



MANTRA CAFÉ

BAKERY

Bran, Nut and Raisin Muffin with butter, mild cheese and Melissa's preserves	42	Butter Croissant with butter, mild cheese and Melissa's preserves	55
Orange and Date Muffin with butter, mild cheese and Melissa's preserves	26	Scones with butter, mild cheese, Melissa's preserves and whipped cream	52

CLASSICS

Seasonal Fruit Bowl Yoghurt with a pear & blueberry bake served with almonds and mint	65	Traditional English Breakfast Free-range eggs, crispy bacon, oven-roasted tomatoes and a basket of freshly-milled stoneground toasted bread and butter	76
Avocado Sourdough Smashed avocado on toasted sourdough with fresh lemon and coriander	45 / 65	Mantra Breakfast Free-range eggs, crispy bacon, chipolatas, mushrooms, baby marrow and potato hash brown and a basket of freshly-milled stoneground toasted bread and butter	125
+ bacon	25		
+ salmon trout	48		
+ poached egg	10		
Eggs Benedict Free-range soft poached eggs, crispy bacon and Hollandaise on toasted ciabatta with roasted tomatoes	76	Free-range Egg Omelette and fillings of your choice:	48
		+ mild cheese	15
		+ smoked ham	20
		+ pan-fried mushrooms	15
		+ smoked salmon	48
Smoked Salmon Hash Browns Baby marrow and potato hash brown topped with smoked salmon, cream cheese, caper salsa and free-range poached egg	78		

CAKES

Carrot Cake	48	Valrhona Chocolate Cake	48
Baked Cheesecake	48	Orange Almond Cake (wheat-free)	46
Pecan Praline Cheesecake	54		

Breakfast served until 11:30

Kindly note longer waiting periods can be expected on weekends and during the school holidays.



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	28
Melissa's Nutella Hot Chocolate	32

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 and fresh apple juice	
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	Tuna Ceviche	105
Fior di latte mozzarella, fresh basil and tomato salad tossed in a fresh lemon vinaigrette		Marinated tuna with avocado and Asian flavours	
Grilled Calamari	115	Chicken Livers	85
Grilled calamari in a fresh green Chimichurri Sauce		Pan-fried chicken livers in a fresh, spicy tomato sauce	
Fried Calamari	115	Sticky Chicken Wings	95
Crumbed calamari served with our Mantra Tartare Sauce		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	Mantra	65 / 135
Cucumber, tomato, red onion, olives and feta		Butter lettuce, avocado, toasted pumpkin seeds, parmesan shavings and a sweet raspberry honey dressing	
Rockstar	75 / 155	Caesar	85 / 165
Blue cheese, preserved green figs, olives, cucumber, bacon lardons and parmesan croutons		Cos lettuce, crispy bacon, parmesan and croutons with a classic anchovy Caesar dressing	

MAINS

Aubergine Parmigiana	95	The following mains served with your choice of: Chips / Side Salad / Side Vegetables	
Slow-cooked aubergine, Italian tomatoes, mozzarella, parmesan and fresh basil		Mantra Burger	115
Spicy Chicken Salad	95	100% Pure beef patty, dill pickle, red onion, tomato and melted cheese on a toasted brioche bun	
Cajun chicken strips, oven roasted vegetables, feta and toasted seeds		Chicken	175
Mussels	145	Wood fired free-range chicken served with apple and celeriac slaw	
Steamed in a creamy white wine sauce and served with bruschetta		Sirloin	195
Hake	135	Thick cut sirloin steak (300g) served with our Mantra Béarnaise Sauce	
Beer battered hake served with our tangy Mantra Tartare Sauce and chips		Prawns	195
Pork Ribs	225	Grilled and served with lemon, fresh herb and garlic butter	
Wood fired loin ribs (500g) cooked with a sweet, sticky BBQ sesame sauce and chips		Linefish	195
		Pan-seared and served with fennel confit	

PIZZAS

Fresh rosemary, caramelized red onions and rock salt	65	Salami, courgette, pickled peppers and Calamata olives	125
Tomato, fresh basil and mozzarella	85	Cajun spiced chicken, roasted peppers and feta cheese	125
Prosciutto, fior di latte mozzarella and fresh rocket	165	Ham, pineapple and mozzarella	105
Caramelized red onion, goats cheese and walnut salsa	135		



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	

CAKES

Carrot Cake	48
Baked Cheesecake	48
Pecan Praline Cheesecake	54
Valrhona Chocolate Cake	48
Orange Almond Cake (wheat-free)	46



