



FOOD menu

Inspired By Nature

Please Note that extras will be charged accordingly

All our dishes are prepared and cooked to order. Please allow approximately 30 minutes for your meal.

BREAKFAST

MINT CLASSICS

Sunrise Breakfast (K260.00)

Two fried eggs, two rashers of bacon, grilled mushrooms, baked beans, toast and a choice of beef or pork sausage.

Mint Lounge Butchers Breakfast (K290.00)

Fillet steak, grilled onions, two fried eggs, two rashers of bacon, grilled mushrooms, toast and a choice of beef or pork sausage.

Sweet Potato & Pumpkin Waffles (K245,00)

Sweet potato waffle with fried eggs, bacon, Baked bean chakalaka.

Let's Smash it (K200.00)

Chili & Lime smashed avo, with two fried/poached eggs on rye bread. Add salmon (K110.00)

Eggs Benedict (K195.00)

Two poached eggs with white or brown bread, ham and hollandaise sauce.

Eggs Royale (K260.00)

Two poached eggs with white or brown bread smoked salmon and hollandaise sauce.

Steak & Egg (K260.00)

150g Steak, two eggs, potato wedges and grilled herbed tomatoes.

Active Mornings (K240.00)

Smoked salmon, scrambled eggs, avocado, rocket, grilled halloumi, quinoa zucchini roasti **Extra Salmon (K90.00)**

Smoked Salmon with Scrambled Eggs

(K260.00)

Smoked salmon with three scrambled eggs on toast.

Breakfast Burrito (K170.00)

Scrambled eggs with cheddar cheese, avocado and tomato salsa.

Scrambled Eggs on Toast (K145.00)

Halloumi, Bacon, salmon for an extra charge

Greek Breakfast (K160.00) (COLD)

Two hard-boiled eggs, marinated olives, tomato, cucumber, halloumi, and pita bread.

SWEET TOOTH

Power Up French Toast (K200.00)

Three slices of French toast topped off with fried banana, crisp bacon and drizzled with maple syrup

Classic Pancake stack (K200.00)

Fluffy Pancake stack served with fried bananas, berry compote & maple syrup.

Sweet & Salty Pancake stack (K200.00)

Fluffy pancakes served with crispy bacon, bananas, maple syrup & whipped cream.

Muffins (K60.00)

Blueberry muffin, chocolate chip muffin and double choc muffin.

Break Fast Power Smoothies (K160)

Plain yogurt, muesli, pineapple, apple, banana and mixedberries.

HEALTHY MORNING

Berry Acai Bowl (K170.00)

Acai Berries & banana topped with seasonal fruits, chia seeds, and coconut.

Fruit Salad Crunch (K160.00)

Fruit salad, muesli and Natural yogurt.

Creamy Oatmeal Bowl (K150.00)

Wholegrain oats, banana, almond milk, coconut milk, peanut butter chai seeds and mixed nuts.

Shakshuka (K190.00)

3 eggs poached in a spicy tomato, onions and rosemary sauce, topped with feta and served with crispy flatbread.

Omellets (K170.00)

Three eggs omelet with a choice of two ingredients, served with white or brown bread: Mixed peppers, salami, grilled mushrooms, bacon, cheddar cheese, halloumi, ham, grilled onions, avocado and rocket.

Croissant

Plain K75.00
Add cheese K85.00
Add ham K110.00
Add Nutella K90.00
Add Cheese Tomatoes
Lettuce / Rocket K110.00
Add Smoked Salmon/
Rocket K195.00

STARTERS

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Piri Piri Livers on Toast (K185.00) HOT

Creamy Chicken Piri Piri Livers in a Portuguese sauce, on a bed of crostinis.

Buffalo Wings Platter (K255.00)

Buffalo wings with fried potato wedges, halloumi served with spicy house sauce.

Mexican Chicken Quesadillas (K255.00)

Chicken strips, Hummus, coriander pesto, salsa, cheddar, with a guacamole dip.

Steak Strips Quesadillas (K255.00)

Strips of grilled steak, salsa, hummus, coriander pesto cheddar with a yoghurt dip and sour cream.

Vegetarian Quesadillas (K255.00)

Cheddar cheese, mixed peppers, onions, courgettes and eggplant, with guacamole dip and sour cream.

