

CAPE TOWN FISH MARKET



tigô



Mussel pot

STARTERS

Soup of the Day 18,000
Tomato-based fish soup served with bread

Spring Rolls 16,000
4 mini spring rolls, deep-fried and served with soy dipping sauce
vegetable 16,000
chicken 19,000

Calamari Strips 21,000
Deep-fried calamari strips in a savoury salt-and-pepper crust served with tartar sauce

Mussel Pot 29,000
Steamed mussels in a creamy garlic sauce, served with fresh bread

Spicy Chicken Wings 21,000
Pan-fried with a spicy chilli sauce

Octopus 19,000
Pan-fried traditional Greek-style, served with balsamic vinaigrette

Crispy Chilli Tofu (V) 16,000
Pan-fried tofu tossed in a sweet chilli soya sauce

Deep-Fried Chilli Poppers (V) 15,000
4 Deep-fried chilli poppers, filled with cheese and served with sweet chilli sauce

Deep-Fried Squid Heads 18,000
Deep-fried squid tentacles, served with our spicy mayo dressing

BAR BITES

Nachos plain 22,000
Served with sour cream, salsa and guacamole
pulled chicken 28,000

Burger Sliders 28,000
Beef, chicken, and fish sliders, served with chips

BREAD

Cheese & Garlic Bread 15,000
Smothered in cheese and garlic, this starter melts in your mouth

Oysters six 52,000 | twelve 76,000

Classic Oysters
Served on ice with fresh lemon wedges

Baked Oysters
Baked with garlic and parmesan

Prawn Croquettes



Deep-fried Fish Tacos

Tacos

2 soft shell tacos filled with avo guacamole, tomatoes, red onion, coleslaw, carrots, and a sweet mayo dressing

deep-fried fish 20,000
deep-fried prawn 22,000

Prawn Croquettes

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

21,000

Ebi Bites

Tempura shrimp topped with chilli and a spicy mayo dressing

24,000

Ebi Bites



TAPAS



Rice Paper Rolls



Prawn Popcorn

Fish Popcorn

Tempura-battered fish morsels, coated in a spicy mayo dressing

18,000

Prawn Popcorn

Tempura-battered prawn meat, coated in a spicy mayo dressing

23,000

Tuna Carpaccio

Seared tuna, sprinkled with tempura crumbs, topped with chilli and lightly drizzled with a sweet soy dressing

19,000

Rice Paper Rolls

Prawn, avocado, cucumber, carrot and red onion, wrapped in rice paper and served with a soy dipping sauce

21,000

Tuna Ceviche

Marinated tuna with spring onions, coriander, parsley and lime dressing

20,000



Tuna Carpaccio

SIGNATURE SUSHI

Crab Crunch Rolls (5pcs) 22,000

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

Salmon Grenades (3pcs) 24,000

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

Dragon Rolls (5pcs) 28,000

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

Rainbow Rolls Reloaded (5pcs) 28,000

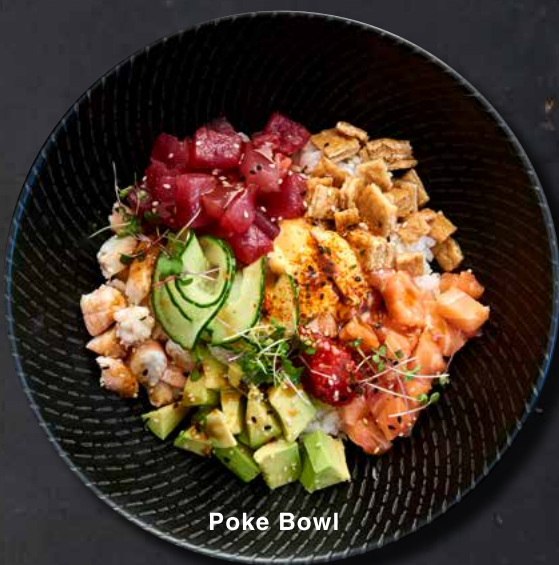
Salmon and avocado rolls wrapped with nori and topped with Japanese mayo, caviar, seven spice, sweet soy sauce, sesame oil, and sesame seeds

Tiger Rolls (5pcs) 28,000

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

Rock Shrimp Tempura Rolls (4pcs) 24,000

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



Poke Bowl

Poke Bowl 43,000

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

Vegan Poke Bowl 34,000

Marinated tofu, soya bean curd, edamame beans, avocado, corn, cucumber, bell peppers, cabbage, sesame seeds, seven spice and rice, served with soya sauce

CLASSIC SUSHI

Inside-out Rolls (4pcs)

