Catch 22
Beachside Grille & Bar
A surf & turf ocean-front dining experience

The Katz family & crew welcomes you to enjoy casual alfresco-inspired dining in a fresh, effortlessly-styled environment, all indicative of coastal living...

Catch 22

Beachside Grille & Bar

SEAFOOD • STEAK • SUSHI

A surf & turf ocean-front dining experience where the seafood & steaks are both so good you're in a 'catch 22' as to which to order. Fortunately for you, here you can have your steak and eat it too!

All your meals are prepared from scratch, with fresh ingredients. Please be patient with our kitchen. Good food takes time!

We will always go out of our way to be accommodating to custom requests, however, do please respect and understand Management's decision when certain requests cannot be met at a certain time.

Please note a 10% service charge will be added to all tables of six or more.

CATCH 22 · BEACHSIDE GRILLE & BAR · EST · CAPE TOWN

OH BUOY! BASKETS
(SERVED UNTIL 5PM)

BEACH BUM BASKET | R115.00
Sesame-crusted fish goujons, deep-fried calamari tubes & squid heads, served with chips & a garlic aioli

POPEYE'S POPPER BASKETS | R85.00
Four prawn poppers* and three chilli poppers, served with chips & a yogurt dipping sauce

BUOY OH BUOY BASKET | R129.00
150g Ribs, two chicken skewers, two beef skewers, deep-fried calamari tubes & squid heads, served with chips & a garlic aioli

BITE ME BASKET | R115.00
Two prawn poppers*, two chilli poppers & chilli crusted calamari, served with chips & a sweet-chilli dipping sauce

**Prawns stuffed with cream cheese & Jalapeno chilli, wrapped in bacon, battered & deep-fried*

SETTING SAIL

FRESH OYSTERS SERVED IN THE HALF SHELL | R20.00 EACH
As nature intended; freshly shucked & served on ice

FRESH EXTRA LARGE OYSTERS SERVED IN THE HALF SHELL | R25.00 EACH
As nature intended; freshly shucked & served on ice

DRUNKEN OYSTERS | R125.00
Six freshly shucked oysters served with a dash of tabasco & a side of vodka

Obviously, if you don't love life, you can't enjoy an oyster!

GARLIC BAGUETTE | R22.00
An mini ciabatta loaf smothered in a garlic & parsley butter

[ADD MOZZARELLA CHEESE FOR AN EXTRA R5]

HULL-LOUMI | R49.00
Char-grilled or deep-fried, served with a sticky sweet-chilli dipping sauce

SPANISH PRAWNS | R85.00
Our take on a traditional Spanish tapas. Eight whole deshelled prawns sauteéd & served in extra-virgin olive oil with oodles of fresh garlic & chilli, accompanied by *tostas* to soak up every drop!

STUFFED 'SHROOM | R55.00
Grilled brown mushroom filled with creamed spinach & feta, overbaked with mozzarella cheese

GRATINEED PRAWNS | R69.00
De-shelled prawns served in a garlic cream sauce & overbaked with mozzarella cheese

FRIED SQUID HEADS | R82.00
A 200g portion of squid heads, deep-fried & served with a garlic aioli dipping sauce

SEARED BEEF STACK | R79.00
Medallions of pan-fried Chalmer beef layered with fresh rocket, grilled red onion & parmesan shavings, drizzled with a balsamic vinaigrette

SALDANHA BAY MUSSELS | R58.00
Fresh black mussels, steamed open & drenched in a creamy garlic & white wine sauce

PRAWN TO BE WILD | R79.00
Our take on a retro ritz! De-shelled prawns tossed with micro & fancy lettuce leaves, atop an avocado* mousse, drizzled with a Marie Rose sauce **avocado may be seasonally unavailable*

CHILLI POPPERS | R49.00
Cheesy stuffed Jalapeno chillies, battered & deep-fried, served with a yogurt dipping sauce

NORWEGIAN SALMON CARPACCIO | R65.00
Fresh, thinly-sliced, raw Norwegian salmon drizzled with a tomato vinaigrette

GRATINEED SNAILS | R49.00
Snails served in a garlic cream sauce & overbaked with mozzarella cheese

CHILLI CRUSTED CALAMARI | R69.00
Patagonian calamari tubes coated in a chilli crust, deep-fried & served with a spicy peanut satay sauce

SESAME-CRUSTED FISH GOUJONS | R49.00
Fish strips deep-fried in a sesame crust, served with a garlic aioli

BALMY CHICKEN LIVERS | R49.00
Pan-fried chicken livers in a balsamic cream sauce, served with bread to soak up every drop!