Nacho Libre (K190.00)

Cheesy nachos, Salsa, guacamole & sour cream

Dynamite Prawns (K255.00) NEW

Chicken / Vegetarian Dumplings (K195.00) NEW

A choice of 2 dips, toasted Pita bread or toasted ciabatta bread.

(K130.00)

-TZATZIKI

-DRIED TOMATOES & OLIVE PESTO

-HUMMUS

-GUACAMOLE

-A MIXED BEAN PATE

-MARINATED OLIVES

-TAPEADE

-GRILLED OR FRIED HALLOUMI WITH SWEET

CHILLI SAUCE

BAKED SPUDS

Grilled Herbed Mushroom and Courgettes

(K240.00)

Topped with our cheese topping on a piping hot baked potato.

Creamed Spinach and Feta (K230.00)

Topped with our cheese topping on a piping hot baked potato.

Spicy Mexican Chicken (MILD) (K255.00)

Chicken with spicy Mexican salsa, topped with our cheese topping on a piping hot baked potato.

Pepper Steak (K255.00)

Fillet steak strips topped with a creamy pepper sauce and our cheese topping on a piping hot baked potato.

SHARING PLATTER FOR 2 OR 4

Mediterranean Platter

Grilled Halloumi, Tzatziki, Hummus, Marinated Olives, Falafli and potato wedges.

For 2 (K285.00)

For 4 (K380.00)

The Mighty Meat Platter

A selection of Beef, Pork & Chicken Skewers, chicken wings, Beef & Chicken Patties, Grilled Halloumi, potato wedges & a Selection of dips.

For 2 (K550.00)

For 4 (K960.00)

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SALADS

Caesar Salad (K205.00)

Bacon, anchovies, boiled egg, croutons, mixed leaves, cucumbers, tomatoes and Caesar dressing

Add chicken (K90.00)

Quinoa and Roast Butternut Salad (K215.00)

Quinoa with roast butternut, carrot, courgette, feta, sprouts, and seeds topped with caramelised onions.

Roast Beef and Beetroot Salad (K255.00)

Sliced roast fillet steak with roasted beetroot, Feta cheese, mixed leaves drizzled with balsamic and honey vinaigrette.

Tuscan White Bean Salad (K205.00)

White and kidney bean with halloumi, sun-dried tomatoes, olives, mixed leaves drizzled with a balsamic dressing and bruschetta.

Smoked Chicken with Wild Rice Salad (K255.00)

Smoked chicken with wild brown rice, sun-dried tomato, onions, cucumber, feta, mixed leaves, mixed fresh herbs and house dressing.

Tuna and Bean Salad (K220.00)

Flaked tuna with butter beans, peppers, olives, salsa, red onion, mixed leaves and house dressing.

Smoked Salmon Salad (K265.00)

Smoked salmon, orange, avocado, mixed leaves with horseradish and orange dressing.

Moroccan Cous Cous Salad (K230.00)

Cous cous with chickpeas, mint, raisins, cashew nuts, coriander mixed seeds, mixed leaves served with yogurt and house dressing.

Traditional Greek Salad (K155.00)

Feta with cucumber, tomato, peppers, olives, red onion with mixed leaves, and Greek dressing.

Butternut and Feta Salad (K205.00)

Roasted butternut and feta served with mixed greens, avocado, cucumber topped with almonds and house dressing.

Chicken, Feta, Apple, and Avocado Salad (K255.00)

Grilled chicken on a bed of mixed greens, served with feta, Parmesan, apple, avocado, raw onions, mixed pepper and olives.

Cobb Salad (K255.00)

Sweetcorn, boiled eggs, avocado, chicken strips, tomatoes, crispy bacon and crispy onions, served with honey mustard dressing.

Thai Chicken Salad (K255.00) NEW

Lettuce, cabbage, mixed peppers, onion & nuts topped with a terryati house dressing

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SANDWICHES

Portuguese Beef (K260.00) HOT

Beef strips marinated in our secret marinade sauce, with grilled onions, served on a roll with potato wedges.

Chicken Prego (K260.00) HOT

Chicken strips marinated in our secret marinade sauce with grilled onions, served on a roll with potato wedges.

