



CAPE TOWN  
FISH MARKET 





Mussel Pot

## STARTERS

<b>Soup of the Day</b> Tomato-based fish soup, served with bread	<b>16,000</b>						
<b>Spring Rolls</b> 4 mini spring rolls, deep-fried and served with soy dipping sauce	<table> <tr> <td>vegetable</td> <td style="text-align: right;"><b>14,000</b></td> </tr> <tr> <td>chicken</td> <td style="text-align: right;"><b>17,000</b></td> </tr> <tr> <td>prawn &amp; cheese</td> <td style="text-align: right;"><b>17,000</b></td> </tr> </table>	vegetable	<b>14,000</b>	chicken	<b>17,000</b>	prawn & cheese	<b>17,000</b>
vegetable	<b>14,000</b>						
chicken	<b>17,000</b>						
prawn & cheese	<b>17,000</b>						
<b>Calamari Strips</b> Deep-fried calamari strips in a savoury salt-and-pepper crust, served with tartar sauce	<b>17,000</b>						
<b>Mussel Pot</b> Steamed mussels in a creamy garlic sauce, served with fresh bread	<b>21,000</b>						
<b>Spicy Chicken Wings</b> Pan-fried with spicy chilli sauce	<b>18,000</b>						
<b>Octopus</b> Pan-fried traditional Greek-style, served with balsamic vinaigrette	<b>18,000</b>						
<b>Crispy Chilli Tofu (V)</b> Pan-fried tofu tossed in a sweet chilli soya sauce	<b>14,000</b>						

<b>Deep-Fried Chilli Poppers (V)</b> 4 Deep-fried chilli poppers, filled with cheese, and served with sweet chilli sauce	<b>13,000</b>
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## BREAD

<b>Cheese &amp; Garlic Bread</b> Smothered in cheese and garlic, this starter melts in your mouth	<b>14,000</b>
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### Oysters

A classic seafood starter served on ice with fresh lemon wedges

six	<b>48,000</b>
twelve	<b>72,000</b>

### Baked with garlic & parmesan

six	<b>54,000</b>
twelve	<b>84,000</b>

### Oysters Rockefeller

six	<b>54,000</b>
twelve	<b>84,000</b>



**Prawn Croquettes**



**Deep-fried Fish Tacos**

**Tacos**

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

deep-fried fish 17,000  
 deep-fried prawn 17,000

**Prawn Croquettes**

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

21,000

**Ebi Bites**

Tempura shrimp topped with chilli and a spicy mayo dressing

20,000



**Ebi Bites**



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## TAPAS

### Fish Popcorn

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

17,000

### Prawn Popcorn

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

21,000

### Mussel Bake

Mussels baked with a tomato basil sauce and parmesan cheese

23,000

### Tuna Carpaccio

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

17,000



## SIGNATURE SUSHI & POKE BOWLS

**Crab Crunch Rolls (5pcs) 19,000**

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

**Salmon Grenades (3pcs) 20,000**

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

**Dragon Rolls (5pcs) 22,000**

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

**Rainbow Rolls Reloaded (5pcs) 22,000**

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) 23,000**

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

**Rock Shrimp Tempura Rolls (4pcs) 20,000**

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



**Poke Bowl**

**Poke Bowl 36,000**

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

**Vegan Poke Bowl 25,000**

Marinated tofu, soya bean curd, edamame beans, avocado, corn, cucumber, bell peppers, cabbage, sesame seeds, seven spice and rice, served with soya sauce



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# CLASSIC SUSHI

## Inside-out Rolls (4pcs)

Salmon & avocado 15,000

Prawn & avocado 13,000

Crabstick, avo & cucumber 10,000

Smoked salmon & cream cheese 13,000

Spicy tuna & avocado 10,000

Vegetarian ginger [V] 8,000

## Nigiri (2pcs)

Tuna 13,000 Prawn 13,000 Salmon 15,000

Spicy Prawn Bean curd 15,000 Bean curd 10,000

## Fashion Sandwiches (2pcs)

Salmon & avocado 13,000

Prawn & avocado 13,000



## Makimono (4pcs)

Salmon 13,000 Prawn 10,000 Spicy tuna 10,000



Wasabi parcel (3pcs) 15,000



California prawn tempura with Philadelphia cream cheese (3pcs) 15,000

Rainbow roll (4pcs) 13,000

Gift-wrapped salmon (2pcs) 17,000



**Volcano Rolls**  
**3pcs - 12,000 6pcs - 20,000**

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



**Salads**

- Tuna & avocado **15,000**
- Prawn & avocado **17,000**
- Crabstick Salad **15,000**



