

CAPE
TOWN
FISH
MARKET





Mussels

STARTERS

- Calamari** 60
Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce
- Fish Goujons** 60
Deep-fried fish bites, crumbed in bread crumbs and served with tartar sauce
- Fish Cakes** 64
A combination of salmon, kingklip, hake and potato, deep-fried and served with tartar sauce
- Prawn Spring Rolls** three 68
Spring rolls, deep-fried and served with a soy dipping sauce six 136
- Tempura Prawns** 72
3 light & crispy prawns, deep-fried in our secret batter, and served with sweet chilli sauce
- Squid Heads** 74
Deep-fried squid tentacles, served with our spicy mayo dressing

- Robata Baby Squid** 76
Baby squid tubes and tentacles, grilled in our secret Robata sauce
- Mussels** 300g 82
Steamed West Coast mussels in a creamy garlic sauce 900g 174
- Seafood Plank** 116
Salt-and-pepper-crust calamar, tempura prawns and fish goujons, served with tartar sauce, soy dipping sauce and sweet chilli sauce

Oysters

A classic seafood starter, served on ice with traditional four 118
mignonette sauce and fresh lemon wedges eight 224

BREAD

- Cheese & Garlic Bread** 42
Smothered in cheese and garlic, this starter melts in your mouth



Prawn Popcorn



Tuna Ceviche

Croquettes

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

prawn 68
lamb 76

Seafood Popcorn

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

fish 68
prawn 76

Tuna Ceviche

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

78

Tacos

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

deep-fried fish 86
deep-fried prawn 92



Deep-fried Fish Tacos



Prawn Croquettes



Lamb Croquettes

TAPAS



Classic Poke Bowl



Mussel Bake

BUILD YOUR OWN POKE BOWL

STEP 1: BASE

Sushi Rice or Cucumber Twirls

STEP 2: PROTEIN (pick 2)

Prawn, Tuna or Salmon

60

STEP 3: MIX (pick 2)

Avocado, Crabstick, Bean Curd or Edamame Beans

40

STEP 4: TOPPING (pick 2)

Sesame Seeds, Seven Spice, Nori or Tobiko Caviar

10

STEP 5: SAUCE (pick 1)

Spicy Mayo, Sweet Mayo or Sweet Soy

10

Or choose our Classic Poke Bowl

128

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



Kataifi Bites



Ebi Bites



Firecracker Prawns

Firecracker Prawns

2 prawns deep-fried in kataifi pastry, served with spicy mayo

68

Mussel Bake

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

70

Kataifi Bites

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

74

Ebi Bites

Tempura shrimp topped with chilli and a spicy mayo dressing

92

TAPAS



Beef Ribs



Tuna Carpaccio

Crispy Tuna Bites 68
Crispy rice paper topped with tuna, avocado and spicy mayo, drizzled with a sweet soy dressing

Rice Paper Rolls 82
Prawn, avocado, cucumber, carrot and red onion, wrapped in rice paper and served with a soy dipping sauce

Tuna Carpaccio 82
Seared tuna, sprinkled with tempura crumbs, topped with chilli and lightly drizzled with a sweet soy dressing

Teppanyaki Salmon 92
Grilled in a sweet soy butter sauce

Beef Ribs 300g 116
Grilled beef ribs, basted in CTFM's special BBQ sauce



Crispy Tuna Bites



Rice Paper Rolls



Teppanyaki Salmon

SUSHI

Roses (3pcs)

Seared tuna	68
Tuna	68
Salmon	70

Hand Rolls

Prawn & avocado	50
Salmon & avocado	50

Sashimi (5pcs)

Seared tuna	68
Tuna	68
Salmon	70



Inside-out Rolls (4pcs)

California	36
Smoked salmon & Philadelphia cream cheese	48
Spicy tuna & avocado	48
Vegetarian ginger [V]	36
Prawn & avocado	48
Salmon & avocado	50



Nigiri (2pcs)

Tuna	38
Prawn	40
Bean curd [V]	38
Salmon	40



Fashion Sandwiches (2pcs)

Salmon & avocado	50
Prawn & avocado	50



Makimono (4pcs)

