



MINT

— H I L L S —

RISE & SHINE

- SMASHED AVO & EGG** ♡

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

K 200.⁰⁰
- MUSHROOM & SPINACH** ♡

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

K 230.⁰⁰
- AVO & HALLOUMI** ♡

Avocado, Rocket, Grilled Halloumi & Tomato

K 200.⁰⁰
- BUFFALO MOZZARELLA CAPRESE** ♡

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

K 260.⁰⁰
- MEDITERRANEAN CRAY FISH**

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

K 250.⁰⁰
- BEETS & AVO** ♡

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

K 180.⁰⁰
- THE TUNA**

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

K 240.⁰⁰
- MEDITERRANEAN SARDINES**

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

K 240.⁰⁰

SWEET TOASTS

- BERRY FRENCH TOAST**

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

K 230.⁰⁰
- MAPLE BACON & BANANA FRENCH TOAST**

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

K 260.⁰⁰

RISE & SHINE

- ACTIVE MORNING**

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

K 350.⁰⁰
- EGGS BENEDICT**

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

K 350.⁰⁰
- LOADED OMELETTE** ♡

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

K 250.⁰⁰
- OMELETTE FLORENTINE** ♡

Fully omelette with spinach, feta, mozzarella & crème fraise

K 250.⁰⁰
- TURKISH EGGS**

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

K 200.⁰⁰
- FULL SUNRISE BREAKFAST**

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

K 280.⁰⁰
- THE STEAK & EGG**

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

K 300.⁰⁰
- BREAKFAST BURRITO**

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

K 190.⁰⁰
- PUMPKIN WAFFLE**

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

K 270.⁰⁰
- SMOKED SALMON ROSTI**

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

K 350.⁰⁰

CROISSANTS & CROFFLES

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 & aberry compose</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 butter & crispy maple bacon</i>	
OREO	K 210 ⁰⁰
BERRY	K 220 ⁰⁰
CHOCOLATE	K 210 ⁰⁰
RIVOTTA, LEMON & BERRY	K 320 ⁰⁰
CINNAMON ROLL	
<i>Cinnamon roll pancake served with 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, Bluebery compote, Greek yogurt, berries & strawberry</i>	

YOGURT PARFAIRS

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

BANANA, APPLE & HALVA	K 200 ⁰⁰
FRUIT SALAD CRUNCH	K 200 ⁰⁰
VITAL BERRY	K 200 ⁰⁰



STARTERS

SIESTA PRAWNS K 250^{.00}

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

BEEF CARPACIO K 250^{.00}

Thinly sliced beef fillet cured with a lemon vinaigrette, 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}

Teryaki coated wings, served with a bang - bang sauce

DIP TRIO K 190^{.00}

Choice of hummus, babaganoush, tzatziki, roasted pepper & feta

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

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

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, 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, Tomato, Pickled onions, 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

CLASSIC CHEESE BURGER K 280^{.00}

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

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, tzatziki, lettuce, cabbage & chips

K 260.⁰⁰

PASTA

- 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**
Prawn, pesto, served with a spaghetti

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 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 & PITA

- 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, 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 served with tzatziki, potato wedges, pita, village salad

K 330.⁰⁰
- 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

- PEPPER STEAK**

K 210.⁰⁰
- MEXICAN CHICKEN**

K 210.⁰⁰
- CREAMED SPINACH**

K 180.⁰⁰
- CREAMY TUNA**

K 200.⁰⁰



BOWLS

Warm

ROAST VEG, QUINOA & HALLOUMI ♥

K 270⁰⁰

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

MEXICAN FIESTA

K 285⁰⁰

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

PERUVIAN CHICKEN

K 285⁰⁰

Spiced chicken breast, siesta rice, coriander green sauce & avocado

BASIL BEEF 🍴

K 295⁰⁰

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

CHICKEN PHAD THAI

K 285⁰⁰

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

THAI CHICKEN NOODLE

K 290⁰⁰

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

DUMPLING BROTH SOUP

K 280⁰⁰

Chicken dumplings in a fragrant creamy Asian broth

STEAK BUTTER-NUT & AVO

K 295⁰⁰

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

Cold

THAI BEEF STEAK SALAD

K 280⁰⁰

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

CRAY FISH BOWL

K 270⁰⁰

Zesty cray fish served with ornage, avo, lettuce

BEETROOT AVO & FETA

K 220⁰⁰

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

CHICKEN, BUTTERNUT & FETA

K 280⁰⁰

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

BEEF & BLUE CHEESE

K 295⁰⁰

Beef fillet, blue cheese, lettuce, rocket, baby tomato, green baby, baby potatoes with a balsamic vinigrette

SMOKED CHICKEN & WILD RICE

K 295⁰⁰

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

TUSCAN BEAN SALAD

K 230⁰⁰

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

CHICKEN, FETA & APPLE

K 285⁰⁰

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

SMOKED SALMON & ORANGE

K 350⁰⁰

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

ASIAN CARROT & CUCUMBER

K 180⁰⁰

Carrots, cucumber & sesame

CHIMICHURRI STEAK

K 285⁰⁰

Beef fillet, avocado, lettuce, parmesan, rocket & chimichuri sauce

CAESER SCHNITZEL SALAD

K 290⁰⁰

Chicken schnitzel, lettuce, baby tomato, parmesan, ancovy & ceaser dressing

WATERMELON & HALLOUMI

K 230⁰⁰

Fresh watermelon, halloumi, cucumber, feta with a balsamic glaze



CLASSIC

FISH & CHIPS

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

K 295.⁰⁰

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, 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

STEAK FRITTE

Porterhouse or Fillet Steak - creamy fritte sauce & skinny 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 sweet corn white 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

MINUTE STEAK

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

K 280.⁰⁰

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

