

CAPE  
TOWN  
FISH  
MARKET



## PONGRÁ CZ & OYSTERS

12 Oysters and a bottle of Pongrácz 520

FOR FRANCHISE OPPORTUNITIES, CONTACT US AT [FRANCHISE@CTFM.CO.ZA](mailto:FRANCHISE@CTFM.CO.ZA)



Mussels

## STARTERS

### Cheese & Garlic Bread

Smothered in cheese and garlic

40

### Chilli Poppers [V]

4 tempura-fried chilli poppers filled with cheese and served with sweet chilli sauce

66

### Calamari

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

68

### Fish Cakes

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

68

### Prawn Spring Rolls

3 spring rolls, deep-fried and served with sweet chilli sauce

76

### Tempura Prawns

3 light & crispy prawns, deep-fried in our batter and served with sweet chilli sauce

78

### Mussels

Steamed West Coast mussels in a creamy garlic sauce

84

### Robata Baby Squid

Baby squid tubes and tentacles, grilled in our Robata sauce

92

### Oysters

A classic seafood starter served on ice with fresh lemon wedges

four 130  
eight 260

### Pongrácz & Oysters

12 oysters and a bottle of Pongrácz

520

**Prawn Croquettes**



**Croquettes**

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

prawn 78  
lamb 90

**Prawn Popcorn**

Deep-fried tempura prawn meat coated in a spicy mayo

90

**Prawn Popcorn**



**Prawn Tacos**

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

108

**Beef Ribs**

Grilled beef ribs basted in CTFM's BBQ sauce

300g 136



**Prawn Tacos**

**TAPAS**

**Lamb Croquettes**



**Beef Ribs**

## CLASSIC SUSHI



### Roses (3pcs)

Tuna	68
Seared tuna	70
Salmon	72

### Hand Rolls

Prawn & avocado	58
Salmon & avocado	58

### Sashimi (5pcs)

Tuna	72
Seared tuna	74
Salmon	76



### Salads

Crabstick	52
Tuna & avocado	64
Prawn & avocado	78



### Nigiri (2pcs)

Tuna	42
Prawn	44
Bean curd [V]	42
Salmon	44

### Inside-out Rolls (4pcs)

California	42
Spicy tuna & avocado	54
Vegetarian ginger [V]	42
Prawn & avocado	54
Salmon & avocado	56
Rainbow rolls	58
Smoked salmon &	56
Philadelphia cream cheese	



### Makimono (4pcs)

Spicy tuna	40
Prawn	42
Salmon	42



### Fashion Sandwiches (2pcs)

Salmon & avocado	58
Prawn & avocado	58
Wasabi parcel	68

### Tempura-Fried Rolls (4pcs)

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



## SIGNATURE SUSHI & POKE BOWLS

### Crab Crunch Rolls (5pcs) 60

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

### Salmon Grenades (3pcs) 84

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

### Dragon Rolls (5pcs) 68

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

### Rainbow Rolls Reloaded (5pcs) 66

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) 66

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

### Rock Shrimp Tempura Rolls (4pcs) 74

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



### Tuna Poke Bowl 126

Tuna, edamame beans, ginger, avocado, radish, cucumber, nori, spring onion, caviar, seven spice and rice, served with spicy mayo and sweet soy sauce



### Mixed Poke Bowl 146

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



### Tempura Prawn Poke Bowl 142

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

## SUSHI PLATTERS



### Sandy Bay

206

- 5 Seared tuna sashimi
- 5 Tuna sashimi
- 5 Salmon sashimi



### Roses

178

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



### 4 X 5

132

- 4 Rock shrimp tempura rolls
- 5 Rainbow rolls reloaded



### St Helena Bay

272

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



### Walvis Bay

168

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

## SUSHI PLATTERS



### Deluxe

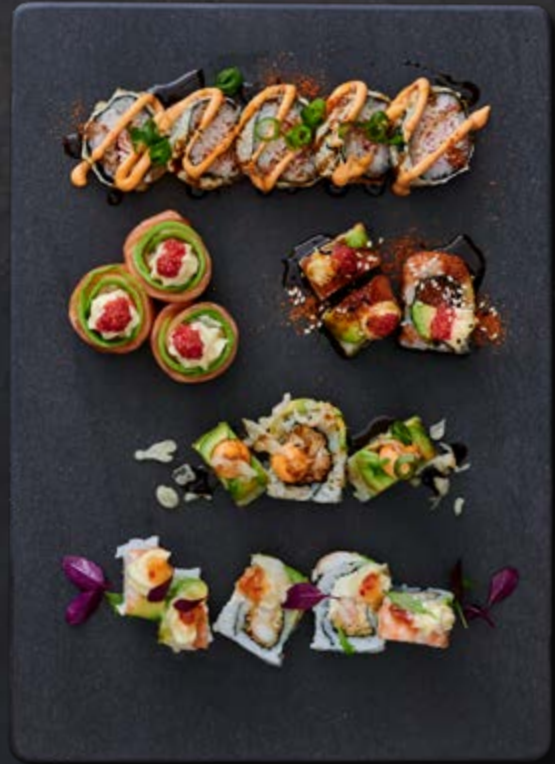
- 4 Salmon & avocado inside-out rolls
- 3 Salmon roses
- 5 Rainbow rolls reloaded
- 3 Rock shrimp tempura rolls

232

### Signature

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

262



### Prawn

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

136



### Salmon

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

148

Smoked Salmon Trout



## SALADS

### Greek [V]

Leafy greens, tomatoes, thinly-sliced red onions, cucumber, Danish feta and olives, drizzled with vinaigrette

96

### Seared Tuna

Seared tuna, cherry tomatoes, red onion, cucumber, radish and edamame beans, on a bed of leafy greens, sprinkled with sesame seeds and drizzled with sweet soy sauce

