

# CAPE TOWN FISH MARKET

## Starters and Small Plates

|   |              |  |      |  |      |   |      |
|---|--------------|--|------|--|------|---|------|
| <b>Oysters</b><br>4 or 8 oysters served with shallot vinegar, Tabasco or lemon. | 9.95 / 17.95 | <b>Seafood Bisque</b><br>Our spicy soup with croutons, spiced mayonnaise, and Gruyère. | 6.75 | <b>Teriyaki Wings</b><br>Sticky char-grilled chicken wings, spring onion and toasted sesame seeds.           | 5.95 | <b>Crab &amp; Prawn Fish Cakes</b><br>Crab, prawn and salmon cakes with lemon, ginger, chilli, coriander and a tomato chilli dressing.  | 6.95 |
| <b>Bowl Of Mussels</b><br>White wine, garlic, parsley, cream and frites.        | 7.95 / 13.95 | <b>Tempura Prawns</b><br>Light crispy prawns with Nitsume dipping sauce.               | 6.95 | <b>Salt 'N' Pepper Squid</b><br>Deep-fried and dusted in house spice salt with lemon, tomato and chilli dip. | 6.45 | <b>Portobello Mushroom Crostini</b> <br>Oven roasted Portobello mushrooms, garlic, rosemary, olive oil, rocket and parmesan. | 5.75 |

## Sushi and Sashimi

|   |      |  |      |  |       |  |       |
|---|------|--|------|--|-------|--|-------|
| <b>Sushi Mono and Nigiri</b><br>Salmon rose, avocado makimono and tuna nigiri with wasabi and pickled cucumber. | 6.95 | <b>Shiitake Makimono</b> <br>Shiitake mushrooms, ginger, cucumber, avocado, toasted sesame seeds and wasabi mayonnaise. | 8.95 | <b>Spicy Cape Town Roll</b><br>Tuna, spring onion, avocado, wasabi, toasted sesame seeds, spicy mayonnaise and garlic shoots.  | 9.95  | <b>Combination Platter</b><br>Prawn and avocado hand roll, shiitake maki, Spicy Cape Town roll, prawn and tuna nigiri, sashimi, salmon roses, pickles, wasabi and Nitsume dipping sauce. | 23.95 |
| <b>Sashimi or Nigiri or Roses</b><br>Selection of salmon or tuna.   | 5.45 | <b>Hand Roll</b><br>Salmon & avocado or prawn & avocado or spicy tuna & avocado with mayonnaise.   | 5.45 | <b>Camps Bay Platter</b><br>Spicy prawn tempura roll with avocado and salmon roses topped with Japanese mayonnaise and tobiko. | 13.95 | <b>Gordon's Bay Platter</b><br>Rainbow rolls and spicy salmon and mango rolls with sweet chilli mayonnaise.  | 13.95 |

## Salads

|  |       |  |       |   |       |
|--|-------|--|-------|---|-------|
| <b>Grilled Squid &amp; Chorizo Salad</b><br>Grilled baby squid, spicy chorizo, watercress and garlic mayonnaise. | 11.95 | <b>Grilled Vegetable Salad</b> <br>A mix of aubergine, green beans, olives, sundried tomatoes, onions, peppers on a bed of baby gem leaves. | 10.95 | <b>Tuna Niçoise</b><br>Seared tuna, new potatoes, green beans, baby tomatoes, olives, pickled red onion, anchovies and soft boiled egg. | 13.95 |
|--|-------|--|-------|---|-------|

## Potjiekos and Mains



In South Africa, potjiekos, literally translated "small pot of food" is a stew prepared outdoors. It is traditionally cooked in a round, cast iron, three-legged pot, called the potjie. Traditionally, the recipe includes meat, vegetables, starches like rice or potatoes, all slow-cooked with Dutch-Malay spices, the distinctive spicing of South Africa's early culinary melting pot. Our take is a spicy broth with tomato, chilli, potatoes, carrots and onions, served with rice.

