



MINT

— H I L L S —

Please Note that the extra's will be charged accordingly
ALL our dishes prepared and cooked to order. Please allow approximately 30 min for your meal
Please inform staff of allergies; traces may be present always.

SOMETHING ON TOAST

All served on sour-dough bread. Gluten free bread available (add K15)

SMASHED AVO & EGG ♥ K 200.⁰⁰

Chilli & lime smashed avocado served with 2 poached eggs (add smoked salmon or crispy bacon)

MUSHROOM & SPINACH ♥ K 230.⁰⁰

Sautéed button mushroom and spinach on a creamy ricotta cheese topped with rocket, crumbed feta & a lemon, olive oil drizzle

AVO & HALLOUMI ♥ K 200.⁰⁰

Avocado, Rocket, Grilled Halloumi & Tomato

BUFFALO MOZZARELLA CAPRESE ♥ K 260.⁰⁰

Melted mozzarella pesto, buffalo mozzarella, tomato with a lemon basil pesto sauce, rocket & balsamic glaze drizzle.

MEDITERRANEAN CRAY FISH K 250.⁰⁰

Blistered baby tomato, red onion topped with a basil pesto cray fish on rocket and sprinkled with feta cheese.

BEETS & AVO ♥ K 180.⁰⁰

Beetroot hummus with avocado, sweet mixed nuts & feta, pickled radish (Add smoked salmon or tuna)

THE TUNA K 240.⁰⁰

A zesty lemon & drizzle tartar sauce, tuna with gherkins, & avocado

MEDITERRANEAN SARDINES K 240.⁰⁰

Festy lemon dressed Sardines, Parsley, Fresh Chilli & red onion

SWEET TOASTS

BERRY FRENCH TOAST K 230.⁰⁰

2 pieces of our fluffy cornflake coated brioche french toast, served with a berry compote, fresh berries & cream

MAPLE BACON & BANANA FRENCH TOAST K 260.⁰⁰

2 pieces of our fluffy cornflake coated brioche french toast, served with caramelised banana & maple glazed crispy bacon

RISE & SHINE

ACTIVE MORNING K 350.⁰⁰

Smoked salmon, scrambled eggs, avocado, rocket, grilled halloumi, quinoa zucchini rosti & baby spinach

EGGS BENEDICT K 350.⁰⁰

2 poached eggs on English muffins, avocado, smoked salmon, chives, topped with a smoked paprika hollandaise sauce

LOADED OMELETTE ♥ K 250.⁰⁰

Fluffy omelette with spinach, baby tomato, cheddar, feta and toasted bread on the side

OMELETTE FLORENTINE ♥ K 250.⁰⁰

Fluffy omelette with spinach, feta, mozzarella & crème fresh

TURKISH EGGS K 200.⁰⁰

Soft spiced eggs, served on a garlic yoghurt topped with a spicy lemon & Zaatar sauce

FULL SUNRISE BREAKFAST K 280.⁰⁰

2 eggs, crispy bacon, chipolata sausages (beef or pork), baked bean chakalaka, grilled mushroom & grilled tomatoes

THE STEAK & EGG K 300.⁰⁰

150g of beef fillet. 2 fried eggs, sautéed mushroom & spinach, sweet potato fries & herbed grilled tomatoes

BREAKFAST BURRITO K 190.⁰⁰

Scrambled egg, corn, kidney beans, tomato salsa, guacamole, feta, coriander & cherry tomatoes

PUMPKIN WAFFLE K 270.⁰⁰

Pumpkin waffle with crispy bacon, 2 coconut fried eggs & chakalaka baked beans

SMOKED SALMON ROSTI K 350.⁰⁰

Smoked Salmon, crispy baby marrow & potato rosti, avo, sour cream & rocket

CROISSANTS

SMOKED SALMON & CREAM CHEESE	K 290 ⁰⁰
HAM & CHEESE	K 200 ⁰⁰
SCRAMBLED EGG & BACON	K 220 ⁰⁰
NUTELLA	K 140 ⁰⁰
PLAIN	K 90 ⁰⁰

