

# Menu @ J.L. Gourmet Cafe, Prangin Mall



## JL Combination SET MEAL RM19.90

### CHOICE OF DRINKS

Peach Tea, Lemon Tea, Green Tea (hot/cold),  
Orange Juice, Mango Juice

### SOUP

A choice of soup from the menu

### MAIN COURSE

A choice of a main dish from the menu... ie. Pasta,  
Poultry, Seafood, Egg, Sandwiches, Vegetarian or Salad

OR

If you choose any item from the Meat, Chef's Specialties  
we will add an additional RM6.00 based on the A'la Carte price.

### DESSERT

Dessert of the day

# Menu @ J.L. Gourmet Cafe, Prangin Mall



## APPETIZERS

### **CHAR-GRILLED CHICKEN QUESADILLA**

Flour tortilla filled with chicken, pepper and cheese

RM12.50

### **MUSSELS MARINIERE**

Mussels on the half shell sauté with garlic and tomato

RM12.00

## SOUPS

### **"OUR SIGNATURE" MUSHROOM SOUP**

With seared assorted mushrooms and fresh cream

RM8.50

### **CREAM OF TOMATO**

Freshly prepared daily by the chef

RM7.50

### **CREAM OF BROCCOLI**

Rich creamy soup blended with fresh broccoli

RM7.50

### **BAKED FRENCH ONION**

With twice toasted cheese bread

RM7.50

# Menu @ J.L. Gourmet Cafe, Prangin Mall



## SALADS

### THE GREAT CAESAR SALAD

Crispy hand torn lettuce hearts, tossed together with a tasty garlic and anchovy dressing  
RM13.00

### OUR "JL" HOUSE SALAD

A fresh garden with tomato, cucumber and onion with your choice of dressing  
RM11.50

### CHEF'S SALAD

Chicken, cheese, egg, on assorted green  
RM15.50

### TUNA SALAD INCOISE

Chucks of tuna, green beans, potatoes, tomatoes, olives tossed together with a French dressing on lettuce bed  
RM14.50

## EGGS

### FLUFFY OMELETTE

Loaded with a choice of cheese, mushroom or chicken ham  
RM11.00

### SCRAMBLED EGG

On a toasted bread with chicken sausages  
RM11.00

### SPANISH OMELETTE

Present open-faced topped with sautéed pepper, onions, potato, mushroom and tomato  
RM12.00

### GOURMET BRUNCH

Fried egg, sausage, chicken ham, grilled tomato and boiled potato  
RM12.00

# Menu @ J.L. Gourmet Cafe, Prangin Mall



## PASTA

### SPAGHETTI OR FETTUCCINE VARIATIONS

#### BOLOGNESE

With chicken meat source

RM13.50

With beef meat source

RM15.00

#### NAPOLITANA

With tomato pulp source

RM12.50

#### AL PESTO

With sweet basil & garlic

RM12.50

#### AGLIO E OLIO

With olive oil & garlic

RM12.50

#### CABONARA

With turkey bacon & cheese

RM15.00

#### MARINARA

With garlic, tomato & seafood

RM15.00

#### MISTO DI MARE

With mushroom & assorted

RM15.00

#### PENNE AL TONNO

Cooked in a rich mushroom sauce and tuna our way

RM15.00

# Menu @ J.L. Gourmet Cafe, Prangin Mall



## **BAKED CHICKEN LASAGNE**

Traditional home style lasagna with chicken meat sauce, baked with cheese and tomato  
RM16.00

## **SPICY CAJUN CHICKEN PASTA**

Tossed with grilled Cajun chicken, tomatoes, mushrooms and red chillies  
RM15.00

## **SEAFOOD CANNELLONI**

Filled with seafood in a delightful sauce, browned in oven with tomato and cheese to perfection  
RM15.50

## **VEGETARIAN**

### **VEGETARIAN STRUDEL**

Oven-baked sautéed vegetables spring roll with a baby salad  
RM13.50

### **CHINESE VEGETARIAN FRIED RICE**

Wok fried with assortments of garden vegetables and sesame seed oil  
RM9.50

### **LASAGNE ALA VEGETARIANA**

Home-based vegetable lasagna with cheese and tomato coulis  
RM14.00

### **FRIED MEE OR BEE HOON VEGETARIAN STYLE**

Wok fried with assorted vegetables in a soya and vegetarian oyster sauce  
RM9.50

### **VEGETARIAN QUESADILLA**

Char-grilled flour tortilla filled with assorted vegetables and melted cheese  
RM11.50

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## CHICKEN

### CHICKEN TERIYAKI

Quickly grilled, then slow cooked to perfection while being basted with home made teriyaki sauce  
RM15.00

### CHICKEN PICCATA

Lightly coated with cheese and beated egg. Accompanied with lightly sautéed buttered spaghetti  
RM15.00

### CHICKEN CASSEROLE

Chicken chunks simmered in a delicate sauce with mushrooms, potatoes, onions and carrots  
RM15.00

