

The Fat Fish

Menu

Big Fat Tapas

Tapas originated in Andalusia, Southern Spain, where a small 'tapa' was served with drinks in bars. Often just a slice of cured meat or piece of cheese. According to culinary legend these 'tapa' were used to cover wine glasses, this to keep the aroma in and the flies out. The Big Fat Fish takes tapas to a new gastronomic high... with no flies...

Snoek Bruschetta	R45.00
Snoek smear with crème fraîche and lemon	
Oysters	SQ
Where possible we only get Wild Coastal oyster	
Wonton Prawns	R75.00
Prawns wrapped in wonton pastry fried till crisp served with ginger dipping sauce	
Lamb Bobotie Stick	R45.00
Traditional bobotie lamb skewered and served with apple and tomato chutney and an inkomasi dipping sauce	
Goujons of Hake	R42.00
Panko bread crumbed goujons of hake with an tangy anchovy mayonnaise	
Asian Marinated Calamari	R48.00
Calamari grilled with an Asian marinated served with fresh sour dough bread	
Smoked Salmon Fish Cakes	R45.00
Wonderfully fragrant salmon fish cakes served with lime aioli	
Chicken Livers Peri-Peri	R45.00
Chicken livers pan-fried and simmered in a creamy peri-peri sauce	
Grilled Halloumi & Chorizo	R49.00
Grilled halloumi and chorizo sausage with lemon coriander mayo	
Ham & Cheese Croquettes	R48.00
Ham and cheese croquettes with a red capsicum sauce	
Arancini (Risotto Balls) (V)	R42.00
Arancini with a gorgonzola dipping sauce	
Charcuterie (Cured Meat Platter)	R68.00
Parma ham, nostrano salami and coppa with olives, marinated feta cheese and slices of crusty sour dough baguette	
Mezze (V)	R68.00
Mezze platter for one with thyme pita crisps, roasted peppers, boccocini, avo, hummus, caper berries, roasted tomatoes and olives	
Vegetable Spring Rolls (V)	R39.00
Vegetable spring roll with a soya dipping sauce	

Not So Fat

Salads & Starters

Tempura Prawn Salad with Caramelised Pineapple	R80.00
Crisp tempura fried prawns with caramelised pineapple, pickled ginger and toasted sesame seeds with a sweet chilli dressing	
Asian Grilled Chicken Salad	R75.00

Tender free-range breast of chicken marinated and grilled served with bean sprouts, roasted cashew nuts, red cabbage, papino and fresh coriander leaves

The Fat Fish Greek (V) R59.00

Fried feta, delicious marinated olives, ripe tomato wedges tossed with olive oil and balsamic vinegar and greens

Mozzarella & Roasted Vine Tomato Open Tart (V) R75.00

This is a classic combination of fresh sliced mozzarella, with lightly roasted vine tomatoes, basil pesto and fresh basil leaves in a warm puff pastry, lightly, drizzled with extra virgin olive oil and a balsamic cream

Sticky Pear & Blue Cheese Salad (V) R65.00

Caramelised pear and blue cheese with avocado, red onion and toasted almonds with an olive oil and red wine vinaigrette

Caesar Salad R69.00

The Fat Fish take on a classic. Cos lettuce, crispy parma ham, poached egg, parmesan cheese shavings, anchovy and croutons

Black Mushrooms with Mussels R49.00

Pan-fried black mushrooms topped with mussels in a creamy herb garlic sauce baked in the oven with a parmesan cheese gratin

Clam & Ham Hock Chowder R50.00

In true chowder fashion, hearty and wholesome served with fresh sliced Baguette

Sesame Salt & Pepper Fried Calamari R49.00

Salt and pepper calamari tossed in sesame seeds, flash fried and served with a tangy yet spicy wasabi mayonnaise

Kudu Carpaccio R62.00

Dukkah encrusted Kudu rump carpaccio served with pomegranate and cranberry reduction topped with parmesan baked crumbs and wild rocket

Fat Grills

Sirloin Steak R125.00
300gr

Rump Steak R125.00
300gr
R105.00
200gr

We only use Chalmar beef. Matured to perfection, char-grilled and served with our hand cut chips tossed in rosemary flavoured salt

Choose one of the following sauce R25.00

Blue cheese cream Madagasc green peppercorn Mushroom and red wine sauce

Beef Fillet Bèarnaise R165.00

Well matured beef fillet char-grilled and served with spoonful's of béarnaise sauce and a bowl of our Fat Fish hand cut chips

Brie and Parma Ham Chicken R125.00

Karoo free range chicken filled with the cheese wrapped in parma ham, roasted the oven and served with a deliciously rich black cherry reduction, wilted spinach, butter tossed beans and herb roasted baby potatoes

Fat Fish

And other lekker things from the sea

The Fat Fish & Chips R79.00

Fresh hake deep-fried in a beer batter till crisp and golden served with hand cut chips seasoned with rosemary salt and classic sauce tartar

