

CAPE
TOWN
FISH
MARKET



PONGRÁCZ & OYSTERS

Oysters (12) and a bottle of Pongrácz 648

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

48

78

82

82

92

92

98

112

Croquettes

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

prawn 92

lamb 108

Prawn Popcorn

Deep-fried tempura prawn meat coated in a spicy mayo

108

Prawn Tacos

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

132

Beef Ribs

Beef ribs grilled with BBQ basting

300g 164

Oysters

A classic seafood starter served on ice with fresh lemon wedges

four 148

eight 298

Pongrácz & Oysters

Oysters (12) and a bottle of Pongrácz

648

CLASSIC SUSHI



Salads	
Crabstick	64
Prawn & avocado	98
Tuna & avocado	82



Inside-Out Rolls (4pcs)	
Vegetarian ginger [V]	50
California	50
Spicy tuna & avocado	64
Prawn & avocado	64
Smoked salmon & Philadelphia cream cheese	64
Salmon & avocado	70
Rainbow rolls	70



Fashion Sandwiches (2pcs)	
Salmon & avocado	72
Prawn & avocado	70
Wasabi parcel	80

Hand Rolls	
Prawn & avocado	72
Salmon & avocado	72



Nigiri (2pcs)	
Bean curd [V]	50
Prawn	52
Salmon	52



Makimono (4pcs)	
Prawn	50
Salmon	52
Spicy Tuna	50



Tempura-Fried Rolls (4pcs)	66
Inside-out rolls topped with Japanese mayo and sweet chilli sauce	

SIGNATURE SUSHI & POKE BOWLS

Crab Crunch Rolls (5pcs) 74
Deep-fried spicy crab rolls topped with seven spice, spicy mayo, spring onion and sweet soy sauce

Salmon Grenades (3pcs) 98
Salmon roses topped with spicy mayo, spring onion, sesame oil, tempura crunch, nori and sweet soy sauce

Dragon Rolls (5pcs) 84
Tempura prawn rolls wrapped in avocado and topped with spicy mayo, spring onion, tempura crunch and sweet soy sauce

Rainbow Rolls Reloaded (5pcs) 86
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) 80
Tempura prawn and cream cheese rolls wrapped with prawn and avocado, topped with Japanese mayo and sweet chilli sauce

Rock Shrimp Tempura Rolls (4pcs) 92
Spicy chopped tuna rolls topped with tempura shrimp, coated in a spicy mayo



Tuna Poke Bowl 152
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 172
Salmon, tuna, bean curd, prawn, avocado, cucumber, sesame seeds, seven spice and rice, served with spicy mayo and sweet soy sauce



Sashimi (5pcs)
Tuna 88
Seared tuna 90
Salmon 92

Roses (3pcs)
Tuna 80
Seared tuna 84
Salmon 88

SUSHI PLATTERS



St Helena Bay 372
Salmon fashion sandwiches (2)
Prawn fashion sandwiches (2)
Salmon roses (6)
Salmon & avocado inside-out rolls (4)
California rolls (4)

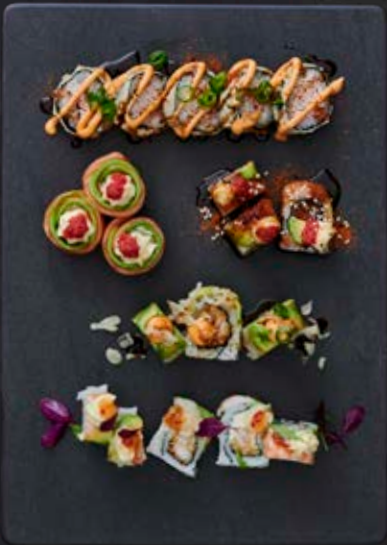


4 X 5 172
Rock shrimp tempura rolls (4)
Rainbow rolls reloaded (5)



Deluxe 296
Salmon & avocado inside-out rolls (4)
Salmon roses (3)
Rainbow rolls reloaded (5)
Rock shrimp tempura rolls (3)

Signature 318
Salmon roses (3)
Dragon rolls (3)
Rainbow rolls reloaded (3)
Crab crunch rolls (5)
Tiger rolls (5)



Salmon 232
Salmon nigiri (2)
Salmon inside-out rolls (4)
Salmon sandwiches (4)



