

The logo is centered within a light green, leaf-shaped graphic. The word "Mint" is written in a large, white, sans-serif font, with a small white leaf icon positioned above the letter 'i'. Below "Mint", the word "lounge" is written in a smaller, white, sans-serif font.

Mint  
lounge

A vertical light green bar with rounded corners at the top, containing the word "Food" in a white, serif font.

Food



# Breakfast

Breakfast Menu is only available until 12pm

## Sunrise Breakfast

235.<sup>00</sup>

Two Fried Eggs, Two Rashers Of Bacon, Grilled Mushrooms, Baked Beans, Toast, And A Choice Of Beef Or Pork Sausage.

## Mint Lounge Butchers Breakfast

250.<sup>00</sup>

Fillet Steak, Onions, Two Fried Eggs, Two Rashers Of Bacon, Grilled, Mushrooms, Toast, And A Choice Of Beef Or Pork Sausage.

## Eggs Benedict

185.<sup>00</sup>

Two Poached Eggs With White Or Brown Bread, Ham And Hollandaise Sauce.

## Eggs Royale

210.<sup>00</sup>

Two Poached Eggs With White Or Brown Bread Smoked Salmon And Hollandaise Sauce.

## Greek Breakfast

155.<sup>00</sup>

Two Hard-boiled Eggs, Marinated Olives, Tomato, Cucumber, Halloumi, And Pita Bread.

## Smoked Salmon Scramble

210.<sup>00</sup>

Smoked Salmon With Three Scrambled Eggs On Toast.

## Breakfast Burrito

150.<sup>00</sup>

Scrambled Eggs With Cheddar Cheese, Avocado, And Tomato Salsa.

## Steak & Eggs

230.<sup>00</sup>

150g Steak, Two Eggs, Potato Wedges And Grilled Herbed Tomatoes.

## Berry French Toast

170.<sup>00</sup>

Three Pieces Of French Toast, Topped With Berry Compote.

## Fresh Fruit Salad

150.<sup>00</sup>

Mixture Of Assorted Fresh Fruits.

## Breakfast Power Smoothie

135.<sup>00</sup>

Muesli With Low Fat Yoghurt, Banana, Mixed Berries, Pineapple, And Apple.

## Scrambled Eggs On Toast

140.<sup>00</sup>

Scrambled Eggs On Your Choice Of Toast

## Power Up French Toast

195.<sup>00</sup>

Three Slices Of French Toast Topped Off With Fried Banana, Crisp Bacon And Drizzled With Maple Syrup

## Muffins

50.<sup>00</sup>

Blueberry Muffin, Chocolate Chip Muffin, & Spiced Carrot Muffin

# Healthy Mornings

## Fruit Salad Crunch

160.<sup>00</sup>

Fruit Salad, Muesli & Natural Yoghurt

## Muesli & Banana

130.<sup>00</sup>

Muesli & Banana With A Choice Of Milk Or Yoghurt  
(Request For Availability)

## Super Health

120.<sup>00</sup>

Sliced Green Apples With Low Fat Yoghurt And Assorted Seeds.

## Banana, Halva & Apple

140.<sup>00</sup>

Sliced Banana And Apple With Low Fat Yoghurt, Halva, Honey And Assorted Nuts.

## Berry Refresher

140.<sup>00</sup>

Strawberry, Blueberry, Raspberry, Yoghurt And Muesli.

## Peanut Butter, Banana Smoothie

130.<sup>00</sup>

Peanut Butter, Banana, Honey & Yoghurt

## Omelettes

170.<sup>00</sup>

Three Eggs With A Choice Of Two Ingredients:  
Mixed Peppers, Grilled Mushrooms, Bacon, Cheddar Cheese, Halloumi, Ham, Grilled Onions, Avocado, And Rocket.

