



# MENU



# KUNTA KINTEH



BEACH BAR & RESTAURANT

**KUNTA KINTEH COMPLEX**  
KOTU STREAM - KOTU BEACH

[kuntakintehcomplex@gmail.com](mailto:kuntakintehcomplex@gmail.com)

Reception (00220) 5153680

Restaurant (00220) 7996294 / 7722950 / 9952431 / 3198448

EVERY  
SUNDAY

**BARBECUE**

**D900**  
PER PERSON



# BREAKFAST



**1. ENGLISH BREAKFAST D400**

2 EGGS, 2 SAUSAGES, 2 BACON, 2 TOMATOES, BEANS, 2 TOAST, WITH TEA OR COFFEE

**2. SMALL ENGLISH BREAKFAST D250**

1 EGG, 1 SAUSAGE, 1 BACON 1 TOMATO, BEANS, 1 TOAST, WITH TEA OR COFFEE

**3. CONTINENTAL BREAKFAST D250**

BREAD, BUTTER, CHEESE, 2 EGGS, WITH TEA OR COFFEE

**4. BAKED BEANS ON TOAST D300**

**5. VEGGIE PACKED FRITTATA D350**  
EGGS, ONIONS, ZUCCHINI, MUSHROOMS,  
PEPPERS, GARLIC, GREEN ONIONS AND PAPRIKA

**6. SAUSAGE AND EGG WHEELS WITH BACON AND BEANS D400**

**7. HAM CHEESE AND VEGETABLES SQUARES D400**



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# LUNCH



SERVED BETWEEN 12 NOON AND 4PM

## 8. JACKET PATATO WITH BUTTER

D300

CHOOSE FROM THE FILLINGS BELOW:

- BAKED BEANS
- CHEESE
- TUNA MAYONAISE
- COLESLAW
- CHILLI CON CARNE
- YASSA SAUCE

EACH ADDITIONAL FILLING IS D50.00

- |     |   |      |
|-----|---|------|
| 9.  | DEEP FRIED PRAWNS WITH CHIPS AND SALAD                  | D400 |
| 10. | GRILLED FISH WITH ZUCCHINI TOMATO & BAKED PATATOES      | D600 |
| 11. | CHEESY SPINACH SAUCE WITH CHICKEN PASTA                 | D450 |
| 12. | CHICKEN NOODLE CASSEROLE                                | D400 |
| 13. | GRILLED CAPTAIN FISH WITH CREAMY DILL SAUCE             | D600 |
| 14. | SEARED BARRACUDA FILLET WITH ZUCCHINI NOODLES AND SALSA | D600 |
| 15. | PEPPERED BUTTER FISH KABOBS                             | D450 |
| 16. | BEEF STIR FRY WITH VEGETABLE RICE                       | D600 |
| 17. | CHICKEN AND BROCCOLI STIR FRY                           | D550 |
| 18. | PLATE OF CHIPS  | D150 |
| 19. | PLATE OF CHEESY CHIPS                                   | D200 |



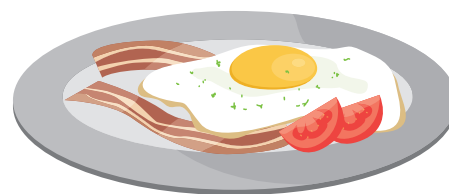
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# SANDWICHES

20. STEAK SANDWICH	D300
21. CHICKEN SANDWICH	D250
22. SHRIMP SANDWICH	D300
23. TUNA MAYO SANDWICH	D300
24. BACON AND FRIED ONIONS SANDWICH	D275
25. BEEF BURGER AND CHIPS	D300
26. CHEESE BURGER AND CHIPS	D350
27. KING BURGER AND CHIPS	D550
28. COMPLETE BURGER AND CHIPS	D400