Salmon
& avocado

17,000

Prawn
& avocado

16,000

Crabstick, avo
& cucumber

12,000

Smoked
salmon &
cream cheese

16,000

Spicy tuna
& avocado

12,000

Vegetarian
ginger [V]

10,000

Fashion Sandwiches (2pcs)

Salmon & avocado **14,000**

Prawn & avocado **14,000**

Nigiri (2pcs)

Tuna **14,000** Prawn **15,000** Salmon **17,000**

Spicy Prawn Bean curd **18,000** Bean curd **12,000**

Specialities

Wasabi
parcel (3pcs)

16,000

California
tempura prawn
with Philadelphia
cream cheese
(3pcs)

16,000

Rainbow
roll (4pcs)

16,000

Gift-wrapped
salmon (2pcs)

18,000

Makimono (4pcs)

Salmon **14,000** Prawn **12,000** Spicy tuna **12,000**

**Volcano Rolls****3pcs - 14,000 6pcs - 26,000**

Deep-fried shrimp, guacamole, Philadelphia cream cheese, smoked salmon, caviar, sesame seeds and a sweet mayo dressing

**Salads**

Tuna & avocado	16,000
Prawn & avocado	18,000
Crabstick Salad	16,000

**Tuna Crunch Rolls****4pcs - 18,000 8pcs - 31,000**

Tuna and avocado, sprinkled with tempura crumbs, topped with chilli and a sweet soy dressing

Hand Rolls

Prawn & avocado	16,000
Salmon & avocado	16,000

Sashimi (5pcs)

Seared tuna	18,000
Tuna	17,000
Salmon	22,000

Roses (3pcs)

Seared tuna	17,000
Tuna	17,000
Salmon	20,000



SUSHI PLATTERS



Sandy Bay 53,000

5 Seared tuna sashimi
5 Tuna sashimi
5 Salmon sashimi



Roses 45,000

4 Salmon roses
2 Tuna roses
2 Seared tuna roses



4 X 5 45,000

4 Rock shrimp tempura rolls
5 Rainbow rolls reloaded



Walvis Bay 46,000

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



St Helena Bay 86,000

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

SUSHI PLATTERS



Deluxe 73,000

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

Signature 93,000

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



Prawn 55,000

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



Salmon 57,000

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

Greek Salad



SALADS

Greek [v]

Mixed leafy greens, tomatoes, thinly sliced red onions, cucumber, Danish feta, and olives

21,000

Grilled Chicken & Avocado

Grilled chicken, avocado, and tomatoes on a bed of leafy greens garnished with red onion and cucumber

24,000

Smoked Salmon & Avocado

Smoked salmon, avocado, tomatoes, and red onion on a bed of mixed greens, sprinkled with sesame seeds

27,000

Prawn & Avocado

Shelled prawns and avocado on a bed of mixed greens, tomatoes and red onion sprinkled with sesame seeds

28,000

Octopus & Mango

Pan-fried octopus, sliced mango, tomatoes, and mixed leafy greens drizzled with honey mustard dressing

26,000

Seared Tuna

Seared tuna, roasted nuts, boiled egg, grilled vegetables, corn, avocado and carrots on a bed of mixed greens and drizzled with a sweet soya dressing

30,000

ASK YOUR WAITER FOR SALAD DRESSING OPTIONS



Lobster Thermidor

MAINS

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

FISH

Fried Fish & Chips * 200g 32,000

Deep-fried, served with chips and tartar sauce

Catch Of The Day 300g 42,000

Freshly sourced and grilled fillet of fish with lemon butter

Whole Grilled Changu 42,000

Grilled whole fish with lemon butter

Teriyaki Salmon 200g 53,000

An expertly grilled salmon fillet drizzled with Japanese Teriyaki sauce

Seared Tuna 300g 45,000

Freshly sourced tuna fillet, best served seared, with Teriyaki sauce

Sole single 31,000

Expertly grilled with lemon butter

double 55,000

SHELLFISH

Prawns 41,000

12 prawns grilled with your choice of lemon butter or a spicy peri-peri sauce

Lobster Thermidor 78,000

Whole fresh lobster, served the traditional way with prawns in a creamy white sauce and oven-baked

Giant Prawns 78,000

4 jumbo prawns butterflied and grilled with lemon butter

CALAMARI

Calamari 38,000

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

CURRIES, NOODLES & PASTA

Chicken Pasta * 29,000

Grilled chicken strips, mushrooms, peppers, onions, garlic and cream served with penne and parmesan cheese

Seafood Pasta * 32,000

Fish, calamari, and shrimp served in a creamy white sauce with penne and parmesan cheese