## Croissant

Plain	K75. <sup>00</sup>
Add Cheese	K95. <sup>00</sup>
Add Ham	K105. <sup>00</sup>
Add Nutella	K95. <sup>00</sup>
Add Cheese Tomato Lettuce / Rocket	K105. <sup>00</sup>
Add Smoked Salmon/rocket	K190. <sup>00</sup>



# Starters

<b>Piri Piri Livers on Toast</b> 🌶️	<b>K170.00</b>
Creamy Chicken Piri Piri Livers in a Portuguese sauce.	
<b>Buffalo Wings Platter</b>	<b>K240.00</b>
Buffalo wings with fried potato wedges, halloumi served with spicy house sauce.	
<b>Mexican Chicken Quesadillas</b>	<b>K230.00</b>
Chicken strips, Hummus, coriander pesto, salsa, cheddar with a guacamole dip.	
<b>Steak Strips Quesadillas</b>	<b>K230.00</b>
Strips of grilled steak, salsa, hummus, coriander pesto with a yoghurt dip.	
<b>Vegetarian Quesadillas</b>	<b>K230.00</b>
Cheddar cheese, mixed peppers, onions, courgettes and eggplant, with guacamole dip.	
<b>Spinach Quesadillas</b>	<b>K240.00</b>
Feta cheese, cottage cheese,mozzarella & spring onions	
<b>Nacho Libre</b>	<b>K170.00</b>
Cheesy nachos, Salsa, guacamole & sour cream.	
<b>Crumbed Chicken Strips</b>	<b>K220.00</b>
Served with chips & teriyaki sauce	
<b>A choice of 2 dips served with either Toasted Pita or Ciabatta bread.</b>	<b>K120.00</b>
Tzatziki Dried Tomatoes & Olive Pesto Hummus Guacamole Marinated Olives Grilled Halloumi With Sweet Chilli Sauce	

# Baked Spuds

<b>Grilled Herbed Mushroom &amp; Courgettes</b>	<b>K230.00</b>
Topped with our cheese topping on a piping hot baked potato.	
<b>Creamed Spinach &amp; Feta</b>	<b>K210.00</b>
Topped with our cheese topping on a piping hot baked potato.	
<b>Spicy Mexican Chicken *MILD*</b>	<b>K230.00</b>
Chicken with spicy Mexican salsa, topped with our cheese topping on a piping hot baked potato.	
<b>Pepper Steak</b>	<b>K240.00</b>
Fillet steak strips topped with a creamy pepper sauce and our cheese topping on a piping hot baked potato.	

# Pasta

<b>Spaghetti Bolognese</b>	<b>K235.00</b>
Steak mince simmered in our pomodoro sauce and topped with parmesan cheese. A choice of penne, spaghetti, or tagliatelle.	
<b>Quattro Formaggi</b>	<b>K230.00</b>
Our delicious sauce made from pecorino, gorgonzola, cheddar cheese, and cream.	
<b>Panna Funghi</b>	<b>K210.00</b>
Mushroom, our signature rich creamy cheese sauce topped with parmesan cheese. With a choice of penne, tagliatelle and spaghetti.	
<b>Smoked Salmon Pasta</b>	<b>K260.00</b>
Cooked in our signature rich creamy cheese sauce and spring onions.	
<b>Chicken &amp; Tomato Salsa Pasta</b>	<b>K230.00</b>
Chicken fillet with spicy tomato salsa, our signature creamy cheese sauce with penne pasta.	
<b>Puttanensca</b>	<b>K230.00</b>
Napolitana, anchovy fillets, olives, baby capers, sun dried tomatoes and chilli.	
<b>Prawn Pasta</b>	<b>K285.00</b>
Creamy Pomodori Sauce red pepper and prawns.	
<b>Simpleton</b>	<b>K150.00</b>
Basil pesto with a choice of pasta and parmesan cheese.	
<b>Aglio e Olio</b>	<b>K170.00</b>
Simple Chilli, garlic, Spinach, and parmesan served with spaghetti	



