

SALADS

Thai beef salad

Chilly marinated strips of beef filet sautéed and served with lettuce, rice noodles and sweet chilly sauce 44

Spicy chicken salad

Grilled chicken breast marinated in cumin and coriander, sliced and served with lettuce and red pepper dressing 44

Three tomato salad

Three color cherry tomatoes with basil pesto, buffalo mozzarella and rocket 42

Teriyaki turkey salad

Soya, mirin and sesame marinated turkey breast medallions, grilled and served with a variety of lettuce 46

SOUPS

Spicy Thai style duck and coconut soup

A spicy duck soup with flavors of coconut and fresh coriander served with sesame bread 28

Warm leek and potato soup

Creamy potato and leek soup with hints of fresh parsley and garlic served with grissini 25

Mushroom soup

Rich and creamy soup of mushrooms served in a home baked bread roll 28

SANDWICHES & PANINIS

Chive roast chicken

Grilled chicken breast coated with chives and olive oil sliced and served in a ciabatta with jalapeño chilli mayonnaise 38

Grilled vegetables and feta cheese

Peppers, baby marrows, pumpkin, aubergine grilled in olive oil and served warm with feta cheese 35

Pesto rubbed loin of tuna

Seared tuna loin rubbed with basil, sliced and served in a fresh ciabatta with plum tomatoes and lettuce 45

Roast lamb

Roasted lamb with thyme, sliced, tossed with balsamic onions and served warm in a pita bread 44

STARTERS

Trio of bruschetta

Pickled mushroom, grilled aubergine and spicy tomato relish on crispy French bread 36

Pepper fried baby calamari

Baby calamari strips, deep fried and seasoned with black pepper and sea salt, served with spicy rock melon and mango sauce 42

Plum tomato and halloumi moussaka

Ripe plum tomatoes and halloumi cheese baked in a filo shell, served warm with basil pesto and balsamic vinegar dressing 46

Sesame seared tuna

Loin of tuna coated in sesame seeds and seared to your preference. Served with wilted baby spinach and a lime and Chilli dressing 58

Garlic and chilly prawn tails

Prawn tails out the shell, sautéed in olive oil, chilly and garlic served warm with sesame bread 45

Chicken and jalapeno pastries with sweet onion dip

Chicken with feta cheese and chilli, wrapped in crispy filo served with a sweet onion dip 38

Norwegian smoked salmon

Thinly sliced smoked Norwegian salmon, served cold with salted and dried apple chips and a tangy beetroot salad. 65

Goat cheese and sun dried tomato tartlet

Oven baked tartlet of goat cheese and sun dried tomato, served warm with rocket pesto and marinated English cucumber 46

MAIN COURSES

Tapenade coated fillet of line fish

Deboned fillet of fish of the day coated in a black olive paste, grilled and served with a creamy sauce of saffron and crab meat 65

Penne tossed with cherry tomatoes

Penne pasta tossed in olive oil and pine nuts, cherry tomatoes and topped with a creamy tomato sauce and grated parmesan 56

Tandoori chicken

Chicken breast cooked in spicy yoghurt coating, served with sautéed basmati rice and a tangy cucumber salad 62

Switch beef burger

150g pure beef patty on a sesame bun with lettuce, tomato, pickles onions and served with a topping of your choice 44
Sautéed Onions, Grilled mushroom, Mozzarella cheese, Grilled peppers, Pepper sauce, Avocado, Hot chilly sauce 7

Grilled beef medallions

Medallions of beef fillet served with red onions cooked in honey and beef sauce, served with fresh grilled artichokes & potato wedges 89

Skewer of grilled lamb

Deboned fillet of lamb in a coriander crust and served with potato wedges and a yoghurt, cucumber and garlic dip 83

Grilled chicken fillet

Served with harissa dressing and warm cous cous salad 62

Chicken and mushroom tagliatelle

Strips of chicken breast cooked in cream with mushrooms and garlic served over tagliatelle pasta 56

Seafood linguini

Prawns, clams and calamari strips tossed in olive oil and fresh herbs 65

Blackened fillet of salmon

Deboned fillet of salmon coated in Cajun spice, pan fried and served with a herb leaf salad and cheese croutons, dressed with a lime dressing 75

SIDE ORDERS

Crispy potato wedges, Potato chips, Sautéed rice, Butter vegetables, Rocket salad, Creamed corn 15

DESSERTS

Black and white soft warm chocolate pudding Warm dark and white chocolate pudding served with almond custard	31
Switch flourless chocolate cake Rich, dark chocolate cake that contains no flour, served with home made vanilla custard	38
New York blueberry cheese cake Traditional New York cheese cake flavored with lemon rind and served with a blueberry and lemon dressing	35
Apple and banana pie Warm apple and banana pie served with raisin cream	28
Sticky toffee pudding Steam baked pudding of dates caramelized sugar served warm with cinnamon custard	35
Frozen dark chocolate marquise Decadent frozen chocolate mousse served with compote of raspberries, blueberries and strawberries	34
Warm plum tartlet Red plums baked in a tartlet shell on a vanilla crème served with whipped cream and caramelized almond brittle	28
Crème brulee Served with a wild berry coulis	28

SWITCH INDULGENCE

Medina's berries Mixed berries with a hint of apples	24
Switch cooler Muddled kiwi and mint with a touch of vanilla and elderflower	22
Illusion From the classic mojito with muddled ginger and apple	22
Strawberry Daiquiri's Cool blend of strawberries and cranberry juice	22
Cool Kahlua Ice shaken espresso with chocolate, cream and a touch of vanilla	24
Seriously hard Ice shaken espresso with a touch of blackberries, caramel and cream	24
Bahama Mama A virgin pina colada with strawberry - A twist from the classic.	24
Arabian summer Fresh strawberries and banana blended with apple juice and cream.	24
Cookies with Love Rich, thick and Moorish, vanilla ice cream bolstered with cream and milk and Oreo cookies.	24
Brave-Bull A marriage of freshly muddled mint leaves, kiwi and red bull	24
Passion Delight Simple and fresh, a whole passion fruit topped with lemonade	18
Peach in the Beach Lemon and Peach juice topped up with lemonade	22
Shirley Temple The classic	18
Ginger Caipirinha Limes, sugar and soda with muddled ginger	22

FIZZ SWITCH

Bellini That eternal marriage of peach and sparkling grape juice	28
Winter crush A velvety combination of strawberries and mango will elevate your taste buds into a fresh dimension.	28

SOFT DRINKS

Coke, Diet Coke, Fanta, Sprite, Sprite diet, Tonic Water, Soda Water, Ginger Ale, Bitter Lemon	11
Still water 500ml.	10
Still water 1.5ltr.	15
Perrier water 330ml.	15
Perrier water 1.5 ltr.	22
Holsten Non-Alcoholic Beer	17
Redbull Energy Drink, Redbull Sugar Free	15
Sparkling grape juice Gl.	25
Sparkling grape juice Btl.	130

JUICES

Orange, Apple, Pineapple, Cranberry, Mango, Carrot, Tomato, Kiwi	17
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THE HOT STUFF

Espresso	12
Double Espresso, Americano, Capuccino, Latte, Mocachino, Machiato	14
Hot Chocolate	16
Selection of Teas	14
Selection of coffee Syrups	2