CAPE TOWN FISH MARKET

STARTERS

Soup of the Day — 16,000
Tomato-based fish soup served with bread

Spring Rolls
4 mini spring rolls, deep-fried and served with soy dipping sauce
- vegetable 15,000
- chicken 18,000
- prawn & cheese 18,000

Calamari Strips — 17,000
Deep-fried calamari strips in a savoury salt-and-pepper crust served with tartar sauce

Mussel Pot — 22,000
Steamed mussels in a creamy garlic sauce, served with fresh bread

Spicy Chicken Wings — 19,000
Pan-fried with a spicy chilli sauce

Octopus — 18,000
Pan-fried traditional Greek-style, served with balsamic vinaigrette

Crispy Chilli Tofu (V) — 14,000
Pan-fried tofu tossed in a sweet chilli soya sauce

Deep-Fried Chilli Poppers (V) — 14,000
4 Deep-fried chilli poppers, filled with cheese and served with sweet chilli sauce

Deep-Fried Squid Heads — 18,000
Deep-fried squid tentacles, served with our spicy mayo dressing

BREAD

Cheese & Garlic Bread — 14,000
Smothered in cheese and garlic, this starter melts in your mouth

OYSTERS

Classic oysters served on ice with fresh lemon wedges
- six 48,000
- twelve 72,000

Baked with garlic & parmesan
- six 54,000
- twelve 84,000

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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	18,000
deep-fried prawn	19,000

Prawn Croquettes — 21,000
Deep-fried balls filled with cheese, served with spicy mayo

Ebi Bites — 20,000
Tempura shrimp topped with chilli and a spicy mayo dressing

Ebi Bites

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TAPAS

Rice Paper Rolls

Prawn Popcorn

Fish Popcorn **17,000**
Tempura-battered fish morsels, coated in a spicy mayo dressing

Prawn Popcorn **21,000**
Tempura-battered prawn meat, coated in a spicy mayo dressing

Mussel Bake **23,000**
Mussels baked with a tomato basil sauce and parmesan cheese

Tuna Carpaccio **17,000**
Seared tuna, sprinkled with tempura crumbs, topped with chilli and lightly drizzled with a sweet soy dressing

Rice Paper Rolls **17,000**
Prawn, avocado, cucumber, carrot and red onion, wrapped in rice paper and served with a soy dipping sauce

Tuna Carpaccio

Mussel Bake

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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 **39,000**
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 **29,000**
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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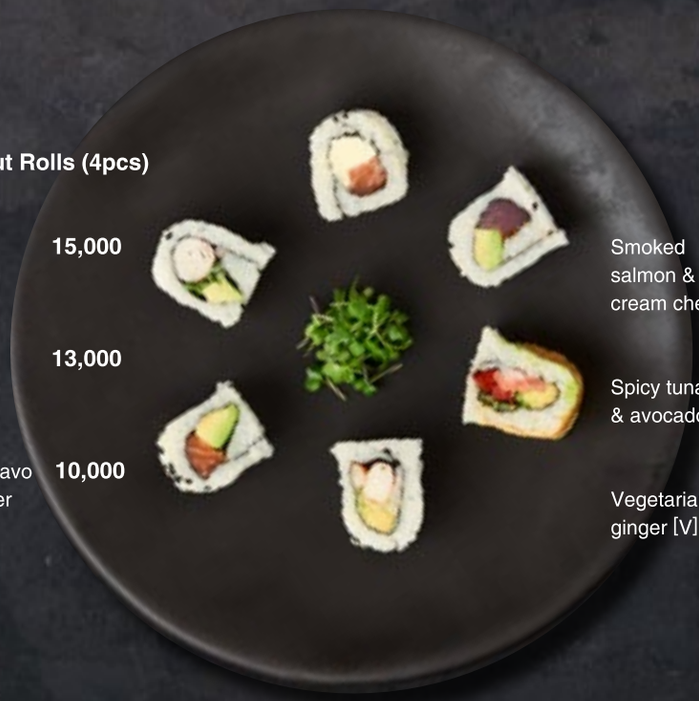
CLASSIC SUSHI

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] **9,000**

Fashion Sandwiches (2pcs)

Salmon & avocado **13,000**
Prawn & avocado **13,000**

Nigiri (2pcs)

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

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

Wasabi parcel (3pcs) **15,000**

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

Rainbow roll (4pcs) **13,000**

Gift-wrapped salmon (2pcs) **17,000**

Makimono (4pcs)

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

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Volcano Rolls
3pcs - 12,000 6pcs - 22,000
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 - 27,000
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

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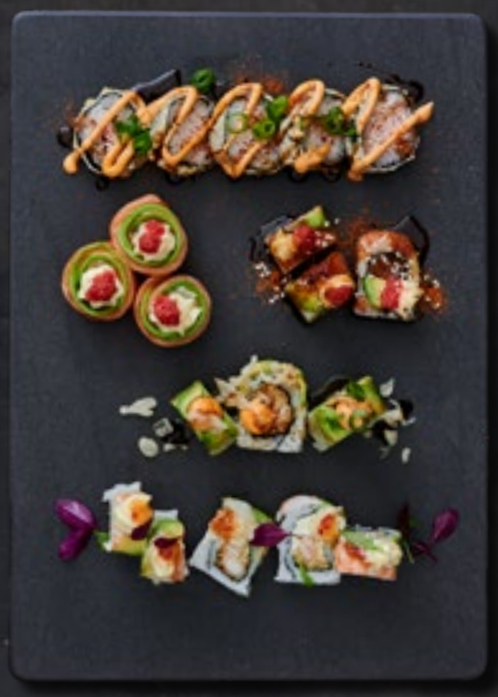
SUSHI PLATTERS

