

LIVE BAIT

SEAFOOD RESTAURANT

menu

STARTERS

Soup of the Day (See Specials Board) - R45

Black West Coast Mussels - R65

*Served in a Garlic, White Wine Cream Sauce
or a Roasted Tomato Sauce with Feta.*

(Subject to Availability)

Deep Fried Calamari - R55

*Dusted in Flour & Oregano Salt. Served with Lemon, Rocket &
Garlic Aioli.*

Grilled Calamari - R55

Served with Olive Oil, Garlic, Chilli Salsa Verde & Garlic Aioli.

Pan Fried Prawns - R95

5 Prawns - Served with either a Peri-Peri, Lemon or Garlic Butter.

Fish Goujons - R45

Fried with Pecorino Crumbs & Green Tartar Sauce.

SALADS

Green Salad - R69

Butter Lettuce, Cucumber, Avo, Parmesan with a Herb & Whole

Grain Mustard Dressing

Greek Village Salad - R65

*Pickled Cucumber, Tomato, Red Onion, Green Pepper,
Marinated Feta & Olives with a Dill Dressing.*

Melon & Feta Salad - R50

*Sweet Melon, Pickled Cucumber, Red Onion,
Marinated Feta, Green Olives & Pumpkin Seeds with a Dill Dressing.*

Caesar Salad - R69

*Bib Lettuce, Crispy Bacon, Shaved Pecorino, Garlic &
Soft Boiled Egg with Anchovies & Parmesan Dressing.*

WOOD OVEN - FLAT BREADS

Garlic, Pecorino & Herb Flat Bread - R20

Slow Roasted Lamb with Dukka, Slaw &
Tahini Yogurt - R75

MEZZE

Tzatziki, Taramasalata, Hummus,
Marinated Feta, Olives - R25 each

Served with a small Flat Bread.

Spinach & Feta Croquettes - 2 for R25

Served with a Green Sauce.

Prawn Croquettes - 2 for R25

Served with a Green Sauce.

PASTAS

Seafood Pasta - R125

*Linguine with Prawns, Calamari, Line Fish & Black Mussels
served in either a Garlic & Creamy White Wine Sauce or
Napolitana Sauce with Feta & Rocket.*

Green Linguine - R85

*Served with Basil Pesto, Fine Green Beans
& Roasted Baby Potatoes.*

Sides

Choice of either Hand Cut Chips, Summer Rice, Mediterranean Roasted Veg, Roasted Butternut & Creamed Spinach, Garlic Mash or Side Greek Salad.
(Additional Orders - R18)

Sauces

Choice of Garlic Chardonnay Sauce, Creamy Lemon Butter Sauce, Mozambican Peri Peri Sauce, Aioli, Green Mayo or Tartar Sauce.
(Additional Orders - R15)

OFF THE COALS

Skewers

Lamb - R60, Beef - R50, Chicken - R40

Sardines Salsa Verde - R65

Extra Virgin Olive Oil, Fresh Lemon Juice, Garlic & Chilli.
Served with Salsa Verde.

Whole Fish - R130 (See Specials Board)

Flame Grilled with Olive Oil & Lemon, Stuffed with Lemon & Herbs. Served with a Side & Sauce.

Sirloin (200g) - R125

Served with your choice of Garlic Sauce or Café de Paris Sauce & Side.

SEAFOOD

Chef's Choice / See Specials Board

Black West Coast Mussels - R95

Served in a Garlic, White Wine Cream Sauce or a Roasted Tomato Sauce with Feta.
(Subject to Availability)

Fresh Line Fish (See Specials Board) - R95

Grilled, Dusted with Flour, Salt & White Pepper, Grilled with Olive Oil blend. Served with your choice of a Side & Sauce.

Battered Deep Fried or Grilled Hake - R75

Served with Basil Mayo, Fresh Lemon, Greens & Chips.

Kiddies Hake & Chips - R59

Kiddies Calamari (Fried) & Chips - R59

Deep Fried Calamari - R95

Dusted in Flour & Oregano Salt. Served with Lemon, Rocket, Aioli & a Side.

Grilled Calamari - R95

Served with Olive Oil, Garlic, Chilli Salsa Verde, Aioli & a Side.

Pan Fried Prawns in Shells - R160

Served with a Side & Sauce.

Sole Florentine - R125

Grilled Sole served on Spinach & Potato & Mushrooms with a Gratinated Pecorino Sauce.

SUSHI

California Rolls (4 PCS)

Tuna, Salmon, Prawn - R39, Line Fish - R35

Fashion Sandwiches (4 PCS)

Tuna, Salmon, Prawn - R43, Line Fish - R40

Salmon Roses (3 PCS) - R43

Rainbow Rolls (4 PCS)

Tuna, Salmon, Prawn - R43, Line Fish - R42

Maki Rolls (3 PCS)

Tuna, Salmon, Prawn - R24, Line Fish - R23,
Avocado & Cucumber - R23

Tenaka (Handroll)

Tuna, Salmon, Prawn - R55, Line Fish - R45,

Nigiri (1 PCS)

Tuna, Salmon, Prawn - R22, Line Fish - R21

Sashimi (1 PCS)

Tuna, Salmon, Prawn - R25, Line Fish - R23

Sushi Salad

Tuna, Salmon, Prawn - R88, Line Fish - R85

Tojo Platter - R150

4 Rainbow Rolls, 4 California Rolls, 3 Maki Rolls, 4
Nigiri (R25 extra for Salmon or Tuna only platter)

Live Bait Platter - R325

4 Rainbow Rolls, 4 California Rolls, 6 Maki Rolls, 2
Prawn Nigiri, 4 Sandwiches, 6 Sashimi (R30 extra
for Salmon or Tuna only platter)

DESSERTS

Almond Crème Brûlée - R40

Cheesecake - R57

Served with Cinnamon Ice Cream.

Trio of Ice Cream - R45

Vanilla, Coffee & Chocolate served with a Fudge Sauce.

Trio of Sorbet - R45

Lemon, Orange & Passion Fruit served on a Pineapple
Carpaccio with Chilli & Lime Salsa.
