

## COCKTAILS

|   |     |   |     |
|---|-----|---|-----|
| <b>MOJITO</b><br><i>Bacardi Carta Blanca</i>                        | R65 | <b>FROZEN STRAWBERRY DAIQUIRI</b><br><i>Bacardi Carta Blanca</i>  | R75 |
| <b>MARGARITA</b><br><i>100% Agave tequila</i>                       | R70 | <b>BLUE LAGOON</b><br><i>Smirnoff Vodka</i>                       | R60 |
| <b>CLASSIC MARTINI</b><br><i>Bombay Sapphire® or Smirnoff Vodka</i> | R60 | <b>WHITE RUSSIAN</b><br><i>Smirnoff Vodka</i>                     | R70 |
| <b>STRAWBERRY PIMMS CUP</b><br><i>Pimm's No. 1</i>                  | R60 | <b>VIRGIN PINA COLADA</b><br><i>Fresh pineapple &amp; coconut</i> | R45 |
| <b>SEX ON THE BEACH</b><br><i>Smirnoff Vodka</i>                    | R65 | <b>VIRGIN STRAWBERRY DAIQUIRI</b><br><i>Strawberry puree</i>      | R75 |
| <b>TEQUILA SUNRISE</b><br><i>Tequila or Amaretto</i>                | R65 | <b>APEROL SPRITZ</b><br><i>Aperol/ Spier MCC</i>                  | R75 |

## SOFT DRINKS

|   |            |  |     |
|---|------------|--|-----|
| <b>COKE, LEMONADE, GINGER ALE,<br/>TONIC WATER, DRY LEMON</b> | R18.50     | <b>ICED TEA</b><br><i>Peach/Lemon</i>          | R28 |
| <b>STILL OR SPARKLING WATER</b><br><i>250ml/750ml</i>         | R18.50/R37 | <b>TISERS</b><br><i>Appletiser/Grappetiser</i> | R27 |

Please ask one of our waiters for our full range of hot and cold beverages.



**KALK BAY**  
Beneath Harbour House Restaurant  
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Follow us on  


  
[www.livebait.co.za](http://www.livebait.co.za)

**MUIZENBERG**  
70 Beach Road, Muizenberg  
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# LIVE BAIT

Est. 1999

## SEAFOOD GRILL & SUSHI BAR

MUIZENBERG

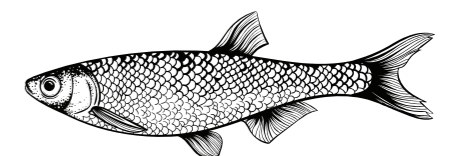
## STARTERS

|  |           |  |      |
|--|-----------|--|------|
| <b>SOUP OF THE DAY</b>   | R45       | <b>SALMON ROSES (6 PCS)</b>                                | R78  |
| <b>SKEWERS: LAMB</b>   | R60       | <b>RAINBOW ROLLS</b><br><i>Salmon or Tuna</i>              | R78  |
| : BEEF   | R50       | <b>MAKI ROLLS (6 PCS)</b><br><i>Salmon, Tuna, Prawn</i>    | R48  |
| : CHICKEN  | R40       | <i>Linefish</i>  | R45  |
| <b>BLACK WEST COAST MUSSELS</b>  | R65       | <i>Avocado or Cucumber</i>                                 | R42  |
| <i>Served in a garlic, white wine cream sauce or a roasted tomato sauce with feta. (Subject to Availability)</i> |           | <b>TENAKA (HANDROLL)</b><br><i>Salmon, Tuna, Prawn</i>     | R55  |
| <b>DEEP FRIED CALAMARI</b>   | R70       | <i>Linefish</i>  | R45  |
| <i>Dusted in flour &amp; oregano salt, served with lemon, rocket &amp; garlic aioli</i>                          |           | <b>SUSHI SALAD</b><br><i>Salmon, Tuna, Prawn, Linefish</i> | R88  |
| <b>GRILLED CALAMARI</b>  | R70       | <b>SASHIMI (EACH)</b>                                      | R22  |
| <i>Served with olive oil, garlic, chilli salsa verde &amp; garlic aioli</i>                                      |           | <b>NIGIRI (EACH)</b>                                       | R22  |
| <b>PAN FRIED PRAWNS</b>  | R95       | <b>TOJO (15 PCS)</b>                                       | R165 |
| <i>5 Prawns, served with either a peri-peri, lemon or garlic butter</i>  |           | 4 Rainbow rolls  |      |
| <b>FISH GOUJONS</b>  | R45       | 3 Maki   |      |
| <i>Fried with parmesan crumbs &amp; green tartar sauce</i>   |           | 4 Salmon California rolls                                  |      |
| <b>SPINACH &amp; FETA CROQUETTES</b>   | 2 FOR R25 | 2 Nigiri   |      |
| <i>Served with a green sauce</i>   |           | 2 Salmon nigiri  |      |
| <b>PRAWN CROQUETTES</b>  | 2 FOR R25 | <b>TOJO SALMON ONLY</b>                                    | R195 |
| <i>Served with a green sauce</i>   |           | <b>LIVE BAIT PLATTER (28 PCS)</b>                          | R350 |

