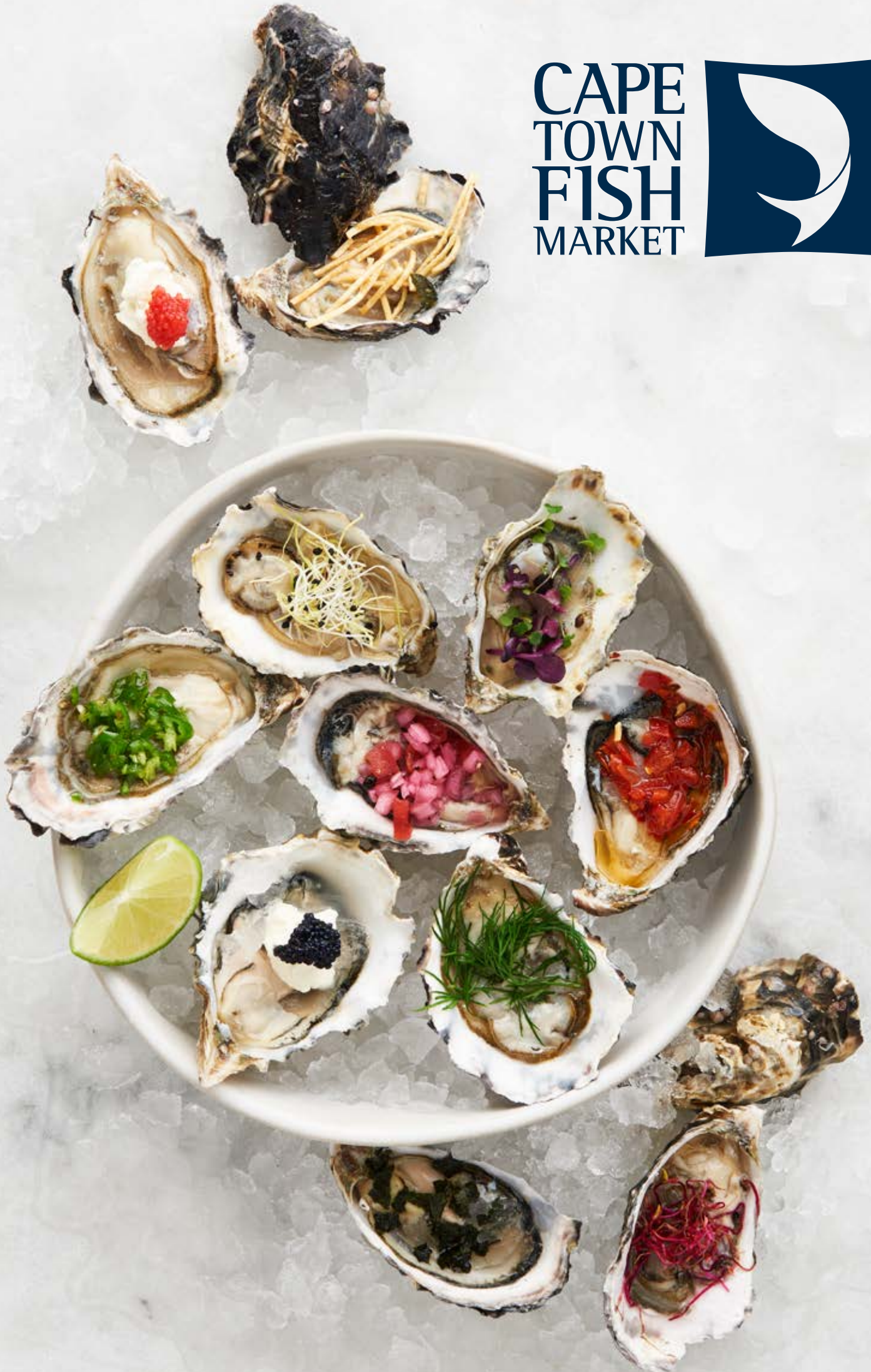


CAPE
TOWN
FISH
MARKET





Mussels

STARTERS

Calamari Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce	52
Snoek Samosas 4 mini snoek samosas, served with mango chutney	56
Fish Cakes A combination of salmon, kingklip, hake and potato, deep-fried and served with tartar sauce	58
Prawn Spring Rolls 4 mini spring rolls deep-fried and served with soy dipping sauce	62
Tempura Prawns 3 light & crispy prawns deep-fried in our secret batter, served with sweet chilli sauce	64
Squid Heads Deep-fried squid tentacles, served with our spicy mayo dressing	68
Robata Baby Squid Baby squid tubes and tentacles, grilled in our secret Robata sauce	70

Mussels Steamed West Coast mussels in a creamy garlic sauce	300g 74 900g 160
Seafood Plank Salt-and-pepper-crust calamar, tempura prawns and mini snoek samosas, served with tartar sauce, soy dipping sauce and mango chutney	102

Oysters A classic seafood starter, served on ice with traditional mignonette sauce and fresh lemon wedges	four 108 eight 208
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BREADS

Bread Served with savoury butter infused with sun-dried tomatoes and basil pesto	40
Cheese & Garlic Bread Served with savoury butter infused with sun-dried tomatoes and basil pesto	50

