



MANTRA CAFÉ

BAKERY

Bran, Nut and Raisin Muffin	36	Butter Croissant	44
with butter, mild cheese and Melissa's preserves		with butter, mild cheese and Melissa's preserves	
Orange and Date Muffin	26	Scones	44
with butter, mild cheese and Melissa's preserves		with butter, mild cheese, Melissa's preserves and whipped cream	

CLASSICS

Seasonal Fruit Bowl	65	Traditional English Breakfast	68
Greek yoghurt with fresh seasonal fruit, caramelized almonds and raw honey		Free-range eggs, crispy bacon, oven-roasted tomatoes and a basket of freshly-milled stoneground toasted bread and butter	
Avocado Sourdough	45 / 65	Mantra Breakfast	115
Smashed avocado on toasted sourdough with fresh lime and coriander		Free-range eggs, crispy bacon, chipolatas, mushrooms, baby marrow and potato hash brown and a basket of freshly-milled stoneground toasted bread and butter	
+ bacon	20		
+ smoked salmon	45		
+ poached egg	8		
Eggs Benedict		Free-range Egg Omelette	46
Free-range soft poached eggs and Hollandaise on toasted ciabatta with roasted tomatoes		and fillings of your choice:	
with bacon	72	+ mild cheese	13
with salmon trout	86	+ smoked ham	15
		+ pan-fried mushrooms	13
		+ smoked salmon	45
Smoked Salmon Hash Browns	68		
Baby marrow and potato hash brown topped with smoked salmon, cream cheese, caper salsa and free-range poached egg			

CAKES

Carrot Cake	39	Chocolate Cake	36
Baked Cheesecake	38	Orange Almond Cake (wheat-free)	38
Pecan Praline Cheesecake	46		

Breakfast served until midday



MANTRA CAFÉ

HOT DRINKS

Coffee

Melissa's exclusive blend is locally roasted and freshly ground

Espresso	21
Americano	22
Filter	20
Flat White sgl	25
Flat White dbl	27
Caffe Latte	27
Macchiato	21
+ R2 for decaf	

Tea

Pot of Tea	26
Ceylon / Earl Grey / English Breakfast / Rooibos	

Pot of Loose Leaf Tea	27
Japanese Garden Sencha / Andean Peppermint Leaves / Wild Forest Berry Infusion / Pear and Cinnamon Infusion	

Red Espresso

Rooibos espresso	
Flat Red Espresso with Honey and Cinnamon	28
Red Latte with Honey and Cinnamon	30
Red Chai Latte	32

Hot Chocolate

Melissa's Hot Chocolate	26
Melissa's Nutella Hot Chocolate	30

BREAKFAST COCKTAILS

served from 10 am

Mimosa	45
MCC sparkling wine with freshly squeezed orange juice, a sprig of thyme and orange zest	
Grapefruit Mimosa	45
MCC sparkling wine with freshly squeezed grapefruit juice, a sprig of thyme and orange zest	
Bloody Mary	55
Fresh tomato juice and vodka seasoned with our special 'Mary Mix'. Mild / Medium / Hot	

COLD DRINKS

Smoothies

Mango	35
Mango, banana, honey, pineapple and coconut milk	
Peanut Butter	35
Yoghurt, banana, dates, peanut butter, soya milk and chia seeds	
Berry	45
Berries, banana, yoghurt and raw honey	
Green	65
Spinach, kale, soya milk, apple juice and banana	

Freshly Pressed Juices

Orange - carrot, apple and orange	38
Red - beetroot and carrot	38
Green - apple and cucumber	38
Freshly squeezed orange juice	28

Iced Tea

Rooibos Iced Tea and fresh apple juice on ice [®]	26
Bos ice tea	24

Iced Coffee

Espresso Iced Coffee with fresh cream, milk and honey	24
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Milkshakes

Mantra's milkshakes are only made with real home-made ice cream, real chocolate, eggs, milk, cream and sugar	
Vanilla / Strawberry / Dark Chocolate	38

Soda

Gingerbeer / Lemonade	18
Coke / Coke light / Tab	20
Appletizer / Grapetizer (red or white)	26

Water

Mineral Water (still or sparkling)	500ml	20
Mineral Water (still or sparkling)	750ml	30



MANTRA CAFÉ

MANTRA PLATES

Individual starters or order a selection to share

Caprese	95
Fior di latte mozzarella, fresh basil and tomato salad tossed in a fresh lemon vinaigrette	
Grilled Calamari	115
Grilled Patagonian calamari in a fresh green Chimichurri Sauce	
Fried Calamari	115
Crumbed Patagonian calamari served with our Mantra Tartare Sauce	

Tuna Ceviche	105
Marinated tuna with avocado and Asian flavours	
Chicken Livers	85
Pan-fried chicken livers in a fresh, spicy tomato sauce	
Sticky Chicken Wings	95
Wood fired in a sticky BBQ sesame sauce	
Seared Beef Carpaccio	105
Served with truffle mayonnaise, oven roasted tomatoes, parmesan and pea shoots	

TABLE SALADS

Greek	65 / 135
Cucumber, tomato, red onion, olives and feta	
Rockstar	75 / 155
Blue cheese, preserved green figs, olives, cucumber, bacon lardons and parmesan croutons	

Mantra	65 / 135
Butter lettuce, avocado, toasted pumpkin seeds, parmesan shavings and a sweet raspberry honey dressing	
Caesar	85 / 165
Cos lettuce, crispy bacon, parmesan and croutons with a classic anchovy Caesar dressing	

MAINS

Aubergine Parmigiana	95
Slow-cooked aubergine, Italian tomatoes, mozzarella, parmesan and fresh basil	
Spicy Chicken Salad	95
Cajun chicken strips, oven roasted vegetables, feta and toasted seeds	
Mussels	145
Steamed in a creamy white wine sauce and served with bruschetta	
Hake	135
Beer battered hake served with our tangy Mantra Tartare Sauce and chips	
Pork Ribs	225
Wood fired loin ribs (500g) cooked with a sweet, sticky BBQ sesame sauce and chips	

The following mains served with your choice of: Chips / Side Salad / Side Vegetables

Mantra Burger	115
100% Pure beef patty, dill pickle, red onion, tomato and melted cheese on a toasted brioche bun	
Chicken	175
Wood fired free-range chicken served with apple and celeriac slaw	
Sirloin	195
Thick cut sirloin steak (300g) served with our Mantra Béarnaise Sauce	
Prawns	195
Grilled and served with lemon, fresh herb and garlic butter	
Linefish	195
Pan-seared and served with fennel confit	

PIZZAS

Fresh rosemary, caramelized red onions and rock salt	65
Tomato, fresh basil and mozzarella	85
Prosciutto, fior di latte mozzarella and fresh rocket	165
Caramelized red onion, goats cheese and walnut salsa	135

Salami, courgette, pickled peppers and Calamata olives	125
Cajun spiced chicken, roasted peppers and feta cheese	125
Ham, pineapple and mozzarella	105



MANTRA CAFÉ

SWEETS

Pavlova	55
Mantra meringues, whipped Chantilly cream and fresh seasonal fruit	
Chocolate Mousse	55
Rich dark chocolate mousse	
Lemon Tart	65
Zesty baked lemon tart with a ginger cookie crust	
Ice Cream and Chocolate Sauce	45
Homemade vanilla ice cream with hot chocolate sauce	
Trio of Sorbet	45
Lemon sorbet, mango, raspberry and rosewater	
Ice Cream Sundae	65
Peanut butter ice cream, homemade caramel sauce, chocolate ganache and caramelized popcorn	

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