# OMELETTES



29. PLAIN	D250
30. SHRIMP	D400
31. BACON	D400
32. HAM AND CHEESE	D450
33. VEGETABLE	D350
34. SPANISH	D350

ALL OMELETTES ARE SERVED WITH CHIPS OR BREAD

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# STARTERS

35. GARLIC BREAD	D150
36. CHEESY GARLIC BREAD	D250
37. GARLIC AND HERB BUTTER PRAWNS	D400
38. SPICY AND TANGY BBQ CHICKEN WINGS	D400
39. PRAWN COCKTAIL	D350
40. SPRING ROLLS – CHICKEN, VEGETABLE OR SHRIMP	D300
41. CHICKEN, PRAWN, STEAK OR COMBINATION SATAY	D400
42. PIL PIL PRAWNS	D400
43. DEEP FRIED PRAWNS	D300

## SOUPS



44. PASTA FAGIOLI SOUP	D300
45. POTATO, ONION AND CARROT SOUP	D300
46. TOMATO SOUP	D350
47. GARDEN VEGETABLE SOUP	D350
48. CHICKEN SOUP	D400
49. CHEF'S SPECIAL SEA FOOD SOUP	D500



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# SALADS



- |                                   |   |             |
|-----------------------------------|---|-------------|
| <b>50. COUSCOUS SALAD</b>         | Couscous, chickpeas, cucumber, tomatoes, garlic, lime, spring onions, olive oil | <b>D300</b> |
| <b>51. MIXED SALAD</b>            | Lettuce, cabbage, cucumber, onions, tomatoes, olives                            | <b>D300</b> |
| <b>52. CHICKEN WALDORF SALAD</b>  | Chicken, apple, walnuts, celery, onions, olives, lemon juice and mayo           | <b>D400</b> |
| <b>53. GREEK SALAD</b>            | Feta cheese, lettuce, tomatoes, cucumber, onions and olives                     | <b>D450</b> |
| <b>54. CHICKEN PRINCESS SALAD</b> | Chicken, lettuce, carrots, cabbage, pineapple, cucumber, onions and olives      | <b>D400</b> |
| <b>55. SHRIMP AND TUNA SALAD</b>  | Shrimp, tuna, lettuce, cabbage, carrot, cucumber, onions                        | <b>D450</b> |

| ALL SALAD ITEMS ARE WASHES WITH MINERAL WATER

# VEGETARIAN DISHES

- |                                       |   |             |
|---------------------------------------|---|-------------|
| <b>56. SESAME STIR FRY VEGETABLES</b> | Carrots, courgettes, peppers, mushrooms, onions | <b>D450</b> |
| <b>57. CAULIFLOWER GRATIN</b>         |   | <b>D450</b> |
| <b>58. VEGETARIAN LASAGNA</b>         |   | <b>D450</b> |
| <b>59. VEGAN COCONUT CURRY</b>        |   | <b>D400</b> |
| <b>60. HEARTY VEGAN QUICHE</b>        |   | <b>D450</b> |

| ALL DISHES ARE SERVED WITH CHIPS, SALAD, RICE, MASHED POTATOES OR BOILED POTATOES

| IF YOU DO NOT SEE WHAT YOU WANT PLEASE ASK



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# PASTA AND RICE DISHES

61. SPAGHETTI BOLOGNAISE	D450
62. CHILI CON CARNE	D500
63. LASAGNA WITH GARLIC BREAD	D500
64. FRIED RICE WITH BEEF, CHICKEN OR SHRIMPS	D600
65. PASTA CARBONARA WITH TAGLIATELLE	D500
66. SPAGHETTI NAPOLITANO	D400

# CHICKEN DISHES

67. HONEY GARLIC CHICKEN BREAST WITH COCONUT RICE	D550
68. CHICKEN TAGINE WITH COUSCOUS Chicken, prunes, apple, tomatoes, onions and spices	D600
69. CHICKEN LEMON GARLIC IN A CREAMY SAUCE With sauté vegetables or plain rice	D550
70. HALF ROAST CHICKEN WITH CHIPS	D500
71. GRILLED CHICKEN WITH CHIPS OR SALAD	D500
72. YAKITORI CHICKEN BROCHETTE	D650