FOR ONE    FOR TWO

|   |               |
|---|---------------|
| <b>Seafood Potjiekos with rice</b>  | 15.95 / 26.95 |
| <b>Pork Potjiekos with rice</b>   | 13.95 / 24.95 |
| <b>Chicken Potjiekos with rice</b>  | 13.95 / 24.95 |
| <b>Fish &amp; Chips</b><br>Haddock fillet in crispy beer batter, mushy peas with chunky chips and tartare sauce.                      | 13.95         |
| <b>Clams, Tomato &amp; Spaghetti</b><br>Baby clams, garlic, red chilli, cherry tomatoes, spaghetti, parsley and lemon.                | 12.95         |
| <b>Salmon Teriyaki</b><br>Fillet of salmon glazed with teriyaki sauce and served on a bed of asparagus and cherry tomatoes.           | 15.95         |
| <b>Smokey BBQ Burger</b><br>Hot and smokey BBQ, char-grilled beef burger with cheese, served with frites and onion rings.             | 11.95         |
| <b>Oven-Baked Haddock</b><br>Natural smoked Haddock with sun blush tomatoes, red Leicester cheese, spinach and hand-crushed potatoes. | 12.95         |
| <b>Home Made Fish Pie</b><br>A mix of seafood, freshly baked with spiced bread crumb topping, served with chips or salad.             | 12.95         |

## Catch of the Day



Choose your fish from our fresh seafood counter and our chefs will prepare it with our house rub. It will be grilled and served with your choice of one side.

Please note that this dish takes a little longer to prepare.

## The Grill

|  |       |  |                      |   |       |
|--|-------|--|----------------------|---|-------|
| <b>Grilled Sea Bass</b><br>Sea Bass fillets with parsley, lemon, breadcrumbs and parmesan crust served with spinach and mashed potatoes. | 19.95 | <b>Whole Lobster</b><br>Lemon, house rub, garlic butter, chips, coleslaw and mayonnaise. | Market Related Price | <b>Seared Tuna</b><br>Lightly seared with seven spice and topped with rocket, sun-dried tomatoes and drizzled with Yuzu dressing, served with a cold vegetable salad. | 18.95 |
| <b>Surf &amp; Turf</b><br>Twice cooked belly pork, seared scallops, spinach, sweet soy glaze and mashed potatoes.                        | 16.95 | <b>Grilled Steak</b><br>8oz Sirloin steak served with frites and coleslaw.               | 19.95                | <b>Stacked Cod</b><br>Grilled cod stacked with prawns, feta cheese and spinach, topped with sundried tomato and olive tapenade.                                       | 16.95 |

## Platters and Combo's

|   |       |   |       |  |       |
|---|-------|---|-------|--|-------|
| <b>Roast Hake and Scallops</b><br>Spice crusted Hake and grilled scallops, Asian slaw and mashed potato with garlic mayonnaise.   | 19.95 | <b>Executive Surf &amp; Turf</b><br>8oz Char-grilled sirloin steak, butterflied prawns, and salt 'n' pepper squid, served with chips.   | 26.95 | <b>Lamberts Bay Platter</b><br>Grilled prawns, steamed mussels, fillet of fish (changes daily) served with new potatoes.   | 19.95 |
| <b>Fish Hoek Platter for 1</b><br>Grilled prawns, salt 'n' pepper squid, steamed mussels, crab and prawn fish cakes, mayonnaise and tomato chilli dipping sauce. Served with chips. | 22.95 | <b>Kalk Bay Platter for 2</b><br>Butterflied prawns, two grilled fillets of fish (changes daily), salt 'n' pepper squid, steamed mussels, fish cakes, chips and tomato chilli dressing. | 34.95 | <b>Hout Bay Platter for 2</b><br>Grilled whole lobster, butterflied prawns, steamed mussels, salt 'n' pepper squid, two grilled fillets of fish (changes daily), fish cakes, chips, garlic mayonnaise, tomato chilli dipping sauce and coleslaw. | 59.95 |

## Sides and Sauces

|                          |      |                           |      |                  |      |                              |      |
|--------------------------|------|---------------------------|------|------------------|------|------------------------------|------|
| Bread Basket             | 2.75 | Mashed Potatoes           | 3.25 | Green Salad      | 3.25 | Garlic Mayonnaise            | 1.95 |
| Chips or Frites          | 3.25 | Rocket and Parmesan Salad | 3.25 | Wilted Spinach   | 3.75 | Lemon or Garlic Butter Sauce | 1.95 |
| Paprika Crushed Potatoes | 3.25 | Seasonal Vegetables       | 3.75 | Peppercorn Sauce | 1.95 | Tomato Chilli Dressing       | 1.95 |

A discretionary service charge of 12.5% will be added to your bill.

