



FIN & FILLET  
*grill*

*Take Away*



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**FREE DELIVERY** within a 7km radius for orders  
over R150.00 / 11h30 - 19h00

Cash and Credit Cards accepted

# Starters

BEEF TRINCHADO	R69
“PERFECTLY PORTO” PERI-PERI LIVERS	R59
BBQ BASTED BUFFALO WINGS	R59
CHORIZO CHAKALAKA	R69
CAPTAIN’S CALAMARI	R62
THE MUSSEL POT	R72
HALLOUMI CHEESE	R59
BLACK MUSHROOMS ala GRECO	R55
ROCK SHRIMP TEMPURA	R69

# Salads

THE CAPTAIN’S GREEK SALAD	SINGLE R69
BIG BANG BEEF STRIP SALAD	R95
SALMON SALAD	R99
CHICKEN & AVOCADO	R89

# Burgers

*Featuring a homemade 200g pure beef patty, flame grilled to perfection - with home relish, tomato, red onion, fresh lettuce & served with fries.*

F&F CLASSIC BURGER	R79
CHEESE BURGER	R85
MUSHROOM & PEPPER BURGER	R85
CHICKEN BURGER	R69
RICHIE’S RIB-EYE STEAK ROLL	R119

# Feeling Peckish

WINGS AND CRUSTED CHICKEN STRIPS	R89
CRUMBED MUSHROOMS AND HALLOUMI	R89
FRIED CALAMARI AND CRUSTED CHICKEN STRIPS	R89
HALLOUMI AND WINGS	R89

# Ribs

*A real-deal rack of honey-basted flame-grilled Pork ribs. Coated in our beautiful basting & fired up to perfection! Served with a choice of one side: vegetables, rice, mash, salad, baked potato or chips - Dig in!*

FULL RACK 1KG	R239
HALF RACK 500G	R155

# Espetada

*It's Brazilian flame-grilled joy on a skewer; done our way! Served with a choice of one side: vegetables, rice, mash, salad, baked potato or chips.*

BEEF	R159
CHICKEN	R135
F&F ESPETADA	R159

*... add sauces:*

PEPPER SAUCE	R30
CHEESE SAUCE	R30
MUSHROOM SAUCE	R30
DIJON MUSTARD SAUCE	R30
GARLIC SAUCE	R30

*... add sides:*

CREAMED SPINACH	R30
CHIPS	R35
ROAST POTATOES	R28
SALAD	R35
ONION RINGS	R25
MASH	R35
PAP & CHAKALAKA	R30
RICE	R25
BAKED POTATO	R25

# Meat

*Sumptuously served with a choice of one side:  
Rice, chips, baked potato, onion rings, pap & chakalaka,  
salad or vegetables.*

FILLET	200G	R149
	300G	R179
RUMP	200G	R135
	300G	R155
SIRLOIN	200G	R135
	300G	R155
RIB-EYE	300G	R165
T-BONE	500G	R175
LAMB CHOPS (3P)	330G	R175
TOMAHAWK	650G	R229

# F&F Specialities

OXTAIL OMG!!!	R179
EISBEIN EXTRAORDINAIRE	R159
LAMB SHANK	R199
CHICKEN BREAST	R95
CHICKEN SCHNITZEL SUPREME!	R105
BABY CHICKEN	R139
VEG PASTA	R85
SPAGHETTI BOLOGNAISE ESPECIALE!	R95

# Seafood

*Served with a choice of one side: Chips, baked potato,  
vegetables, rice or salad. Choice of one sauce: lemon  
butter, garlic or peri-peri sauce.*

CALAMARI	R129
KINGKLIP	R179
SOLE	R179
LARGE HAKE	R109
NORWEGIAN SALMON	R199
TOKYO TUNA TATAKI	R199
HAKE & CALAMARI CRESCENDO	R129
PRAWN & CALAMARI POWER	R135