Arrabbiata Pasta * 24,000

Penne pasta cooked in a spicy tomato and garlic sauce, served with vegetables and parmesan cheese

Chicken Curry * 32,000

Chicken and fresh vegetables in a traditional curry sauce served with savoury rice

Prawn Curry * 35,000

Prawn meat and fresh vegetables in a coconut curry sauce served with savoury rice

Crab Curry * 36,000

Atlantic whole crab simmered in a coconut curry sauce, and served with steamed rice

Seafood Ramen Noodles * 33,000

Japanese noodle dish with seafood, udon noodles, shitake mushrooms, bok choy and other vegetables

Vegetable Ramen Noodles * 27,000

Japanese noodle dish with udon noodles, shitake mushrooms, bok choy and other vegetables

Executive Platter



PLATTERS

Served with savoury rice and your choice of side

False Bay Platter (for one)

Fillet of fish, 4 grilled prawns, squid and deep-fried calamari strips served with savoury rice and tartar sauce

62,000

Kalk Bay Platter (for two)

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

105,000

Hout Bay Platter

Lobster, 8 grilled prawns, 2 fillets of fish (140g), 4 fish cakes, mussels, deep-fried calamari strips (125g) and Robata baby squid (150g), served with savoury rice and tartar sauce

192,000

Executive Platter

Lobster, 2 giant prawns, 8 grilled prawns, 4 fish fillets (140g), 4 fish cakes, mussels, deep-fried calamari strips (125g) and Robata baby squid served with savoury rice and tartar sauce

265,000

COMBOS

Served with savoury rice and your choice of side

Fish & Calamari

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

46,000

Prawn & Calamari

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

52,000

Sole & Calamari

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

53,000

Calamari Trio

Deep-fried calamari, Robata baby squid and deep-fried squid heads, served with tartar sauce

49,000

Surf & Turf

The best of land and sea. A sirloin steak (200g) and deep-fried calamari strips served with tartar sauce

52,000

Executive Surf & Turf

Sirloin steak (200g), 4 grilled prawns, and deep-fried calamari strips (125g), served with our unique peri-peri sauce

66,000

T-bone Steak



MEAT & POULTRY

Served with your choice of side

Cheddar Melt Chicken Schnitzel
Crumbed chicken fillet breast, served with melted cheese and a creamy mushroom sauce

180g 36,000

Grilled ½ Chicken (Plain or Peri-Peri)
Oven-roasted half chicken in local favourite spices and flavours

36,000

Sirloin Steak
Sirloin steak, basted in CTFM's special BBQ sauce served with onion rings

200g 42,000
300g 56,000

T-bone Steak
T-bone steak, basted in CTFM's special BBQ sauce served with onion rings

500g 78,000

Ribeye Steak
A ribeye steak, basted in CTFM's special BBQ sauce served with onion rings

300g 68,000

Madagascan Pepper Steak
200g tenderloin, smothered with creamy Madagascan pepper sauce

200g 43,000

Tomahawk Steak
A ribeye steak on the bone, basted in CTFM's special BBQ sauce, served with onion rings

600g 86,000

Wagyu Beef
Perfectly tender beef cut, grass and grain fed to ensure a signature marbling

250g 89,000

BURGERS

CTFM Burger *
Served with chips and onion rings

Beef 30,000
Chicken 30,000

Macon, Guacamole & Cheese Burger *
Served with chips and onion rings

36,000



DESSERTS

All desserts served with vanilla flavoured gelato except dishes marked with an (*)



Chocolate Volcano Soft-centred chocolate delight	17,000	Cheesecake Served with a medley of seasonal fruit	18,000
Chocolate Brownie A melt-in-your-mouth chocolate delight	17,000	Crème Brûlée Rich Creamy Vanilla Custard with caramelized sugar	17,000
Tropical Fruit Crumble Duo of luscious mango and passion fruit tart reduction topped with a rich crumble	17,000	Vanilla flavoured Gelato* The original classic, served with hot chocolate sauce	15,000
		Flavoured Gelato*	15,000

Food presentation may differ from photographs.

Foods may contain traces of sesame seeds or nuts. [V] = Vegetarian.

Fish may contain bones and all weights are approximate, uncooked weights. Prices include VAT.

Fish Policy: We are committed to delivering only the freshest seafood available, in accordance with the highest quality, hygiene and sustainability standards as set out by the TFDA. Our fish is caught fresh, daily and sourced locally to support the local market and encourage the growth of the local industry. We are against any form of dynamite fishing. Products that are not available locally, such as salmon, mussels and seasonal products are procured outside of Zanzibar in accordance with international standards.

  @ctfm.zanzibar www.ctfmzanzibar.co.tz