SALAD DAZE

ALL OUR SALADS ARE SPLASHED WITH OUR SIGNATURE DRESSING

THE GREEK
Salad greens topped with cucumber, cherry tomatoes, julienne carrots, green pepper, onion, feta & olives, splashes with our signature dressing

REGULAR	R60.00
LARGE	R75.00

CAPTAIN ROQUEFORT
Salad greens topped with crumbled Roquefort cheese, cucumber, cherry tomatoes, julienne carrots, green pepper, onion, feta & olives, & served with a creamy Roquefort dressing

REGULAR	R60.00
LARGE	R75.00

THE SAILOR MAN'S SALAD | R69.00
Spinach leaves topped with bacon bits, crisp croutons, cherry tomatoes, parmesan shavings & grated egg, drizzled with our signature dressing

TUNE-A-FISH SALAD | R95.00 *WHEN AVAILABLE*
Fresh seared escalopes of tuna seasoned with Chinese seven-spice atop a bed of micro salad greens & rocket, decked with a soft poached egg & a drizzle of honey, lime & ginger vinaigrette

PRETTY POLLY | R75.00
Grilled chicken & Halloumi served atop a selection of salad greens, cucumber, cherry tomatoes, julienne carrots, peppadews & onions, splashed with our signature vinaigrette

SGT PEPPER | R79.00
Pepper-crusted steak strips served on a bed of salad greens, cucumber, cherry tomatoes, julienne carrots & peppadews, topped with crispy Vermicelli noodles & served with a creamy yogurt dressing

CALYPSO'S CATCH | R119.00
A garden salad topped with a sensational seafood selection of prawns, mussels, fish, calamari tubes & squid heads, served with a Marie Rose sauce.

ON A ROLL

ALL BURGERS ARE SERVED WITH CHIPS & ONION RINGS

SWASHBUCKLER CHICKEN BURGER | R79.00
200g Grilled chicken breast decked with halloumi cheese, avo & peppadews atop a seeded bun

BUCCANEER BEEF BURGER | R79.00
200g Pure beef patty decked with bacon, cheddar cheese & a chutney mayo atop a seeded bun

BIG BLUE | R89.00
200g Pure beef patty decked with bacon, avo & blue cheese sauce, dressed with fresh rocket atop a seeded bun

THE STOWAWAY | R95.00
A 150g Gourmet steak sandwich. Sirloin steak basted in a mustard butter, sitting atop a toasted Ciabatta, dressed with rocket

THE SPICE ROUTE

SEAS THE DAY SEAFOOD CURRY | R165.00
A seaductively mild Indian seafood curry of fish, prawns, calamari & mussels, served with basmati rice & a poppadom

KINGKLIP CINGALAISE | R179.00
Scallops of fresh Kingklip & julienne veg in a mild curry & lychee sauce, served with basmati rice

BENGAL BAY CURRY | R109.00
Land and sea meet in this mild Indian chicken & prawn curry, served with basmati rice & a poppadom.

COCONUT CURRY MUSSELS | R105.00
Fresh West Coast Mussels bathed in a mild curry & coconut cream sauce infused with ginger & lemon-grass, served with bread to ensure you soak up every drop!

OFF THE HOOK

SERVED WITH CHOICE OF RICE, CHIPS, BAKED POTATO, VEG OR SALAD UNLESS SIDE IS OTHERWISE LISTED

CATCH OF THE DAY | R145.00
What's fresh; hooked, cooked & served au natural

KINGKLIP | R165.00
Fresh; gilled, grilled & served au natural

KINGKLIP WITH SHRIMP & BRANDY SAUCE | R185.00
Fresh Kingklip bathed in a creamy shrimp & brandy sauce

WE PRIDE OURSELVES ON ONLY SERVING FRESH FISH!

IF WE ARE UNABLE TO SOURCE FRESH FISH, SOME DISHES MAY BE TEMPORARILY UNAVAILABLE

WICKED TUNA | SQ *WHEN AVAILABLE*
Fresh seared tuna, decked with a fresh fennel salad & served on a bed of mash

FISH & SHIPS | R75.00
Fresh hake fillet, grilled or fried in a beer-batter, served with chips & tartar sauce

SEAFARER'S SOLE | SQ *WHEN AVAILABLE*
Sole served grilled in the traditional manner

PATAGONIAN CALAMARI | R129.00
Calamari tubes served grilled, fried or cajun & served with tartar sauce