WAFFLES

Served with ice cream or whipped cream

FRUIT SALAD	K 250 ⁰⁰
FRUIT SALAD SPRINKLE	K 280 ⁰⁰
<i>White chocolate, seasonal fresh fruit & a berry compote</i>	
CHOCOHOLIC	K 250 ⁰⁰
BANANA & CHOCOLATE	K 250 ⁰⁰
PLAIN	K 170 ⁰⁰

PANCAKES

4 American style fluffy pancakes served with a scoop of ice cream

SWEET & SALTY	K 230 ⁰⁰
<i>Served with butter & crispy maple bacon</i>	
OREO	K 210 ⁰⁰
BERRY	K 220 ⁰⁰
CHOCOLATE	K 210 ⁰⁰
CINNAMON ROLL	K 290 ⁰⁰
<i>Cinnamon roll pancake served topped with walnuts & hot cream cheese sauce</i>	

SMOOTHIE & CHIA BOWLS

Add Whey Protein (K40) or Collagen Powder (K55)

GREEN SMOOTHIE BOWL	K 230 ⁰⁰
<i>Avocado, apple, Banana, honey, chia seed, almond butter, coconut & spinach</i>	
TROPICAL CHIA	K 260 ⁰⁰
<i>Coconut chia pudding base, yogurt, passion compote, pineapple & mango</i>	
MATCHA & BERRIES CHIA	K 260 ⁰⁰
<i>Coconut Matcha Pudding, Blueberry compote, Greek yogurt, berries & strawberry</i>	

YOGURT PARFAITS

Add Whey Protein (K40) or Collagen Powder (K55)

BANANA, APPLE & HALVA	K 200 ⁰⁰
<i>Yoghurt, banana, apple & Halva with mixed seeds</i>	
FRUIT SALAD CRUNCH	K 200 ⁰⁰
<i>Seasonal fruit, yoghurt, granola & honey</i>	
VITAL BERRY	K 200 ⁰⁰
<i>Berry compote, mixed whole berries, granola & mixed seeds</i>	



STARTERS

SIESTA PRAWNS K 250^{.00}

Peri-peri pan fried prawns with a lemon, garlic sauce served with toasted crostini

BEEF CARPACCIO K 250^{.00}

Thinly sliced beef fillet cured with a lemon vinaigrette, parmesan, served with rocket, cherry tomatoes topped with a balsamic glaze

PERI-PERI LIVERS K 210^{.00}

Portuguese style chicken livers in a creamy peri-peri sauce served with toasted crostinis

SPICY HOT HONEY CHICKEN & FETA K 250^{.00}

Crumbed chicken tenders, served on a whipped feta sauce, topped with a hot honey

BANG BANG WINGS K 210^{.00}

Teriyaki coated wings, served with a bang - bang sauce

DIP TRIO K 190^{.00}

Choice of hummus, babaganoush, tzatziki, roasted pepper & feta served with pita

TACO BOWL K 270^{.00}

Mexican spiced beef mince , lettuce, tomato salsa, sweet corn mixed beans, cheddar cheese, sour cream, guacamole & taco chips

BAGELS

Our Homemade Sesame Bagels Served with Regular or Sweet Potato Fries

SMOKED SALMON K 350^{.00}

Smoked salmon, cream cheese, lettuce, rocket, cucumber, avocado & capers

CLUB K 250^{.00}

Club bagel with bacon, ham, lettuce, cucumber, tomato & honey mustard mayo

SUNNY SIDE UP K 250^{.00}

Cream cheese avocado spread, bacon, lettuce, tomato & fried egg served with fries

