



FRESH CATCH

Freshly Cooked

SEAS THE DAY

SINGLE CATCH

FRESHLY COOKED

Fresh Spicy Calamari Bowl	R75.00
Fresh Spicy Prawn Bowl	R105.00
Fresh Spicy Hake Bowl	R80.00
Hake(S) & Russian & Chips or Rice	R90.00
Hake (M) & Chips or Rice	R80.00
Hake (L) & Chips or Rice	R110.00
Sole & Chips or Rice	R135.00
Calamari Tubes & Chips or Rice	R145.00
Large Prawn Pops & Chips or Rice	R119.00
Paella Seafood & Spicy Rice	R129.00
Mussel Bowl & Rice	R105.00
Kingklip Grilled or Fried & Chips or Rice	R180.00
Hake Burger & Chips	R79.00
Calamari Burger & Chips	R79.00
Russian & Chips	R49.00
Cheesy Russian & Chips	R53.00
Vienna x 2 & Chips	R45.00
Fish Cake & Chips or Rice	R55.00
Prawn Wrap	R90.00
Calamari Wrap	R79.00
12 Grilled (M) Prawns & Chips or Rice	R129.00

COMBO & PLATTERS

FRESHLY COOKED

Calamari Tubes & 6 (M) Prawns & Chips or Rice	R130.00
Hake (M), Calamari Tubes & Chips or Rice	R160.00
Hake (M), Calamari Strips & Chips or Rice	R135.00
Hake (M), Pop Prawns & Chips or Rice	R155.00
Hake (M) & Onion Rings, Chips or Rice	R119.00
Calamari Tubes, Pop Prawns & Chips or Rice	R170.00
Platter 1- 1 Hake (M), Pop Prawns, Calamari Strips, Coleslaw & Chips or Rice	R230.00
Platter 2 - 2Hake (M), Pop Prawns, Calamari Strips, Mussels, Coleslaw & Chips or Rice	R385.00

ALL TAKE AWAY PACKAGING IS BIODEGRADABLE



FRESH CATCH

SEAS THE DAY



FAMILY CATCHES

FRESHLY COOKED

Just for 2 - 2 Hake (M), Coleslaw & Chips or Rice	R160.00
Just for 4 - 4 Hake (L), Coleslaw & (L) Chips or Rice	R410.00
Fresh for 2 - 2 Hake (M), Calamari Strips, Coleslaw & Chips or Rice	R215.00

KIDDIES CATCHES

FRESHLY COOKED

Fish Pops & Chips or Rice	R45.00
Fish Fingers & Chips or Rice	R45.00
Calamari Strips & Chips or Rice	R52.00
Pop Prawns & Chips or Rice	R56.00

SIDE CATCHES

FRESHLY COOKED

Chips (M) 280g	R38.00	Chips (L) 350g	R49.00
Kingklip	R145.00	Coleslaw	R32.00
Fish Cake	R35.00	Prawn Salad	R110.00
Onion Rings	R32.00	Greek Salad	R45.00
Seeded Rolls	R14.00		

EXTRAS

Hake (M) Grilled or Fried	R56.00	Pop Prawns 100g	R85.00
Hake (L) Grilled or Fried	R70.00	Sole	R90.00
Hake (S) Grilled or Fried	R18.50	Russian	R17.50
Calamari Rings 120g	R49.00	Cheesy Russian	R23.50
Calamari Strips 100g	R49.00	Vienna	R12.00
Calamari Tubes 150g	R105.00	8 Mussels	R75.00

Assorted Sauces (each) R13.50

Garlic butter / Lemon Butter / Hot Peri Peri / Tartar / 1000 Island

FRESHCATCH.CO.ZA

Benoni

Shop no.4
Eastfields Shopping Centre
121 Benoni Rd, Rynfield, Benoni
Tel: 010 235 0139



Kempton Park

Shop 13
Olivewood Lifestyle Centre
300 Grosvenor St, Kempton Park
Tel: 010 006 2020