloin Steak 250g 178
A sirloin steak, grilled with BBQ basting, served with onion rings

T-Bone Steak 500g 254
A T-bone steak, grilled with BBQ basting, served with onion rings

Tomahawk Steak (subject to availability) 600g 292
A ribeye steak, grilled with BBQ basting, served with onion rings

Beef Ribs
Beef ribs, grilled with BBQ basting, served with onion rings 600g 312
900g 438



Teriyaki Salmon



SEAFOOD

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

Fish & Chips *	200g	114	Kingklip	200g	208
A South African classic in CTFM style. Grilled or deep-fried, served with tartar sauce	280g	164	Fresh kingklip expertly grilled in a lemon butter sauce	280g	260
Fish Cakes		112	Prawn Curry *		194
A combination of salmon, kingklip, hake and potato, deep-fried and served with tartar sauce			Prawn meat and fresh vegetables in a coconut curry sauce, served with savoury rice		
Calamari		144	Robata Baby Squid		198
Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce			Baby squid tubes and tentacles, grilled in our secret Robata sauce		
Fish Curry *		144	Prawns	eight	180
Fish and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice			Medium-sized prawns grilled with your choice of lemon butter or a spicy peri-peri sauce	twelve	238
West Coast Potjie *		164	Teriyaki Salmon	200g	286
Fish, prawn meat, mussels, calamari, vegetables and creamy garlic sauce, served in a traditional pot with a separate portion of savoury rice			An expertly seared salmon steak, drizzled with Japanese Teriyaki sauce	280g	334
Seafood Noodles *		172	Crayfish	(per 100g)	138
Mixed seafood, noodles, carrots, onions and mushrooms cooked in our sweet Teppanyaki sauce			Expertly grilled with lemon butter		
Sole (subject to availability)	single	166	Giant Prawns	(per 100g)	138
Expertly grilled with lemon butter	double	238	Expertly grilled with lemon butter		



**Executive Platter
without crayfish 998
Add crayfish
(per 100g) 138**

COMBOS

Served with savoury rice and your choice of side

Hake & Calamari

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

176

Sole & Calamari (subject to availability)

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

208

Prawn & Calamari

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

236

Surf & Turf

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

238

Executive Surf & Turf

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

310

PLATTERS

Served with savoury rice and your choice of side

Fish Hoek Platter (for one)

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

202

False Bay Platter (for one)

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

240

Kalk Bay Platter (for two)

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

458

Hout Bay Platter

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

598

Executive Platter (without crayfish)

The ultimate seafood platter. Enjoy 16 grilled prawns, 2 fillets of hake, 2 fish cakes, Robata baby squid, deep-fried calamari strips and creamy garlic mussels, served with savoury rice and tartar sauce

998

SUBSTITUTE FRIED CALAMARI FOR GRILLED BABY SQUID
UPGRADE ANY PLATTER WITH 2X PRAWNS

34
46

ADD CRAYFISH
ADD GIANT PRAWNS

(per 100g) 138
(per 100g) 138

Sticky Toffee



DESSERTS

Served with seasonal fruit, cream or ice cream

Ice Cream

The original classic, served with hot chocolate sauce

Deep-Fried Oreos

Served with ice cream and chocolate sauce

Chocolate Brownie

A melt-in-your-mouth chocolate delight

58

Strawberry Cheesecake

Served with a medley of seasonal fruit

78

64

Sticky Toffee

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

78

78

Mississippi Mud Pie

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

78

Prawn & Calamari Combo



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ASK YOUR WAITER FOR OUR SET MENUS. ORDER ONLINE FROM BOLT, 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.