CAPE TOWN FISH MARKET

PONGRÁCZ & OYSTERS

12 Oysters and a bottle of Pongrácz 499

FOR FRANCHISE OPPORTUNITIES, CONTACT US AT FRANCHISE@CTFM.CO.ZA

STARTERS

Cheese & Garlic Bread 38
Smothered in cheese and garlic

Chilli Poppers [v] 64
4 tempura-fried chilli poppers filled with cheese and served with sweet chilli sauce

Calamari 66
Deep-fried calamari strips in a savoury salt-and-pepper crust and served with tartar sauce

Fish Cakes 66
A combination of salmon, kingklip, hake and potato deep-fried and served with tartar sauce

Prawn Spring Rolls 74
3 spring rolls, deep-fried and served with sweet chilli sauce

Tempura Prawns 76
3 light & crispy prawns, deep-fried in our batter and served with sweet chilli sauce

Mussels 80
Steamed West Coast mussels in a creamy garlic sauce

Robata Baby Squid 88
Baby squid tubes and tentacles, grilled in our Robata sauce

Oysters
A classic seafood starter served on ice with fresh lemon wedges
four **124**
eight **248**

Pongrácz & Oysters 499
12 oysters and a bottle of Pongrácz

TAPAS

Prawn Croquettes

Lamb Croquettes

Croquettes
Deep-fried and filled with cheese, served with spicy mayo — prawn 76 / lamb 86

Prawn Popcorn
Deep-fried tempura prawn meat coated in a spicy mayo — 86

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 — 104

Beef Ribs
Grilled beef ribs basted in CTFM's BBQ sauce — 300g 130

Beef Ribs

Prawn Tacos

CLASSIC SUSHI

Salads

Crabstick	50
Tuna & avocado	62
Prawn & avocado	76

Inside-out Rolls (4pcs)

California	40
Spicy tuna & avocado	52
Vegetarian ginger [V]	40
Prawn & avocado	52
Salmon & avocado	54
Rainbow rolls	56
Smoked salmon & Philadelphia cream cheese	54

Fashion Sandwiches (2pcs)

Salmon & avocado	56
Prawn & avocado	56
Wasabi parcel	66

Roses (3pcs)

Tuna	66
Seared tuna	68
Salmon	70

Hand Rolls

Prawn & avocado	56
Salmon & avocado	56

Sashimi (5pcs)

Tuna	70
Seared tuna	72
Salmon	74

Nigiri (2pcs)

Tuna	40
Prawn	42
Bean curd [V]	40
Salmon	42

Makimono (4pcs)

Spicy tuna	38
Prawn	40
Salmon	40

Tempura-Fried Rolls (4pcs) 54

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

SIGNATURE SUSHI & POKE BOWLS

Crab Crunch Rolls (5pcs) 58
Deep-fried spicy crab rolls topped with seven spice, spicy mayo, spring onion and sweet soy sauce

Salmon Grenades (3pcs) 80
Salmon roses topped with spicy mayo, spring onion, sesame oil, tempura crunch, nori and sweet soy sauce

Dragon Rolls (5pcs) 66
Tempura prawn rolls wrapped in avocado and topped with spicy mayo, spring onion, tempura crunch and sweet soy sauce

Rainbow Rolls Reloaded (5pcs) 64
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) 64
Tempura prawn and cream cheese rolls wrapped with prawn and avocado, topped with Japanese mayo and sweet chilli sauce

Rock Shrimp Tempura Rolls (4pcs) 72
Spicy chopped tuna rolls topped with tempura shrimp, coated in a spicy mayo

Tuna Poke Bowl 120
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 140
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 136
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 **196**
5 Seared tuna sashimi
5 Tuna sashimi
5 Salmon sashimi

Roses **170**
4 Salmon roses
2 Tuna roses
2 Seared tuna roses

4 X 5 **126**
4 Rock shrimp tempura rolls
5 Rainbow rolls reloaded

Walvis Bay **160**
2 Salmon roses
3 Rock shrimp tempura rolls
5 Rainbow rolls reloaded

St Helena Bay **260**
2 Salmon fashion sandwiches
2 Prawn fashion sandwiches
6 Salmon roses
4 Salmon & avocado inside-out rolls
4 California rolls

SUSHI PLATTERS

Deluxe **220**
4 Salmon & avocado inside-out rolls
3 Salmon roses
5 Rainbow rolls reloaded
3 Rock shrimp tempura rolls

Signature **250**
3 Salmon roses
3 Dragon rolls
3 Rainbow rolls reloaded
5 Crab crunch rolls
5 Tiger rolls

Prawn **130**
2 Prawn nigiri
4 Prawn inside-out rolls
4 Prawn sandwiches

Salmon **140**
2 Salmon nigiri
4 Salmon inside-out rolls
4 Salmon sandwiches

Smoked Salmon Trout

SALADS

Greek [V] **92**
Leafy greens, tomatoes, thinly-sliced red onions, cucumber, Danish feta and olives, drizzled with vinaigrette

Seared Tuna **126**
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

Smoked Salmon Trout **144**
Smoked salmon trout, edamame beans, butter beans, broccoli, chilli and avocado, sprinkled with sesame seeds and drizzled with Teriyaki sauce