**Tuna Crunch Rolls**  
**4pcs - 16,000 8pcs - 25,000**

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

**Hand Rolls**

- Prawn & avocado **15,000**
- Salmon & avocado **15,000**

**Sashimi (5pcs)**

- Seared tuna **15,000**
- Tuna **15,000**
- Salmon **18,000**



**Roses (3pcs)**

- Seared tuna **15,000**
- Tuna **15,000**
- Salmon **18,000**



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## SUSHI PLATTERS



**Sandy Bay** 48,000  
 5 Seared tuna sashimi  
 5 Tuna sashimi  
 5 Salmon sashimi



**Roses** 41,000  
 4 Salmon roses  
 2 Tuna roses  
 2 Seared tuna roses



**4 X 5** 41,000  
 4 Rock shrimp tempura rolls  
 5 Rainbow rolls reloaded



**Walvis Bay** 46,000  
 2 Salmon roses  
 3 Rock shrimp tempura rolls  
 5 Rainbow rolls reloaded



**St Helena Bay** 80,000  
 2 Salmon fashion sandwiches  
 2 Prawn fashion sandwiches  
 6 Salmon roses  
 4 Salmon & avocado inside-out rolls  
 4 California rolls

## SUSHI PLATTERS



**Deluxe** 67,000  
 4 Salmon & avocado inside-out rolls  
 3 Salmon roses  
 5 Rainbow rolls reloaded  
 3 Rock shrimp tempura rolls

**Signature** 85,000  
 3 Salmon roses  
 3 Dragon rolls  
 3 Rainbow rolls reloaded  
 5 Crab crunch rolls  
 5 Tiger rolls



**Prawn** 50,000  
 2 Prawn nigiri  
 4 Prawn inside-out rolls  
 4 Prawn sandwiches



**Salmon** 53,000  
 2 Salmon nigiri  
 4 Salmon inside-out rolls  
 4 Salmon sandwiches



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Greek Salad



## SALADS

**Greek [v]** 19,000  
Mixed leafy greens, tomatoes, thinly-sliced red onions, cucumber, Danish feta and olives

**Grilled Chicken & Avocado** 21,000  
Grilled chicken, avocado and tomatoes on a bed of leafy greens, garnished with red onion and cucumber

**Smoked Salmon & Avocado** 23,000  
Smoked salmon, avocado, tomatoes and red onion, on a bed of mixed greens, sprinkled with sesame seeds

**Prawn & Avocado** 23,000  
Shelled prawns and avocado on a bed of mixed greens, tomatoes and red onion, sprinkled with sesame seeds

**Octopus & Mango** 24,000  
Pan-fried octopus, sliced mango, tomatoes and mixed leafy greens, drizzled with balsamic dressing

ASK YOUR WAITER FOR SALAD DRESSING OPTIONS



## Lobster Thermidor



### MAINS

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

#### FISH

**Fried Fish & Chips \*** 200g **26,000**

Deep-fried, served with chips and tartar sauce

**Catch Of The Day** 280g **38,000**

Freshly sourced and grilled fillet of fish with lemon butter

**Whole Grilled Changu** **41,000**

Grilled whole fish with lemon butter

**Teriyaki Salmon** 180g **49,000**

An expertly seared salmon fillet drizzled with Japanese Teriyaki sauce

#### SHELLFISH

**Prawns** **37,000**

12 prawns grilled with your choice of lemon butter or a spicy peri-peri sauce

**Lobster Thermidor** **69,000**

Whole fresh lobster, served the traditional way with prawns in a creamy white sauce and oven-baked

**Giant Prawns** **71,000**

4 jumbo prawns butterflied and grilled with lemon butter

#### CALAMARI

**Calamari** **31,000**

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

#### CURRIES, NOODLES & PASTA

**Stir Fry Vegetable Noodles [V] \*** **21,000**

Peppers, green beans, broccoli, onions, mushrooms and noodles cooked in our sweet teppanyaki sauce

**Chicken Pasta \*** **23,000**

Grilled chicken strips, mushrooms, peppers, onions, garlic and cream, served with linguine

**Seafood Pasta \*** **25,000**

Salmon, calamari and shrimp served in a creamy white sauce with linguine

**Seafood Noodles \*** **27,000**

Mixed seafood, noodles, carrots, onions and mushrooms cooked in our sweet teppanyaki sauce

**Chicken Curry \*** **29,000**

Chicken and fresh vegetables in a traditional curry sauce, served with savoury rice

**Prawn Curry \*** **32,000**

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



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Executive Platter

**PLATTERS**

Served with savoury rice and your choice of side

**False Bay Platter (for one)**

Fillet of fish, 4 grilled prawns, squid and deep-fried calamari strips, served with savoury rice and tartar sauce