# Salads

<b>Caesars Salad</b> Bacon, anchovies, boiled egg, croutons, mixed leaves and Caesar dressing	K180. <sup>00</sup>
<b>Quinoa &amp; Roast Butternut Salad</b> Quinoa with roast butternut, carrot, courgettes, feta, sprouts, and seeds topped with caramelized onions.	K210. <sup>00</sup>
<b>Gremolata Chicken Pasta Salad</b> Grilled chicken breast with farfella pasta, asparagus, green beans, gremolata (Lemon parsley and garlic) mixed leaves and house dressing.	K230. <sup>00</sup>
<b>Roast Beef &amp; Beetroot Salad</b> Sliced roast fillet steak with roasted beetroot, feta cheese, mixed leaves drizzled with balsamic and honey vinaigrette.	K230. <sup>00</sup>
<b>Tuscan White Bean Salad</b> White and kidney bean with halloumi, sun-dried tomatoes, olives, mixed leaves drizzled with a balsamic dressing and bruschetta.	K170. <sup>00</sup>
<b>Smoked Chicken with Wild Rice Salad</b> Smoked chicken with wild brown rice, sun-dried tomatoes, olives, onions, cucumber, feta, mixed leaves, mixed fresh herbs, and house dressing.	K230. <sup>00</sup>
<b>Tuna Bean Salad</b> Flaked tuna with butter beans, mixed peppers, olives, salsa, onion, mixed leaves and house dressing.	K195. <sup>00</sup>
<b>Smoked Salmon Salad</b> Smoked salmon, orange, avocado, mixed leaves with horseradish and orange dressing.	K240. <sup>00</sup>
<b>Moroccan Cous Cous Salad</b> Cous cous with chickpeas, mint, raisins, cashew nuts, coriander mixed seeds, and yogurt.	K210. <sup>00</sup>
<b>Traditional Greek Salad</b> Feta with cucumber, tomato, peppers, olives, onion with mixed leaves, and house dressing.	K160. <sup>00</sup>
<b>Butternut &amp; Feta Salad</b> Roasted butternut and feta served with mixed greens, avocado, cucumber topped with almonds and house dressing.	K180. <sup>00</sup>
<b>Chicken, Feta, Apple, &amp; Avocado Salad</b> Grilled chicken on a bed of mixed greens, served with feta, parmesan, apple, avocado, raw onions, mixed pepper and olives.	K230. <sup>00</sup>
<b>Cobb Salad</b> Sweetcorn, boiled eggs, avocado, chicken strips, baby tomatoes, crispy bacon and crispy onions, served with honey mustard dressing.	K230. <sup>00</sup>
<b>Beef &amp; Blue Cheese Salad</b> Beef strips, green beans, broccoli, baby tomatoes, and mixed greens, topped with blue cheese.	K230. <sup>00</sup>
<b>Deli Pasta Salad</b> Farfalle pasta with salami, sun-dried tomatoes mushroom, mixed beans, roast aubergines, rocket, and basil pesto.	K230. <sup>00</sup>
<b>Fifi's Rainbow Salad</b> Strips of raw beetroot courgettes, carrots, butternut, cucumbers, avocado served with basil pesto and house dressing.	K150. <sup>00</sup>
<b>Roast Beef, Pear &amp; Walnut Salad</b> Roast beef on a bed of mixed greens topped with pears, walnut, feta cheese and served with balsamic dressing.	K235. <sup>00</sup>
<b>Thai Chicken Salad</b> Lettuce, cabbage, mixed peppers, onions & nuts topped with a teriyaki house dressing.	K230. <sup>00</sup>