MANTRA CAFÉ

CHAMPAGNE

Veuve Clicquot Brut	950
Bollinger Cuvée Brut	1200
Louis Roederer Brut	1450

MCC SPARKLING WINE

Krone Borealis Brut	195
Steenberg Brut 1682	285

COCKTAILS

Mimosa MCC sparkling wine with freshly squeezed orange juice, a sprig of thyme and orange zest	45
Grapefruit Mimosa MCC sparkling wine with freshly squeezed grapefruit juice, a sprig of thyme and orange zest	45
The Duchess Virgin gin and tonic with cucumber and rosemary	30
Bloody Mary Fresh tomato juice and vodka seasoned with our special 'Mary Mix' Mild / Medium / Hot	55
Citrus Martini Zesty classic martini with vodka and a dash of sauvignon blanc	65
Gin Fizz Tanqueray gin, Angostura Bitters and Melissa's fruit syrup cordials on crushed ice Lemon / Naartjie / Apple and Raspberry	55
Pimm's Pimm's, Melissa's fruit syrup cordials, soda, apple, cucumber, pomegranate and fresh mint	45
Mojito Bacardi white rum, lime, fresh mint and white sugar syrup	65
Strawberry Daiquiri White rum and crushed strawberries	65
Red Jack Jack Daniel's Single Barrel Bourbon mixed with Red Espresso and a shot of Vanilla infused Skyy Vodka	55
Caperitif Cocktail Caperitif is a local fortified wine infused with local Cape garden fruits and herbs served on ice with lemonade and citrus peel	65
Jamaican Breeze Havana Gold Rum, ginger beer, Vanilla infused Skyy Vodka and freshly squeezed grapefruit & apple juice	75
Espresso Martini Espresso and Vanilla infused Skyy Vodka	65
Mantra Blonde Sangria 1L White wine infused with brandy, Cointreau and Melissa's naartjie fruit syrup cordial	165

BEER & CIDER

Draft Beer by Darling Brewery

	330ml	500ml
Slow Lager	30	40
Rogue Pony Pale Ale	35	45
Bonecrusher Weiss Beer	35	45

Beer

Devil's Peak Block House IPA	340ml	45
Devil's Peak First Light Golden Ale	340ml	40
Jack Black Pale Malt Lager	340ml	25
Brewer's Union Unfiltered	500ml	55
Sungazer Light Ale	500ml	40
Gypsy Mask Dark Spicy Brown Ale	500ml	45
Windhoek Light	330ml	25
Heineken	330ml	30

Cider

Sxollie Golden Delicious	45
Obex Cape Cider	45
Cluver & Jack	40
Savanna Dry	30
Savanna Light	30

WHITE WINE

Sauvignon Blanc

Oak Valley	45 / 145
Bartinney	165
Creation	165
Cederberg	185
Professor Black Warwick	185

Chenin Blanc

Secateurs	125
Babylonstoren	165

Chardonnay

Rustenberg Unwooded	45 / 145
De Grendel	265
Hamilton Russell	545

White Blends

Kingskloof Sauvignon Blanc / Semillon	125
Springfield Estate Miss Lucy	175

ROSÉ

Secateurs	35 / 95
DeMorgenzon DMZ	125
Tamboerskloof Katherine	145

RED WINE

Pinot Noir	
Yardstick	225
Creation	295
Hamilton Russell	595

Merlot	
Kingskloof	45 / 155
Overgaauw	185
Rainbow's End	225

Shiraz	
DeMorgenzon DMZ	55 / 165
Tamboerskloof Syrah	245
Cederberg	295

Pinotage	
Beaumont	245
Lanzerac	225

Cabernet Sauvignon	
La Motte	195
Rustenberg Peter Barlow	545
Rust en Vrede Single Vineyard	1250

Red Blends	
Secateurs	145
Rustenberg John X Merriman	275
Vriesenhof Kallista	375
Meerlust Rubicon	565

Magnums ^(1.5l)	
Vriesenhof Kallista	750
Rust en Vrede Red Blend	1800

SWEET

Dessert Wines	
	per glass
Muratie Amber Forever	25
Leopard's Leap Culinaria Muscat-de-Frontignan	25
Allesverloren Port	65
Klein Constantia Vin de Constance	85

Dom Pedro	
Kahlua	45
Frangelico	45

Irish Coffee	45
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