132

### Smoked Salmon Trout

Smoked salmon trout, edamame beans, butter beans, broccoli, chilli and avocado, sprinkled with sesame seeds and drizzled with Teriyaki sauce

152

**ALL SALADS SERVED WITH DRESSING.  
PLEASE NOTIFY YOUR SERVER IF YOU PREFER WITHOUT.**



Teriyaki Salmon



## MAINS

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

<b>Fish &amp; Chips *</b>	200g 98 280g 140	<b>Kingklip</b>	200g 180 280g 226
A South African classic in CTFM style. Grilled or deep-fried, served with tartar sauce		Fresh kingklip expertly grilled in a lemon butter sauce	
<b>Fish Cakes</b>	98	<b>Prawn Curry *</b>	168
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	
<b>Calamari</b>	126	<b>Robata Baby Squid</b>	174
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	
<b>Fish Curry *</b>	126	<b>Prawns</b>	eight 156 twelve 204
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	
<b>West Coast Potjie *</b>	144	<b>Teriyaki Salmon</b>	200g 248 280g 288
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	
<b>Seafood Noodles *</b>	148	<b>Crayfish</b>	(per 100g) 120
Mixed seafood, noodles, carrots, onions and mushrooms cooked in our sweet Teppanyaki sauce		Expertly grilled with lemon butter	
<b>Sole (subject to availability)</b>	single 144 double 208	<b>Giant Prawns</b>	(per 100g) 120
Expertly grilled with lemon butter		Expertly grilled with lemon butter	

**Executive 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

152

**Sole & Calamari (subject to availability)**

Grilled sole and deep-fried calamari strips, served with tartar sauce

180

**Prawn & Calamari**

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

204

ADD CRAYFISH (per 100g) 120

ADD GIANT PRAWNS (per 100g) 120

ADD LANGOUSTINES (per 100g) 120

**Surf & Turf**

The best of land and sea. A sirloin steak (250g) basted with CTFM's BBQ sauce, and deep-fried calamari strips, served with tartar sauce

206

**Executive Surf & Turf**

A sirloin steak (250g) basted with CTFM's BBQ sauce, deep-fried calamari strips and 4 medium grilled prawns, served with tartar sauce and lemon butter

268

SUBSTITUTE FRIED CALAMARI FOR GRILLED BABY SQUID 30

UPGRADE ANY PLATTER WITH 2X PRAWNS 40



**Executive Platter  
without crayfish 940  
Add crayfish  
(per 100g) 120**

**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

**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

**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

<b>ADD CRAYFISH</b>	(per 100g)	<b>120</b>
<b>ADD GIANT PRAWNS</b>	(per 100g)	<b>120</b>
<b>ADD LANGOUSTINES</b>	(per 100g)	<b>120</b>

**176 Hout Bay Platter 522**

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

**208 Executive Platter (without crayfish) 940**

The ultimate seafood platter. Enjoy a giant tiger prawn, 8 grilled prawns, 4 langoustines, 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

**398**

<b>SUBSTITUTE FRIED CALAMARI FOR GRILLED BABY SQUID</b>	<b>30</b>
<b>UPGRADE ANY PLATTER WITH 2X PRAWNS</b>	<b>40</b>



T-bone Steak

**MEAT & POULTRY**

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

<b>CTFM Burger</b> Grilled and basted in CTFM's special BBQ sauce, served with onion rings	<b>Beef</b> <b>112</b>	<b>Chicken</b> <b>102</b>
<b>Chicken Curry*</b> Chicken and fresh vegetables in traditional Cape Malay curry sauce, served with savoury rice		<b>114</b>
<b>Chicken Schnitzel</b> Crumbed in Japanese bread crumbs, deep-fried until golden brown, served with onion rings and a sauce of your choice		<b>128</b>
<b>Sirloin Steak</b> A sirloin steak, basted in CTFM's BBQ sauce, served with onion rings	<b>250g</b>	<b>162</b>
<b>T-Bone Steak</b> A T-bone steak, basted in CTFM's BBQ sauce, served with onion rings	<b>500g</b>	<b>220</b>

<b>Tomahawk Steak (subject to availability)</b> A ribeye steak, basted in CTFM's BBQ sauce, served with onion rings	<b>600g</b>	<b>252</b>
<b>Beef Ribs</b> Grilled beef ribs, basted in CTFM's BBQ sauce, served with onion rings	<b>600g</b> <b>900g</b>	<b>270</b> <b>380</b>

<b>SAUCES</b>		<b>SIDES</b>	
Tartar	<b>20</b>	Chips	<b>30</b>
Lemon butter	<b>20</b>	Savoury rice	<b>32</b>
Garlic butter	<b>20</b>	Onion rings	<b>32</b>
Cheese	<b>26</b>	Green salad	<b>34</b>
Pepper	<b>26</b>	Vegetables	<b>34</b>
Peri-Peri	<b>26</b>		

## Sticky Toffee



## 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

### Chocolate Brownie

A melt-in-your-mouth chocolate delight

### Strawberry Cheesecake

Served with a medley of seasonal fruit

### Sticky Toffee

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

### Mississippi Mud Pie

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

## 50 GOURMET MILKSHAKES

### 56 Berry Bomb

Rich premium vanilla ice cream swirled with fresh berry purée

52

### 70 Cookies & Cream

Delicious crunchy Oreo biscuits, blended into our premium vanilla ice cream

52

70

### 70 Caramel Pop

Our signature rich premium vanilla ice cream with waves of smooth caramel sauce garnished with crunchy caramel popcorn

52

70

70

Prawn & Calamari Combo



## BRANCHES ACROSS AFRICA

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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.