## SUSHI

|   |     |                                      |      |
|---|-----|--------------------------------------|------|
| <b>FASHION SANDWICH (8 PCS)</b><br><i>Salmon, Tuna, Prawn</i> | R65 | <b>LIVE BAIT PLATTER SALMON ONLY</b> | R380 |
| <i>Linefish</i>   | R58 |                                      |      |
| <b>CALIFORNIA ROLLS (8 PCS)</b><br><i>Salmon, Tuna, Prawn</i> | R65 |                                      |      |
| <i>Linefish</i>   | R58 |                                      |      |

(Subject to Availability)



## 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. (Seasonal)*

### CAESAR SALAD

R69 *Bibb lettuce, crispy bacon, parmesan, garlic & soft boiled egg with anchovies & parmesan dressing*

## OFF THE COALS

### SARDINES SALSA VERDE

R65 *Extra virgin olive oil, fresh lemon juice, garlic & chilli. Served with salsa verde.*

### WHOLE FISH

R155 *Flame grilled with olive oil & lemon, stuffed with lemon & herbs. Served with a side & sauce. (See specials board)*

### SIRLOIN

200G - R125 OR 300G - R155

*Served with your choice of side*

### SAUCES

R15 *Choice of garlic chardonnay sauce, creamy lemon butter sauce, Mozambican peri peri sauce, aioli, green mayo or tartar sauce*

### SIDES

R18 *Choice of either hand cut chips, summer rice, Mediterranean roasted veg, roasted butternut & creamed spinach, garlic mash or side greek salad*

## 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 LINEFISH

R110 *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

R95 *Served with basil mayo, fresh lemon, greens & chips*

### KIDDIES HAKE & CHIPS

R70

### KIDDIES CALAMARI (FRIED) & CHIPS

R70

### 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*

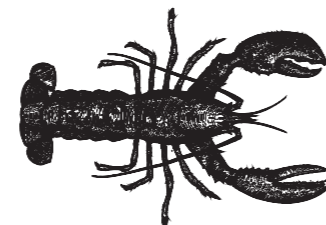
## PASTA

### SEAFOOD PASTA

R125 *Linguine with prawns, calamari, linefish & black mussels, served in either a garlic & creamy white wine sauce or Napolitana sauce with feta & rocket*

### GREEN LINGUINE

R85 *Served with basil pesto, green beans, roasted baby potatoes & parmesan cheese*



## DESSERTS

### CRÈME BRÛLÉE

R50

### CHEESECAKE

R57

*Served with vanilla 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*

# DRINKS MENU

## WINES

### BUBBLES

*Spier Secret Sparkling R220/47*  
*Pongrácz Brut R315/R68*

### PROSECCO

*Da Luca Prosecco R275/55*

### HOUSE WINE

*Hampton & Co. Sauvignon Blanc R125/35*  
*Hampton & Co. Merlot R125/35*

### SAUVIGNON BLANC

*Spier Signature R155/45*  
*Noble Nomad He Slept Beneath the Stars R170/45*  
*Journey's End The Weather Station R185*  
*Durbanville Hills R155*

### CHARDONNAY

*Flagstone Poetry R125/35*  
*Fat Bastard R195/50*  
*Boschendal 1685 R225*

### CHENIN

*Nederburg 56Hundred R125/35*  
*Remhoogte First Light R180*

### WHITE BLENDS

*Buitenverwachting Buiten Blanc R150/40*  
*Doran Vineyards Arya R160*

### OTHER WHITE VARIETALS

*Haute Cabrière Chardonnay/Pinot Noir R225*

### ROSÉ

*Zevenwacht 7even R125/35*  
*Holden Manz R190*  
*Hermanuspietersfontein Bloos R210*

### PINOT NOIR

*La Vierge The Affair R325/85*

### MERLOT

*Spier Signature R170/45*  
*Darling Cellars Six Tonner Reserve R150*

### PINOTAGE

*Ernst Gouws & Co. R185/50*

### SHIRAZ

*Porcupine Ridge R155/40*  
*Saronsberg Provenance R250*

### CABERNET SAUVIGNON

*Flagstone Poetry R130/35*  
*Nederburg Winemaster's R205*

### RED BLEND

*Flagstone Longitude R135/36*  
*Hill & Dale R140/38*  
*Journey's End The Pastor's Blend R185*

### OTHER RED VARIETALS

*Neethlingshof Malbec R215/60*

1692  
*Spier*