



*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



Rise & Shine Nairobi

AVOCADO TOAST

Perfectly seasoned avocado spread on toasted sour dough bread

1050

MUSHROOM CREPE

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

1450

KAREL CHICKEN CREPE

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

1450

EGGS BENEDICT

Poached eggs on toasted bread, served with hollandaise sauce

950

With salmon @ *1950*

MUSHROOM ON TOAST

Creamy mushroom served on toasted sour dough bread

1250

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

Available from 11:00am to 3:00pm

Chef's Cold Touch



SMOKED SALMON SALAD

Smoked salmon with mixed lettuces,
cherry tomatoes and chives

2950

CHICKEN COCONUT SALAD

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

1750

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

2350

CHICKEN SANDWICH

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

1600

KAREL BURGER

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

1450

STEAK SANDWICH

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

1800

GRILLED VEG SANDWICH

Assorted seasonal grilled vegetables
with mayonnaise and guacamole

1600



Soup of the day

Kindly ask your server for our soup of the day

950

Vegetarian & Vegan Corner

GRILLED VEGETABLE PLATTER

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

1400

TERIYAKI STIR FRIED VEGETABLES

1450

KAREL TOFU

Pan-fried Tofu steaks served spicy tomato sauce and chimichurri sauce

1650

VEGETABLE RISOTTO

Risotto with mixed seasonal vegetables and creamy pink sauce

2150

RISOTTO FUNGHI PORCINI

Risotto with handpicked porcini mushrooms served in creamy sauce

2850

Pasta anyone?

Homemade Pasta

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

2550

BEETROOT RAVIOLI

Ravioli filled with beetroot, served with an orange and butter and poppy seeds 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, grilled eggplant, assorted herbs, drizzled with olive oil.

1850

Gluten free @ 2250

PENNE ARRABIATA

Penne pasta in arrabiata sauce

1450

Gluten free @ 1900





Main Course

From the Sea

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

3950

GRILLED CHICKEN BREAST

Marinated and grilled grain-fed chicken breast drizzled with garlic butter sauce, served with seasonal vegetables

1950

MUSHROOM CHICKEN BREAST

Marinated and grilled grain-fed chicken breast sauteed in a creamy mushroom sauce served with seasonal vegetables

2400

SPRING CHICKEN

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

2300

GARLIC PRAWN

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

4100

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

2400

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

2400

PORK CHOPS

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

2200

MEDITERRANEAN LAMB CHOPS

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

2500

STEAK MADAGASCAR

Highland grilled beef fillet in a green pepper corn sauce with seasonal vegetables

2400

Karel Tapas



KAREL BBQ PLATTER (serves 2)

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

4700

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

1400

FRITTO CALAMARI

Fried calamari rings and vegetables in batter served with tartare sauce

1450

CRISPY PRAWN

Deep fried prawns in batter served with tartar sauce

2650

KOFTA SHASHLIKS

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

1250

GRILLED BEEF OR CHICKEN SKEWERS

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

1500

CHILLI GARLIC MUSHROOMS

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

1200

TOMATO AND BASIL BRUSCHETTA

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

950



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