CHILLI CRUSTED CALAMARI | R149.00
Patagonian calamari tubes coated in a chilli crust, deep-fried & served with a spicy peanut satay sauce

March to your own tuna

SHELLFISH INDULGENCE

SERVED WITH CHOICE OF RICE, CHIPS, BAKED POTATO, VEG OR SALAD UNLESS SIDE IS OTHERWISE LISTED

THE SAILOR'S DOZEN | R129.00
Twelve medium prawns, closed or butterflied, grilled & served with a choice of either Lemon Butter, Garlic Butter or Peri Peri Sauce

THE FLEET | R175.00
Eighteen medium prawns, closed or butterflied, grilled & served with a choice of either Lemon Butter, Garlic Butter or Peri Peri sauce

SAUCY PRAWNS | R135.00
Twelve medium prawns grilled & drowning in a delectably spicy garlic & lemon butter sauce

COCONUT BAY PRAWNS | R135.00
Twelve de-shelled medium prawns coated in a coconut crust, accompanied by a Pina Colada dipping sauce

MAPUTO PRAWNS | R135.00
Inspired by Mozambican tradition, twelve medium prawns are marinated & grilled in a piri-piri sauce

PRAWN POPPERS | R139.00
Ten de-shelled medium prawns stuffed with cream cheese & Jalapeno chilli, wrapped in bacon, battered & deep-fried, served with a sticky sweet-chilli sauce

THE QUEEN'S FLEET | R175.00
Ten queen prawns, butterflied, grilled & served with a choice of either Lemon Butter, Garlic Butter or Peri Peri sauce

THE KING'S FLEET | R235.00
Six king prawns, butterflied, grilled & served with a choice of either Lemon Butter, Garlic Butter or Peri Peri sauce

LANDLUBBERS AFFAIR

SERVED WITH ONION RINGS & CHOICE OF RICE, CHIPS, BAKED POTATO, VEG OR SALAD UNLESS SIDE IS OTHERWISE LISTED

STEAK
Our steaks are Chalmer Beef, matured for a minimum of 28 days, coated in our signature basting & grilled to Captain's orders!

RUMP

200g: R120.00
300g: R155.00
400g: R185.00

SIRLOIN

200g: R120.00
300g: R155.00
400g: R185.00

FILLET

250g: R165.00
HAVE YOUR FILLET PEPPER-CRUSTED & FLAMBEÉD IN BRANDY FOR AN EXTRA R20.00

LAMB CHOPS DIABLO | R145.00
300g Flame-grilled lamb chops overbaked with a trio of mustard crust, served with sautéed potatoes & seasonal greens

MADAGASCAN FILLET ON THE BONE | R195.00
A 300g fillet on the bone, bathed in a Madagascan green peppercorn sauce, served with sautéed potatoes & seasonal greens

ON THE LAMB | R135.00
250g Lamb Rump splashed with a minted jus, served with sautéed potatoes & seasonal greens

FILLET L'ATTITUDE | R185.00
250g Fillet decked with with pan-fried chicken livers in a creamy Marsala sauce

FILLET GR'ATTITUDE | R185.00
250g Fillet decked with four de-shelled prawns, bathed in a garlic cream sauce & overbaked with mozzarella cheese

RUDDY GOOD RIBS | R149.00
500g Pork belly ribs, coated in a sweet barbeque basting & flame-grilled

T-BUOY | R165.00
500g T-Bone steak, coated in our signature basting & flame-grilled

PARMESAN CRUSTED CHICKEN BREAST | R89.00
Chicken breast coated in a parmesan crust & pan-fried, finished with a splash herb cream sauce, served with your choice of rice, chips, baked potato, veg or salad

CHICKEN NEWBURG | R89.00
Pan-fried chicken breast bathed in a sherry & mushroom cream sauce served with your choice of rice, chips, baked potato, veg or salad

And so we meat again...

CATCH COMBOS
SERVED WITH CHOICE OF RICE, CHIPS, BAKED POTATO, VEG OR SALAD

BEACH BUOY | R139.00
Your choice of six prawns or tender calamari tubes beached alongside a 150g sirloin steak

THE A-FISHY-NADO | R119.00
Hake & tender calamari tubes, served with tartar sauce

LOVER BUOY | R119.00
Mussels drenched in a creamy garlic & white wine sauce, hugging the curves of a 150g sirloin steak

O-FISH-SHELL | R119.00
Hake& six prawns, served with tartar sauce

PLAY BUOY | R129.00
Be teased by a combo of mouth-watering ribs and a choice of either six prawns or tender calamari tubes

