

CAPE
TOWN
FISH
MARKET



PONGRÁCZ & OYSTERS

Oysters (12) and a bottle of Pongrácz 638

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

44

74

78

76

86

88

96

104

Croquettes

Deep-fried and filled with cheese, served with spicy mayo prawn 88
lamb 98

Prawn Popcorn

Deep-fried tempura prawn meat coated in a spicy mayo 98

Prawn Tacos

Two tacos filled with deep-fried tempura prawn meat, avo guacamole, tomatoes, red onion, coleslaw, carrots and sweet mayo 124

Beef Ribs

Beef ribs grilled with BBQ basting 300g 158

Oysters

A classic seafood starter served on ice with fresh lemon wedges four 144
eight 288

Pongrácz & Oysters

Oysters (12) and a bottle of Pongrácz 638

CLASSIC SUSHI



Salads

Crabstick	60
Tuna & avocado	76
Prawn & avocado	94



Inside-Out Rolls (4pcs)

Vegetarian ginger [V]	48
California	48
Spicy tuna & avocado	60
Prawn & avocado	62
Smoked salmon & Philadelphia cream cheese	62
Salmon & avocado	66
Rainbow rolls	66



Fashion Sandwiches (2pcs)

Salmon & avocado	68
Prawn & avocado	66
Wasabi parcel	76

Hand Rolls

Prawn & avocado	68
Salmon & avocado	70



Nigiri (2pcs)

Bean curd [V]	48
Tuna	50
Prawn	50
Salmon	52



Makimono (4pcs)

Prawn	48
Salmon	50
Spicy Tuna	48



Tempura-Fried Rolls (4pcs)

Inside-out rolls topped with Japanese mayo and sweet chilli sauce

SIGNATURE SUSHI & POKE BOWLS

Crab Crunch Rolls (5pcs) 68

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) 78

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

Rainbow Rolls Reloaded (5pcs) 82

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 142

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 154

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 158

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	78
Salmon	84

SUSHI PLATTERS



St Helena Bay

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

372



4 X 5

164

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



Signature

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

308



Deluxe

282

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



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

196

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]	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		124
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	138
Crumbed in Japanese bread crumbs, deep-fried until golden brown, served with onion rings and a sauce of your choice		
Sirloin Steak	250g	192
A sirloin steak, grilled with BBQ basting, served with onion rings		
T-Bone Steak	500g	266
A T-bone steak, grilled with BBQ basting, served with onion rings		
Tomahawk Steak (subject to availability)	(per 100g)	50
A ribeye steak, grilled with BBQ basting, served with onion rings		
Beef Ribs		
Beef ribs, grilled with BBQ basting,	600g	304
served with onion rings	900g	426

Teriyaki Salmon



SEAFOOD

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

Fish & Chips *	200g	114	Kingklip	200g	198
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	248
Fish Cakes		112	Prawn Curry *		184
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		142	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 *		142	Prawns	eight	198
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	248
West Coast Potjie *		162	Teriyaki Salmon	200g	282
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	332
Seafood Noodles *		172	Crayfish	(per 100g)	134
Mixed seafood, noodles, carrots, onions and mushrooms cooked in our sweet Teppanyaki sauce			Expertly grilled with lemon butter		
Sole (subject to availability)	(per 100g)	88	Giant Prawns	(per 100g)	134
Expertly grilled with lemon butter			Expertly grilled with lemon butter		



**Executive Platter
without crayfish 998
Add crayfish
(per 100g) 134**

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

204

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

308

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

238

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

452

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

34

UPGRADE ANY PLATTER WITH 2X PRAWNS

46

ADD CRAYFISH

(per 100g)

134

ADD GIANT PRAWNS

(per 100g)

134



DESSERTS

Served with seasonal fruit, cream or ice cream

Ice Cream

The original classic, served with hot chocolate sauce

52

Deep-Fried Oreos

Served with ice cream and chocolate sauce

60

Chocolate Brownie

A melt-in-your-mouth chocolate delight

74

Strawberry Cheesecake

Served with a medley of seasonal fruit

74

Sticky Toffee

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

74

Mississippi Mud Pie

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

74

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.