Smoked Chicken and Ham (K260.00)

Served on a bed of mixed greens, tomatoes, cucumbers topped with our creamy horseradish and cheddar cheese.

The Italian (K260.00)

Parma ham, salami, mozzarella cheese, sun-dried tomato, cucumbers, tomatoes, olives, lettuce, mixed peppers and basil mayonnaise.

Steak Sarnie (K260.00)

Fillet steak, roast onions, peppers, and tomatoes served with Dijon mustard.

Gourmet B.L.T (K260.00)

Crispy bacon, grilled halloumi, tomato, and lettuce.

Roast Beef (K260.00)

Roast beef, tomatoes, gherkins, caramalised onions and horseradish mayonnaise.

Mint Panini (K260.00)

Grilled chicken fillet, halloumi, grilled mushrooms, onion, and basil mayonnaise.

Mint Health (K185.00)

Herbed cottage cheese, avocado, pepper dews, grated carrot, cucumber rocket and sprouts.

Mint Hummus (K185.00)

Hummus, halloumi, roast aubergine, roast peppers, mixed leaves with honey mustard sauce.

TOASTIES

- Salami with Sun-dried Tomato & Mozzarella (K185.00)
- Ham Egg and Cheddar Cheese (K130.00)
- Bacon, Egg and Avocado (K130.00)
- Ham, Cheese and Tomato (K130.00)
- Cheddar Cheese and Tomato (K135.00)
- Halloumi and Tomato (K130.00)
- Halloumi with Bacon and Tomato (K170.00)
- Chicken Mayonnaise (K130.00)
- Tuna Mayonnaise (K130.00)
- Bacon, Cheddar and tomato (K130.00)
- Bacon, Egg and Cheddar (K130.00)

BURGERS

Gourmet Burger (K245.00)

Lean burger patty, melted cheddar cheese, lettuce, tomato and grilled onions, topped with our signature sauce on a fresh burger roll, served with potato wedges.

Chicken Burger (K235.00)

Minced chicken fillet burger with avocado, onions, tomato and mixed leaves on a roll, served with potato wedges, topped with a curry sweet chilli mayo.

Paphiti (K255.00)

Pure beef patty topped with herbed grilled mushrooms, onions, tzatziki sauce on a fresh roll, served with potato wedges.

Woody's (K260.00)

Pure beef patty, topped with bacon, egg, grilled onion, tomatoes and honey mustard dressing, served with potato wedges.

Summer in Hawaii (K235.00)

Flattened grilled chicken fillet, topped with grilled pineapple, melted cheddar cheese, onion rings, topped with curry sweet chilli mayo served with potato wedges.

Lassa Burger (K240.00)

Flattened chicken fillet, with tomato, halloumi, topped with avocado, grilled onion, served with potato wedges and honey mustard sauce.

Fish Burger (K240.00)

Crumbed Hake in a fresh roll, filled with lettuce tomato and pickled red onions, topped with tartar sauce served with potato wedges

Burger Sliders (K295.00)

One beef, one chicken & one fish served with potato wedges

WRAPS

Bacon and Cheese (K235.00)

Crispy bacon, cheddar cheese, sautéed mushrooms, avocado, and honey mustard sauce.

Roast Vegetable (K195.00)

Roast peppers, baby marrow, onion, aubergine carrots, halloumi, basil pesto and aioli.

Beef Fillet (K255.00)

Beef strips, mixed peppers, basil mayonnaise, feta, pepper dews, grilled carrots and grilled onions.

Chicken and Bacon (K235.00)

Chicken, crispy bacon, cheddar, carrot strips, mixed greens with honey mustard sauce.

Chicken and Halloumi (K235.00)

Chicken strips, halloumi, hummus, avocado, carrot strips and honey mustard sauce.

Chicken Shawarma (K235.00)

Sumac Chicken, Pickled Gherkins, Garlic sauce in pita bread, chips, topped with pickled onions.

Smoked Salmon (K260.00)

Smoked salmon, chives, cream cheese, avocado, mixed leaves, cucumbers, and rocket.

Healthy Chicken (K235.00)

Chicken strips, beans, brown rice, tomato salsa, cheddar/mozzarella cheese, and a sweet chilli sauce.

Mexican Chicken (K235.00)

Chicken Strips, refried beans, grilled carrot strips, lettuce, and guacamole.