TAPAS



Tuna Ceviche



Salmon Poppers

Croquettes

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

prawn 54
lamb 66

Salmon Poppers

Deep-fried chilli poppers filled with salmon and cream cheese, served with a sweet chilli sauce

68

Tuna Ceviche

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

70

Teppanyaki Salmon

Grilled in a sweet soy butter sauce

85

Tacos

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

seared tuna 98
deep-fried prawn 104



Prawn Croquettes



Lamb Croquettes



Seared Tuna Tacos



Teppanyaki Salmon

TAPAS



Ebi Bites



Mussel Bake



Poke Bowl

Mussel Bake

62

Mussels baked in a tomato and basil sauce, topped with herbs

Kataifi Bites

68

Smoked salmon & Philadelphia cream cheese rolls deep-fried in kataifi pastry, topped with caviar and served with our spicy mayo dressing

Ebi Bites

84

Tempura shrimp topped with chilli and a spicy mayo dressing

Poke Bowl

112

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

Giant Prawn

175

Grilled and served with curry sauce



Kataifi Bites



Giant Prawn

TAPAS



Grilled Oysters



Crispy Tuna Bites



Beef Ribs

Crispy Tuna Bites

Crispy rice cubes topped with tuna, avocado and spicy mayo, drizzled with a sweet soy dressing

