

LIVE BAIT

Est. 1999

SEAFOOD GRILL & SUSHI BAR

MENU

SOUP OF THE DAY - 45

(See Specials Board)

BLACK WEST COAST MUSSELS - 65

*Served in a garlic, white wine cream sauce or a
roasted tomato sauce with feta.*

(Subject to Availability)

DEEP FRIED CALAMARI - 70

*Dusted in flour & oregano salt. Served with lemon,
rocket & garlic aioli.*

GRILLED CALAMARI - 70

*Served with olive oil, garlic, chilli salsa verde &
garlic aioli.*

PAN FRIED PRAWNS - 95

*5 Prawns - served with either a peri-peri,
lemon or garlic butter.*

FISH GOUJONS - 45

Fried with pecorino crumbs & green tartar sauce.

STARTERS

GREEN SALAD - 69

Butter lettuce, cucumber, avo, parmesan with a herb & whole grain mustard dressing.

GREEK VILLAGE SALAD - 65

Pickled cucumber, tomato, red onion, green pepper, marinated feta & olives with a dill dressing.

MELON & FETA SALAD - 50

Sweet melon, pickled cucumber, red onion, marinated feta, green olives & pumpkin seeds with a dill dressing.

CAESAR SALAD - 69

Bib lettuce, crispy bacon, shaved pecorino, garlic & soft boiled egg with anchovies & parmesan dressing.

GARLIC, PECORINO & HERB FLAT BREAD - 20

**SLOW ROASTED LAMB WITH DUKKA,
SLAW & TAHINI YOGURT - 75**

**TZATZIKI, TARAMASALATA,
HUMMUS, SKORDALIA,
MARINATED FETA, OLIVES - 25 EACH**

Served with a small flat bread.

SPINACH & FETA CROQUETTES - 2 FOR 25

Served with a green sauce.

PRAWN CROQUETTES - 2 FOR 25

Served with a green sauce.

WOOD OVEN FLAT BREAD & MEZZE

OFF THE COALS

SKEWERS

LAMB - 60, BEEF - 50, CHICKEN - 40

SARDINES SALSA VERDE - 65

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

WHOLE FISH - 130

(See Specials Board)

*Flame grilled with olive oil & lemon, stuffed with lemon
& herbs. Served with a side & sauce.*

SIRLOIN (200G) - 125

Served with your choice of side.

SAUCES & SIDES

SAUCES - 15

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

SIDES - 18

*Choice of either hand cut chips, summer rice,
Mediterranean roasted veg, roasted butternut & creamed
spinach, garlic mash or side Greek Salad.*

MAINS

CHEF'S CHOICE / SEE SPECIALS BOARD

BLACK WEST COAST MUSSELS - 95

*Served in a garlic, white wine cream sauce
or a roasted tomato sauce with feta.
(Subject to Availability)*

FRESH LINE FISH - 110

(See Specials Board)

*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 - 95

Served with basil mayo, fresh lemon, greens & chips.

KIDDIES HAKE & CHIPS - 70

KIDDIES CALAMARI (FRIED) & CHIPS - 70

DEEP FRIED CALAMARI - 95

*Dusted in flour & oregano salt.
Served with lemon, rocket, aioli & a side.*

GRILLED CALAMARI - 95

Served with olive oil, garlic, chilli Salsa Verde, aioli & a side.

PAN FRIED PRAWNS IN SHELLS - 160

Served with a side & sauce.

SOLE FLORENTINE - 125

Grilled sole served on spinach & potato, au gratin with a parmesan & mushroom sauce.

PASTA

SEAFOOD PASTA - 125

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 - 85

Served with basil pesto, fine green beans & roasted baby potatoes.

