



Mint
lounge



FOOD

Breakfast

Breakfast Menu is only available until 12pm

Sunrise Breakfast

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

235.00

Mint Lounge Butchers Breakfast

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

250.00

Eggs Benedict

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

185.00

Eggs Royale

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

210.00

Greek Breakfast

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

155.00

Smoked Salmon Scramble

Smoked Salmon With Three Scrambled Eggs On Toast.

210.00

Breakfast Burrito

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

150.00

Steak & Eggs

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

230.00

Berry French Toast

Three Pieces Of French Toast, Topped With Berry Compote.

170.00

Fresh Fruit Salad

Mixture Of Assorted Fresh Fruits.

150.00

Breakfast Power Smoothie

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

135.00

Scrambled Eggs On Toast

Scrambled Eggs On Your Choice Of Toast

140.00

Power Up French Toast

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

195.00

Muffins

Blueberry Muffin, Chocolate Chip Muffin, & Spiced Carrot Muffin

50.00

Healthy Mornings

Fruit Salad Crunch

Fruit Salad, Muesli & Natural Yoghurt

160.00

Muesli & Banana

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

130.00

Super Health

Sliced Green Apples With Low Fat Yoghurt And Assorted Seeds.

120.00

Banana, Halva & Apple

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

140.00

Berry Refresher

Strawberry, Blueberry, Raspberry, Yoghurt And Muesli.

140.00

Peanut Butter, Banana Smoothie

Peanut Butter, Banana, Honey & Yoghurt

130.00

Omelettes

Three Eggs With A Choice Of Two Ingredients:

Mixed Peppers, Grilled Mushrooms, Bacon, Cheddar Cheese, Halloumi, Ham, Grilled Onions, Avocado, And Rocket.

170.00

Croissant

Plain

K75.00

Add Cheese

K95.00

Add Ham

K105.00

Add Nutella

K95.00

Add Cheese Tomato Lettuce / Rocket

K105.00

Add Smoked Salmon/rocket

K190.00

Starters

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

Baked Spuds

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

Pasta

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

Salads

Caesars Salad

Bacon, anchovies, boiled egg, croutons, mixed leaves and Caeser dressing

K180.00

Quinoa & Roast Butternut Salad

Quinoa with roast butternut, carrot, courgettes, feta, sprouts, and seeds topped with caramelized onions.

K210.00

Gremolata Chicken Pasta Salad

Grilled chicken breast with farfella pasta, asparagus, green beans, gremolata (Lemon parsley and garlic) mixed leaves and house dressing.

K230.00

Roast Beef & Beetroot Salad

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

K230.00

Tuscan White Bean Salad

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

K170.00

Smoked Chicken with Wild Rice Salad

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

K230.00

Tuna Bean Salad

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

K195.00

Smoked Salmon Salad

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

K240.00

Moroccan Cous Cous Salad

Cous cous with chickpeas, mint, raisins, cashew nuts, coriander mixed seeds, and yogurt.

K210.00

Traditional Greek Salad

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

K160.00

Butternut & Feta Salad

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

K180.00

Chicken, Feta, Apple, & Avocado Salad

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

K230.00

Cobb Salad

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

K230.00

Beef & Blue Cheese Salad

Beef strips, green beans, broccoli, baby tomatoes, and mixed greens, topped with blue cheese.

K230.00

Deli Pasta Salad

Farfalle pasta with salami, sun-dried tomatoes mushroom, mixed beans, roast aubergines, rocket, and basil pesto.

K230.00

Fifi's Rainbow Salad

Strips of raw beetroot courgettes, carrots, butternut, cucumbers, avocado served with basil pesto and house dressing.

K150.00

Roast Beef, Pear & Walnut Salad

Roast beef on a bed of mixed greens topped with pears, walnut, feta cheese and served with balsamic dressing.

K235.00

Thai Chicken Salad

Lettuce, cabbage, mixed peppers, onions & nuts topped with a teriyaki house dressing.

K230.00

Wraps

Bacon & Cheese

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

K210.00

Roast Vegetables

Roast peppers, baby marrow, onions, aubergine, carrots with halloumi and aioli.

K180.00

Beef Fillet

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

K220.00

Chicken & Bacon

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

K210.00

Chicken & Halloumi

Chicken strips, halloumi, hummus, avocado, carrots strips, mixed leaves with honey mustard sauce.