Prawn 226
Prawn nigiri (2)
Prawn inside-out rolls (4)
Prawn sandwiches (4)



Walvis Bay 232
Salmon roses (2)
Rock shrimp tempura rolls (3)
Rainbow rolls reloaded (5)



Tomahawk Steak

SALADS

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

Greek [v]	116
Leafy greens, tomatoes, thinly-sliced red onions, cucumber, Danish feta and olives, drizzled with vinaigrette	
Sesame Chicken	140
Grilled chicken, feta, avocado, cucumber, cherry tomatoes, red onion, sesame seeds, served with sweet soy sauce	
Halloumi & Edamame [v]	140
Grilled halloumi, red cabbage, avocado, edamame beans, radish, carrots, sprinkled with sesame seeds and drizzled with sesame seed oil and sweet soy dressing.	
Smoked Salmon Trout	184
Smoked salmon trout, edamame beans, butter beans, broccoli, chilli and avocado, sprinkled with sesame seeds and drizzled with Teriyaki sauce	

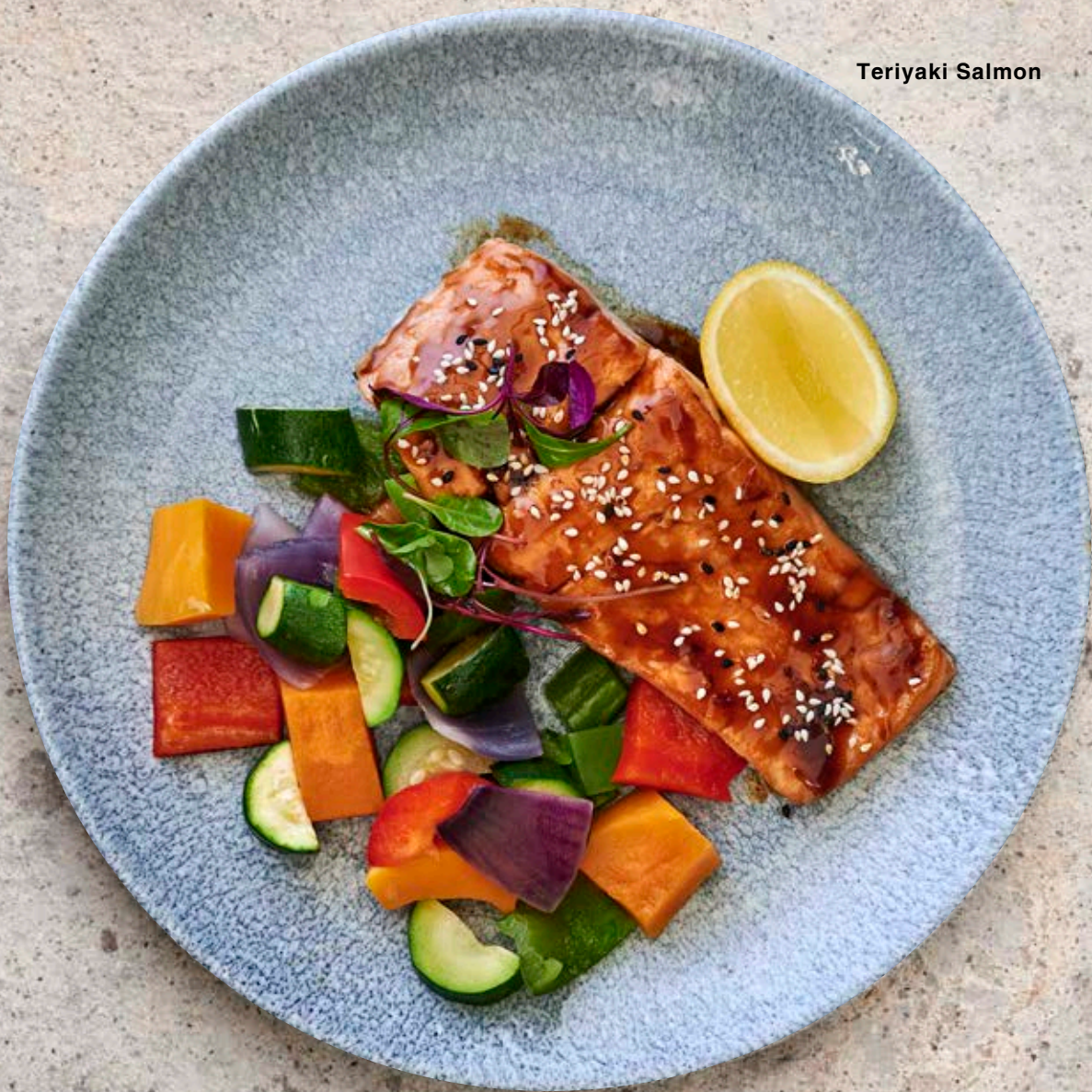
SAUCES		SIDES	
Tartar	24	Chips	40
Lemon butter	24	Savoury rice	40
Garlic butter	24	Onion rings	40
Cheese	30	Green salad	44
Pepper	30	Vegetables	44
Peri-Peri	30		