Vegetarian (K195.00)

Grilled halloumi, sun-dried tomato pesto with olives, grilled carrot strips, avocado, lettuce, and grilled onion.

Burrito Roll (K235.00) HOT

Chicken fillet, cheddar cheese, sour cream, guacamole, coriander & beans.

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PASTA

Spaghetti Bolognese (K255.00)

Steak mince simmered in our pomodoro sauce and topped with parmesan cheese. A choice of penne, spaghetti, or tagliatelle.

Quattro Formaggi (K255.00)

Our delicious sauce made from pecorino, gorgonzola, cheddar cheese, and cream.

Panna Funghi (K230.00)

Mushroom, our signature rich creamy cheese sauce topped with parmesan cheese. With a choice of penne, tagliatelle and spaghetti.

Smoked Salmon Pasta (K295.00)

Cooked in our signature rich creamy cheese sauce and spring onions.

Chicken and Tomato Salsa Pasta (K255.00)

Chicken fillet with spicy tomato salsa, our signature creamy cheese sauce with penne pasta.

Creamy Pesto Pasta (K185.00)

Basil pesto with a choice of pasta and Parmesan cheese.

Add Chicken (K90.00)

Add Prawns (K120.00)

Prawn Pasta (K320.00)

Creamy Pomodori Sauce with dry white wine, red pepper and prawns.

Aglio e Olio (K180.00)

Simple Chilli, garlic, Spinach, and Parmesan served with spaghetti

EASY EATS

Sundried Tomato Chicken (K295.00)

Marinated chicken cubes simmered in cream, served with rice and steamed vegetables.

Rosemary Chicken (K275.00)

Marinated chicken cubes simmered in lemon buttercream, served with rice and steamed vegetables.

Chicken Schnitzel (K275.00)

Flattened chicken fillets marinated and coated in herbed bread crumbs and topped with a creamy mushroom sauce, served with herbed mash potato and steamed vegetable.

Chicken Parmigiana (K275.00)

Flattened chicken fillet coated in bread crumbs topped with tomato Pomodoro sauce and melted mozzarella and parmesan cheese served with some Pomodoro penne pasta.

Herbed Cous Cous Chicken (K275.00)

Flattened chicken fillet coated in herbed cous cous topped with feta and parmesan cheese served with basil penne pasta.

Lemon & Herb Chicken (290.00) NEW

Chicken thighs sweet potato mash/ mash potatoes & steamed vegetables.

Green Thai Chicken Curry (K290.00) NEW

Served with sweet corn sticky rice.

Sweet & Sour Crayfish (K275.00) NEW

Served with sticky rice.

Portuguese Chicken (K275.00) NEW

Chicken thighs served with smashed baby potatoes/wedges & steamed vegetables

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BUDDAH BOWLS

Cajun Chicken with Coriander Lime Rice (K235.00)

A Mixture of brown and black rice, with black bean, lemon zest, roasted vegetables, Cajun marinated chicken fillet, sweet chilli and soy dressing.

Cauliflower Rice & Curried Lentils (K255.00)

Spiced Curried Lentils, pickled carrots, yoghurt cooler served with our crispy flatbread.

Steak, Butternut & Avo (K255.00)

Teriyaki beef fillet served with rocket, steamed spinach, butternut, avocados, feta, topped with avo lime.

Beef Thai Noodle (K255.00)

Mixed bell peppers, mixed cabbage, onions, coriander, noodles & beef strips, with a sesame tahini dressing.

Chicken Satay Noodles (K255.00)

Mixed bell peppers, mixed cabbage, onions, coriander, noodles, broccoli, fresh chillies, peanut sauce, sesame seeds and soy sautéed chicken strips with a soy dressing. Topped with Cashew nut.

Chicken Katsu (K255.00)

Pickled Carrots, Edamame, spring onions served on sticky rice topped with crispy chicken strips and spicy teriyaki sauce.

Mexican Fiesta (K255.00)

Mexican spiced rice, black beans served with a saucy Mexican chicken fillet topped with spicy chimichurri sauce, sour cream and guacamole



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STEAK

Filletto Polenta (K290.00)

Grilled Beef Fillet on a bed of grilled polenta, topped with creamy mushroom sauce, served with steamed mixed vegetables and grilled butternuts.