ALL DISHES ARE SERVED WITH CHIPS, SALAD,  
RICE, MASHED POTATOES OR BOILED POTATOES

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# FISH AND SHELL FISH

- |   |      |
|---|------|
| 73. GRILLED BUTTER FISH IN LIME PARSLEY BUTTER SERVED WITH SALAD      | D550 |
| 74. GRILLED LADY FISH ON A BED OF MASHED POTATO WITH A TAMARIND SAUCE | D600 |
| 75. BAKED BARRACUDA NICIOSE WITH TOMATO SAUCE                         | D600 |
| 76. LADY FISH ON A BED OF HEARTY LENTILS                              | D600 |
| 77. MARINATED GAMBAS (PEELED)   | D700 |
| 78. PRAWNS IN A MIXED VEGETABLE CHILI AND GINGER SAUCE                | D600 |
| 79. GRILLED BUTTERFLY GAMBAS WITH FRIED GARLIC AND CHILI OIL          | D650 |
| Served with sweet and tangy vegetables                                |      |
| 80. PERI PERI PRAWNS  | D600 |

## LOBSTER DISHES

(PLEASE ORDER 24 HOURS AHEAD)

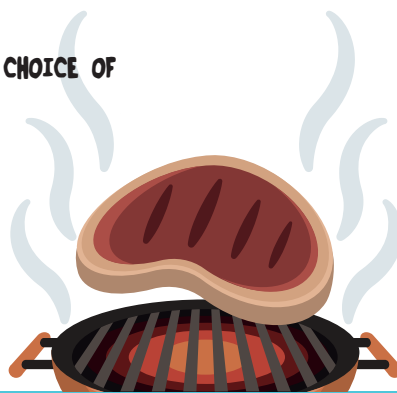
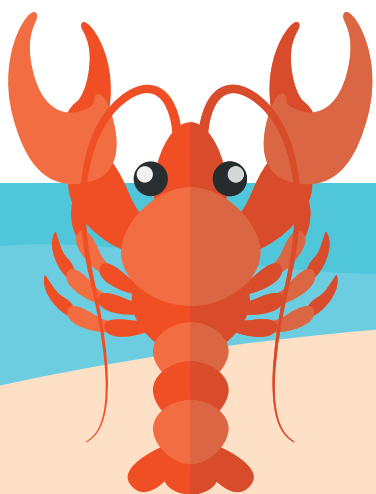
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| 81. LOBSTER AU GRATIN      | D2500 |
| 82. LOBSTER NEWBURG        | D2500 |
| 83. CHEF'S SPECIAL LOBSTER | D2500 |
| 84. GRILLED LOBSTER        | D2000 |

## FROM THE GRILL

- |  |       |
|--|-------|
| 85. MIXED GRILLED SEAFOOD                        | D700  |
| 86. GRILLED GAMBAS                               | D650  |
| 87. KING MIXED GRILL                             | D800  |
| Served with sweet and tangy vegetables           |       |
| 88. GRILLED TIGER PRAWNS                         | D1900 |
| Please order Tiger Prawns<br>24 hours in advance |       |

ALL LOBSTER AND 'FROM THE GRILL' ITEMS ARE SERVED WITH A CHOICE OF CHIPS, RICE, SALAD, MASHED POTATO OR BOILED POTATO

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# STEAK AND BEEF DISHES

<b>89. PEPPERED FILLET STEAK</b>	Grilled fillet steak with pepper corn sauce	<b>D1100</b>
<b>90. STEAK DIANE</b>	Seared tenderloin with cognac butter and shallot sauce served with sauté potatoes	<b>D1200</b>
<b>91. GRILLED FILLET STEAK WITH ONION AND MUSTARD SAUCE</b>		<b>D1100</b>
<b>92. LONDON BROIL WITH HERB BUTTER</b>		<b>D1200</b>
<b>93. STUFFED PORK TENDERLOIN</b>		<b>D700</b>
<b>94. PORK VINDALOO</b>		<b>D650</b>
<b>95. PORK ESCALOPES</b>		<b>D600</b>
<b>96. STOOF VLEES (BELGIAN BEEF STEW)</b>		<b>D650</b>
<b>97. BALSAMIC GLAZED STEAK ROLL-UP</b>		<b>D1300</b>