MEAT & POULTRY

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

Beef Burger		126
150g beef patty, grilled with BBQ basting and topped with our burger sauce, served with onion rings		
Jalapeño Chicken Burger		124
150g chicken breast, grilled with BBQ basting and topped with cheese, jalapeño chillies and our burger sauce		
Chicken Curry *		138
Chicken and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice		
Chicken Schnitzel	150g	140
Crumbed in Japanese bread crumbs, deep-fried until golden brown, served with onion rings and a sauce of your choice		
Teriyaki Chicken *		146
Chicken skewers basted with teriyaki sauce and grilled, served with smokey noodles		
Sirloin Steak	250g	192
A sirloin steak, grilled with BBQ basting, served with onion rings		
Tomahawk Steak (subject to availability)	(per 100g)	54
A ribeye steak, grilled with BBQ basting, served with onion rings		
T-Bone Steak	500g	274
A T-bone steak, grilled with BBQ basting, served with onion rings		
Beef Ribs		
Beef ribs, grilled with BBQ basting, served with onion rings		
	600g	328
	900g	458

Teriyaki Salmon



SEAFOOD

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

Fish & Chips *	200g	118	Kingklip	200g	218
A South African classic in CTFM style. Grilled or deep-fried, served with tartar sauce	280g	172	Fresh kingklip expertly grilled in a lemon butter sauce	280g	272
Fish Cakes		118	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		152	Robata Baby Squid		208
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 *		152	Seared Tuna	200g	264
Fish and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice			Lightly grilled tuna steak, coated in seven spice and drizzled with sweet soy sauce		
West Coast Potjie *		172	Prawns	eight	198
Fish, prawn meat, mussels, calamari, vegetables and creamy garlic sauce, served in a traditional pot with a separate portion of savoury rice			Medium-sized prawns grilled with your choice of lemon butter or a spicy peri-peri sauce	twelve	258
Seafood Noodles *		180	Teriyaki Salmon	200g	298
Mixed seafood, noodles, carrots, onions and mushrooms cooked in our sweet Teppanyaki sauce			An expertly seared salmon steak, drizzled with Japanese Teriyaki sauce	280g	350
Sole (subject to availability)	(per 100g)	92	Crayfish	(per 100g)	138
Expertly grilled with lemon butter			Expertly grilled with lemon butter		
			Giant Prawns	(per 100g)	138
			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

184

Sole & Calamari (subject to availability)

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

218

Prawn & Calamari

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

248

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

256

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

326

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

212

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

252

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

480

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

628

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	34	ADD CRAYFISH	(per 100g)	138
UPGRADE ANY PLATTER WITH 2X PRAWNS	48	ADD GIANT PRAWNS	(per 100g)	138



Malva Pudding

Deep-Fried Oreos

Baked Cheesecake

Chocolate Brownie

Hot Mud Pudding

DESSERTS

Ice Cream
The original classic, served with hot chocolate sauce

60 | **Baked Cheesecake** 80
Traditional baked lemon cheesecake, served with ice cream

Deep-Fried Oreos
Served with ice cream and chocolate sauce

68 | **Malva Pudding** 80
A moist sponge cake, drizzled with creamy sauce and served with ice cream

Chocolate Brownie
Chocolate, nutty fudge brownie, served with ice cream

80 | **Hot Mud Pudding** 80
A rich moist chocolate pudding, steam-baked to perfection, covered with chocolate sauce and served with ice cream



Prawn & Calamari Combo

BRANCHES ACROSS AFRICA

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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.