Salmon	40
Prawn	38
Spicy tuna	38



Hot from the kitchen

- Tempura-fried sushi (4pcs) 48
- Tempura-fried chilli poppers [V] (4pcs) 46
- Rock shrimp rolls with smoked salmon and cream cheese (3pcs) 68
- Deep-fried sweet chilli fish 44



SUSHI

- Bamboo Rolls (4pcs)** 64
Salmon, avocado and cucumber wrapped in nori and topped with micro herbs

- Bamboo Reloaded Rolls (4pcs)** 70
Salmon and avocado wrapped in cucumber and topped with sesame seeds and a soy dipping sauce



Salads

- Prawn & avocado 70
- Tuna & avocado 56
- Crabstick 44



Specialities

- Wasabi parcel (3pcs) 60
- Rainbow roll (4pcs) 50
- Gift-wrapped salmon (2pcs) 60
- California, prawn tempura with Philadelphia cream cheese (3pcs) 50
- California, crab salad & avocado (4pcs) 44
- Spicy prawn with bean curd (2pcs) 44



Volcano Rolls

- 3pcs - 76 6pcs - 150**
Deep-fried shrimp, guacamole, Philadelphia cream cheese, smoked salmon, caviar, sesame seeds and a sweet mayo dressing



Tuna Crunch Rolls

- 4pcs - 64 8pcs - 124**
Tuna and avocado, sprinkled with tempura crumbs, topped with chilli and a sweet soy dressing

SUSHI PLATTERS

Sandy Bay 208

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



St Helena Bay 318

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



4 X 4 132

- 4 Tuna crunch rolls
- 4 Rock shrimp rolls with smoked salmon and cream cheese



Walvis Bay 164

- 2 Salmon roses
- 4 Tuna crunch rolls
- 3 Rock shrimp rolls with smoked salmon and cream cheese



Saldanha Bay

256

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



SUSHI PLATTERS



Roses 180

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

Signature

258

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



Smoked Salmon Trout



SALADS

Greek [v] 84
Leafy greens, tomatoes, thinly-sliced red onions, cucumber, Danish feta and olives, drizzled with vinaigrette

Seared Tuna 112
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 dipping sauce

Caesar 110
Romaine leaves, croutons and Italian cheese, drizzled with caesar dressing
chicken 110
shrimp 120

Smoked Salmon Trout 126
Smoked salmon trout, edamame beans, butter beans, broccoli, chilli and avocado, sprinkled with sesame seeds and drizzled with teriyaki dressing

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



MAINS

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

BURGERS

CTFM Burger *	Beef	Chicken	Fish
Served with chips and onion rings	98	94	94

FISH

Fish & Chips *		200g	84
The South African classic in CTFM style. Grilled or deep-fried, served with chips and tartar sauce		280g	120

Fish Cakes			98
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A combination of salmon, kingklip, hake and potato, deep-fried and served with tartar sauce

Sole		single	132
Expertly grilled with lemon butter		double	198

Kingklip		180g	144
Fresh kingklip expertly grilled in a lemon butter sauce		280g	194

Stacked Hake		280g	160
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Grilled hake with prawn meat, feta, olives and spinach, stacked together in a circular mould

Teriyaki Salmon		180g	198
An expertly seared salmon steak drizzled with Japanese Teriyaki sauce		280g	248

SHELLFISH

Crayfish		(per 100g)	104
Expertly grilled with lemon butter			

Giant Prawns		(per 100g)	104
Expertly grilled with lemon butter			

Prawns			178
8 medium-sized prawns grilled with your choice of lemon butter or a spicy peri-peri sauce			

CALAMARI & SQUID

Calamari	106
Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce	

Robata Baby Squid	148
Baby squid tubes and tentacles, grilled in our secret Robata sauce	

CURRIES, POTJIES & PAELLA

Chicken Curry *	106
Chicken and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice	

Fish Curry *	106
Fish and fresh vegetables in a traditional Cape Malay curry sauce, served with savoury rice	

West Coast Potjie *	106
Fish, mussels, calamari and vegetables in a creamy garlic sauce, served in a traditional pot with a separate portion of savoury rice	

East Coast Potjie *	126
Fish, prawn meat, mussels, calamari and vegetables in a tomato-based sauce, served in a traditional pot with a separate portion of savoury rice	

Seafood Noodles *	128
Mixed seafood, noodles, carrots, onions and mushrooms cooked in our sweet teppanyaki sauce	

