



THE FISH & WINE CO.

## APPERTISERS A Feast of flavours!

- R45.00 PRAWN BISQUE  
A pureed blend of de-shelled prawns delicately creamed and spiced
- SQ OYSTERS AU NATURAL  
The best from Luderitz shucked to your order
- R45.00 FALKLAND CALAMARI  
Grilled or fried, with lemon and garlic butter or Cajun
- R38.00 SQUID HEADS  
Deep-fried, crispy, tender and delicious
- R40.00 FRESH MUSSELS IN THAI SAUCE  
Mussels in a creamy coconut and mild curry sauce
- R45.00 SARDINES  
A medley of Mediterranean flavours-crusted with Parmesan cheese and cracked black pepper
- R55.00 F & W PRAWN COCKTAIL  
Grilled LM prawns, served on a bed of salad with fanned avocado, topped with our famous mild curry dressing
- R55.00 Duo of SMOKED SALMON & TROUT  
Avocado, capers and a dash of lime
- R35.00 SALMON, LINEFISH AND DILL FISH-CAKES  
Fresh Linefish and salmon tossed together with mashed potato, herbs and parmesan cheese
- R40.00 DEEP FRIED HALLOUMI  
With olive oil, oregano and lemon
- R30.00 CHICKEN LIVERS PERI PERI  
Sautéed in white wine, garlic and peri peri sauce





## SALADS

- R45.00    **GREEK SALAD**  
Mixed lettuce, tomatoes, cucumber and our famous Danish feta and olives
- R45.00    **ROQUEFORT SALAD**  
Crispy greens and baby tomatoes laced with our homemade roquefort dressing
- R50.00    **CAJUN CALAMARI SALAD**  
French Salad topped with grilled Cajun calamari tubes and avocado
- R50.00    **GRILLED CHICKEN SALAD**  
Juicy breast of chicken tossed with apples and nuts on crispy greens
- R50.00    **F & W HOUSE SALAD**  
Artichokes, courgettes and mange-tout with avocado and grated Parmesan
- R60.00    **SEAFOOD SALAD**  
Hake, calamari and prawns served warm in a light curry sauce on a bed of greens
- R80.00    **GRILLED SALMON OR TUNA SALAD**  
Juicy bites of fresh grilled salmon or tuna on a bed of noodles sprinkled with black sesame seeds

## HOUSE SPECIALITIES

- R75.00    **MOULES MARINIÈRE ET FRITES**  
Cooked and served in the traditional Belgian way
- R90.00    **PRAWN CURRY**  
Prawns simmered in a mild Thai red curry sauce
- R70.00    **CHICKEN BREASTS**  
Stuffed with sun-dried tomatoes and feta, grilled and served with a creamy tomato sauce
- R90.00    **RUMP STEAK**  
Aged, delicately basted and flame grilled to your liking  
Add surf for R30.00
- R70        **VEGETARIAN**  
Noodles tossed with spring vegetables
- SQ        **BOUILLABAISSÉ**  
A classic stew with various seafoods served with crusty French bread
- R80        **PANGASIUŠ**  
A white fleshed fish baked with a delicate blue cheese sauce and sprinkled with toasted nuts



## SHELLFISH Shellfish & platters:-

All our prawns are wild sea prawn from Mozambique

- R85.00 BRONZE PLATTER  
Chicken livers, Squid heads, Mussels and 3 Queen prawns
- R110.00 SILVER PLATTER  
Linefish, Calamari and 3 Queen prawns
- R150 DIAMOND PLATTER - Crayfish tail, 3 kings and calamari
- R250.00 SHELLFISH PLATTER  
2 Queens, 2 Kings, 2 Langoustines, 1 Tiger Giant and a Crayfish tail
- R380.00 PLATINUM PLATTER  
6 Queens, 4 Kings, 1 Crayfish tail, 1 Tiger Giant, Calamari, Squid heads, Mussels and Linefish
- R65.00 LM TIGER GIANTS  
each
- SQ ROCK LOBSTER
- R110.00 5 KINGS OR 7 QUEENS
- R170.00 10 KINGS OR 15 QUEENS



## DESSERTS

- R30.00    **DECADENT BELGIAN CHOCOLATE TORTE**  
Rich and dense - for the serious chocoholic
- R30.00    **TIRAMISU**  
Rich layers of coffee, liqueur and marscapone
- R35.00    **TRADITIONAL BAKED CHEESE CAKE**  
Thick and creamy
- R35.00    **MALVA PUDDING**  
Our variation of this traditional sweet - memorable
- R30.00    **CRÈME BRULEE**  
Daily variations of the world's most popular dessert
- R30.00    **LYNN'S SORBET**  
Homemade fruity sorbet to refresh the palate
- R30.00    **VANILLA ICE CREAM**  
Vanilla Ice Cream and hot chocolate sauce



## FISH

- R70.00 ENGLISH STYLE FISH & CHIPS  
Fresh (never frozen) hake, deep-fried in a crispy light beer batter
- R95.00 LINE FISH OF THE DAY  
Daily selection of fresh filleted fish, grilled to perfection
- R120.00 SCOTTISH SALMON  
Seared with a sweet pepper jelly OR poached and served with a Wasabi mayonnaise
- R105.00 TUNA STEAK  
Lightly marinated in mirin, soy and fresh ginger and seared to your choice
- R95.00 BABY SOLES  
The best from the East Coast
- R80.00 CALAMARI  
Grilled with lemon garlic butter or Cajun