SO-SHELL-LITE | R125.00
Six prawns just hanging out with tender calamari tubes; served with tartar sauce

PLAIN SAILING PLATTERS

SERVED WITH CHOICE OF RICE, CHIPS, BAKED POTATO , VEG OR SALAD

PRAWN STAR PLATTER | R279.00
Two king prawns, six queen prawns & twelve medium prawns served with a trio of Lemon Butter, Garlic Butter & Peri Peri sauce

SOLO VOYAGE | R165.00
Six medium prawns, hake, calamari & mussels served with a choice of either Lemon Butter, Garlic Butter or Peri Peri sauce

THE SOLEMATE PLATTER | R259.00
Twelve medium prawns, hake, calamari, squid heads & mussels served with a choice of either Lemon Butter, Garlic Butter or Peri Peri sauce

CARIBBEAN COWBOY | R215.00
150g Rump steak, six medium prawns, hake, calamari & mussels served with a choice of either Lemon Butter, Garlic Butter or Peri Peri sauce

ISLAND STYLE PLATTER (VEGETARIAN) | R115.00
Grilled brown mushroom filled with creamed spinach & feta overbaked with Mozzarella cheese, Halloumi cheese grilled or fried, baked potato, veg of the day & a side salad

SHELLFISH SEADUCTION PLATTER | R479.00
Three langoustines, three king prawns, six queen prawns and twelve medium prawns served with a trio of Lemon Butter, Garlic Butter & Peri Peri sauce

[EXTRA CRAYFISH WHEN AVAILABLE | SQ]

SAUCES

TARTAR SAUCE	R12.00
LEMON BUTTER	R20.00
GARLIC BUTTER	R20.00
PERI PERI	R20.00
MAPUTO SAUCE	R26.00
MUSHROOM SAUCE	R26.00
CREAMY GARLIC SAUCE	R26.00
PEPPER SAUCE	R26.00
CHEESE SAUCE	R26.00
HONEY & MUSTARD SAUCE	R26.00

SIDES

SALAD	R25.00
EXTRA FETA & OLIVES	R15.00
VEGETABLES	R25.00
POTATO CHIPS	R20.00
BEER-BATTERED ONION RINGS	R20.00
RICE	R15.00
BAKED POTATO	R17.00

DECKADENT DELIGHTS

THE ICE-BREAKER | R39.00
Vanilla ice-cream ready to melt beneath a layer of our homemade hot chocolate sauce

HAWAIIAN MUDSLIDE | R54.00
A deckadent chocolate cake casing that, once broken, oozes molten chocolate lava, served with vanilla ice cream

TROPICAL TEEZE | R54.00
Tease your taste-buds with a refreshingly cool trio of sorbet drizzled with a berry coulis

BEACHED BLOND | R49.00
A rich & creamy custard base topped with a crunchy layer of perfectly tanned caramel

KISS & RUM | R54.00
Stay for dessert...even if you just Kiss & Rum! Deep-fried ice-cream served atop a flambéed pineapple ring & drenched in a caramel rum butter

NAUTI BRUNETTE | R54.00
A rich dark chocolate brownie dripping with an Amaretto-infused hot chocolate sauce, served with vanilla ice-cream

A selection of after-dinner coffees and apperatives are available from the bar

We'll understand if you have to Kiss & Rum...

SUSHI SEADUCTION

SUSHI SERVED FROM 12:00 - 15:00 & 17:00 - 22:00

MAKI
WRAPPED IN NORI

8 PIECE

Cucumber, Avo, Crab	R34.00
Prawn	R40.00
Salmon, Tuna*, Smoked Salmon	R45.00

CALIFORNIA ROLL
INSIDE-OUT ROLL

4 PIECE

Vegetarian, Crab	R34.00
Prawn	R38.00
Salmon, Tuna*, Smoked Salmon	R42.00
Smoked Salmon & Cream Cheese	R45.00

8 PIECE

Vegetarian, Crab	R56.00
Prawn	R62.00
Salmon, Tuna*, Smoked Salmon	R68.00
Smoked Salmon & Cream Cheese	R74.00

FASHION SANDWICH
INSIDE-OUT STYLE RICE SANDWICH

4 PIECE

Vegetarian, Crab	R36.00
Prawn	R40.00
Salmon, Tuna*, Smoked Salmon	R44.00
Smoked Salmon & Cream Cheese	R47.00

8 PIECE

Vegetarian, Crab	R58,00
Prawn	R64.00
Salmon, Tuna*, Smoked Salmon	R70.00
Smoked Salmon & Cream Cheese	R76.00