TUNA K 240^{.00}

Tuna, red onion, lettuce, mayo, gherkins, tomato, rocket & cucumber

CRAY FISH K 260^{.00}

Crayfish, rocket, lettuce, avocado & zesty lemon mayo dressing

PANINI

Home Made Sesame Panini Bread Served with our Crispy Potato Discs

PANINI MINT K 290^{.00}

Grilled chicken, grilled halloumi, onions, oyster mushrooms with a basil mayo sauce

PHILLY CHEESE-STEAK K 295^{.00}

Beef fillet, mixed peppers, onion, cheese steak sauce, melted cheddar & mozzarella

CHICKEN PESTO K 290^{.00}

Tomato, Basil pesto chicken, basil mayo, mozzarella & cheddar melt

ITALIAN K 320^{.00}

Prosciutto, salami, sundried tomato, mixed pepper, basil mayo & mozzarella

CHIMICHURRI STEAK & AVO K 295^{.00}

Beef fillet, chimichuri, avo, tomato, pickled onions, rocket & parmesan

SPINACH & FETA K 230^{.00}

sundried tomato, spinach with melted cheddar & mozzarella, feta

SMOKED CHICKEN & HAM K 230^{.00}

Smoked chicken, ham, tomato, lettuce, cheddar, basil mayo

BURGERS

Served with a side salad and fries

CLASSIC CHEESE BURGER K 280^{.00}

Beef Mince patty served with lettuce, tomato, grilled onion, cheddar cheese & topped with a bbq mayo sauce.

CLASSIC CHICKEN BURGER K 280^{.00}

Chicken patty, served with lettuce, tomato, cheddar & a honey mustard

FISH BURGER K 290^{.00}

Battered Hake fillet, lettuce, pickled onions with a tartar sauce

CRISPY CHICKEN K 280^{.00}

Crispy crumbed chicken fillet with a crunchy honey mustard slaw.

BURGER SLIDERS K 295^{.00}

Trio of one mini fish, chicken & beef burger

SKINNY BURGER K 260^{.00}

Lean beef patty served on lettuce, tomato & rocket bed topped with tzatziki sauce

SURF & TURF K 320^{.00}

Beef Burger Topped with Cray fish & a buer blanc sauce

PITA FOLDOVERS

House Pita bread served with our mint side salad

STEAK FAJITA

Grilled steak, mixed peppers & onion, sour cream, guacamole, cheddar cheese

K 280.⁰⁰

CREAMY GARLIC CHICKEN

Chicken, creamy garlic sauce, fries & gherkins

K 260.⁰⁰

MEDITERRANEAN MINCE

Mediterranean spiced mince, lettuce, tzatziki, red pickled onion, cucumber & tomato

K 290.⁰⁰

CHICKEN GYRO

Greek style chicken, secret sauce, tzatziki, lettuce, cabbage & chips

K 260.⁰⁰

PASTA

Gluten free Spaghetti available (add K50)

CREAMY CHICKEN ALFREDO

Cream, chicken, button mushroom served with spaghetti

K 310.⁰⁰

SPICY CLAM VONGOLE

Clams, cooked in a white wine sauce served with spaghetti

K 310.⁰⁰

PRAWN PESTO LINGUINE

A creamy prawn pesto served with linguine

K 320.⁰⁰

SPAGHETTI BOLOGNAISE

Spaghetti with a Tomato, Beef mince ragu

K 275.⁰⁰

VEGETARIAN

Aubergine, baby marrow & spinach in a pomodoro sauce

K 250.⁰⁰

PUTANESCA

Tuna, olives, anchovy, pomodoro served with spaghetti

K 285.⁰⁰

CREAMY CHICKEN PESTO

Chicken strips coated in a creamy basil pesto sauce served with spaghetti

K 285.⁰⁰

ZUCCHINI NOODLE

Zucchini noodles in a creamy lemon basil pesto sauce with baby tomatoes & grilled halloumi

K 220.⁰⁰

BEEF THAI NOODLE

Stir fried Mixed peppers, onions, beef strips in a soy and teriyaki & ginger sauce with egg noodles.

