

TAJ
CAPE TOWN
SOUTH AFRICA

mint
restaurant & terrace



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Green, fresh, light and healthy

Mint has a different interpretation to what you might expect. The informal all-day dining restaurant, sits exactly in the room where they used to mint coins. Hence the name Mint. A place with history, but still fresh. Our Executive Chef and food visionary, David Tilly, has 19 years of culinary experience, and his love for food and travel combines phenomenally in the dishes he creates.

TO START

GRILLED BABY SQUID (SF) 135
Rocket Leaves, Confit Tomato & Garlic Butter

TUNA TATAKI (SF) 140
Quinoa, Avocado, Pineapple & Teriyaki Dressing

POT-STEAMED WEST COAST MUSSELS (SF)(G) 105
Shallots, Carrots, Creme, White Wine & Toasted Ciabatta

SEARED BEEF 110
Harissa Jus, Spring Onions & Crispy Leek

GREENS

BABY SPINACH SALAD (V)(N) 125
Avocado, Crumbled Feta, Apple & Smoky Almonds Dressed with Aged Balsamic

TANDOORI CHICKEN CAESAR (G) 135
Baby Gem, Grated Parmesan, Anchovy Dressing & Brioche Croutons
Add Avocado 20
Add Bacon 15

SEEDS & HOUSE GREENS (V)(N) 115
Baby Tomato, Cucumber, Red Cabbage, Linseeds, Black Sesame, Soft Boiled Egg & Vinaigrette

ICEBERG (VE) 95
Red Onion, Avocado, Green Apple, Honey Dressing & Black Sesame
Add Grilled Prawns (SF) 125

COMFORT FOOD

BURGERS ARE SERVED WITH HAND CUT CHIPS, SKINNY FRIES OR SALAD. BURGERS CAN BE SERVED BUNLESS.

HARISSA CHICKEN BURGER (G) 145
Spiced Harissa Chicken Breast, Pretzel Bun, Tzatziki, Rocket & Tomato
Add Avocado 15

WAGYU BURGER (G) 175
Seared Wagyu Beef, Pretzel Bun, Melted Cheddar, Truffle Aioli, Lettuce, Tomato & Pickle
Add Avocado 15
Add Bacon 15

TUNA PARATHA (SF)(G) 135
Flaky Flat Bread, Tuna Tataki, Smash Avocado, Kachumber & Sriracha Mayonnaise

GRILLED VEGETABLES & HALLOUMI WRAP (V)(N)(G) 135
Basil Pesto & Sundried Tomatoes

TANDOORI CHICKEN WRAP (G) 145
Crunchy Lettuce & Peppers, Tamarind Sauce

CHICKEN BUNNY CHOW (G)(N) 165
Malay Chicken Curry in Hollowed Bread, Cucumber & Mint Raita

VEGETABLE ALLEPPEY CURRY (VE)(G) 165
Coconut Base, Beans, Potato & Carrot. Served with Rice & Paratha

GRILLS

ALL GRILLS ARE GRILLED WITH OLIVE OIL, SEA SALT, THYME & ROSEMARY.

CHOICE OF SAUCE: PEPPER/ MUSTARD/ MUSHROOM/ LEMON BUTTER/ GARLIC BUTTER/ PERI-PERI

WITH ONE SIDE OF CHOICE: CREAMY MASH POTATO/ HAND CUT CHIPS/ SKINNY FRIES/ BABY NEW POTATOES/ TOSSED SPINACH/ BABY BROCCOLI/ BASMATI RICE/ SALAD

BEEF
Sirloin 300g 235
Ribeye 300g 245
Fillet 200g 255
Karoo Lamb Chops (4) 275
Free Range Half Roasted Chicken 175

SEAFOOD
Prawn Butterfly (6) (SF) 265
Kingklip Fillet (SF) 235
Baby Squid (SF) 225

SIDES

CREAMY MASH POTATO / HAND CUT CHIPS / SKINNY FRIES / BABY NEW POTATOES / TOSSED SPINACH / BABY BROCCOLI / BASMATI RICE / SALAD (V) 45

DESSERT

DARK CHOCOLATE PARFAIT 105
54% Chocolate Mousse, Coconut Sorbet

MALVA PUDDING (G) 95
Vanilla Custard Sauce, Poached Apricots & Salted Caramel

BAKED YOGHURT 85
Served with Berry Compote

STRAWBERRY CHEESECAKE (G) 99
Berry Sauce & Mango Sorbet

LOCAL CHEESE (G) 125
Preserved Figs, Crackers & Olives

(V) - Vegetarian (VE) - Vegan (G) - Gluten (SF) - Seafood (N) - Nuts
Prices inclusive of VAT. Service charge not included.