

LITTLE Plates

FRIED HALLOUMI 🌿 102
Served with Thai sweet chilli sauce

CHICKEN WINGS x6 109
Creamy peri-peri 🌶️
BBQ
Honey Sriracha sauce 🌶️

SPRING ROLLS 115
Prawn & Cheese 105
Halloumi & Veg 🌿 105
Chicken, Cheese & BBQ

PRAWN TEMPURA 179
3 Crispy tempura prawns served with teriyaki sauce & spicy mayo

MUSSELS (NEW) 125
Cooked in a creamy white wine sauce with spring onion, blue cheese & buttered brioche toast

SALMON TARTARE 🌶️ 189
With spring onion, avo, baby watercress & soya lime dressing

TUNA CARPACCIO 🌶️ 189
120g seared tuna with chillies, avo, chives & sesame dressed with a soya lime dressing

FRIED CALAMARI 115

SQUID HEADS 99
Crispy calamari heads served with an Asian tartare sauce

CHICKEN LIVERS 🌶️ 95
Done in creamy peri-peri sauce & served with pita bread

SEARED BEEF TATAKI 🌶️ 175
Sliced beef fillet served medium rare dressed with chilli teriyaki & sesame, topped with crispy garlic flakes and shallots

DIM Sum

All dishes contain 4 pieces

BEEF & CREAM CHEESE 95

PRAWN CREAM CHEESE 95

CHICKEN, CORIANDER & CASHEW NUTS 95

SPINACH, CREAM CHEESE & SPRING ONION 🌿 95

GYOZA 🌶️ 95

Japanese pot stickers steamed, then lightly chargrilled & served with chilli teriyaki sauce

CHICKEN

PRAWN

LAMB

DIM SUM PLATTER 12 pc 199
Choose **ANY 3** Flavours above!

Bao BUNS

Steamed Bao Bun (Fluffy Soft Buns)

COLONEL KUNG FU BAO 129

Crispy chicken tempura, red cabbage, carrots & cucumber topped with teriyaki sauce & sweet chilli mayo

DEEP SEA BAO 149

Crispy prawn tempura, red cabbage, carrots & cucumber topped with teriyaki sauce & sweet chilli mayo

COW BAO NOW 175

Slow cooked beef short rib, red cabbage, carrots, cucumber & radish topped with chilli teriyaki sauce, sesame seeds & spring onion.

Salads

VILLAGE GREEK TABLE 🌿 125

Crisp lettuce, tomato, red onion, cucumber, olives & feta

SEARED TUNA 175

Sesame crusted seared tuna, avo, baby spinach, tomato, radish, onion, cucumber, endamame beans & lettuce

SALTED PRAWNS & SQUID 175

Tossed in delicately cut julienne vegetables with an Asian dressing & peanuts

*contains peanuts

PEAR & BLUE CHEESE (NEW) 139

Sliced pear served on a bed of lettuce, baby spinach and rocket with blue cheese, crispy bacon, candied walnuts and our blue cheese dressing

DREAM Sushi

	4 PC	6 PC
SALMON ROSES	115	160
SALMON GRENADES 🍣	125	169
SPARTAN ROLL 🍣	135	175
Prawn tempura roll topped with seared salmon, cream cheese, jalapeño, teriyaki & fried kataifi		
TROPICAL ROSES	115	160
Salmon, cream cheese & passion fruit		
GREEN DRAGON 🍣	125	169
Spicy salmon California roll with avo & topped with crab in paprika mayo. Made with green rice		
4X4	149	189
California rolls topped with prawn tempura & chilli mayo		
ADIDAS	125	169
Salmon, strawberry & cream cheese		
RELOAD	125	169
Rainbow roll drizzled with teriyaki sauce, mayo, tobiko & sesame seeds		
DOUBLE CRUNCH	125	169
Prawn tempura roll drizzled with tempura flakes, teriyaki sauce & sweet chilli spicy mayo		
TUNA ROLL 🍣	125	169
Seared tuna wrapped over rice with a hint of chilli		
NIKU BEEF NIGIRI 🍣	119	165
Seared beef & wasabi mayo		
RAINBOW ROLL	115	155
Salmon, avo & tuna		
ROCK SHRIMP ROSES	149	189
Salmon roses topped with prawn tempura & chilli mayo		
KENJO 🍣	119	165
Cooked tuna, sweet chilli & avo with fried rice paper		
TACOS PRAWN 🍣	135	175
Fried wontons with chopped spicy prawn, mayo, avo, rice, spring onions & tobiko		
TACOS SALMON 🍣	135	175
Fried wontons with chopped salmon, mayo, avo, rice, spring onions & tobiko		
GOLDEN ROCKSTAR	135	175
Salmon, cream cheese California roll topped with prawn & tuna and garnished with tobiko, wasabi mayo & gold dust		
LET'S MEAT (NEW)	125	169
Seared beef roll with avo, cream cheese, crispy bacon, teriyaki sauce & wasabi mayo		
LOBSTER MAGURO (NEW)	165	
Crispy rice, crab, paprika mayo, grilled lobster, tobiko & wasabi mayo *when available		