54

Rice Paper Rolls

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

76

Tuna Carpaccio

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

76

Beef Ribs

Grilled beef ribs, basted in CTFM's special BBQ sauce

94

Grilled Oysters

Oysters topped with basil pesto butter three 96 six 165



Rice Paper Rolls

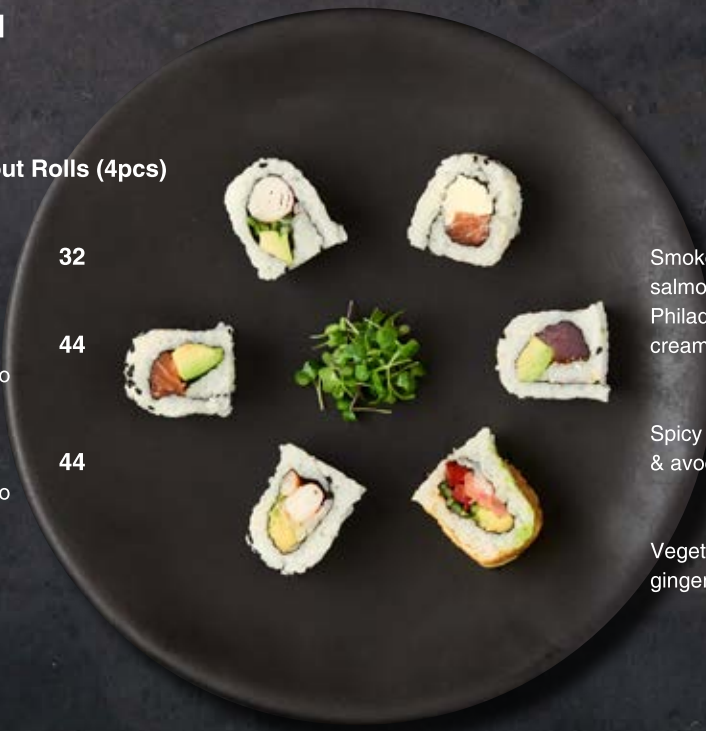


Tuna Carpaccio

SUSHI

Inside-out Rolls (4pcs)

- California 32
- Salmon & avocado 44
- Prawn & avocado 44



- Smoked salmon & Philadelphia cream cheese 44
- Spicy tuna & avocado 44
- Vegetarian ginger [V] 32

Fashion Sandwiches (2pcs)

- Salmon & avocado 44
- Prawn & avocado 44



Nigiri (2pcs)

- Tuna 34
- Prawn 36
- Bean curd [V] 34
- Salmon 36



Roses (3pcs)

- Seared tuna 59
- Tuna 59
- Salmon 59



Makimono (4pcs)

- Salmon 34
- Prawn 34
- Spicy tuna 34



Hand Rolls

- Prawn & avocado 46
- Salmon & avocado 46

Sashimi (5pcs)

- Seared tuna 59
- Tuna 59
- Salmon 59

SUSHI



Volcano Rolls

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

3pcs
70

6pcs
140

Specialities

Wasabi parcel (3pcs) **56**

Spicy prawn with bean curd (2pcs) **40**

California, crab salad & avocado (4pcs) **40**



Rainbow roll (4pcs) **46**

Gift-wrapped salmon (2pcs) **56**

California prawn tempura with Philadelphia cream cheese (3pcs) **46**

Salads

Prawn & avocado **52**

Tuna & avocado **40**

Crabstick **36**



Tempura-fried sushi (4pcs) **40**

Tempura-fried chilli poppers [V] (4pcs) **32**

Spicy shrimp roll with Philadelphia cream cheese (3pcs) **60**

Deep-fried sweet chilli fish **40**

Tuna Crunch Rolls

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

4pcs
58

8pcs
116



Prawn & Mango Rolls

Prawn sushi dressed in avocado and mango, topped with caviar and our spicy mayo dressing

4pcs
70

8pcs
140

SUSHI PLATTERS



Grotto Bay 108
 2 Prawn fashion sandwiches
 2 Salmon roses
 4 Salmon & avocado inside-out rolls



Sandy Bay 177
 5 Seared tuna sashimi
 5 Tuna sashimi
 5 Salmon sashimi



St Helena Bay 282
 2 Salmon fashion sandwiches
 2 Prawn fashion sandwiches
 6 Salmon roses
 4 Spicy tuna & avocado inside-out rolls
 4 California rolls



Camps Bay 113
 3 Spicy shrimp rolls with
 Philadelphia cream cheese
 2 Salmon roses
 2 Rainbow rolls

Saldanha Bay 237

- 2 Rainbow rolls
- 3 Salmon roses
- 4 Tuna crunch rolls
- 3 Crispy tuna bites
- 4 Prawn & mango rolls



SUSHI PLATTERS




Roses 158

- 4 Salmon roses
- 2 Tuna roses
- 2 Seared tuna roses

Signature 240

- 2 Ebi bites
- 3 Tuna carpaccio
- 4 Tuna crunch rolls
- 4 Rice paper rolls
- 3 Kataifi bites