# Wraps

<b>Bacon &amp; Cheese</b> Crispy bacon, cheddar cheese, sautéed mushrooms, avocado, and mustard sauce.	K210. <sup>00</sup>
<b>Roast Vegetables</b> Roast peppers, baby marrow, onions, aubergine, carrots with halloumi and aioli.	K180. <sup>00</sup>
<b>Beef Fillet</b> Beef strips, mixed peppers, basil mayonnaise, feta, pepperdews, grilled carrots and grilled onions.	K220. <sup>00</sup>
<b>Chicken &amp; Bacon</b> Chicken, crispy bacon, cheddar, carrot strips, mixed greens with honey mustard sauce.	K210. <sup>00</sup>
<b>Chicken &amp; Halloumi</b> Chicken strips, halloumi, hummus, avocado, carrots strips, mixed leaves with honey mustard sauce.	K210. <sup>00</sup>
<b>Smoked Salmon</b> Smoked salmon, chives, cream cheese, avocado, mixed leaves, cucumbers and rocket.	K235. <sup>00</sup>
<b>Healthy Chicken</b> Chicken strips, beans, brown rice, tomato salsa, cheddar/mozzarella cheese, and a sweet chili sauce.	K210. <sup>00</sup>
<b>Mexican Chicken</b> Chicken Strips, refried beans, grilled carrot strips, lettuce, and guacamole.	K210. <sup>00</sup>
<b>Vegetarian</b> Grilled halloumi, sun-dried tomato pesto with olives, grilled carrot strips, avocado, lettuce, and grilled onion.	K180. <sup>00</sup>
<b>Burrito Roll</b> Chicken strips or beef mince, cheddar, sour cream, guacamole, coriander & beans	K220. <sup>00</sup>



# Sandwiches

<b>Portuguese Beef</b> 🍴 Beef strips marinated in our secret marinade sauce served on a ciabatta roll with potato wedges.	K230. <sup>00</sup>
<b>Chicken Prego</b> 🍴 Chicken strips marinated in our secret marinade sauce with grilled onions, served on a prego roll with potato wedges.	K230. <sup>00</sup>
<b>Smoked Chicken &amp; Ham</b> Served on a bed of mixed greens, tomatoes, topped with our creamy horseradish and cheddar cheese.	K230. <sup>00</sup>
<b>The Italian</b> Parma ham, salami, mozzarella cheese, sun-dried tomato and basil mayonnaise.	K230. <sup>00</sup>
<b>Roast Beef</b> Roast beef tomatoes, horseradish, gherkins, caramelised onions and mayonnaise.	K230. <sup>00</sup>
<b>Steak Sarnie</b> Fillet steak strips with roast onions, peppers, tomatoes served with Dijon mustard.	K230. <sup>00</sup>
<b>Mint Panini</b> Toasted ciabatta with grilled chicken, halloumi, grilled mushrooms, onion, and basil mayonnaise.	K230. <sup>00</sup>
<b>Gourmet B.L.T</b> Crispy bacon, grilled halloumi, tomato and lettuce, on toasted ciabatta.	K170. <sup>00</sup>
<b>Mint Vegetarian</b> Grilled mushroom, peppers, courgettes carrots, halloumi, and aubergine drizzled with basil mayo.	K160. <sup>00</sup>
<b>Mint Hummus</b> Hummus, halloumi, roast aubergine, roast peppers, mixed leaves, with a honey mustard sauce.	K160. <sup>00</sup>

# Toasties

Served on your choice of White or Brown

<b>Salami with Sun-Dried Tomato &amp; Mozzarella</b>	K150. <sup>00</sup>
<b>Ham with Egg &amp; Cheddar Cheese</b>	K125. <sup>00</sup>
<b>Bacon, Egg &amp; Avocado</b>	K125. <sup>00</sup>
<b>Ham, Cheese &amp; Tomato</b>	K125. <sup>00</sup>
<b>Cheddar Cheese &amp; Tomato</b>	K125. <sup>00</sup>
<b>Halloumi &amp; Tomato</b>	K125. <sup>00</sup>
<b>Halloumi with Bacon &amp; Tomato</b>	K170. <sup>00</sup>
<b>Chicken Mayonnaise</b>	K125. <sup>00</sup>
<b>Tuna Mayonnaise</b>	K125. <sup>00</sup>

