



FIN & FILLET
grill

Take Away



Tel: 010 141 5687

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www.finandfilletgrill.co.za

DELIVERY 2PM - 9PM

Cash and Credit Cards accepted

Starters



CREAMY PRAWNS	R85
BEEF TRINCHADO	R69
BEEF CARPACCIO	R75
“PERFECTLY PORTO” PERI-PERI LIVERS	R65
BBQ BASTED BUFFALO WINGS	R65
AMAZING AVO RITZ	R79
SUPER-SNAILS	R75
CAPTAIN’S CALAMARI	R75
THE MUSSEL POT	R99
HALLOUMI CHEESE (V)	R72
BLACK MUSHROOMS ala GRECO (V)	R69
ROCK SHRIMP TEMPURA	R85
TUNA CARPACCIO	R109
OYSTERS	SQ

Salads



THE CAPTAIN’S GREEK SALAD (V)	TABLE R109
	SINGLE R89
SALMON SALAD	R119
CHICKEN & AVOCADO	R109
FIN & FILLET HOUSE SALAD	R85
ADD CHICKEN R35	ADD SIRLOIN R45

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	R95
CHEESE BURGER	R105
MUSHROOM & PEPPER BURGER	R105
CHICKEN BURGER	R89
TRINCHADO STEAK ROLL	R99
BEYOND BURGER (V)	R135

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	R295
HALF RACK 500G	R195

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	R175
CHICKEN	R155
F&F ESPETADA	R175

... add sauces:

PEPPER SAUCE	R35
CHEESE SAUCE	R35
MUSHROOM SAUCE	R35
DIJON MUSTARD SAUCE	R35
GARLIC SAUCE	R35

... add sides:

CREAMED SPINACH	R40
CHIPS	R40
ROAST POTATOES	R35
SALAD	R40
ONION RINGS	R35
MASH	R40
PAP & CHAKALAKA	R40
RICE	R35
BAKED POTATO	R35
MIXED VEGETABLES	R40

Meat

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

FILLET	200G	R169
	300G	R199
RUMP	200G	R150
	300G	R175
SIRLOIN	200G	R150
	300G	R175
RIB-EYE	300G	R195
T-BONE	500G	R195
LAMB CHOPS (3P)	330G	R199
TOMAHAWK	550G	R249
FILLET ON THE BONE	400G	R235

7&7 Specialities

LAMB SHANK	R259
OXTAIL OMG!!!	R199
EISBEIN EXTRAORDINAIRE	R179
CHICKEN BREAST ala FUNGHI	R129
CHICKEN SCHNITZEL SUPREME!	R129
POP'S PORTUGUESE STEAK	R165
BABY CHICKEN	R155
FILLET FLAMBE	R199
SPAGHETTI BOLOGNAISE ESPECIALE!	R125
SALTIMBOCCA	R189
SEAFOOD SPAGHETTI DI MARE	R169

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	R149
KINGKLIP	R209
SOLE	R209
LARGE HAKE	R125
NORWEGIAN SALMON	R235
TOKYO TUNA TATAKI	R235
HAKE & CALAMARI CRESCENDO	R159
PRAWN & CALAMARI POWER	R169
FRESH WHOLE FISH	SQ

Prawns

HIS HIGHNESS - PRINCE PRAWNS (12)	R185
HIS MAJESTY - KING PRAWNS (8)	R225

Cool Combo's

Combo grills are served with your choice of starch.

200G RUMP & 4 PRINCE PRAWNS	R175
HALF CHICKEN & GRILLED CALAMARI	R155
200G RUMP & GRILLED CALAMARI	R175
300G PORK RIBS & FRIED CALAMARI	R189
HALF CHICKEN & 6 PRINCE PRAWNS	R175

Platters

SEAFOOD PLATTER FOR 1	R199
SEAFOOD PLATTER FOR 2	R299
FIN & FILLET FULL-ON PLATTER	R299

Traditional Sushi

Signature Sushi

Timeless & stylish sushi classics!

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

CALIFORNIA ROLLS

Salmon	8P
Tempura Prawn	R99
Prawn	R99
Avo & cucumber (V)	R80

FASHION SANDWICH

Salmon	8P
Prawn	R99
Avo & cucumber (V)	R80
Fashion Rainbow	R119

SASHIMI - PLAIN OR SEARED

Salmon	3P
Marinated Salmon	R79
Tuna	R89
	R79

HAND ROLLS

Salmon	1P
Tempura Prawn	R79
Cucumber	R79
	+R9

MAKI

Salmon	4P	NIGIRI	2P
Prawn	R60	Salmon	R50
Avo & cucumber (V)	R60	Prawn	R50
	R54	Tuna	R50

POKE BOWL

Salmon	R155
Prawn	R155

SALMON GRENADES (4P)

R89

SALMON ROSES (4P)

R89

Platters

SALMON PLATTER (16P)

R229
A fiery fusion of 4 Rainbow Reloaded, 4 California Salmon, 4 Fashion Sandwich, 2 Tofu Salmon Pockets & 2 Sashimi.

FIN PLATTER (22P)

R299
4 4x4 Reloaded, 4 Fashion Rainbow, 4 California Tempura prawns, 8 Maki Salmon, 2 Salmon Grenades

Flamed Sushi

BURNING VOLCANO ROLL (8P)

R155
Salmon and cream cheese tempura California roll with yum-yum sauce.

INFERNO ROLL (8P)

R155
Prawn tempura, avo & cream cheese California roll, with dynamite sauce – tastily topped with crispy panko crumbs.

DRAGON ROLL (8P)

R155
Salmon California roll topped with shrimp tempura prawn, avo & our secret Asian sauce. Flamed at your table.

PHILADELPHIA ROLL (8P)

R145
Salmon, cream cheese, avocado, mayonnaise and a thick soya sauce with spring onion.

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.

CANDY FLOSS ROLL (6P)

R145
Salmon Grenade, creamy sauce, Tempura flakes & yummy Candy Floss.

Desserts

AUNTY MARTHA'S MALVA PUDDING

R69

TIRAMISU TOSCANA

R69

CRÈME BRÛLÉE DÉLICIEUSE

R69

CHARLIE'S CHOCOLATE WAFFLES

R75

PANNA COTTA WITH POACHED PEAR

R69

BAKED CHEESECAKE

R65

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

FREEZES

Coffee / Decadent Chocolate / Fruit

SMOOTHIES

Orange / Fruit Cocktail / Mango