K 295.⁰⁰

WRAPS

Homemade Signature Mint Wraps served with a Side Salad

CHICKEN & BACON

Chicken, cheddar cheese bacon, lettuce, carrots & honey mustard sauce

K 265.⁰⁰

CHICKEN & HALLOUMI

Chicken, halloumi, honey mustard, avocado, lettuce, carrot with hummus

K 260.⁰⁰

BACON & HALLOUMI

Bacon, avocado, lettuce, carrot, hummus, honey mustard halloumi & tomato

K 260.⁰⁰

SMOKED SALMON

Smoked salmon, cream cheese, capers, lettuce, cucumber, rocket

K 330.⁰⁰

BURRITO ROLL

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

K 275.⁰⁰

TERIYAKI CHICKEN

Teriyaki chicken, lettuce, carrots, cucumber, avo, spring onion, sesame seeds & house mayo sauce

K 260.⁰⁰

ROASTED VEGETARIAN ♡

Onions, mixed peppers, baby marrow & hummus

K 220.⁰⁰

BEEF FILLET

Beef strips, mixed peppers, onion & feta

K 310.⁰⁰

SOUVLAKI

Served With Tzatziki, Potato Wedges, Pita, Village Salad

PORK SOUVLAKI

Pork skewers, Tzaziki, Greek style salsa, oregano potatoes & pita

K 280.⁰⁰

BEEF SOUVLAKI

Beef skewers, tahini dip, halloumi, greek style salsa, oregano potato & pita

K 300.⁰⁰

CHICKEN SOUVLAKI

Chicken skewers, Tzaziki, Greek style salsa, oregano potatoes & pita

K 285.⁰⁰





SPUDS

A Choice Of Baked Potato Or Sweet Potato Spud Served With A Side Salad

PEPPER STEAK

K 250.⁰⁰

Fillet steak in a pepper sauce topped with a cheese melt

MEXICAN CHICKEN

K 240.⁰⁰

Mexican spiced chicken, salsa, jalepeno's topped with a cheese melt

CREAMED SPINACH

K 200.⁰⁰

Cream Spinach topped with a cheese melt

CREAMY TUNA

K 230.⁰⁰

Creamy tuna mayo topped with salsa and topped with a cheese melt

SOUR CREAM & BACON

K 230.⁰⁰

Sour Cream, crispy bacon chives and topped with a cheese melt

BOWLS

Warm

ROAST VEG, QUINOA & HALLOUMI ♡

K 270.⁰⁰

Warm Roasted beetroot, butternut, red onion & egg plant on warm quinoa with grilled halloumi,peppers, mixed seeds & balsamic glaze.

MEXICAN FIESTA

K 285.⁰⁰

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

PERUVIAN CHICKEN

K 285.⁰⁰

Spiced chicken breast, Mexican spiced rice, jalepeno's black bean, coriander green sauce & avocado

BASIL BEEF 🍃

K 295.⁰⁰

Soy beef, butter-nut, green-beans, basil leaves, chilli , mixed peppers & sticky rice

CHICKEN PHAD THAI

K 285.⁰⁰

Asian style chicken, cashew nuts, egg noodles, sesame seeds cabbage, spring onion, carrots served in our pad thai sauce

THAI CHICKEN NOODLE 🍃

K 290.⁰⁰

chicken meatballs, noodles, bokchoy/spinach with a fragrant red coconut broth

DUMPLING BROTH SOUP 🍃

K 280.⁰⁰

Chicken or Prawn dumplings in a fragrant red coconut broth with bokchoy/spinach

STEAK BUTTER-NUT & AVO

K 295.⁰⁰

Rocket, sautéed spinach, avo, pickled carrot, teriyaki marinated beef fillet topped with an avocado, lime & coriander dressing

Cold

THAI BEEF STEAK SALAD

K 280.⁰⁰

Soy & sesame marinated beef fillet, cucumber, red onion, lettuce, coriander, baby tomato, served with a tangy spicy asian dressing