# Prawns

HIS HIGHNESS - PRINCE PRAWNS (10)	R159
HER MAJESTY - QUEEN PRAWNS (6)	R169

# Cool Combo's

*Combo grills are served with your choice of starch.*

200G RUMP & 4 PRINCE PRAWNS	R155
HALF CHICKEN & GRILLED CALAMARI	R130
200G RUMP & GRILLED CALAMARI	R145
300G PORK RIBS & FRIED CALAMARI	R155
HALF CHICKEN & 6 PRINCE PRAWNS	R145
CHICKEN BREAST & 4 PRINCE PRAWNS	R130

# Platters

SEAFOOD PLATTER FOR 1	R149
SEAFOOD PLATTER FOR 2	R275
FIN & FILLET FULL-ON PLATTER	R250
FUSION PLATTER (SEAFOOD AND MEAT)	R275

# Traditional Sushi

# Signature Sushi

*Timeless & stylish sushi classics!*

<b>CALIFORNIA ROLLS</b>	<b>4P</b>	<b>8P</b>
Salmon	R48	R75
Tempura Prawn	R48	R75
Prawn	R45	R72
Avo & cucumber	R40	R60
<b>FASHION SANDWICH</b>	<b>4P</b>	<b>8P</b>
Salmon	R50	R80
Prawn	R48	R78
Avo & cucumber	R40	R60
<b>SASHIMI - PLAIN OR SEARED</b>	<b>3P</b>	
Salmon	R60	
Tuna	R60	
<b>HAND ROLLS</b>	<b>1P</b>	
Salmon	R60	
Tempura Prawn	R55	
<b>TOFU POCKETS</b>	<b>4P</b>	
Salmon	R65	
Prawn	R60	
<b>POKÉ BOWL</b>		
Salmon	R129	
Prawn	R120	
<b>SALMON GRENADES (4P)</b>	<b>R75</b>	
<b>SALMON ROSES (4P)</b>	<b>R75</b>	

## Platters

<b>SALMON PLATTER (16P)</b>	<b>R199</b>
A fiery fusion of 4 Rainbow Reloaded, 4 California Salmon, 4 Fashion Sandwich, 2 Tofu Salmon Pockets & 2 Sashimi.	
<b>MEGA PLATTER (22P)</b>	<b>R359</b>
4 Fashion Prawn, 4 California Salmon, 4 California Veg, 4 Salmon Roses, 2 Hand Rolls (1 Salmon, 1 Prawn), 4 4x4 Reloaded	

*Fun & Fab twists on the art of sushi from F&F!*

<b>PHILADALPHIA ROLL (8P)</b>	<b>R125</b>
<b>FIN &amp; FILLET ROLL (8P)</b>	<b>R130</b>
<b>4X4 RELOADED (8P)</b>	<b>R130</b>
<b>RAINBOW RELOADED (8P)</b>	<b>R125</b>

## Desserts

<b>AUNTY MARTHA'S MALVA PUDDING</b>	<b>R59</b>
<b>TIRAMISU TOSCANA</b>	<b>R59</b>

## Cold Beverages

<b>SODAS 300ML</b>	<b>R25</b>
Coca-Cola / Coke Light / Zero / Tab / Fanta Orange / Creme Soda / Sprite / Sprite Zero	
<b>TISERS</b>	<b>R30</b>
Appletiser, Red Grapetiser, White Grapetiser	
<b>ICE TEA</b>	<b>R30</b>
Lemon / Peach	
<b>SODAS 200ML</b>	<b>R23</b>
Dry Lemon, Soda, Lemonade, Tonic Water	
<b>JUICES</b>	<b>R30</b>
Orange / Fruit Cocktail / Mango	
<b>MILKSHAKES</b>	<b>R38</b>
Chocolate / Strawberry / Vanilla / Lime / Oreo	
<b>SPECIALITY MILKSHAKE</b>	<b>R41</b>
Loaded with sweet goodies in a strawberry fun or oreo delight.	
<b>MINERAL WATER</b>	
Still	<b>350ml R22</b>
Sparkling	<b>750ml R42</b>
<b>FREEZOS</b>	<b>R48</b>
Coffee / Decadent Chocolate / Fruit	
<b>SMOOTHIES</b>	<b>R48</b>
Orange / Fruit Cocktail / Mango	