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 (*)

Fish & Chips — 200g 94 / 280g 134
A South African classic in CTFM style. Grilled or deep-fried, served with tartar sauce

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

Calamari — 120
Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce

Fish Curry * — 120
Fish and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice

West Coast Potjie * — 140
Fish, prawn meat, mussels, calamari, vegetables and creamy garlic sauce, served in a traditional pot with a separate portion of savoury rice

Seafood Noodles * — 144
Mixed seafood, noodles, carrots, onions and mushrooms cooked in our sweet Teppanyaki sauce

Sole — single 144 / double 208
Expertly grilled with lemon butter

Kingklip — 180g 164 / 280g 218
Fresh kingklip expertly grilled in a lemon butter sauce

Prawn Curry * — 164
Prawn meat and fresh vegetables in a coconut curry sauce, served with savoury rice

Robata Baby Squid — 166
Baby squid tubes and tentacles, grilled in our secret Robata sauce

Prawns — eight 148 / twelve 194
Medium-sized prawns grilled with your choice of lemon butter or a spicy peri-peri sauce

Teriyaki Salmon — 180g 218 / 280g 274
An expertly seared salmon steak drizzled with Japanese Teriyaki sauce

Crayfish — (per 100g) 116
Expertly grilled with lemon butter

Giant Prawns — (per 100g) 116
Expertly grilled with lemon butter

COMBOS

Served with savoury rice and your choice of side

Hake & Calamari 146
Fillet of hake and deep-fried calamari strips, served with tartar sauce

Sole & Calamari 172
Grilled sole and deep-fried calamari strips, served with tartar sauce

Prawn & Calamari 194
8 medium grilled prawns and deep-fried calamari strips, served with tartar sauce and lemon butter

ADD CRAYFISH	(per 100g)	116
ADD GIANT PRAWNS	(per 100g)	116
ADD LANGOUSTINES	(per 100g)	116

Surf & Turf 196
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

Executive Surf & Turf 258
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

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

Executive Platter
without crayfish 898
Add crayfish
(per 100g) 116

PLATTERS

Served with savoury rice and your choice of side

Fish Hoek Platter (for one) 168
Fillet of hake, deep-fried calamari strips and a fish cake, served with savoury rice and tartar sauce

False Bay Platter (for one) 198
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) 384
2 fillets of hake, 8 grilled prawns, creamy garlic mussels and deep-fried calamari strips, served with savoury rice and tartar sauce

ADD CRAYFISH	(per 100g)	116
ADD GIANT PRAWNS	(per 100g)	116
ADD LANGOUSTINES	(per 100g)	116

Hout Bay Platter 498
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

Executive Platter (without crayfish) 898
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

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

Tomahawk Steak

MEAT & POULTRY

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

CTFM Burger — Beef 110 / Chicken 98
Grilled and basted in CTFM's special BBQ sauce, served with onion rings

Chicken Curry* — 110
Chicken and fresh vegetables in traditional Cape Malay curry sauce, served with savoury rice

Chicken Schitzel — 122
Crumbed in Japanese bread crumbs, deep-fried until golden brown, served with onion rings and a sauce of your choice

Sirloin Steak — 250g 168
A sirloin steak, basted in CTFM's BBQ sauce, served with onion rings

T-Bone Steak — 350g 176
A T-bone steak, basted in CTFM's BBQ sauce, served with onion rings

Tomahawk Steak — 600g 198
A ribeye steak, basted in CTFM's BBQ sauce, served with onion rings

Beef Ribs — 600g 252 / 900g 358
Grilled beef ribs, basted in CTFM's BBQ sauce, served with onion rings

SAUCES

Tartar	18
Lemon butter	18
Garlic butter	18
Cheese	24
Pepper	24
Peri-Peri	24

SIDES

Chips	28
Savoury rice	30
Onion rings	30
Green salad	32
Vegetables	32

Sticky Toffee

DESSERTS

Served with seasonal fruit, cream or ice cream

Ice Cream 48
The original classic, served with hot chocolate sauce

Deep-fried Oreos 54
Served with ice cream and chocolate sauce

Chocolate Brownie 68
A melt-in-your-mouth chocolate delight

Strawberry Cheesecake 68
Served with a medley of seasonal fruit

Sticky Toffee 68
A moist sponge cake made with finely chopped dates, drizzled with sticky toffee sauce

Mississippi Mud Pie 68
A rich chocolate brownie base with thick layers of hazelnut and chocolate mousse, topped with ganache

GOURMET MILKSHAKES

Berry Bomb 52
Rich premium vanilla ice cream swirled with fresh berry purée

Cookies & Cream 52
Delicious crunchy chocolate biscuits, blended into our premium vanilla ice cream

Caramel Pop 52
Our signature rich premium vanilla ice cream with waves of smooth caramel sauce garnished with crunchy caramel popcorn

Seafood Noodles

BRANCHES ACROSS AFRICA

WESTERN CAPE

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FREE WiFi @CTFMSA • www.ctfm.co.za

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.