



FIN & FILLET  
*grill*

*Take Away*



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**R25 DELIVERY 2PM - 9PM**

Cash and Credit Cards accepted

# Starters



CREAMY PRAWNS	R92
BEEF TRINCHADO	R76
BEEF CARPACCIO	R89
“PERFECTLY PORTO” PERI-PERI LIVERS	R75
BBQ BASTED BUFFALO WINGS	R72
AMAZING AVO RITZ	R85
SUPER-SNAILS	R85
CAPTAIN’S CALAMARI	R79
THE MUSSEL POT	R99
HALLOUMI CHEESE (V)	R79
BLACK MUSHROOMS ala GRECO (V)	R72
ROCK SHRIMP TEMPURA	R89
OYSTERS	SQ

# Salads



THE CAPTAIN’S GREEK SALAD (V)	R99
SALMON SALAD	R129
CHICKEN & AVOCADO	R125

# 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	R99
CHEESE BURGER	R115
MUSHROOM & PEPPER BURGER	R115
CHICKEN BURGER	R95
CHEESE & BACON BURGER	R125

# Pork or Beef Ribs



*A real-deal rack of honey-basted flame-grilled PORK or BEEF 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	R325
HALF RACK 500G	R210

# 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	R185
CHICKEN	R165
F&F ESPETADA	R185

*... add sauces:*

PEPPER SAUCE	R39
CHEESE SAUCE	R39
MUSHROOM SAUCE	R39
DIJON MUSTARD SAUCE	R39
GARLIC SAUCE	R39

*... add sides:*

CREAMED SPINACH	R44
CHIPS	R44
SALAD	R44
ONION RINGS	R39
MASH	R44
PAP & CHAKALAKA	R44
RICE	R39
BAKED POTATO	R39
MIXED VEGETABLES	R44

# Meat

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

FILLET	200G	R185
	300G	R229
RUMP	200G	R150
	300G	R175
SIRLOIN	200G	R150
	300G	R175
RIB-EYE	300G	R205
OSTRICH FAN FILLET	250G	R165
T-BONE	500G	R229
LAMB CHOPS (3P)	330G	R215
TOMAHAWK	550G	R275
WAGYU DENVER STEAK	250G	R329

# 7&7 Specialities

LAMB SHANK	R285
OXTAIL OMG!!!	R199
EISBEIN EXTRAORDINAIRE	R179
CHICKEN BREAST ala FUNGHI	R139
CHICKEN SCHNITZEL SUPREME!	R135
POP'S PORTUGUESE STEAK	R179
BABY CHICKEN	R155
FILLET FLAMBE	R239
SPAGHETTI BOLOGNAISE ESPECIALE!	R125
SALTIMBOCCA	R199
SEAFOOD SPAGHETTI DI MARE	R175

# 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	R159
KINGKLIP	R220
SOLE	R220
LARGE HAKE	R130
NORWEGIAN SALMON	R249
TOKYO TUNA TATAKI	R245
HAKE & CALAMARI CRESCENDO	R172
PRAWN & CALAMARI POWER	R179

# Prawns

HIS HIGHNESS - PRINCE PRAWNS (12)	R195
HIS MAJESTY - KING PRAWNS (8)	R299

# Cool Combo's

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

200G RUMP & 4 PRINCE PRAWNS	R189
HALF CHICKEN & GRILLED CALAMARI	R169
200G RUMP & GRILLED CALAMARI	R185
300G PORK RIBS & FRIED CALAMARI	R210
HALF CHICKEN & 6 PRINCE PRAWNS	R179