# Burgers

<b>Gourmet Burger</b> Lean burger patti, melted cheddar cheese, lettuce, tomato and grilled onions, topped with our signature sauce on a fresh burger roll, served with potato wedges.	K230. <sup>00</sup>
<b>Chicken Burger</b> 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.	K225. <sup>00</sup>
<b>Paphiti</b> Pure beef patty topped with herbed grilled mushrooms, onions, tzatziki sauce on a fresh roll, served with potato wedges.	K235. <sup>00</sup>
<b>Woody's</b> Pure beef patty, topped with bacon, egg, grilled onion, tomatoes and honey mustard dressing, served with potato wedges.	K240. <sup>00</sup>
<b>Summer in Hawaii</b> Flattened grilled chicken fillet, topped with grilled pineapple, melted cheddar cheese, onion rings, topped with curry sweet chilli mayo served with potato wedges.	K225. <sup>00</sup>
<b>Lassa Burger</b> Flattened chicken fillet, with tomato, halloumi, topped with avocado, grilled onion, served with potato wedges and honey mustard sauce.	K235. <sup>00</sup>
<b>Fish Burger</b> Crumbed Hake in a fresh roll, filled with lettuce tomato and pickled red onions, topped with tartar sauce served with potato wedges	K235. <sup>00</sup>
<b>Burger Sliders</b> One beef, one chicken & one fish served with potato wedges.	K270. <sup>00</sup>



# Easy Eats

<b>Sun-dried Tomato Chicken</b> Marinated chicken cubes simmered in cream with sun-dried tomato paste, served with rice and steamed vegetables.	<b>K250.<sup>00</sup></b>
<b>Rosemary Chicken</b> Marinated chicken cubes simmered in lemon buttercream, served with rice and steamed vegetables.	<b>K250.<sup>00</sup></b>
<b>Chicken Schnitzel</b> Flattened chicken fillets marinated and coated in herbed bread crumbs and topped with a creamy mushroom sauce, served with herbed mash potato and steamed vegetables.	<b>K250.<sup>00</sup></b>
<b>Chicken Parmigiana</b> Flattened chicken fillet coated in bread crumbs topped with tomato Pomodoro sauce and melted mozzarella and parmesan cheese served with Pomodoro penne pasta.	<b>K250.<sup>00</sup></b>
<b>Herbed Cous Cous Chicken</b> Flattened chicken fillet coated in herbed cous cous topped with feta and Parmesan cheese, served with basil penne pasta.	<b>K250.<sup>00</sup></b>
<b>Crayfish Stir Fry</b> Served with spaghetti & spring onions.	<b>K250.<sup>00</sup></b>
<b>Portuguese Chicken</b> 200g chicken fillet served with smashed baby potatoes/wedges & steamed vegetables.	<b>K275.<sup>00</sup></b>
<b>Lemon &amp; Herb Chicken</b> 200g served with sweet potato mash/ mash potato & steamed vegetables.	<b>K275.<sup>00</sup></b>
<b>Thai Chicken Curry</b> Served with sweet corn sticky rice.	<b>K275.<sup>00</sup></b>
<b>Curried Lentils</b> Spicy curried lentils & chickpeas, pickled carrots, yogurt raita served with our yogurt flat bread (Option for Basmati or Cauliflower Rice)	<b>K190.<sup>00</sup></b>