Prawn & Avocado Salad

SALADS

Greek [v] 68
Mixed leafy greens, cherry tomatoes, thinly-sliced red onions, cucumber, Danish feta and olives

Beetroot & Butternut [v] 68
Mixed leafy greens, roasted butternut, beetroot and Danish feta

Grilled Chicken Salad 78
Grilled chicken, avocado and cherry tomatoes on a bed of leafy greens, garnished with red onion and cucumber

Smoked Salmon & Avocado 108
Smoked salmon and avocado on a bed of mixed greens, cherry tomatoes, peppers and red onion, sprinkled with sesame seeds

Prawn & Avocado 116
Shelled prawns and avocado on a bed of mixed greens, cherry tomatoes, peppers and red onion, sprinkled with sesame seeds

ASK YOUR WAITER FOR SALAD DRESSING OPTIONS

Kingklip



MAINS

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

BURGERS

	Beef	Chicken	Fish
CTFM Burger *			
Served with chips and onion rings	92	86	86

FISH

Fish & Chips *	200g	78
The South African classic in CTFM style. Grilled or deep-fried, served with chips and tartar sauce	280g	110

Fish Cakes *		94
A combination of salmon, kingklip, hake and potato, deep-fried and served with tartar sauce		

Kingklip	180g	130
Fresh kingklip expertly grilled in a lemon butter sauce, served with a tomato & onion concasse	280g	178

Stacked Hake	280g	144
Grilled hake with prawn meat, feta, olives and spinach, stacked together in a circular mould		

Teriyaki Salmon	180g	180
An expertly seared salmon steak drizzled with Japanese Teriyaki sauce	280g	230

SHELLFISH

Crayfish	(per 100g)	94
Expertly grilled with lemon butter		

Stir-fry Prawn Noodles *		108
Prawn meat, noodles, mixed peppers, carrots, onions and mushrooms cooked in our sweet teppanyaki sauce		

Prawns		164
8 medium-sized prawns grilled with your choice of lemon butter or a spicy peri-peri sauce		

CALAMARI & SQUID

Calamari	98
Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce	

Robata Baby Squid	134
Baby squid tubes and tentacles, grilled in our secret Robata sauce	

CURRIES, POTJIES & PAELLA

Chicken Curry *	96
Chicken and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice	

West Coast Potjie *	98
Fish, mussels, calamari and vegetables in a creamy garlic sauce, served in a traditional pot with a separate portion of savoury rice	

Fish Curry *	98
Fish and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice	

Seafood Paella *	112
Fish, prawn meat, mussels, calamari, squid, chicken and rice in a spicy tomato-based sauce	

East Coast Potjie *	112
Fish, prawn meat, mussels, calamari and vegetables in a tomato-based sauce, served in a traditional pot with a separate portion of savoury rice	

Prawn Curry *	122
Prawn meat and fresh vegetables in a coconut curry sauce, served with savoury rice	

Surf & Turf



COMBOS

Served with savoury rice and your choice of side

Hake & Calamari

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

120

Calamari Trio

A calamari-lover's delight. Deep-fried calamari, robata baby squid and deep-fried squid heads, served with tartar sauce

144

Surf & Turf

The best of land and sea. A sirloin steak and deep-fried calamari strips, served with tartar sauce

144

Prawn & Calamari

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

198

SUBSTITUTE FRIED CALAMARI FOR SQUID HEADS

22

SUBSTITUTE FRIED CALAMARI FOR GRILLED BABY SQUID

30

UPGRADE ANY PLATTER WITH 2X PRAWNS

36



**Executive Platter
without crayfish 798
add crayfish
(per 100g) 94**

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

132

False Bay Platter (for one)

Fillet of hake, creamy garlic mussels and deep-fried calamari strips, served with savoury rice and tartar sauce

162

Granger Bay Platter (for two)

2 fillets of hake and 2 fish cakes with creamy garlic mussels and deep-fried calamari strips, served with savoury rice and tartar sauce

