



PRESS RELEASE

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**TAJ CAPE TOWN REVAMPS MINT – A REFRESHING NEW TAKE ON A LOCAL GRILL**

*The Luxury Hotel Opens City's First Neighborhood Grill Specialising in Healthy, Locally-Produced Fare*

If you've ever wanted to go 'where everybody knows your name', but have searched in vain – search no more. In the heart of the City Bowl, the Taj Cape Town has launched *Mint, the Local Grill*, the perfect place to relax and unwind with family and friends.

Taking the concept of a neighbourhood restaurant with a warm, welcoming atmosphere and combining it with a healthy, natural range of options, Mint offers all the charm of traditional informal, while meeting today's diner's demands for high quality fare and ethical standards.

Mint is situated at the top-end of St George's Mall, just off Wale Street, in the old Reserve Bank building. It provides an intimate setting over three levels, with an open-plan show kitchen, giving a glimpse into the 'engine room'. A ceiling-height sliding glass façade opens onto the Mall, allowing its diners to enjoy a meal *al fresco*, in the shade of the Mall's trees, recalling the heyday of the Cape Town city centre.

Making use of contemporary recycled paper menus, Mint offers specialties including aged beef, cooked on the stone grill; steak tournedos; *Chateaubriand*; French-trimmed Karoo lamb chops; and popular game cuts, including kudu, rabbit and springbok.

*"From free-range grained beef, to tasty vegetarian salads, cheese, pasta and handcrafted organic wine; Mint The Local Grill's aim is to attract local food lovers, who appreciate great service, a relaxed atmosphere and honest food" says Lyle Abrahams, Mint's Resident Chef.*

Mint will be hosting a regular monthly series of 'Taste' dinners, with a special focus on handpicked micro-farmers and boutique wineries. *"As a group and as a personal quest, our aim is to conserve and put back; to become more environmentally friendly. We already have well-established plans in place to develop our own rooftop herb garden and an ongoing commitment to the weekly Earth Fair market on St. Georges Mall,"* adds Michael Pownall, the Taj Cape Town's General Manager.

In the best tradition of the Cape, the *Grill* offers a delicious palette of seafood including grilled or seared line fish, hake, Franschoek trout, Norwegian salmon and *moules marinières*. Locally-produced cheese, including a variety of Cheddar, Parmesan, Pecorino, and goat and sheep cheese is available for those in search of a perfect accompaniment to one of the grill's organic Sauvignon Blancs, such as Reyneke, Waverley Hills, Stellar and Avondale.

For those who may be a little more carb-conscious, a gorgeous selection of light meals and salads await, including mushroom soup with cappuccino truffle foam; Carpaccio of beef with roasted pinenuts; rocket and parmesan shavings in a *Mint* house dressing; stuffed Portuguese sardines; yellowfin tuna with mizuma leaves; roast beetroot salad and Elgin apples; and a Gorgonzola and toasted walnut salad with fresh baby leaves, to name but a few.

*“It’s your turf, your natural environment – a home away from home,”* adds Lyle. *“Its naturally South African, with an honest perspective on food, wine and all that accompanies it, but underscored by the service excellence of a luxury, five-star hotel.”*

### **About Taj Hotels Resorts and Palaces**

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For more than a century, The Taj Mahal Palace, Mumbai, the iconic group flagship has set a benchmark for fine living with exquisite refinement, inventiveness and warmth. Taj Hotels Resorts and Palaces is part of the Tata Group, India's premier business house.

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