The Fat Fish Grilled R89.00

Grilled hake served with caper and lemon butter sauce, thyme steamed baby potatoes and butter tossed vegetables of the day	
Hake & Calamari	R98.00
Grilled hake served with salt and pepper calamari, chips and wasabi mayonnaise	
Hake en Papillote	R99.00
Fillet of hake on bed of leeks celery and mushroom steamed "en papillote" with seasonal vegetables and fragrant rice	
Grilled Linefish with Steamed Baby Potatoes	SQ
The freshest locally caught linefish we can find. Simply grilled and served with lemon thyme steamed baby potatoes, lemon butter sauce and steamed vegetables of the day	
Grilled Gurnard with Clam Sauce	R105.00
Linefish grilled and served with a deliciously creamy clam sauce, piping hot steamed baby potatoes and vegetables of the day	
Parmesan Crumbed Kingklip with Smoked Chilli Butter	R125.00
There is nothing better than fresh firm white Kingklip fillets stuffed with chef's smoked chilli butter tossed in Parmesan bread crumbs and baked in the oven till crisp and golden, served with hand cut chips	
Kingklip "Saltimboca"	R130.00
Fillet of Kingklip grilled with sage and Parma ham served with a very mild chilli tomato sauce, steamed basmati rice and vegetables of the day	
Norwegian Salmon on Egg Noodles	R190.00
Grilled Norwegian salmon served on soya tossed egg noodles and steamed greens with a light dressing of ginger, soya and sesame	
Grilled Prawns	SQ
Ten prawns grilled to perfection and served with fragrant basmati rice and a selection of sauces	
Choo Chee Prawns	SQ
A classic prawn curry! Not too hot, full of flavour and served with cumin scented rice	
Fried Baby Calamari	R78.00
Baby calamari crisply fried served with hand cut chips and sauce tartar	
Filled Calamari Tubes Ripieni	R78.00
Risotto filled calamari tubes simmered in a tomato and caper sauce and served with basmati rice	
Homemade Tagliatelle with a Seafood Puttanesca Sauce	R115.00
Homemade tagliatelle tossed with a prawn, clam, calamari and seafood puttanesca sauce grated Parmesan shavings	
Spinach & Ricotta Ravioli (V)	R85.00
Homemade pasta parcels filled with spinach and ricotta tossed with basil pesto, crème fraîche, toasted walnuts and watercress	
Pappardelle tossed with Rocket Pesto (V)	R85.00
Homemade pappardelle (wide ribbon pasta) tossed in rocket pesto, avocado, feta cheese and toasted pine nuts. Simple but delicious!	
Mussels in a Leek Cream Sauce	R80.00
Local fresh mussels simmered in a creamy leek sauce and served with of basmati rice	
The Fat Fish Platter for Two	R395.00
8 Grilled prawns, stuffed calamari tubes, linefish, grilled Portuguese sardines and mussels served with fragrant rice and sauce	
Extra Veg	R20.00

Fat Delights

Yummy...

Smoked Chilli Chocolate Mousse	R50.00
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Decadent to the last spoonful and a firm favourite. A dash of heat followed by a hint of coffee and a silky smooth coating of chocolate. You know you have too...

Coconut Milk Crème Caramel with Chilli Litchis R50.00
Coconut milk crème caramel served with litchis marinated in chilli ginger syrup and toasted coconut shavings

Duo of Sorbet with Fruit
Simple and refreshing
Price R60.00
With a glass of sparkling wine R120.00

Baked Amarula Cheese Cake with Sorbet R55.00
Baked Amarula cheese cake served with passion fruit sorbet

Honeycomb Baked Dessert R50.00
Hot out of the oven and served with Cape Velvet crème anglaise, topped with mascarpone and fresh gooseberries

Coffee Baked Crème Brûlée R45.00
Served with homemade butter short bread and chocolate coated coffee beans

Fish Food For Guppies

Crumbed or Grilled Hake with Chips R40.00

Deep-Fried Calamari with Chips R40.00

Crumbed Chicken Strips with Chips R40.00

Homemade Tagliatelle served with Cheddar Sauce and Tomato Sauce R40.00

Extras

Kiddies Vegetable Bowl R20.00

Plate of Chips R20.00

Dessert

Kiddies Ice Cream and Chocolate Sauce R30.00

Vanilla Ice Cream R15.00

Hot Beverages

Cappuccino R20.00

Decaf Cappuccino R22.00

Flat White R22.00

Decaf Flat White R24.00

Americano R15.00

Decaf Americano R17.00

Espresso

Single R12.00

Double R18.00

Café Latte R20.00

Decafe Latte R22.00

Moccacino R25.00

Hot Chocolate R25.00

Milo R25.00

Horlicks	R25.00
Five Roses Tea	R12.00
Rooibos Tea	R12.00
Early Grey	R15.00
Chamomile	R15.00
Lemon	R15.00
Green Tea	R15.00

Menu last updated: 2014-05-21

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Menus are deemed correct at time of publication but may vary over time.
It is the responsibility of the restaurant to maintain the menu and ensure prices are up to date.