CRAY FISH BOWL

K 270.⁰⁰

Zesty cray fish served with ornage, avo, lettuce, baby tomato, onion & cucumber

BEETROOT AVO & FETA

K 220.⁰⁰

Roasted beetroot, avo, feta, lettuce, rocket, candied nut trail & balsamic glaze

CHICKEN, BUTTERNUT & FETA

K 280.⁰⁰

Lettuce, Tomato, Cucumber, feta, Chicken Strips, served with a creamy house dressing

BEEF & BLUE CHEESE

K 295.⁰⁰

Beef fillet, blue cheese, lettuce, rocket, baby tomato, green beans, broccoli, baby potatoes with a balsamic vinigarette

SMOKED CHICKEN & WILD RICE

K 295.⁰⁰

Smoked chicken, wild brown rice, sundried tomato, cucumber, mixed herbs & mixed leaves

TUSCAN BEAN SALAD

K 280.⁰⁰

Tuna, Halloumi, red onion, kidney bean, butter beans, lettuce, rocket served with a lemon vinaigrette

CHICKEN, FETA & APPLE

K 285.⁰⁰

Grilled chicken, mixed leaves, apple, feta, onion, avocado & mixed peppers

SMOKED SALMON & ORANGE

K 350.⁰⁰

Smoked salmon, mixed leaves, orange, avocado & a orange vinigatrette

ASIAN CARROT & CUCUMBER

K 180.⁰⁰

Carrots, cucumber, sesame & fresh coriander served with a tangy spicy asian dressing

CHIMICHURRI STEAK

K 285.⁰⁰

Beef fillet, avocado, lettuce, cucmber parmesan, baby tomatoes, rocket & chimichuri sauce

CAESER SCHNITZEL SALAD

K 290.⁰⁰

Chicken schnitzel, egg, bacon, croutons, lettuce, baby tomato, parmesan, ancovy & ceaser dressing

WATERMELON & HALLOUMI

K 230.⁰⁰

Fresh watermelon, halloumi, cucumber, mixed nuts, fresh mint feta with a balsamic glaze



CLASSIC

FISH & CHIPS

Fluffy beer battered fish fillet served with chips, side salad and tartar sauce

K 320.⁰⁰

TERIYAKI SALMON

Teriyaki salmon fillet served with orange pickled carrots, mixed brown/ black rice, avocado, broccoli, edamame beans, sautéed spinach & teriyaki sauce

K 540.⁰⁰

LEMON BUTTER SALMON

Salmon, caper lemon butter dill sauce served with mash potato, broccoli, carrots & spinach

K 540.⁰⁰

HERBED QUINOA SCHNITZEL

Quinoa coated chicken fillet, served with a mixed salad & topped with a herb labneh

K 320.⁰⁰

FILLET STEAK

Fillet Steak served with fries side salad & pepper sauce

K 375.⁰⁰

MINUTE STEAK

Flattened fillet steak, caramelised onions, served with lemon garlic chilli potatoes and side salad

K 280.⁰⁰

CHIMICHURRI RUMP

Rump stea topped with avor, rocket, parmesan & chimichurri sauce served with fries

K 375.⁰⁰

CORNFLAKE SCHNITZEL

Crispy cornflake schnitzel, served with sweet potato fries, mint side salad and a mushroom sauce

K 285.⁰⁰

PERI-PERI PRAWNS

6 Grilled Tiger Prawns in a creamy lemon, butter peri peri sauce served with siesta rice.

K 450.⁰⁰

COCONUT LIME FISH

Yellow thai coconut Hake fillet curry, served with a rice and sesame broccoli & green beans

K 350.⁰⁰

SWEET N SOUR CHICKEN

Sweet & sour coated chicken cubes served with a mixed pepper & onion stir fry & white sticky rice.

K 285.⁰⁰

GREEN CHICKEN CURRY

Spicy green curry with butter-nut & green beans served with white sticky rice

K 285.⁰⁰