CLASSICS

HAND ROLLS	95
Choose Ricepaper, Seaweed or Cucumber	
TUNA	
SALMON	
PRAWN	
TEMPURA PRAWN	
FASHION SANDWICH	8 PC
SALMON	135
PRAWN	135
CALIFORNIA ROLLS	4 PC 6 PC
SALMON	80 115
PRAWN	80 115
AVO 🌿	65 90
FOREST 🌿	75 99
Cucumber, avo, tofu, shiitake mushroom & rocket	
SASHIMI	3 PC 5 PC
SALMON	115 155
TUNA	115 155
NIGIRI	4 PC
SALMON NIGIRI	120
TUNA NIGIRI	120
TUNA MAGURO 🍣	125
Crispy rice & spicy seared tuna	
PRAWN MAGURO 🍣	125
Crispy rice & chopped prawns	
PRAWN	120

PLATTERS

WAR OF THE ROSES 12 PC	399
3x Salmon Roses, 3x Salmon Grenades, 3x Rock Shrimp Roses, 3x Tropical Roses	
7 SALMON COMBO 14 PC 🍣	399
2x Teriyaki, 2x Salmon Grenades, 2x Sriracha, 2x Nigiri, 2x Reloaded, 2x Tropical Roses, 2x Salmon Roses	
MOST WANTED 16 PC 🍣	495
2x Spicy Tuna Maguro, 4x Salmon Roses, 3x Salmon Grenades, 3x Salmon Sashimi, 4x 4x4 Salmon California Rolls topped with Prawn Tempura	
PETER'S SALMON COMBO 7 PC	295
2x Sashimi, 2x Rainbow Roll, 1x Salmon Handroll, 2x Salmon Nigiri	
SILVER PLATTER 12 PC 🍣	399
2x Tuna Roll, 2x Taco Prawn, 2x 4X4, 2x Tuna Maguro, 2x Double Crunch Prawn, 2x Salmon Grenade	
VEGETARIAN 8 PC 🌿	175
2x Avo & Chive Nigiri, 2x Tokyo Roll, 4x Forest Roll	

OUR
TOP 5
PLATES!

Grills

FILLET MIGNON 295

250g beef fillet basted with our Asian BBQ sauce, served with fries or mash

TOMAHAWK STEAK 375

600g Ribeye on the bone basted with our Asian BBQ sauce, served with fries

RIBS 🍖 279

500g Wok-grilled pork ribs served in a chilli soya BBQ basting, served with fries

RIB EYE 315

300g Rib eye grilled in Asian BBQ sauce, served with fries

RUMP 225

300g Rump steak grilled in Asian BBQ sauce, served with fries

WOK CHARRED BEEF FILLET 250G 309

Tender fillet cubes glazed in a piping hot wok with smokey soya sauce, served with creamy mushroom sauce, bok choy & wasabi mash

THE COW & THE FISH 389

300g Rib eye grilled in Asian BBQ sauce, topped with 3 Queen prawns & served with fries

CHILLI TERIYAKI BEEF

FILLET 250G 🍖 "Our Signature" 309

Tender fillet slices seared medium rare, topped with a teriyaki chilli sauce, served with grilled mushrooms & fries

BBQ LOIN LAMB CHOPS 315

4 x 100g loin chops basted in BBQ sauce, served with fries

FILLET ON THE BONE (NEW) 345

400g fillet on the bone grilled in Asian BBQ sauce, served with a side of your choice

CHILLI CHEESE

TERIYAKI MELT RUMP 🍖 249

300g rump steak with melted cheddar and a dash of chilli teriyaki sauce, served with fries

NEW YORK CUT SIRLOIN 300G 225

300g sirloin basted with our Asian BBQ sauce and served with fries

PANKO CHICKEN SCHNITZEL 195

2 chicken breasts crumbed with Japanese panko crumbs and deep fried, served with your choice of cheese or mushroom sauce & fries

SAUCES

CREAMY MUSHROOM

*ADD Truffle Oil 10

CREAMY CHEESE

CREAMY PEPPER

*contains alcohol

BLUE CHEESE

CHEESE MELT & CHILLI TERIYAKI

48

SIDES

GREEN SALAD 🍴 47

FRIES 49

CHEESE FRIES 66

BACON & CHEESE FRIES 75

SWEET POTATO FRIES 49

TEMPURA ONION RINGS 49

MASHED POTATOES 49

EGG FRIED RICE 49

Seafood & SHELLFISH

BATTERED HAKE 175
Served with peas & mash

KINGKLIP & CALAMARI COMBO 325
280g grilled kingklip and 120g calamari (grilled or fried), served with a choice of rice, fries or mash

PRAWN & CALAMARI COMBO 315
4 grilled queen prawns & 120g calamari (grilled or fried) served with fries or rice

8 QUEEN PRAWNS 305
Grilled to perfection. Served with fries, lemon butter & our secret CowFish dip!

SPICY WOK PRAWNS 305
8 queen prawns with our secret spicy sauce done in a wok, served with fried rice or fries