BAMBOO ROLL
WRAPPED IN CUCUMBER

4 PIECE

Crab	R40.00
Prawn	R45.00
Salmon	R48.00
Smoked Salmon & Cream Cheese	R50.00

INARI
WRAPPED IN BEAN-CURD

2 PIECE

Rice (V)	R28.00
Spicy Prawn	R40.00
Spicy Salmon	R42.00
Spicy Tuna*	R42.00

HAND ROLL
WRAPPED IN A NORI CONE

1 PIECE

Vegetarian	R35.00
Crab	R38.00
Spicy Prawn	R42.00
Salmon, Tuna*	R44.00
Spicy Salmon, Spicy Tuna*	R45.00

SASHIMI
FINGERS OF FRESH RAW FISH & SEAFOOD

3 PIECE

Salmon, Tuna*	R58.00
Seared Salmon, Seared Tuna	R62.00
Smoked Salmon	R58.00

NIGIRI
RICE DECKED WITH FRESH RAW FISH & SEAFOOD

2 PIECE

Crabstick	R30.00
Prawn	R38.00
Salmon, Tuna*	R45.00
Smoked Salmon	R45.00

This is how we roll!

SPECIALITY ROLLS

SALMON ROSES | 4 PC | R59.00
Ribbons of fresh Norwegian salmon rolled around a small ball of rice & avo, decked with sushi mayo & caviar

TIGER ROLL | 4 PC | R44.00
Spicy prawn inside-out roll wrapped in prawn & avo with a drizzle of sushi mayo

WASABI PARCELS | 4 PC | R52.00
Fresh Norwegian salmon & wasabi sandwiched between layers of rice & nori

KEY WEST FUTOMAKI | 4 PC | R62.00
Smoked salmon, crab & avo rolled with rice & nori

PRAWN TEMPURA ROLL | 4 PC | R45.00
Tempura prawn rolled inside-out style with a dollop of sweet-chilli sauce

SALMON RAINBOW ROLL
Salmon & avo inside-out roll wrapped in slivers of salmon & avo

4 Piece	R46.00
8 Piece	R82.00

TUNA RAINBOW ROLL **WHEN AVAILABLE**
Tuna* & avo inside-out roll wrapped in slivers of tuna & avo

4 Piece	R46.00
8 Piece	R82.00

PALM TREE ROLL | 4 PC | R46.00
Fresh Norwegian salmon & prawn inside-out roll coated in Chinese seven spice

PLATES & PLATTERS

CRABSTICK & AVO SALAD | R55.00

PRAWN & AVO SALAD | R65.00

PRAWN TEMPURA | 3 PC | R36.00
Served with sweet-chilli dipping sauce

READY TO ROLL PLATTER | 20 PC | R135.00
Selection of salmon, tuna*, avo & crab rolls

SEIZE THE BAY PLATTER | 13 PC | R160.00
A selection of salmon sushi - 4pc california, 3pc sashimi, 2pc nigiri & 4pc maki

VEGGING OUT PLATTER | 15 PC | R109.00
Vegetarian selection of maki, california rolls, fashion sandwiches & a hand roll

NIGIRI PLATTER | 7 PC | R125.00
Selection of prawn, tuna*, whitefish & salmon nigiri

SASHIMI PLATTER | 10 PC | R155.00
Selection of tuna*, whitefish, prawn & salmon sashimi

CATCH MY DRIFT PLATTER | 19 PC | R220.00
4pc Salmon maki, 4pc whitefish maki, 3 pc salmon sashimi, 3pc tuna* sashimi, 3pc whitefish sashimi, 1pc salmon nigiri & 1 pc tuna* nigiri

TREASURE TROVE PLATTER | 20 PC | R210.00
2pc Salmon nigiri, 2 pc prawn nigiri, 2 pc whitefish nigiri, 2 pc smoked salmon nigiri, 4pc Key West roll & 8pc salmon maki

**Tuna only when fresh is available*

SUSHI SERVED FROM
12:00 - 15:00 & 17:00 - 22:00

MANAGEMENT & THE CATCH CREW ARE ALWAYS ALL-HANDS-ON-DECK. PLEASE DO BRING ANY FEEDBACK (FIN-TASTIC OR OTHERWISE), QUERIES OR CONCERNS TO OUR ATTENTION, SO THAT WE MAY ASSIST YOU TO THE BEST OF OUR ABILITY.

We hope to sea you again soon!

DON'T LET THE EXPERIENCE END HERE!

CATCH US ON SOCIAL MEDIA

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