Prices include VAT. All meals may contain sesame seeds, nuts or garlic, please ask your server. Fish may contain bones and all weights are approximate uncooked weights. We endeavour to ensure that all our fish are caught from sustainable sources.

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## Cocktails

|   |   |  |  |
|---|---|--|--|
| <b>Southern Passion</b> 7.95<br>Southern Comfort, Jack Daniels, orange juice, cranberry juice and a dash of grenadine.                                | <b>Cosmopolitan</b> 7.95<br>Vodka shaken ice cold with lime, Triple Sec and cranberry juice.                  | <b>Strawberry Daiquiri</b> 7.95<br>The frozen favourite. Light rum blended with strawberry pureé and strawberry extract. | <b>Virgin Strawberry Daiquiri</b> 5.95<br>The frozen favourite with strawberry pureé and strawberry extract. |
| <b>Long Island Iced Tea</b> 7.95<br>Vodka, rum, gin and Silver tequila with Triple Sec and freshly squeezed lemon. Served tall and charged with Coke. | <b>Sex On The Beach</b> 7.95<br>Vodka, peach schnapps, orange juice, cranberry juice and a dash of grenadine. | <b>Mojito</b> 7.95<br>Light rum muddled with fresh mint, lime wedges and plenty of crushed ice.                          |  |
| <b>Cape Town Blush</b> 7.95<br>Vodka, cranberry juice, orange, strawberry, peach schnapps and mint.   | <b>Pina Colada</b> 7.95<br>Light rum blended with cream, coconut extract and fresh pineapple juice.           | <b>Margarita</b> 7.95<br>Tequila, Triple Sec and lemon juice.  | <b>Virgin Mojito</b> 5.95<br>Fresh mint and lime wedges muddled with plenty of crushed ice.                  |

## White Wine

|   |   |  |  |
|---|---|--|--|
| <b>Douglas Green Sauvignon Blanc</b> 4.65 / 6.65 / 19.95<br>A light-bodied dry white wine with bracing fruit flavours.                | <b>Boschendal 1685 Sauvignon Blanc</b> 32.95<br>A truly great wine with aromas of herbs, tropical fruits and a hint of lime and green fig.      | <b>Douglas Green Chardonnay</b> 4.65 / 6.65 / 19.95<br>Subtle flavours of citrus, melon and vanilla permeate this light-bodied chardonnay. | <b>Tall Horse Chenin Blanc</b> 4.65 / 6.65 / 19.95<br>A charming Chenin Blanc with pineapple flavours and a distinct melon aroma.                              |
| <b>Tall Horse Sauvignon Blanc</b> 21.95<br>Grassy tropical fruit aromas give way to the flavours of pineapple, gooseberry and citrus. | <b>Beyerskloof Pinotage Rosé</b> 5.45 / 7.75 / 22.45<br>Light and subtly dry, the taste of sweet berries, rosé and a touch of spice.            | <b>Tall Horse Chardonnay</b> 21.95<br>A brilliant gold colour peels away to reveal a deliciously rich and creamy palate.                   | <b>Boschendal 1685 Le Bouquet</b> 23.95<br>Tropical fruit flavours are found in this medium wine, with a lingering floral aroma of honeysuckle and frangipani. |
| <b>Van Loveren Sauvignon Blanc</b> 23.95<br>The classic Sauvignon Blanc grassy flavours with subtle citrus undertones.                | <b>Van Loveren Pinot Grigio</b> 4.95 / 6.95 / 20.95<br>Full-bodied, flavourful and fruit driven. Fine fruit aromas with a dry lingering finish. | <b>Van Loveren Chardonnay</b> 23.95<br>Full-bodied flavours enhanced by toasty tones derived from French oak barrels.                      |  |

Our wine selection is exclusive and sourced directly from South Africa. Using our experience we present a selection of the best tasting wines which originate from our home country. You can also take the taste of South Africa with you as we provide all of our wines at retail prices. (All vintages are subject to change.) Our wines are available in 175ml, 250ml and by the bottle. We also serve in 125ml glasses upon request.

