



MEKENIFICENT
Restaurant & Catering

Our branch:
Klein Windhoek
WINDHOEK
c: 0813343382
0814417900 / 0853486966
e: info@mekenificent.co

BOWLS

M1. Soups N\$55.00

- Attiene's butternut squash soup
- Cabbage soup
- Anti-inflammatory soup
- Green soup
- Chicken soup
- Sea food soup

M2. Fruit bowl N\$55.00

Seasonal fruits

* add youghurt N\$15.00 * cereals or nuts N\$15.00

M3. Oats N\$100.00

Bowl of oats served with, fruits, nuts, milk, honey, peanut butter.

M4. Chicken nuggets N\$55.00

Served with different dips

M5. Chicken wings N\$85.00

Served with different dips

M6. Fries N\$40.00

Served with different dips

M7. Full out N\$70.00

Sautéed mushrooms, scrambled eggs, baked beans, fresh tomatoes with toast.

NEW:

* Lemon garlic calamari rings N\$35.00



FULL OUT

N\$70.00



Oh i am HUNGRY but i wanna watch my weight



Oh-so-nutty

M8. Omelette

Eggs, stuffed with veggies **N\$70.00**

Add on:

- * mince, hake, chicken, beef **N\$35.00**
- * Spinach **N\$30.00**

M9. Chicken Kapana

Served with veggies and salsa **N\$100.0**

M10. Lemon fish

Hake fish served with creamy spinach **N\$85.00**

Snoek fish served with creamy spinach **N\$199.00**

M11. Lettuce be skinny

Green salad served with hake, chicken, beef or tuna **N\$95.00**

* Add fruits **N\$30.00**

M12. Oh-so-nutty

Healthy bread, peanut butter, bananas, coconut sprinkles, yoghurt, nuts. (Good as a pre and post workout meal) **N\$85.00**

Extras:

- * Toast (Healthy, White) **N\$10.00**
- * Tortilla triangles **N\$35.00**
- * Bowl of fruits **N\$35.00**
- * Bowl of yoghurt **N\$25.00**



M9. Chicken kapana N\$100.00

Served with veggies and salsa

Oh i am HUNGRY i don't mind my weight

M13. Oh-shifima

Served with beef stew / chicken stew **N\$100.00**

* Add spinach N\$30.00

M14. Pasta

Served with Chicken / Beef / Hake, mince. **N\$120.00**

M15. Quesadillas

Beef / hake / chicken / mince **N\$100.00**

M16. Kapana

Served with Salsa N\$ 90.00, veggies **N\$90.00**

M17. T-Bone Steak

Served with salad / veggies **N\$190.00 or N\$250.00**

Extras

* Steamed veggies N\$65.00

* Tortilla triangles N\$35.00

* Two hard boiled eggs N\$10.00

* Omahola N\$30.00

* Spinach N\$30.00



Traditional Bowls

Omahangu

Spinach

Omahola

MEKENTIFICENT Quesadillas




*It's like pizza
that went to
private school.*



**Happiness is a
MEKENIFICENT
Smoothy &
Wrap in both
hands.**

M18. Wraps

N65.00 

Vegan / Beef / Chicken / Vegetarian / Mince / Hake / Crab

Smoothies



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Happiness is a **MEKENIFICENT Smoothy & Wrap** in both hands.

M19. SUPER GREEN SMOOTHIE/SHAKE, N\$69.50 (Good for your skin & detoxification)

Spinach, celery, Spirulina, avocado, green apple, banana, parsley, pineapple, walnuts, lemon, coconut water.

M20. PROTEIN SHAKE, N\$65.00 (Great for building muscles)

Peanut butter, banana, apple, yoghurt, milk, protein powder.

M21. AVO NANA, N\$69.50

Avocado, banana, flaxseeds, spirulina, oats, almond / coconut milk.

M22. ANTI INFLAMMATORY, N\$69.50 (Great for recovery)

Papaya, mango, turmeric, carrot, pumpkinseeds, ginger, greek yoghurt, orange juice.

M23. VITAMIN C MONSTER, N\$65.00 (Great for recovery)

Mangoes, banana, peaches, greek yoghurt, chia seeds, honey, orange juice.

M24. GINGER BERRY, N\$65.00 (Great for your urinary track)

Blue berries, strawberries, apple, ginger, berry powder, berry juice.

M25. BRAIN POWER SHAKE, N\$69.50 (Keeps you alert)

Black berries, strawberries, banana, almonds, goji berries, chia seed, coconut milk.

M26. ANTI OXIDANT SMOOTHIE, N\$69.50 (cleansing and refreshing)

Blue berries, strawberries, banana, greek yoghurt, pulmagrated juice, cooled green tea, chia seed,

M20. WAKE ME UP, N\$69.50 (gives you the kick and fills you up)

Cocoa powder , oats, banana, greek yoghurt, peanut butter, maple syrup, cooled strong coffee, cup of ice.

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M
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Platters

- M21. THE VEGETARIAN** N\$500.00
Fruits, veggies, eggs and Hake wrap
- M22. THE HAWAIIAN** N\$630.00
Exotic flavours to tickle your taste buds.
- M23. THE FRUITY FRUITS** N\$550.00
Assorted seasonal fruits
- M24. THE KWANYAMA** N\$750.00
Assorted meat and savoury
- M25. THATS A WRAP** N\$650.00
Assorted wraps (Chicken, Beef, Hake, Mince)
- M26. DRUMS AND WINGS** N\$730.00
Spicy wings and drumsticks.
- M27. THE FISHERMAN** N\$960.00
Prawns pops, salmon, muscles, Hake, eggs, snoek fish, calamari rings.
- M28. Quesadillas** N\$850.00
Assorted quesadillas (beef, hake, mince, chicken)
- M27. Half / Half** N\$700.00
Combine any two platters of choice and have half of both worlds.

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My healthy meals!

Freshly prepared,
Family friendly,
Dine in,
Pick up,
Delivered.

DINNER



LUNCH



Subscribe today:
0814417900
0813343382
info@mekenificent.co
63 Jan Jonker Road
Klein Windhoek

BREAKFAST



ME
MEKENIFICENT

BEVERAGES MENU

HOT BEVERAGES

COLD DRINKS

SPIRITS, BEERS & WINES

COCKTAILS