# GAMBIAN DISHES

<b>98. DOMODA: BEEF, CHICKEN OR FISH</b>	<b>D600</b>
<b>99. BENECHIN: BEEF, CHICKEN OR FISH</b>	<b>D600</b>
<b>100. YASSA: BEEF, CHICKEN OR FISH</b>	<b>D600</b>

ALL DISHES ARE SERVED WITH CHIPS, SALAD, RICE, MASHED POTATOES OR BOILED POTATOES

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# CHILDREN'S MENU

- |   |             |
|---|-------------|
| <b>101. CHICKEN NUGGETS WITH CHIPS AND BEANS</b>              | <b>D375</b> |
| <b>102. CHICKEN FINGERS WITH CHIPS AND BEANS</b>              | <b>D375</b> |
| <b>103. FISH FINGERS WITH CHIPS AND BEANS</b>                 | <b>D400</b> |
| <b>104. NOODLES WITH VEGETABLES, CHICKEN, BEEF OR SHRIMPS</b> | <b>D450</b> |

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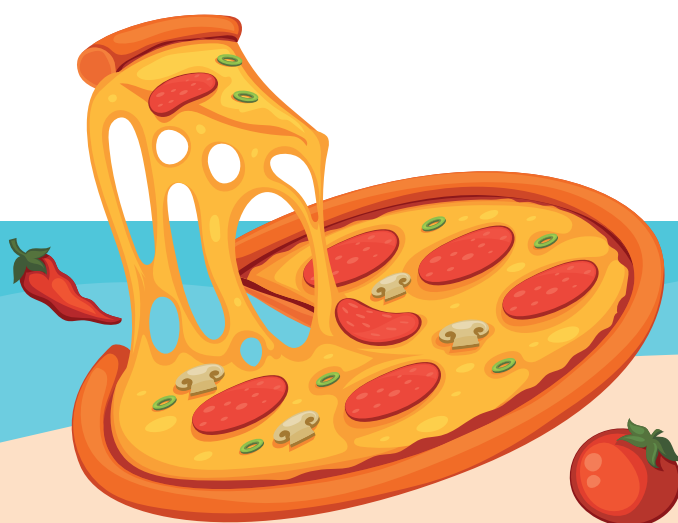
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# PIZZA MENU

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- |  |   |
|--|---|
| <b>105. MARGARITA</b><br>Tomato sauce, cheese and oregano              | <b>SMALL D350</b><br><b>MEDIUM D400</b> |
| <b>106. PEPPERONI</b>  | <b>SMALL D400</b><br><b>MEDIUM D500</b> |
| <b>107. SEAFOOD</b><br>Fish, shrimp, onions and oregano                | <b>SMALL D400</b><br><b>MEDIUM D500</b> |
| <b>108. VEGETARIAN</b><br>Peppers, onion, mushroom and oregano         | <b>SMALL D350</b><br><b>MEDIUM D450</b> |
| <b>109. MEXICAN</b>  | <b>SMALL D400</b><br><b>MEDIUM D550</b> |
| <b>110. HAWAIIAN</b><br>Pineapple, ham, chicken and oregano            | <b>SMALL D400</b><br><b>MEDIUM D450</b> |
| <b>111. KUNTA KINTEH SPECIAL</b>                                       | <b>SMALL D450</b><br><b>MEDIUM D550</b> |
| <b>112. MEAT CALZONE</b><br>Ham, pepperoni and salami                  | <b>SMALL D450</b><br><b>MEDIUM D550</b> |
| <b>113. VEGETARIAN CALZONE</b><br>Peppers, onion, mushroom and oregano | <b>SMALL D350</b><br><b>MEDIUM D450</b> |