Filletto ala Mint (K290.00) HOT

Grilled Beef fillet on toasted bread, topped with creamy Portuguese livers, served with steamed rice and vegetables.

Minute Steak (K225.00)

Flattened Beef fillets steak cooked with caramelized onions, served with lemon garlic chili potatoes and mixed leaves salads.

Pepper Steak (K310.00)

Fillet steak served with mixed leaves and a creamy pepper sauce. With a choice of Chips, Potatoes Wedges or Mashed potatoes.

Ladies Fillet Steak (K275.00)

Beef Fillet steak with basil, pesto, baby potato salads, mixed leaves and aioli deep.

T-bone (K370.00) NEW

350g T. bone served with chips and a side salad.

Spicy Asian Mint Lamb Chops (K360.00) NEW

served with mash potatoes steamed vegetables

Grilled Rump Steak (K385.00) NEW

Infused with your choice of garlic butter/rosemary butter served with mashed potatoes chips & steamed vegetables.

SEAFOOD

Teriyaki Salmon (K490.00)

Teriyaki Salmon fillet, served with orange pickled carrots, mixed brown/black rice, avocado, broccoli edamame beans, sauteed spinach and teriyaki sauce.

Red Curry Salmon (K490.00)

Oven-baked Salmon, with creamy coconut red curry sauce and Spinach, served with white sticky rice.

Grilled Prawns (6) (SQ)

Served with sweet corn rice, steamed vegetables and a choice of lemon garlic butter sauce or pipipi sauce.

Grilled Kingklip (K325.00)

Served with sweet corn rice, steamed vegetables and garlic butter sauce.

Grilled Hake Fillet (K280.00)

Grilled hake fillet, in garlic butter sauce, served with baby potatoes and steamed vegetables.

Grilled Calamari (K265.00)

Served with potato wedges, salad, and tartar sauce.

Somerset Style Fish (K280.00)

Deep-fried hake fillet in our somerset batter with potato wedges, and tartar sauce.

SKEWERS

Chicken Skewers with Coriander Pesto (K230.00)

Marinated chicken skewers with coriander pesto, served with coriander potato salads and mixed greens.

Pork Souvlakia Skewers with Salad (K230.00)

Oregano and lemon marinated pork fillet with mini Greek salad, pita bread and tzatziki.

Beef Skewers with Potato Wedges (K230.00)

Marinated beef fillet with pepper dews, onion, served with potato wedges and oven-roasted vegetables.

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DESSERTS

Pancakes

- Cinnamon and Sugar with Honey (**K150.00**)
- Caramelized Banana with Caramel Sauce (**K150.00**)
- Plain Banana with a Caramel Sauce (**K150.00**)
- Nutella and Chocolate Sauce (**K150.00**)
- Pear Chocolate and Raisins with a Chocolate Sauce (**K150.00**)
- Black forest with Cream Cheese, Ice Cream or Fresh Cream. (**K150.00**)
- Fresh Fruit Salad with Strawberry Sauce (**K150.00**)
- Apple and Cinnamon with Caramel (**K150.00**)

Waffles (**K180.00**)

Made fresh and served with ice cream or fresh cream.

Choice of sauces includes caramel, honey, toffee, chocolate and golden syrup.

(Add extra ice cream scoop or cream (**K50.00**)

Slice of cake

Cookies (**K50.00**)

Please ask the waiter about the availability

Slice of cake or Cookies.

Ice-Cream

- Vanilla plain (**K125.00**)
- Chocolate plain (**K125.00**)
- Strawberry plain (**K125.00**)
- Blueberry Compote (**K125.00**)
- Oreo (**K125.00**)
- Chocolate chip (**K125.00**)





Inspired by nature, our menu is fresh,
unique and tantalizing
prepared with Zambia's best choice of
organic vegetables and fruit produce

Our food is deliciously healthy and
freshly made to tickle your taste
buds with every bite...

Proudly Zambian

The logo for Mint Lounge is located in the bottom right corner. It features the word "Mint" in a large, white, sans-serif font, with a small green leaf icon integrated into the letter "i". Below "Mint", the word "Lounge" is written in a smaller, white, sans-serif font.

Mint
Lounge