

Karel is an ancient Phoenician name given to an old city of an island snuggled in the middle of the Mediterranean Sea with a strong sun, healthy food and friendly exchange port.

Karel T-Lounge will offer you an outgoing, sprightly and fresh experience. The logo symbolizes a stylized lion or sun which represents the heart of Africa where Karel T-Lounge opened its first shop.

For reservations please call: 0746 619 462



AVOCADO TOAST

Perfectly seasoned avocado, spread on toasted sour dough bread 1150

MUSHROOM CREPE

Sauteed mushrooms in a creamy sauce, wrapped in a crepe topped with Mozzarella 1450

KAREL CHICKEN CREPE

Seasoned boneless chicken cubes in a creamy sauce, wrapped in a crepe topped with mozzarella cheese 1450

EGGS BENEDICT

Poached eggs on toasted bread or croissant, served with hollandaise sauce 1050 With salmon @ 2400

MUSHROOM ON TOAST

Creamy mushroom served on toasted sour dough bread 1450

SHAKSHUKA

Middle Eastern breakfast of poached egg in a richly spiced tomato sauce served with a baguette slice 1450

QUEENS BREAKFAST

Scrambled eggs, beef sausages, bacon served with salad and bread $1500\,$

KINGS BREAKFAST

Omelette, beef sausages, bacon, baked beans served with home fries and bread 1550 Kindly ask your server for pork sausage option

Available from 11:00am to 3:00pm

Chef's Cold Touch

SMOKED SALMON SALAD

Smoked salmon on a bed of mixed lettuces, cherry tomatoes and chives served with baquette slices

2950

CHICKEN COCONUT SALAD

Fried crispy chicken in coconut flakes on a bed of lettuce, cherry tomatoes, spring onion, green apple slices, with parmesan shavings, and lime dressing 1800

CAPRESE SALAD

Slices of fresh mozzarella cheese, tomato and fresh basil 1500

Sandwiches

SMOKED SALMON "PANINO"

Homemade Italian "Panino" with smoked salmon, mayonnaise, lettuce and rucola, tomato, and guacamole; served with fries 2650

GRILLED VEG SANDWICH

Assorted seasonal grilled vegetables with mayonnaise and guacamole 1650

CHICKEN SANDWICH

Grilled spring chicken breast with tomatoes, melting cheese, and avocado 1700

STEAK SANDWICH

Beef fillet sliced with caramelized onions, horseradish sauce on a mini baguette 1950

KAREL BURGER

Highland minced patty, seasoned with onions, thyme, rosemary and a hint of garlic, dressed with gherkins and mozzarella

1450

CAPRESE SANDWICH

Tomato, mozarella and basil on a toasted mini baguette with a creamy pesto 1650



Kindly ask your server for our vegeterian soup of the day

1050

Royale Soup

Spicy fish soup with prawns and calamari 1350



Vegetarian & Vegan Corner

GRILLED VEGETABLE PLATTER

Handpicked assorted vegetables, seasoned and grilled, served with balsamic reduction 1500

VEGETABLE SWAHILI

Assorted vegetables cooked in a rich spicy cream coconut sauce 1650

TERIYAKI STIR FRIED VEGETABLES

1450

KAREL TOFU

Pan-fried Tofu steaks served spicy tomato sauce and chimichiuri sauce 1650

QUINOA AND AVOCADO SALAD (SEASONAL)

Smoothened avocado, quinoa, mango, grapes, cherry tomatoes, olives drizzled with a lemon viniagrette dressing 1650

VEGETABLE RISOTTO

Risotto with mixed seasonal vegetables and creamy coconut sauce 2250

RISOTTO FUNGHI PORCINI

Risotto with handpicked porcini mushrooms served in creamy sauce 2950





TAGLIATELLE FUNGHI PORCINI

Hand picked porcini mushrooms with tagliatelle, served in a creamy sauce 2850

TAGLIOLINI WITH PRAWNS AND LEMON

Tagliolini with prawns, avocado and cherry tomatoes 2750

CREAMY HERB CHICKEN

Pan fried chicken breast in a herb, creamy sauce on a bed of spaghetti or penne 2550

