



FIN & FILLET
grill

Take Away



Tel: 010 141 5687
Email: info@finandfilletgrill.co.za
www.finandfilletgrill.co.za

FREE DELIVERY within a 7km radius for orders
over R150.00 / 12pm - 9pm

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	R75
HALLOUMI CHEESE	R59
BLACK MUSHROOMS ala GRECO	R55
ROCK SHRIMP TEMPURA	R79

Feeling Peckish

WINGS AND CRUSTED CHICKEN STRIPS	R95
CRUMBED MUSHROOMS AND HALLOUMI	R95
FRIED CALAMARI AND CRUSTED CHICKEN STRIPS	R95
HALLOUMI AND WINGS	R95

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	R255
HALF RACK 500G	R169

Salads

THE CAPTAIN’S GREEK SALAD	SINGLE R75
BIG BANG BEEF STRIP SALAD	R95
SALMON SALAD	R109
CHICKEN & AVOCADO	R99

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	R169
CHICKEN	R145
F&F ESPETADA	R169

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

... 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	R155
	300G	R179
RUMP	200G	R145
	300G	R169
SIRLOIN	200G	R145
	300G	R169
RIB-EYE	300G	R165
T-BONE	500G	R175
LAMB CHOPS (3P)	330G	R175
TOMAHAWK	650G	R229

7&7 Specialities



OXTAIL OMG!!!	R185
EISBEIN EXTRAORDINAIRE	R169
LAMB SHANK	R199
CHICKEN BREAST	R109
CHICKEN SCHNITZEL SUPREME!	R119
BABY CHICKEN	R139
VEG PASTA	R95
SPAGHETTI BOLOGNAISE ESPECIALE!	R99

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	R139
KINGKLIP	R199
SOLE	R199
LARGE HAKE	R119
NORWEGIAN SALMON	R219
TOKYO TUNA TATAKI	R219
HAKE & CALAMARI CRESCENDO	R139
PRAWN & CALAMARI POWER	R145

Prawns

HIS HIGHNESS - PRINCE PRAWNS (10)	R169
HER MAJESTY - QUEEN PRAWNS (6)	R175

Cool Combo's



Combo grills are served with your choice of starch.

200G RUMP & 4 PRINCE PRAWNS	R165
HALF CHICKEN & GRILLED CALAMARI	R137
200G RUMP & GRILLED CALAMARI	R155
300G PORK RIBS & FRIED CALAMARI	R169
HALF CHICKEN & 6 PRINCE PRAWNS	R155
CHICKEN BREAST & 4 PRINCE PRAWNS	R145

Platters



SEAFOOD PLATTER FOR 1	R159
SEAFOOD PLATTER FOR 2	R299
FIN & FILLET FULL-ON PLATTER	R265
FUSION PLATTER (SEAFOOD AND MEAT)	R299



Traditional Sushi

Timeless & stylish sushi classics!

CALIFORNIA ROLLS	4P	8P
Salmon	R55	R89
Tempura Prawn	R55	R89
Prawn	R53	R85
Avo & cucumber	R50	R72

FASHION SANDWICH	4P	8P
Salmon	R59	R95
Prawn	R55	R90
Avo & cucumber	R50	R75

SASHIMI - PLAIN OR SEARED	3P
Salmon	R75
Tuna	R75

HAND ROLLS	1P
Salmon	R75
Tempura Prawn	R65
Cucumber	+R7

TOFU POCKETS	4P
Salmon	R72
Prawn	R68

POKÉ BOWL	
Salmon	R139
Prawn	R130

SALMON GRENADES (4P)	R80
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SALMON ROSES (4P)	R80
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Platters

SALMON PLATTER (16P)	R229
A fiery fusion of 4 Rainbow Reloaded, 4 California Salmon, 4 Fashion Sandwich, 2 Tofu Salmon Pockets & 2 Sashimi.	

MEGA PLATTER (22P)	R359
4 Fashion Prawn, 4 California Salmon, 4 California Veg, 4 Salmon Roses, 2 Hand Rolls (1 Salmon, 1 Prawn), 4 4x4 Reloaded	

Fried Sushi

BURNING VOLCANO ROLL (8P)	R145
Salmon and cream cheese tempura California roll with yum-yum sauce.	

INFERNO ROLL (8P)	R145
Prawn tempura, avo & cream cheese California roll, with dynamite sauce – tastily topped with crispy panko crumbs.	

Signature Sushi

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

PHILADALPHIA ROLL (8P)	R135
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FIN & FILLET ROLL (8P)	R140
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4X4 RELOADED (8P)	R140
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RAINBOW RELOADED (8P)	R140
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Desserts

AUNTY MARTHA'S MALVA PUDDING	R65
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TIRAMISU TOSCANA	R59
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Cold Beverages

SODAS 300ML	R25
Coca-Cola / Coke Light / Zero / Tab / Fanta Orange / Creme Soda / Sprite / Sprite Zero	

TISERS	R30
Appletiser, Red Grapetiser, White Grapetiser	

ICE TEA	R30
Lemon / Peach	

SODAS 200ML	R23
Dry Lemon, Soda, Lemonade, Tonic Water	

JUICES	R30
Orange / Fruit Cocktail / Mango	

MILKSHAKES	R38
Chocolate / Strawberry / Vanilla / Lime / Oreo	

SPECIALITY MILKSHAKE	R41
Loaded with sweet goodies in a strawberry fun or oreo delight.	

MINERAL WATER	
Still	350ml R22
Sparkling	750ml R42

FREEZOS	R48
Coffee / Decadent Chocolate / Fruit	

SMOOTHIES	R48
Orange / Fruit Cocktail / Mango	