

CAPE
TOWN
FISH
MARKET



GET IN TOUCH ABOUT FRANCHISE OPPORTUNITIES: 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 158
eight 312

Pongrácz & Oysters

Oysters (12) and a bottle of Pongrácz

668

STARTERS

Fish Goujons

Crispy battered fish bites, served with tartar sauce

76

Crab & Cheese Spring Rolls

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

78

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

108

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
Tuna & avocado
Prawn & avocado

68
84
106



Inside-Out Rolls (4pcs)

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

54
54
68
68
68
74
78



Fashion Sandwiches (2pcs)

Salmon & avocado
Prawn & avocado
Wasabi parcel

74
74
86

Makimono (4pcs)

Tuna
Prawn
Salmon

52
54
56



Hand Rolls

Prawn & avocado
Salmon & avocado

76
76



Nigiri (2pcs)

Bean curd [V]
Prawn
Salmon

54
56
56



Tempura-Fried Rolls (4pcs)

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

Tuna
Prawn
Salmon

68
70
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) 88

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 176

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 178

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

374

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

234

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



Prawn

228

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



Walvis Bay

234

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



**Smoked Salmon
Trout Salad**



Tomahawk

SALADS

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

Greek [v] 118
Leafy greens, tomatoes, thinly-sliced red onions, cucumber, Danish feta, and olives, drizzled with vinaigrette

Sesame Chicken 144
Grilled chicken, feta, avocado, cucumber, cherry tomatoes, red onion, and sesame seeds, served with sweet soy sauce

Halloumi & Edamame [v] 144
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 188
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 124
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, 900g 486
served with onion rings

STEAKS

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

Sirloin 250g 198
T-Bone 500g 282
Tomahawk per 100g 56

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 (*)

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

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

Seafood Potjie * 176
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

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

Prawn & Mussel Linguine * 178
Linguine tossed in a spicy napoletana sauce with prawns and mussels

Grilled Sole per 100g 94
Sole grilled in lemon butter, offering a light and flavourful taste.

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

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

Robata Baby Squid 224
Baby squid tubes and tentacles, grilled in our secret Robata sauce

Grilled Kingklip 200g 232
Kingklip grilled in lemon butter 280g 288

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

Norwegian Salmon 200g 318
Grilled Norwegian salmon, edamame beans, 280g 372
drizzled with teriyaki

Seafood Paella (serves two) * 412
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 & Calamari 8 Grilled prawns with lemon butter and deep-fried calamari strips, served with tartar sauce	264
Prawn & Hake 4 Grilled prawns with lemon butter and a 200g fillet of hake grilled with lemon butter, served with tartar sauce	226	Surf & Turf A 250g sirloin steak grilled in BBQ basting, served with deep-fried calamari strips and tartar sauce	264
Sole & Calamari Sole grilled with lemon butter, served with deep-fried calamari strips and tartar sauce	232	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	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
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	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
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		

SPECIALTY SEAFOOD

Grilled with lemon butter

Giant Prawn	per 100g	142
Crayfish	per 100g	142

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	76
Fish fingers served with chips & tartar sauce	
Fish Bites	78
Crispy fish bites served with chips and tartar sauce	
Calamari Strips	78
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	44
Ice cream served with chocolate sauce & sprinkles	
Choc Nut Sundae	56
Ice cream served with chocolate sauce, nuts & sprinkles	

KIDDIES DRINKS

Juice	26
Orange / Pineapple / Cranberry	

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

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.

Franchise Opportunities: franchise@westcoastgroup.co.za • info@ctfm.co.za

FREE      @CTFMSA • www.ctfm.co.za

ORDER ONLINE FROM MR D FOOD OR UBER EATS (ONLY AVAILABLE IN SA).