49,000

**Kalk Bay Platter (for two)**

2 fillets of fish, 8 grilled prawns, squid, mussels and deep-fried calamari strips, served with savoury rice and tartar sauce

95,000

**Hout Bay Platter**

Lobster, 8 grilled prawns, 2 fillets of fish (140g), 4 fish cakes, mussels, deep-fried calamari strips (125g) and Robata baby squid (150g), served with savoury rice and tartar sauce

167,000

**Executive Platter**

Lobster, 2 giant prawns, 8 grilled prawns, 4 fish fillets (140g), 4 fish cakes, mussels, deep-fried calamari strips (125g) and Robata baby squid, served with savoury rice and tartar sauce

229,000

**COMBOS**

Served with savoury rice and your choice of side

**Fish & Calamari**

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

41,000

**Prawn & Calamari**

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

43,000

**Surf & Turf**

The best of land and sea. A sirloin steak (200g) and deep-fried calamari strips, served with tartar sauce

43,000

**Executive Surf & Turf**

Sirloin steak (200g), 4 grilled prawns and deep-fried calamari strips (125g), served with our unique peri-peri sauce

62,000

**T-bone Steak**



**MEAT & POULTRY**

Served with your choice of side

<b>Cheddammelt Chicken Schnitzel</b>	180g	<b>33,000</b>
Crumbed chicken fillet breast, served with melted cheese and a creamy mushroom sauce		
<b>Grilled ½ Chicken (Plain or Peri-Peri)</b>		<b>34,000</b>
Oven roasted half chicken in local favourite spices and flavours		
<b>Sirloin Steak</b>	200g	<b>37,000</b>
Sirloin steak, basted in CTFM's special BBQ sauce, served with onion rings	300g	<b>46,000</b>
<b>T-bone Steak</b>	500g	<b>62,000</b>
T-bone steak, basted in CTFM's special BBQ sauce, served with onion rings		
<b>Ribeye Steak</b>	300g	<b>52,000</b>
A ribeye steak, basted in CTFM's special BBQ sauce, served with onion rings		
<b>Madagascan Pepper Steak</b>	200g	<b>39,000</b>
200g tenderloin, smothered with creamy Madagascan pepper sauce		

**BURGERS**

<b>CTFM Burger *</b>	Beef	Chicken
Served with chips and onion rings	<b>27,000</b>	<b>27,000</b>
<b>Macon, Guacamole &amp; Cheese Burger *</b>		<b>33,000</b>
Served with chips and onion rings		

**SIDES**

Onion Rings	<b>4,000</b>
Steamed Rice	<b>4,000</b>
Fried Rice	<b>5,000</b>
Chips	<b>5,000</b>
Green Salad	<b>5,000</b>
Vegetables	<b>5,000</b>

**SAUCES**

Tartar	<b>4,000</b>
Lemon butter	<b>4,000</b>
Garlic butter	<b>4,000</b>
Peri-Peri	<b>4,000</b>
Mushroom	<b>4,000</b>
Pepper	<b>4,000</b>



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**Chocolate Volcano**

## DESSERTS

All desserts served with vanilla flavoured gelato except dishes marked with an (\*)

<b>Vanilla flavoured Gelato*</b> The original classic, served with hot chocolate sauce	<b>12,000</b>	<b>Crêpes</b> Sweetened with jam dressing	<b>16,000</b>
<b>Choc Nut Sundae</b> Served with chocolate sauce	<b>14,000</b>	<b>Cheesecake</b> Served with a medley of seasonal fruit	<b>16,000</b>
<b>Chocolate Volcano</b> Soft-centered chocolate delight	<b>16,000</b>	<b>Crème Brûlée</b> Rich Creamy Vanilla Custard with caramelized sugar	<b>15,000</b>
<b>Chocolate Brownie</b> A melt-in-your-mouth chocolate delight	<b>16,000</b>	<b>Coconut and Nutella flavoured gelato*</b>	<b>15,000</b>

Food presentation may differ from photographs.

Foods may contain traces of sesame seeds or nuts. [V] = Vegetarian.

Fish may contain bones and all weights are approximate, uncooked weights. Prices include VAT.

**Fish Policy:** We are committed to delivering only the freshest seafood available, in accordance with the highest quality, hygiene and sustainability standards as set out by the TFDA. Our fish is caught fresh, daily and sourced locally to support the local market and encourage the growth of the local industry.

We are against any form of dynamite fishing. Products that are not available locally, such as salmon, mussels and seasonal products are procured outside of Zanzibar in accordance with international standards.

  @ctfm.zanzibar [www.ctfmzanzibar.co.tz](http://www.ctfmzanzibar.co.tz)