CALIFORNIA ROLLS (8 PCS)

Salmon, Tuna, Prawen - 65

Linefish - 58

SALMON ROSES (6 PCS) - 78

RAINBOW ROLLS - 78

Salmon or Tuna

MAKI ROLLS FISH (6 PCS)

Salmon, Tuna, Prawen - 48

Linefish - 45

Avocado or Cucumber - 42

TENAKA (HANDROLL)

Salmon, Tuna, Prawen - 55

Linefish - 45

SUSHI SALAD - 88

Salmon, Tuna, Prawen, Linefish

SASHIMI EACH - 20

NIGIRI EACH - 22

TOJO (15 PCS) - 165

*4 Rainbow rolls
3 Maki (tuna or linefish)
4 Salmon California rolls
2 Nigiri (tuna or linefish)
2 Salmon nigiri*

TOJO SALMON ONLY - 195

LIVE BAIT PLATTER (28 PCS) - 320

*6 Sashimi (tuna, salmon & linefish)
4 Rainbow Rolls (tuna or linefish)
6 Maki
4 California Rolls (tuna or linefish)
2 Prawn nigiri
6 Salmon sandwiches*

LIVE BAIT PLATTER SALMON ONLY - 340

(Subject to Availability)

CRÈME BRÛLÉE - 50

CHEESECAKE - 57

Served with cinnamon ice cream.

TRIO OF ICE CREAM - 45

Vanilla, coffee & chocolate served with a fudge sauce.

TRIO OF SORBET - 45

Lemon, orange & passion fruit served on a pineapple carpaccio with chilli & lime salsa.

WINES

ROSE

- Zevenwacht 7even - 28/112*
Doran Rosie D - 140
Noble Nomad He Was My Lover - 35/145

PINOT NOIR

- La Vierge The Affair - 70/275*

MERLOT

- Ernst Gouws & Co Merlot - 190*
Holden Manz Merlot - 42/168

PINOTAGE

- Ernst Gouws & Co Pinotage - 40/161*

SHIRAZ

- Paardenkloof Ecology Shiraz - 45/180*
Saronsberg Provenance - 220

CABERNET SAUVIGNON

- Spier Signature - 38/150*
Holden Manz Cabernet Sauvignon - 168

RED BLEND

- Zevenwacht 7even - 34/112*
Thelema Mountain Red - 154
Noble Nomad He Stole My Horse - 40/160

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Spier

DRINKS

WINES

HAMPTON & CO.

Sauvignon Blanc - 29/115

Merlot - 35/125

BUBBLES

Steenberg Sparkling - 245

Spier Secret Sparkling - 47/185

SAUVIGNON BLANC

Spier Signature Sauvignon Blanc - 33/130

Noble Nomad He Slept Beneath The Stars - 35/140

Journeys End Weather Station - 158

UNWOODED CHARDONNAY

Warwick First Lady - 195

CHARDONNAY

Journeys End Haystack - 40/160

CHENIN

Spier Chenin - 27/108

Remhoogte Chenin - 150

OFF DRY

Zevenwacht 7even Bouquet - 112

WHITE BLENDS

Buitenverwachting Buiten Blanc - 135

Saronsberg Provenance Earth in Motion - 40/130

CHARDONNAY / PINOT NOIR

Haute Cabrière Chardonnay/Pinot Noir - 210

DRINKS

COCKTAILS

BESPOKE MOJITO - 60

Havana Club Añejo 3 años

STRAWBERRY OR APRICOT MOJITO - 60

Havana Club Añejo 3 años

MARGARITA - 58

100% Agave tequila

CLASSIC MARTINI - 62

Bombay Sapphire®

COSMOPOLITAN - 55

Absolut Vodka

STRAWBERRY PIMMS CUP - 55

Pimm's No. 1

WHISKEY NUT SOUR - 65

Black Bottle

DRINKS

COCKTAILS

MANGO BASIL JULEP - 68

Black Bottle

FROZEN STRAWBERRY DAIQUIRI - 57

Havana Club Añejo 3 años

FROZEN VANILLA PINA COLADA - 57

Havana Club Añejo 3 años

TAME MOJITO - 45

Mojito mint & fresh lime

VIRGIN PINA COLADA - 45

Fresh pineapple & coconut

VIRGIN STRAWBERRY DAIQUIRI - 45

Strawberry puree

PIERRE JOURDAN POPSICLES

Tranquille - 40

Brut - 40



DRINKS

SOFT DRINKS

**COKE, LEMONADE, GINGER ALE,
TONIC WATER, DRY LEMON - 16**

STILL OR SPARKLING WATER - 16/35

250ml/750ml

ICED TEA - 28

Peach/Lemon

TIZERS - 25

Appetizer/Grappetizer