### CHICKEN ALA KIEV

Breaded chicken breast loaded with herb butter, deep-fried and served with French fries  
RM15.00

### BARBECUED CHICKEN "CHAR SIU"

Marinated boneless chicken roasted and served in our own unique sauce  
RM15.00

### CHICKEN OR FISH CORDON BLEU

Filled with cheese and chicken ham. Fried to golden brown and served with french fries  
RM15.50

### HERBED MARINATED GRAIN FED CHICKEN BREAST

Char-broiled and topped with mushroom fricassee  
RM15.00

### BALINESE FRIED CHICKEN

Coconut crumbed, banana filed deep-fried chicken breast, on a bed of sweet and sour sauce  
RM15.00

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## **ROASTED BLACK PEPPER CRUSTED CHICKEN**

Roasted with herbs and topped with our home cooked black pepper sauce

RM15.00

## **CHICKEN A LA KING**

Tender pieces of chicken simmered in a delicious gravy and vegetable. Served with buttered rice

RM15.00

## **CHICKEN CHOP**

Black Pepper Sauce, Plum sauce or Oriental Sauce

Lightly egg battered, fried to golden brown and masked with your choice of sauce

RM15.00

## **POPRIKA ROASTED CHICKEN**

A partially boned chicken, carefully toasted and basted with our home made barbecue sauce

RM15.00

## **BROILED PAILLARD OF CHICKEN "PERCHIK"**

Lightly flattened chicken marinated with exotic spices and broiled to a flavorful taste

RM15.00

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## SEAFOOD

### **FISH AND CHIPS**

Breaded and fried to a golden brown. Served with fries and tartar sauce

RM15.00

### **POACHED FISH FLORENTINE**

Gently poached, with fresh mushroom and cheese, served on a bed of sautéed spinach

RM15.50

### **PANFRIED DORY FISH FILLET "ALMONDINE"**

This delightful fish is carefully cooked and topped with almond butter sauce

RM15.00

### **FILLET OF FISH "MENIEURE"**

Pan-fried and enhanced by a marriage of lemon, garlic and butter sauce

RM15.00

### **FILLED OF FISH "GRENOBLOISE"**

Lightly egg battered, pan-fried with lemon and capers butter sauce, with chef's choice of vegetables

RM15.00

### **PANFRIED FISH "VERA CRUZ"**

Pan seared with a garlicky tomato sauce, with capers, bell pepper, olives and sliced mushrooms

RM15.00

### **PAN-SEARED FISH FILLET "POLONAISE"**

Topped with chopped egg and parsley butter sauce

RM15.00

### **BLACKENED FISH FILLET "CAPRICE"**

One of the most flavorful of them all, topped with fried banana and mango chutney

RM15.50



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## **HERBED BUTTER FISH**

Pan-fried and enhanced with herb butter cream sauce

RM15.50

## **FISH PAILLOTE STYLE**

Fish fillet sealed in aluminum foil with a herb butter sautéed spring vegetables and baked in the oven to perfection

RM15.00

## **BAKED FISH WITH HERBED CRUMBS**

Gently baked in a delicate broth and presented on a bed of leek stewed

RM15.50

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## NOODLE & RICE

### **HOMECOOKED CLEAR NOODLE SOUP**

(Assorted seafood in a clear broth with vegetables, fish, prawn and chicken)

RM10.00

### **HOKKIEN FRIED MEE OR BEE HOON**

Wok fried with prawns, chicken, fish fillet and vegetables in a delicious light soy sauce

RM10.00

### **PENANG FRIED KOAY TEOW**

Fried rice noodle with grounded chilies, prawns, chives, fish cake, bean sprout and egg

RM9.50

### **CANTONESE FRIED RICE**

Stir-fried with chicken, prawns, mixed vegetables and egg. Topped with "kani" stick and fried shallot

RM10.00

### **MEE GORENG MAMAK STYLE**

Wok fried yellow noodle with chilies, bean curd, tomato, prawns, potato and bean sprout

RM10.00

### **NASI GORENG ISTIMEWA**

Local favourite spicy fried rice with prawns, fried chicken, satay, papadom and fried egg

RM12.00

### **TOM YAM NOODLE SOUP**

Mee, Beehoon or Koay Teow in a delicious Thai soup with assortment of vegetables seafood and chicken

RM11.00

### **TOM YAM FRIED RICE**

A local favourite, spicy Thai style fried rice with prawn and chicken

RM11.00

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## **TOM YAM SOUP AND RICE**

Delicious soup with assortment of vegetables, seafood and chicken. Served with rice and fried egg omelette

RM12.00

## **BEEHOON "SINGAPURA"**

Singapore style fried vermicelli with ground black pepper, chicken

RM10.00

## **NASI GORENG "KERABU"**

Traditional flavour fried rice with lemon grass, torch ginger flavor. Served with fried egg and papadom

RM10.00

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## LOCAL FAVOURITES

### **CHICKEN CURRY "KAPITAN"**

Authentic from our family recipes. Served with steamed rice

RM12.00

### **CHICKEN CURRY WITH "ROTI BENGALI"**

Our mothers' own recipe. Served with a fluffy Bengali wheat bread

RM10.00

### **DEEP-FRIED FISH FILLET**

Which is cooked in a slightly spicy sauce with the distinctive. Served with steamed rice.

