



*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

*1150*

## **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 or croissant, served with hollandaise sauce

*1050*

With salmon @ *2400*

## **MUSHROOM ON TOAST**

Creamy mushroom served on toasted sour dough bread

*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 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

2450

## **CHICKEN SANDWICH**

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

1650

## **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

1850

## **GRILLED VEG SANDWICH**

Assorted seasonal grilled vegetables  
with mayonnaise and guacamole

1650



## *Soup of the day*

Kindly ask your server for our vegetarian soup of the day  
950

### **Royale Soup**

Spicy fish soup with prawns and calamari  
1350

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## *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

### **QUINOA AND AVOCADO SALAD (SEASONAL)**

Smoothened avocado, quinoa, mango, grapes, cherry tomatoes, olives drizzled with a lemon vinaigrette dressing  
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?

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## Homemade Pasta

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### **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

*2600*

### **CREAMY HERB CHICKEN**

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

*2450*

### **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

## 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 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

2450

## SPRING CHICKEN

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

2400

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## From the Sea

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### GARLIC PRAWN

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

4100

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## From the Butcher

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### 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

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## Side Dishes

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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

2450

## PORK CHOPS

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

2400

## MEDITERRANEAN 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

# 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

4800

## **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

## **KOFTA SHASHLIKS**

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

1350

## **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

1300

## **TOMATO AND BASIL BRUSCHETTA**

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

1050

## **CHILLI GARLIC MUSHROOM BRUSCHETTA**

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

1300



# 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