K210.00

Smoked Salmon

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

K235.00

Healthy Chicken

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

K210.00

Mexican Chicken

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

K210.00

Vegetarian

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

K180.00

Burrito Roll

Chicken strips or beef mince, cheddar, sour cream, guacamole, coriander & beans

K220.00

Sandwiches

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

Toasties

Served on your choice of White or Brown

Salami with Sun-Dried Tomato & Mozzarella	K150.00
Ham with Egg & Cheddar Cheese	K125.00
Bacon, Egg & Avocado	K125.00
Ham, Cheese & Tomato	K125.00
Cheddar Cheese & Tomato	K125.00
Halloumi & Tomato	K125.00
Halloumi with Bacon & Tomato	K170.00
Chicken Mayonnaise	K125.00
Tuna Mayonnaise	K125.00

Burgers

Gourmet Burger	K230.00
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	K225.00
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	K235.00
Pure beef patty topped with herbed grilled mushrooms, onions, tzatziki sauce on a fresh roll, served with potato wedges.	
Woody's	K240.00
Pure beef patty, topped with bacon, egg, grilled onion, tomatoes and honey mustard dressing, served with potato wedges.	
Summer in Hawaii	K225.00
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	K235.00
Flattened chicken fillet, with tomato, halloumi, topped with avocado, grilled onion, served with potato wedges and honey mustard sauce.	
Fish Burger	K235.00
Crumbed Hake in a fresh roll, filled with lettuce tomato and pickled red onions, topped with tartar sauce served with potato wedges	
Burger Sliders	K270.00
One beef, one chicken & one fish served with potato wedges.	

Easy Eats

Sun-dried Tomato Chicken

Marinated chicken cubes simmered in cream with sun-dried tomato paste, served with rice and steamed vegetables.

K250.00

Rosemary Chicken

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

K250.00

Chicken Schnitzel

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.

K250.00

Chicken Parmigiana

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

K250.00

Herbed Cous Cous Chicken

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

K250.00

Crayfish Stir Fry

Served with spaghetti & spring onions.

K250.00

Portuguese Chicken

200g chicken fillet served with smashed baby potatoes/wedges & steamed vegetables.

K275.00

Lemon & Herb Chicken

200g served with sweet potato mash/ mash potato & steamed vegetables.

K275.00

Thai Chicken Curry

Served with sweet corn sticky rice.

K275.00

Curried Lentils

Spicy curried lentils & chickpeas, pickled carrots, yogurt raita served with our yogurt flat bread (Option for Basmati or Cauliflower Rice)

K190.00

Steak

Filletto Polenta

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

K340.00

Filletto ala Mint

Grilled fillet topped with creamy Portuguese livers, steamed rice & vegetables.

K340.00

Minute Steak

Flattened fillets steak cooked with caramelised onions, served with lemon garlic chilli potatoes & steamed vegetables.

K235.00

Pepper Steak

Fillet steak served with potato wedges, mixed leaves and a creamy pepper sauce.

K310.00

Ladies Fillet Steak

Fillet steak with basil, pesto, baby potato salad, mixed leaves and aioli.

K290.00

T-Bone

350g grilled t-bone served with chips and a side salad

K340.00

Pork Ribs

Grilled barbecue pork ribs, served with chips and a side salad

K340.00

Skewers

Chicken Skewers with Coriander Pesto

Marinated chicken skewers with coriander pesto, served with coriander potato salad.

K230.00

Pork Souvlakia Skewers

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

K230.00

Beef Skewers with Potato Wedges

Marinated beef fillet with pepper dews, onions and oven-roasted vegetables.

K240.00

Seafood

Grilled Tiger Prawns

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

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K280.00

Grilled Kingklip

Served with rice, steamed vegetables and garlic butter sauce.

K280.00

Grilled Hake Fillet

Grilled hake fillet served with baby potatoes and steamed vegetables.

K260.00

Grilled Calamari

Served with potato wedges, salad, and tartar sauce.

K250.00

Somerset Style Fish

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

K260.00

Hearty Salmon

Grilled salmon fillet served with a special sauce, rice & broccoli

K480.00

Desserts

Crêpes

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

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	K180.00
Chocolate	K180.00
Banana & Chocolate	K180.00
Plain	K140.00

Signature Homemade Cakes & Cookies

Please ask the waiter for availability.

Ice Cream

Vanilla	K110.00
Chocolate	K110.00
Strawberry	K110.00
Blueberry Compote	K120.00
Oreo crumb	K120.00
Chocolate Chip	K120.00



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.