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# DESSERTS

- |  |             |
|--|-------------|
| <b>114. APPLE PIE WITH ICE CREAM</b>   | <b>D400</b> |
| <b>115. MIXED ICE CREAM</b>            | <b>D300</b> |
| <b>116. BANANA SPLIT</b>               | <b>D350</b> |
| <b>117. CREPE WITH LEMON AND SUGAR</b> | <b>D250</b> |
| <b>118. CREPE WITH FRUIT FILLING</b>   | <b>D300</b> |
| <b>119. CREPE WITH GRAND MARNIER</b>   | <b>D400</b> |



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# ☀️ COCKTAIL MENU ☀️

## ALCOHOLIC COCKTAILS

<b>PARADISE</b>	Gin, Brandy, Cointreau, drambuie	<b>D450</b>
<b>PINA COLADA</b>	Malibu, Coconut Cream, Pineapple Juice	<b>D400</b>
<b>KUNTA KINTEH SUNSET</b>	Brandy, Orange juice & Grenadine	<b>D400</b>
<b>BLACK RUSSIAN</b>	Vodka, Tia Maria & Coke	<b>D400</b>
<b>RED SHOT</b>	Gin, Grenadine & Lime Cordial	<b>D400</b>
<b>BLOODY MARY</b>	Tomato Juice, Vodka & Other spicy	<b>D400</b>
<b>KUNTA KINTEH SUNRISE</b>	Tequila, Grenadine & Orange Juice	<b>D400</b>
<b>GIN FIZZ</b>	Gin, Lime, Sugar & Soda water	<b>D400</b>
<b>AROUND THE WORLD</b>	Mint, Gin & Orange Juice	<b>D400</b>
<b>SEX ON THE BEACH</b>	Vodka, Orange Juice & Grenadine	<b>D400</b>
<b>SCREW DRIVER</b>	Vodka & Orange Juice	<b>D400</b>

## DRAUGHT BEER

<b>PINT</b>	<b>D250</b>
<b>HALF PINT</b>	<b>D150</b>



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# ☀ BEVERAGES ☀

TEA	D50
LEMON TEA	D55
COFFEE	D50
ESPRESSO	D100
BIG COFFEE	D100
CAPPUCCINO	D100
FANTA	D70
COKE	D70
DIET COKE (CAN)	D100
SPRITE	D70
TONIC	D80
SODA WATER	D70
XXL	D70
FRUIT COCKTAIL	D70
MALTA	D70
VIMTO	D70
ORANGE JUICE	D65
APPLE JUICE	D65
PINEAPPLE JUICE	D65
GINGER JUICE	D65
PINK DRINK (BAOBAB & WONJO JUICE)	D65
WONJO JUICE	D55
LARGE WATER	D70
SMALL WATER	D35
JULBREW 33CL (GAMBIA'S OWN LAGER)	D150
GUINNESS	D175
FLAG BEER	D150
CRISTAL BEER	D130
SAGRES BEER BIG	D130
SAGRES BEER SMALL	D100



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# WINES

<b>SOUTH AFRICAN WINE (WHITE)</b>	<b>D800</b>
<b>CARAFE OF HOUSE WHITE</b>	<b>D1000</b>
<b>1/2 CARAFE HOUSE WHITE</b>	<b>D500</b>
<b>SOUTH AFRICAN RED</b>	<b>D800</b>
<b>CARAFE OF HOUSE RED</b>	<b>D1000</b>
<b>CARAFE OF HOUSE RED (HALF)</b>	<b>D500</b>
<b>ROSE (BY THE BOTTLE ONLY)</b>	<b>D850</b>
<b>GLASS OF HOUSE WINE RED OR WHITE</b>	<b>D200</b>
<b>GLASS OF ROSE WINE</b>	<b>D200</b>



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# SPIRIT & LIQUOR

CAMPARI	D100
MARTINI ROSEO	D100
MARTINI BLANCO	D100
MARTINI DRY	D100
GRAND MARNIER	D120
TIA MARIA	D120
DRAMBUIE	D120
BAILEYS	D120
COINTREAU	D120
SCOTTISH WHISKY	D100

AMARETTO	D120
BACARDI	D120
BRANDY	D120
VODKA	D120
RED LABEL	D120
JACK DANIELS	D120
GIN	D120

VARIOUS LIQUOR COFFEES D400



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