# Steak

<b>Filletto Polenta</b> Grilled Fillet on a bed of grilled polenta, topped with creamy mushroom sauce, served with steamed mixed vegetables grilled butternuts.	<b>K340.<sup>00</sup></b>
<b>Filletto ala Mint</b> Grilled fillet topped with creamy Portuguese livers, steamed rice & vegetables.	<b>K340.<sup>00</sup></b>
<b>Minute Steak</b> Flattened fillets steak cooked with caramelised onions, served with lemon garlic chilli potatoes & steamed vegetables.	<b>K235.<sup>00</sup></b>
<b>Pepper Steak</b> Fillet steak served with potato wedges, mixed leaves and a creamy pepper sauce.	<b>K310.<sup>00</sup></b>
<b>Ladies Fillet Steak</b> Fillet steak with basil, pesto, baby potato salad, mixed leaves and aioli.	<b>K290.<sup>00</sup></b>
<b>T-Bone</b> 350g grilled t-bone served with chips and a side salad	<b>K340.<sup>00</sup></b>
<b>Pork Ribs</b> Grilled barbecue pork ribs, served with chips and a side salad	<b>K340.<sup>00</sup></b>

# Skewers

<b>Chicken Skewers with Coriander Pesto</b> Marinated chicken skewers with coriander pesto, served with coriander potato salad.	<b>K230.<sup>00</sup></b>
<b>Pork Souvlakia Skewers</b> Oregano and lemon marinated pork fillet with mini Greek salad, pita bread & tzatziki.	<b>K230.<sup>00</sup></b>
<b>Beef Skewers with Potato Wedges</b> Marinated beef fillet with pepper dews, onions and oven-roasted vegetables.	<b>K240.<sup>00</sup></b>

# Seafood

<b>Grilled Tiger Prawns</b> Served with rice, steamed vegetables and a choice of lemon garlic butter sauce or pipiriri sauce.	<b>SQ</b>
<b>Grilled Kingklip</b> Served with rice, steamed vegetables and garlic butter sauce.	<b>K280.<sup>00</sup></b>
<b>Grilled Hake Fillet</b> Grilled hake fillet served with baby potatoes and steamed vegetables.	<b>K260.<sup>00</sup></b>
<b>Grilled Calamari</b> Served with potato wedges, salad, and tartar sauce.	<b>K250.<sup>00</sup></b>
<b>Somerset Style Fish</b> Deep-fried hake fillet in our somerset batter with potato wedges, salad, and tartar sauce.	<b>K260.<sup>00</sup></b>
<b>Hearty Salmon</b> Grilled salmon fillet served with a special sauce, rice & broccoli	<b>K480.<sup>00</sup></b>



# Desserts

## Crêpes

Cinnamon & Sugar with Honey	K140. <sup>00</sup>
Caramelized Banana with Caramel Sauce	K140. <sup>00</sup>
Banana with a Caramel Sauce	K140. <sup>00</sup>
Nutella & Chocolate Sauce	K140. <sup>00</sup>
Pear & Raisins with a Chocolate Sauce	K140. <sup>00</sup>
Black forest with Cream Cheese, Ice Cream or Fresh Cream	K150. <sup>00</sup>
Fresh Fruit Salad with Strawberry Sauce	K140. <sup>00</sup>
Apple & Cinnamon with Caramel	K140. <sup>00</sup>

## Waffles

All waffles are served with 1 scoop of ice cream or whipped cream  
(add extra ice cream scoop or cream K35.00)

Fruit Salad	K180. <sup>00</sup>
Chocolate	K180. <sup>00</sup>
Banana & Chocolate	K180. <sup>00</sup>
Plain	K140. <sup>00</sup>

Signature Homemade Cakes & Cookies  
Please ask the waiter for availability.

## Ice Cream

Vanilla	K110. <sup>00</sup>
Chocolate	K110. <sup>00</sup>
Strawberry	K110. <sup>00</sup>
Blueberry Compote	K120. <sup>00</sup>
Oreo crumb	K120. <sup>00</sup>
Chocolate Chip	K120. <sup>00</sup>





## DISCLAIMER

Food may contain nuts,  
Please inform waiters of any allergies before ordering.

All food is freshly prepared,  
Allow for 30 min for food to be made.