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] **20,000**
Mixed leafy greens, tomatoes, thinly sliced red onions, cucumber, Danish feta, and olives

Grilled Chicken & Avocado **22,000**
Grilled chicken, avocado, and tomatoes on a bed of leafy greens garnished with red onion and cucumber

Smoked Salmon & Avocado **24,000**
Smoked salmon, avocado, tomatoes, and red onion on a bed of mixed greens, sprinkled with sesame seeds

Prawn & Avocado **24,000**
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

Seared Tuna **26,000**
Seared tuna, roasted nuts, boiled egg, grilled vegetables, corn, avocado and carrots on a bed of mixed greens and drizzled with a sweet soya dressing

ASK YOUR WAITER FOR SALAD DRESSING OPTIONS

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Lobster Thermidor

MAINS

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

FISH

Fried Fish & Chips * — 200g — **27,000**
Deep-fried, served with chips and tartar sauce

Catch Of The Day — 280g — **39,000**
Freshly sourced and grilled fillet of fish with lemon butter

Whole Grilled Changu — **42,000**
Grilled whole fish with lemon butter

Teriyaki Salmon — 180g — **49,000**
An expertly seared salmon fillet drizzled with Japanese Teriyaki sauce

Kingklip
Fresh 200g kingklip fillet done three ways
- Lemon Butter — **38,000**
- Cajun — **38,000**
- Thermidor — **44,000**

SHELLFISH

Prawns — **38,000**
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 — **33,000**
Deep-fried calamari strips in a savoury salt-and-pepper crust served with tartar sauce

CURRIES, NOODLES & PASTA

Stir Fry Vegetable Noodles [V] * — **22,000**
Peppers, green beans, broccoli, onions, mushrooms and noodles cooked in our sweet teppanyaki sauce

Chicken Pasta * — **24,000**
Grilled chicken strips, mushrooms, peppers, onions, garlic and cream served with penne

Seafood Pasta * — **26,000**
Fish, calamari, and shrimp served in a creamy white sauce with penne

Arrabbiata Pasta * — **22,000**
Penne pasta cooked in a spicy tomato and garlic sauce, served with vegetables

Seafood Noodles * — **28,000**
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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PLATTERS

Served with savoury rice and your choice of side

False Bay Platter (for one) — **51,000**
Fillet of fish, 4 grilled prawns, squid and deep-fried calamari strips served with savoury rice and tartar sauce

Kalk Bay Platter (for two) — **96,000**
2 fillets of fish, 8 grilled prawns, squid, mussels and deep-fried calamari strips served with savoury rice and tartar sauce

Hout Bay Platter — **173,000**
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

Executive Platter — **234,000**
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

COMBOS

Served with savoury rice and your choice of side

Fish & Calamari — **43,000**
Fillet of fish and deep-fried calamari strips served with tartar sauce

Prawn & Calamari — **46,000**
8 grilled prawns and deep-fried calamari strips, served with tartar sauce and lemon butter

Calamari Trio — **43,000**
Deep-fried calamari, robata baby squid and deep-fried squid heads, served with tartar sauce

Surf & Turf — **45,000**
The best of land and sea. A sirloin steak (200g) and deep-fried calamari strips served with tartar sauce

Executive Surf & Turf — **62,000**
Sirloin steak (200g), 4 grilled prawns, and deep-fried calamari strips (125g), served with our unique peri-peri sauce

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MEAT & POULTRY

Served with your choice of side

Cheddamelt Chicken Schnitzel — 180g — **33,000**
Crumbed chicken fillet breast, served with melted cheese and a creamy mushroom sauce

Grilled ½ Chicken (Plain or Peri-Peri) — **34,000**
Oven-roasted half chicken in local favourite spices and flavours

Sirloin Steak — 200g **38,000** — 300g **48,000**
Sirloin steak, basted in CTFM's special BBQ sauce served with onion rings

T-bone Steak — 500g — **65,000**
T-bone steak, basted in CTFM's special BBQ sauce served with onion rings

Ribeye Steak — 300g — **52,000**
A ribeye steak, basted in CTFM's special BBQ sauce served with onion rings

Madagascan Pepper Steak — 200g — **39,000**
200g tenderloin, smothered with creamy Madagascan pepper sauce

Tomahawk Steak — 600g — **74,000**
A ribeye steak, basted in CTFM's special BBQ sauce, served with onion rings

BURGERS

CTFM Burger * — Beef **27,000** — Chicken **27,000**
Served with chips and onion rings

Macon, Guacamole & Cheese Burger * — **34,000**
Served with chips and onion rings

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Chocolate Volcano

DESSERTS

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

Vanilla flavoured Gelato* — **13,000**
The original classic, served with hot chocolate sauce

Chocolate Volcano — **16,000**
Soft-centred chocolate delight

Chocolate Brownie — **16,000**
A melt-in-your-mouth chocolate delight

Crêpes — **16,000**
Sweetened with jam dressing

Cheesecake — **16,000**
Served with a medley of seasonal fruit

Crème Brûlée — **15,000**
Rich Creamy Vanilla Custard with caramelized sugar

Salted Caramel flavoured gelato* — **15,000**

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.

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