Seafood Paella *	128
Fish, prawn meat, mussels, calamari, squid, chicken and rice in a spicy tomato-based sauce	

Prawn Curry *	148
Prawn meat and fresh vegetables in a coconut curry sauce, served with savoury rice	

A top-down view of an 'Executive Surf & Turf' platter on a dark grey slate board. The platter features a large, thick sirloin steak with a dark, charred crust, garnished with a sprig of fresh parsley. To the left of the steak are several large, succulent prawns, some whole and some cut in half, showing their pinkish-orange shells and white meat. In the bottom right corner, there are golden-brown, deep-fried calamari strips. To the left of the calamari are several rings of deep-fried calamari. A small white ceramic bowl containing a creamy, light-colored tartar sauce with green herbs is positioned in the upper right quadrant. A wedge of fresh lemon is placed next to the calamari strips. The entire platter is set against a light grey, textured background.

Executive Surf & Turf

COMBOS

Served with savoury rice and your choice of side

Hake & Calamari 134
Fillet of hake and deep-fried calamari strips, served with tartar sauce

Sole & Calamari 152
Grilled sole and deep-fried calamari strips, served with tartar sauce

Calamari Trio 158
A calamari-lover's delight. Deep-fried calamari, robata baby squid and deep-fried squid heads, served with tartar sauce

Surf & Turf 158
The best of land and sea. A sirloin steak and deep-fried calamari strips, served with tartar sauce

Prawn & Calamari 208
8 medium-sized grilled prawns and deep-fried calamari strips, served with tartar sauce and lemon butter

Executive Surf & Turf 216
Sirloin (200g) basted with CTFM's secret BBQ sauce, deep-fried calamari strips and 4 medium grilled prawns with lemon butter

SUBSTITUTE FRIED CALAMARI FOR SQUID HEADS 22

SUBSTITUTE FRIED CALAMARI FOR GRILLED BABY SQUID 30

UPGRADE ANY PLATTER WITH 2X PRAWNS 38



**Executive Platter
without crayfish 860**
Add crayfish
(per 100g) 104

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

148

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

178

Granger Bay Platter (for two)

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

298

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

360

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

470

Executive Platter (without crayfish)

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, tartar sauce and your choice of side

860

ADD CRAYFISH	(per 100g)	104
ADD GIANT PRAWNS	(per 100g)	104
ADD LANGOUSTINES	(per 100g)	104

Beef Ribs



MEAT & POULTRY

Served with your choice of side

Chicken Schnitzel 114

Crumbed in Japanese bread crumbs, and deep-fried until golden brown, and served with a sauce of your choice

Sirloin Steak 200g 136 300g 168

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

T-bone Steak 500g 204

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

Beef Ribs 600g 215 900g 299

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

SIDES

Chips	24
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

Panna Cotta

A traditional Italian dessert of sweetened cream in a caramel 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

42

46

52

58

60

60

62

Lime & Rosewater Cheesecake

Served with a medley of seasonal fruit

Mississippi Mud Pie

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

GOURMET MILKSHAKES

Berry Bomb

Rich premium vanilla ice cream swirled with fresh berry purée

Cookies & Cream

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

Caramel Pop

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

62

68

52

52

52



Seafood Noodles

BRANCHES ACROSS AFRICA

WESTERN CAPE

- Bloubergstrand: +27 21 554 5962
- Canal Walk: +27 21 555 1950
- GrandWest: +27 21 535 3110
- Tokai: +27 21 702 0965
- V&A Waterfront: +27 21 418 5977

EASTERN CAPE

- East London: +27 43 721 0103

FREE STATE

- Bloemfontein: +27 51 433 1894

KWAZULU-NATAL

- Umhlanga: +27 31 566 4432

NORTH WEST

- Rustenburg: +27 14 537 3663

NAMIBIA

- Klein Windhoek: +264 83 331 8101

TANZANIA

- Dar es Salaam: +255 75 855 5366

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FREE      @CTFM SA • www.ctfm.co.za

ASK YOUR WAITER FOR OUR SET MENUS. ORDER ONLINE FROM ORDERIN, 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.

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. The only exception is our sole, which is optimally sea or land frozen, according to international standards. **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.