276

Kalk Bay Platter (for two)

2 fillets of hake and 8 grilled prawns with creamy garlic mussels and calamari strips, served with savoury rice and tartar sauce

326

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

430

Executive Platter (without crayfish)

The ultimate seafood platter. Enjoy a giant tiger prawn, 8 grilled prawns, 2 langoustines, 2 fillets of kingklip, 2 fish cakes, Robata baby squid, deep-fried calamari strips and creamy garlic mussels, served with savoury rice, tartar sauce and your choice of side

798

Add crayfish

(per 100g) 94

(Subject to availability)

Beef Ribs



MEAT & POULTRY

Served with your choice of side

Stacked Chicken 124

On a bed of potato, mushrooms and baby spinach, with a tomato basil sauce

Sirloin Steak 200g 128 300g 156

A sirloin steak, basted in CTFM's special BBQ sauce, served with onion rings

Beef Ribs 600g 188 900g 258

Grilled beef ribs, basted in CTFM's special BBQ sauce, served with onion rings

Lamb Shank 188

A traditional lamb shank, slow-roasted in a herb-infused BBQ jus

SIDES

Chips 22

Savoury rice 26

Onion rings 26

Green salad 28

Vegetables 28

Potato wedges 28

Mash 28

Wilted spinach 30

SAUCES

Tartar 16

Lemon butter 16

Garlic butter 16

Cheese 22

Pepper 22

Peri-Peri 22

Panna Cotta



DESSERTS

Served with seasonal fruit, cream or ice cream

Ice Cream

The original classic, served with hot chocolate sauce

Deep-fried Oreos

Served with ice cream and chocolate sauce

Choc Nut Ice Cream Sundae

Served with chocolate sauce

Chocolate Brownie

A melt-in-your-mouth chocolate delight

Strawberry Cheesecake

Served with a medley of seasonal fruit

Panna Cotta

A traditional Italian dessert of sweetened cream in a caramel sauce

Lime & Rosewater Cheesecake

Served with a medley of seasonal fruit

38

40

48

54

54

54

56

Sticky Toffee

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

56

Mississippi Mud Pie

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

60

DOM PEDROS & IRISH COFFEES

Peppermint, Amarula

40

Kahlua, Amaretto, KWV 5 Year Old

42


Jameson

48

SODA FLOATS

Coca-Cola, Crème Soda, Fanta Orange

32



Stir-fry Prawn Noodles

BRANCHES ACCROSS SOUTH AFRICA

Clock Tower
V&A Waterfront
021 418 5977

Canal Walk
Century City
021 555 1950

GrandWest
Goodwood
021 535 3110

Seaside Village
Bloubergstrand
021 554 5962

Steenberg Village
Tokai
021 702 0965

The Sanctuary
Somerset West
021 492 3922

Tyger Valley
Bellville
021 914 9151

Gateway Theatre of
Shopping, Umhlanga
031 566 4432

Northridge Mall
Bloemfontein
051 433 1894

Parkview Centre
Pretoria
012 998 0070

Waterfall Mall
Rustenburg
014 537 3663

Customer Care Line: 083 400 2005 • Franchise Enquiries: 082 801 2894 • info@ctfm.co.za

FREE      @CTFMSA • www.ctfm.co.za

ASK YOUR WAITER FOR OUR SET MENUS. ORDER ONLINE FROM ORDERIN OR MR D FOOD.

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.

Fish Policy: We are committed to delivering only the freshest seafood, which is sourced according to the highest quality and sustainability standards.

Fish: All our grilled and fried fish is always fresh, never frozen. **Oysters:** Always fresh, never frozen. **Mussels & Crayfish:** Always fresh, but when unavailable, may be substituted with frozen. **Sushi bar:** Norwegian Salmon is always fresh, never frozen. Tuna is either fresh or frozen (check in store).

Other Seafood: Prawns, calamari and squid are optimally sea or land frozen, according to international standards.