## Red Wine

|   |  |   |  |
|---|--|---|--|
| <b>Douglas Green Cabernet Sauvignon</b> 4.65 / 6.65 / 19.95<br>Medium depth ruby with enticing ripe berry taste, layered with earthy mineral tones. | <b>Tall Horse Merlot</b> 4.65 / 6.65 / 19.95<br>Medium-bodied with hints of cherry and plum, with a dash of well integrated oak. | <b>Van Loveren Cabernet Sauvignon Shiraz</b> 5.25 / 7.45 / 22.45<br>A slightly wooded ruby red wine with soft plum flavours.  | <b>Van Loveren Pinotage</b> 5.25 / 7.45 / 22.45<br>A unique plum and berry flavour is found in this medium to full-bodied red. |
| <b>Tall Horse Cabernet Sauvignon</b> 23.95<br>Fruit flavours, alluring spicy oak top-notes and supple tannins that linger with graceful intensity.  | <b>Beyerskloof Pinotage</b> 24.95<br>Dark fruit and red cherry flavours are found in this complex Pinotage.                      | <b>Boschendal 1685 Shiraz</b> 7.45 / 10.75 / 32.95<br>A true South African Shiraz. Luxurious fruit aromas of cassis, blackberry with a touch of pepper and liquorice. |  |

## Champagne and Sparkling Wine

|   |                                 |  |  |
|---|---------------------------------|--|--|
| <b>Four Cousins Sauvignon Blanc Brut</b> 8.75 / 26.25 | <b>Moët &amp; Chandon</b> 69.95 | <b>Veuve Cliquot (V) 1999/2000</b> 89.25 | <b>Dom Pérignon (V) 1999/2000</b> 178.95 |
|---|---------------------------------|--|--|

### Beer and Cider

|                   |      |
|-------------------|------|
| Windhoek          | 3.95 |
| Peroni            | 4.25 |
| Asahi             | 4.25 |
| Savanna Dry Cider | 3.95 |

### Soft Drinks

|           |      |                          |             |
|-----------|------|--------------------------|-------------|
| Coke      | 2.95 | Appletiser               | 2.95        |
| Diet Coke | 2.95 | Fruit Juices             | 2.25 / 3.75 |
| Sprite    | 2.95 | Still or Sparkling Water | 2.25 / 3.75 |

### Spirits

Full spirits list available upon request

|               |      |                     |      |
|---------------|------|---------------------|------|
| Gordon's Gin  | 3.45 | Malibu              | 3.45 |
| Absolut Vodka | 3.75 | Johnny Walker Black | 4.45 |
| Bacardi Rum   | 3.75 | Glenfiddich         | 4.95 |
| Pimm's        | 3.45 | Jägermeister        | 4.45 |

### Coffee

|            |             |                             |             |
|------------|-------------|-----------------------------|-------------|
| Espresso   | 2.45 / 2.95 | Hot Chocolate               | 2.45        |
| Lattè      | 2.45        | Macchiato (Single / Double) | 2.45 / 2.95 |
| Cappuccino | 2.45        | Selection of Teas           | 2.45        |
| Americano  | 2.45        | Liqueur Coffee              | 5.75        |

### Apéritif

|                  |       |                    |      |
|------------------|-------|--------------------|------|
| Remy Martin VSOP | 4.45  | Lagavulin          | 5.75 |
| Hine XO          | 10.95 | Jamesons           | 4.45 |
| Martell XO       | 13.25 | Chivas Regal 12 YO | 4.45 |
| KWV 5 Year       | 3.95  | Amarula            | 3.45 |
| Oban 14 Year     | 4.95  | Amaretto           | 3.45 |

## Desserts and Dom Pedro

### Dom Pedro 5.95

A traditional South African after-dinner drink made with ice-cream and your favourite liqueur. Choose from: Jamesons, Frangelico, Amarula, Amaretto, Kahlua or Creme de Menthe

|  |  |  |
|--|--|--|
| <b>Mississippi Mud Pie</b> 5.95<br>served with ice-cream.          | <b>Cheesecake</b> 5.95<br>with salted caramel sauce  | <b>Sticky Toffee Pudding</b> 5.95<br>with ice-cream                    |
| <b>Gourmet Ice-Cream</b> 5.95<br>Vanilla, chocolate and strawberry | <b>Chocolate Melt</b> 5.95<br>served with ice-cream. | <b>Cheese Board</b> 5.95<br>Selection of cheeses, crackers and chutney |

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