RM15.00

### **OUR MOTHER'S "FISH CURRY"**

Fish chunks in a thick tasty gravy served with steamed rice

RM12.00

### **CHICKEN CHOP TRIPLE FLAVOUR**

Chicken chunks simmered in hot, spicy and sweet & sour sauce served with steamed rice

RM15.00

### **NYONYA ASSAM FISH CURRY**

Nyonya tamarind fish curry cooked our special way. Served with steamed rice

RM12.00

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## SANDWICHES

All Dishes Accompanied with French Fries

### **MONTE CRISTO**

Grilled chicken ham and cheese sandwich dipped in beaten egg with cream and pan-fried

RM13.00

### **TOASTED OR PLAIN SANDWICH**

Select your choice of cheese, egg, chicken ham or tuna

RM12.00

### **TOAST HONOLULU**

Cheese, turkey bacon, pineapple, tomato and baked to perfection

RM13.00

### **CAFÉ TRIPLE DECKER CLUB**

Layered with lettuce, chicken ham, turkey bacon, egg, cheese, pineapple, tomato and cucumber

RM15.00

### **CROQUE MONSIEUR**

Baked sandwich of chicken ham, tomato and melted cheese

RM13.00

### **STONEHENGE SANDWICH**

Lightly crumb cheese and chicken ham sandwich fried golden brown

RM13.00

### **TUNA MELT**

Open-faced melted cheese sandwich, with tuna salad

RM14.00

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## SPECIALITY BREAD & SNACKS

### **GARLIC BREAD**

Twice toasted with garlic butter

RM6.00

### **TRAWLER'S PIE**

The finest seafood blended with cream and baked to perfection

RM12.50

### **CHICKEN PIE**

Filled with chunks of chicken meat, carrot and mushrooms baked in puff pastry

RM12.00

## SIDE ORDER

### **FRENCH FRIED**

RM7.50

### **POTATO SALAD**

RM7.50

### **COLESLAW**

RM7.50

### **POTATO WEDGES**

RM10.00

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## DESSERTS

### **APPLE PIE A LA MODE**

Served warmed with a scoop of ice-cream

RM9.50

### **BREAD AND BUTTER PUDDING**

With a scoop of ice-cream and vanilla sauce

RM10.50

### **ASSORTED ICE-CREAM**

Your choice of flavours. With toppings

RM3.00

### **CHOCOLATE SUNDAE**

For the chocolate lovers

RM7.50

### **BANANA SPLIT**

All time favourite

RM8.80

### **WILD BANANA FRITTERS**

Served with ice-cream

RM7.50

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## MEAT

### **NEW ZEALAND SIRLOIN STEAK "CAFÉ DE PARIS"**

Broiled to perfection, topped with café de paris butter

RM28.00

### **ROSEMARY BAKED NEW ZEALAND LAMB CHOPS**

Brushed with mustard and rosemary in its own light garlic sauce

RM30.00

### **FIRE GRILLED CENTRE CUT SIRLOIN**

Simmered in hand crushed black peppercorn

RM28.00

### **FILLET MIGNON**

Twin fillet of beef sautéed to your specification and sauced with pan-seared mushrooms and shallots

RM32.00

### **SIRLOIN STEAK "MEXICANA"**

Juicy steak with sautéed pepper, onion, corn kernel and tomato in a delightful sauce

RM28.00

### **GRILLED IN-HOUSE DRY AGED BEEF TENDERLOIN**

Specifically prepared in a delectable oriental shallots and ginger sauce

RM32.00



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## CHEF'S SPECIALTIES

### **LES TROIS "COMBO"**

Combination of fish, chicken and lamb topped with our own three different sauces  
RM25.50

### **SEAFOOD BROCHETTE**

An oceanic array of skewered assorted seafood from the seven seas  
RM25.00

### **SEAFOOD THERMIDOR**

The king of casseroles, with mussels, prawns, squid and fish in a delightful sauce  
RM25.00

### **LIGHTLY PAN-SEARED SALMON FILLET**

Flavorful, tender and succulent sauced with a creamy grain mustard or dill sauce  
RM29.00

### **CAJUN SPICED NORWEGIAN**

Lightly pan-seared with lemon juice, onions, mushrooms, olives and tomato relish  
RM29.00

### **SURF AND TURF**

Our famous combinations of chicken and tiger prawns: smothered with garlic butter brown sauce  
RM26.00

### **SALMON TERIYAKI**

Marinated in the traditional Japanese manner served with oriental style white rice timbale  
RM29.00