TERIYAKI SALMON STEAK 200G 320
Grilled salmon with teriyaki glaze, served with your choice of side & steamed vegetables

LOBSTER ROLL* 265
Toasted brioche roll with grilled lobster tails, lemon butter sauce, chives, tobiko & served with fries
*When Available

CALAMARI 245
Grilled or fried. Served with lemon butter and your choice of fries or fried rice

KINGKLIP 299
280g kingklip fillet grilled in our CowFish secret spice. Served with lemon butter and your choice of fries or fried rice

WASABI TUNA STEAK 305
200g sesame seared tuna sliced, topped with a lightly spiced wasabi sauce & crispy shallots. Served with mash & steamed vegetables

PRAWN THAI RED CURRY 289
Hot & fragrant red Thai curry with 6 Queen Prawns. *Curry contains nut paste

SEAFOOD PLATTER FOR 2 735
12 queen prawns, grilled calamari, kingklip, fries and rice

Poke Bowls

Coleslaw, avocado, endamame, spring onion, cucumber, radish, honey strawberries, tobiko & sesame seeds.
Served with a deep fried wonton & rice

SALMON TUNA PRAWN 189

THAI Noodles

Thai egg noodles with cashew nuts & lightly spiced with a choice of chicken, beef or seafood
*contains cashew nuts

CHICKEN 160

BEEF 175

PRAWN & CALAMARI 205

VEGETARIAN 125

UDON Noodles

Udon noodles in a lightly spiced broth with stir fry veg, wakame, sesame seeds and a medium boiled egg with a choice of:

CHICKEN 195

BEEF SHORT RIB 225
(slow cooked)

HANDMADE *Burgers*

All burgers grilled medium unless specified otherwise. All burgers served with fries.

FULL HOUSE	155	NAVY MARINE 🍷	195
160g beef, CowFish mayo, tomato, red onion, lettuce, fried egg, 2 rashers bacon, aged gouda, BBQ sauce & mustard		160g beef, CowFish mayo, 3 tempura sriracha prawns, mozzarella cheese, spicy mayo & coleslaw	
THE GENERAL 🍷	145	SAUCY TRUFFLE SHROOM (NEW)	155
Deep fried chicken breast with chilli slaw, CowFish mayo, teriyaki sauce, pickles, aged gouda and a slice of tomato		160g beef, Cowfish mayo, tomato, red onion, pickles, slice aged Gouda cheese, cheese sauce & truffle mushroom sauce	
THE ROADHOUSE	135	SAVAGE GARDEN 🌿	139
160g beef, CowFish mayo, tomato, red onion, mustard & tomato sauce		Veg patty (chickpea falafel style), red onion, grilled mushrooms, CowFish mayo & tomato	
KAIZER CHEESE	140	BELFAST BOY	155
160g beef, CowFish mayo, pickles, aged gouda, tomato & red onion		160g beef, CowFish mayo, fried onion rings, tomato, BBQ & cheese sauce with blue cheese crumble	
RAVENOUS PIG	148	THE BOSS	159
160g beef, CowFish mayo, bacon, aged gouda, BBQ sauce, mustard, tomato & red onion		160g beef, CowFish mayo, avocado, grilled bacon, teriyaki sauce, aged gouda, tomato & red onion	
MANTEARS 🍷	148	TEXAN COWBOY	195
160g beef, jalapeno mayo, house chilli, aged gouda, chilli teriyaki sauce, tomato, red onion & slaw		Double 160g beef, double cheese, BBQ, CowFish mayo, tomato, onion & pickles	
BUFFALO CHICKEN 🍷	140	EXTRA PATTY 160g	78
Grilled chicken breast, CowFish mayo, Sriracha sauce, mozzarella cheese, tomato, red onion, pickles & slaw			
BEIJING BLOCK PARTY	165		
160g beef, sweet chilli mayo, avocado, mozzarella, teriyaki sauce, tomato, red onion & coleslaw			

Sweets

VIRAL DUBAI BROWNIE NEW 119

Warm chocolate brownie topped with homemade pistachio cream, kataifi pastry and pistachio nuts. Served with vanilla ice cream

KATAIFI CHEESECAKE 105

Baked cheesecake with kataifi pastry, roasted nuts, cinnamon and honey

ASIAN APPLE PIE 85

Spring rolls filled with poached apple, cinnamon and ginger. Served with vanilla ice cream

VANILLA ICE CREAM 72

Served with Bar One chocolate sauce

CHOCOLATE MELTDOWN 89

Chocolate volcano cake served warm with vanilla ice cream

AMAKUTA ROLL 89

Springrolls filled with homemade custard & drizzled with Bar One chocolate sauce & Milky Bar chocolate sauce

DOM PEDRO 80

Kahlua, Jameson, Cape Velvet, Frangelico



cowfish

WWW.COW-FISH.CO.ZA

NOTE: Food is prepared in a facility that handles nuts

*E&OE. Conditions Apply.

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