# Platters

SEAFOOD PLATTER FOR 1	R225
SEAFOOD PLATTER FOR 2	R329
FIN & FILLET FULL-ON PLATTER	R329

# Traditional Sushi

# Signature Sushi

*Timeless & stylish susbi classics!*

## CALIFORNIA ROLLS 8P

Salmon	R99
Tempura Prawn	R99
Prawn	R99
Avo & cucumber (V)	R80

## FASHION SANDWICH 8P

Salmon	R99
Prawn	R99
Avo & cucumber (V)	R80
Fashion Rainbow	R119

## SALMON ROSES (4P)

R89

## SALMON GRENADES (4P)

R89

## SASHIMI - PLAIN OR SEARED 3P

Salmon	R79
Tuna	R79

## HAND ROLLS 1P

Salmon	R79
Tempura Prawn	R79
Cucumber Wrap	+R9

## MAKI 6P

Salmon	R60
Prawn	R60
Avo & Cucumber (V)	R54

## NIGIRI

Salmon	2P
	R55
Prawn	R55
Tuna	R55

## POKÉ BOWL

A brilliant blend of cubed salmon or prawns, avocado, mixed peppers, cucumber, lettuce, edamame beans, sesame seeds, sesame oil & tantalising teriyaki sauce.

## SALMON

R155

# Platters

## SALMON PLATTER (16P)

A fiery fusion of 4 Rainbow Reloaded, 4 California Salmon, 4 Fashion Sandwich, 2 Tofu Salmon Pockets & 2 Sashimi.

R229

## FIN PLATTER (22P)

4 4x4 Reloaded, 4 Fashion Rainbow, 4 California Tempura prawns, 8 Maki Salmon, 2 Salmon Grenades

R299

# Flamed Sushi

## BURNING VOLCANO ROLL (8P)

Salmon and cream cheese tempura California roll with yum-yum sauce.

R155

## INFERNO ROLL (8P)

Prawn tempura, avo & cream cheese California roll, with dynamite sauce – tastily topped with crispy panko crumbs.

R155

## DRAGON ROLL (8P)

Salmon california roll topped with shrimp tempura prawn, avo & our secret Asian sauce. Flamed at your table.

R155

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

## PHILADELPHIA ROLL (8P)

R145

Salmon, cream cheese, avocado, mayonnaise and a thick soya sauce with spring onion – flavourful!

## FIN & FILLET ROLL (8P)

R145

Prawn tempura, cream cheese & smoked salmon with dynamite sauce - Boom!

## 4X4 RELOADED (8P)

R155

Salmon California Rolls topped with Tempura Prawns – yum!

## RAINBOW RELOADED (8P)

R149

Salmon, tuna, avocado & dynamite sauce - topped with tempura flakes, spring onion & caviar. Get reloaded!

## CRUNCH ROLL (8P)

R155

Salmon California Roll with Avo, topped with Prawn, spicy mayo & Tempura flakes.

## TIGER ROLL (8P)

R149

Tempura prawn, salmon & tuna rainbow roll, fresh rocket, mayo & teriyaki sauce topped with tempura flakes.

## TOKYO ROLL (8P)

R150

Salmon, cream cheese, avo and Asian spring onion mix.

# Desserts

## AUNTY MARTHA'S MALVA PUDDING

R72

## TIRAMISU TOSCANA

R72

## CRÈME BRÛLÉE DÉLICIEUSE

R77

## PANNA COTTA WITH POACHED PEAR

R79

## BAKED CHEESECAKE

R69

# Cold Beverages

## SODAS 300ML

Coca-Cola / Coke Light / Zero / Tab / Fanta Orange / Creme Soda / Sprite / Sprite Zero

## TISERS

Appletiser, Red Grapetiser, White Grapetiser

## ICE TEA

Lemon / Peach

## SODAS 200ML

Dry Lemon, Soda, Lemonade, Tonic Water

## JUICES

Orange / Fruit Cocktail / Mango

## MILKSHAKES

Chocolate / Strawberry / Vanilla / Lime / Oreo

## SPECIALITY MILKSHAKE

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

## MINERAL WATER

Still / Sparkling

## FREEZOS

Coffee / Decadent Chocolate / Fruit

## SMOOTHIES

Orange / Fruit Cocktail / Mango