BEETROOT RAVIOLI

Ravioli filled with beetroot, served with an orange, butter and poppy seed sauce 1800

RAVIOLI DI RICOTTA E SPINACI

Ravioli with spinach and ricotta with parmesan cream sauce 1800

MEDITERRANEAN PENNE

Penne in Pomodoro sauce, olives, sundried tomatoes, assorted herbs, drizzled with olive oil. 1850

Gluten free @ 2300

PENNE ARRABIATA

Penne pasta in arrabiata sauce 1450

Gluten free @ 1900

Main Course

SALMON

Grilled salmon served on a bed of grilled eggplant with a tomato and cucumber salad

3950

MIX SEA FOOD GRILL

Grilled fish, calamari, octopus and king prawns served with grilled vegetables and lemon vinaigrette dressing

4100

GRILLED CHICKEN BREAST

Marinated and grilled chicken breast drizzled with garlic butter sauce, served with seasonal vegetables 1950

MUSHROOM CHICKEN BREAST

Marinated and grilled chicken breast sauteed in a creamy mushroom sauce served with seasonal vegetables 2450

SPRING CHICKEN

Roasted half chicken, marinated in herbs and mixed spices served on a bed of steamed vegetables 2400

From the Sea

GARLIC PRAWN

Pan-fried king prawns with hints of chilli and creamy garlic sauce 4200

From the Butcher —

BEEF FILLET STEAK

Highland grilled beef fillet served with seasonal vegetables 2250

MUSHROOM OR PEPPER STEAK

Highland grilled beef fillet in black peppercorn sauce or mushroom sauce served with seasonal vegetables

2500

T-BONE STEAK

500gms T-bone steak grilled to your liking served on a bed of grilled vegetables

3400

Side Dishes

Kindly clarify your starch options with the server

FISH OF THE DAY

Grilled seafish fillet served with sautéed spinach and citronette sauce 1950

FISH HARISSA

A red snapper crusted with Harissa spices served with a green peppercorn sauce 2500

PORK CHOPS

Grilled pork chops with fresh thyme flavor, served with sautéed apples and mixed seasonal vegetables 2400

MEDITTERENEAN LAMB CHOPS

Grilled lamb chops served with a grilled tomato, stewed onions and vegetables

2600

STEAK MADAGASCAR

Pan-seared beef fillet served in a green pepper corn sauce on a bed of garlic spinach

2500



CHEESE PLATTER (Serves 4)

4 Different Cheese (Kindly ask your server for the choices) 2700

With cold cuts @ 4250

KAREL BBQ PLATTER (Serves 2)

Barbecue chicken wings, chicken skewers, beef sausages, grilled beef skewers, served with garlic french fries and a side salad 5000

MINI BEEF BURGER

Miniature beef burger with melting cheese, tomato slice and gherkins, served with french fries

1350

SPICY CHICKEN WINGS

Tender, juicy and tasty wings served in spicy barbecue sauce 1450

FRITTO CALAMARI

Fried calamari rings and vegetables in batter served with tartare sauce 1600

CRISPY PRAWN

Deep fried prawns in batter served with tartar sauce 2650

ROASTED CAJUN POTATOES

Fried potato wedges slightly pan fried with onions and Asian spices served with a dip

850

KOFTA SHASHLIKS

Grilled minced beef kebabs served with a side salad and a spicy sauce 1450

GRILLED BEEF OR CHICKEN SKEWERS

Marinated tender and succulent skewers, served with a dipping sauce (beef or chicken)

1600

CHILLI GARLIC MUSHROOMS

Handpicked fesh button mushrooms fried in olive oil, garlic and homemade chilli

1350

TOMATO AND BASIL BRUSCHETTA

Toasted baguettes topped with pesto sauce, diced tomatoes, basil, then drizzled with virgin olive oil 1100

CHILLI GARLIC MUSHROOM BRUSCHETTA

Handpicked fresh button mushrooms fried in olive oil, garlic and homemade chilli on a toasted bugget

1350



Desserts

CHEF SPECIAL DESSERT

We serve a selection of specially made desserts by our chef, to please your taste buds

Please confirm with your server what special dessert we are serving today

