



MANTRA CAFÉ

BREAKFAST

Butter Croissant with butter, mild cheese and Melissa's preserves	68	Mushrooms on Toast Creamy sautéed wild mushrooms on freshly-baked brioche toast	115
Seasonal Fruit Bowl Greek yoghurt with fresh seasonal fruit, caramelized almonds and honey	68	Traditional English Breakfast Free-range eggs, crispy bacon, oven-roasted tomatoes and freshly-milled stoneground toast and butter	78
Flapjacks with crispy bacon, seasonal fresh berries and maple syrup	78	Smoked Salmon Hash Browns Baby marrow and potato hash brown topped with smoked salmon, cream cheese, caper salsa and a free-range poached egg + avocado	94 18
Eggs Benedict Free-range soft poached eggs and Hollandaise on toasted ciabatta with roasted tomatoes with bacon	98	Mantra Breakfast Free-range eggs, crispy bacon, pork chipolatas, pan-fried mushrooms, baby marrow and potato hash brown with freshly-milled stoneground toast and butter	138
with salmon trout	128		
Scrambled Free-range Eggs and slow-roasted tomatoes served with freshly-milled stoneground toast and butter	76		
Beetroot Hummus on Sourdough	58 / 78	Smashed Avocado on toasted sourdough with fresh lemon + poached free-range egg + bacon + salmon trout	1 slice 2 slice 54 68 10 25 48
Beetroot hummus on toasted sourdough with fresh lemon			
+ poached free-range egg	10		
+ bacon	25		
+ salmon trout	58		
Kale Hash Browns	89	Free-range Egg Omelette and fillings of your choice: + mild cheese + pan-fried mushrooms + smoked ham + smoked salmon	54 18 18 20 58
Soft poached free-range egg, baby marrow and potato hash brown with sautéed kale, roasted heirloom tomatoes, Hollandaise and dukkah			

CAKES

Carrot Cake	58
Baked Cheesecake	68
Valrhona Chocolate Cake	58

Breakfast served until **11:00**

AVOCADO – SEASONAL AVAILABILITY

PLEASE ALLOW FOR ADDITIONAL PREPARATION TIME ON WEEKENDS AND PUBLIC HOLIDAYS

A 10% SERVICE CHARGE WILL BE ADDED TO TABLES OF 8 OR MORE



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MANTRA CAFÉ

BREAKFAST COCKTAILS

served from **10:30** in the morning

The Hugo MCC sparkling wine, elderflower cordial, soda and lemon peel	65	Mimosa MCC sparkling wine with freshly squeezed orange juice, a sprig of thyme and orange zest	55
Bloody Mary Freshly seasoned tomato juice and vodka	55	Grapefruit Mimosa MCC sparkling wine with freshly squeezed grapefruit juice, a sprig of thyme and orange zest	55

DRINKS

Water

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

Smoothies

Mango Mango, fresh orange juice, yoghurt and honey	38
Peanut Butter Yoghurt, banana, dates, peanut butter, soya milk and chia seeds	38
Berry Berries, banana and fresh apple juice	48

Pressed Juices

Orange	24
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Raw Juices

Carrot, apple and orange	42
Apple and cucumber	42
+ ginger / celery / mint / spinach	5
Ginger, cayenne and honey shot	22

Iced Tea

Bos ice tea	26
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Iced Coffee

Espresso iced coffee with milk, condensed milk and topped with whipped cream	28
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Milkshakes

Vanilla / Strawberry / Dark Chocolate / Coffee	42
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Sodas

Coke / Coke light / Tab	20
Appetizer / Grapetizer (red or white)	28
Lemonade / Gingerbeer	32

Coffee

Melissa's exclusive coffee blend is locally roasted
and freshly ground

Single Espresso	18
Double Espresso	22
Americano	23
Flat White sgl	26
Flat White dbl	28
Caffe Latte	28
Macchiato	22
Cortado	22
+ R2 for decaf	
+ R8 for almond milk	

Tea

Chai Tea Latte	32
Pot of Tea Ceylon / Earl Grey / English Breakfast / Rooibos	28
Pot of Loose Leaf Tea Green Sencha / Andean Peppermint Leaves / Wild Forest Berry Infusion / Pear and Cinnamon Infusion	28

Rooibos Espresso

Flat Red Espresso with Honey and Cinnamon	28
Red Latte with Honey and Cinnamon	30
Red Chai Latte	34

Hot Chocolate

Melissa's Hot Chocolate	28
Melissa's Nutella Hot Chocolate	34

Alcohol served from **10:30** in the morning



free wifi



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MANTRA CAFÉ

STARTERS

Grilled Calamari Grilled calamari in a fresh green Chimichurri Sauce	115	Sticky Chicken Wings Wood-fired in a sticky BBQ sesame sauce	105
Fried Calamari Crumbed calamari served with our Mantra Tartare Sauce	115	Spicy Chicken Livers Pan-fried chicken livers in a spicy fresh creamy tomato sauce	78
Tuna Ceviche Marinated tuna with Asian flavours, avocado and homemade mayonnaise	115	Seared Beef Carpaccio Served with truffle mayonnaise, oven-roasted tomatoes, parmesan and pea shoots	115

SALADS

	single / table		single
Traditional Greek Cucumber, tomato, red onion, olives and feta	75 / 135	Caesar Cos lettuce, crispy bacon, parmesan and parmesan croutons with a classic anchovy Caesar dressing	115
Rockstar Blue cheese, sun-dried tomato, preserved green figs, olives, cucumber, crispy bacon and parmesan croutons	75 / 155	Caprese Fior di latte mozzarella, fresh basil and tomato salad tossed in a fresh lemon vinaigrette	105
Mantra Butter lettuce, avocado, toasted pumpkin seeds, parmesan shavings and a sweet raspberry, honey dressing	75 / 135	Spicy Chicken Salad Cajun chicken strips, oven-roasted vegetables, feta cheese and toasted seeds	115

MAINS

Seafood Soup Tomato soup with linefish, prawn and mussels served with toasted sourdough	165	Aubergine Parmigiana Slow-cooked aubergine, Italian tomatoes, mozzarella, parmesan and fresh basil	115
Seafood Pasta Creamy linguini pasta with fresh linefish, prawn, mussels, lemon zest and fennel leaves	165	Spicy Lamb Curry served with cucumber raita, salsa, chutney and basmati rice	175
Grilled Calamari Grilled calamari in a fresh green Chimichurri Sauce, served with basmati rice	195	Mussels Steamed in a creamy white wine sauce and served with garlic bruschetta	165

All mains below are served with Chips, Salad or Seasonal Vegetables

Fried Calamari Crumbed calamari served with our Mantra Tartare Sauce	195	Pulled Pork Bun BBQ pulled pork with apple and cabbage slaw, on a freshly baked brioche bun	125
Sticky Chicken Wings Wood-fired in a sticky BBQ sesame sauce	185	Linefish Pan-seared linefish (250g)	225
Mantra Burger 100% Pure beef patty, dill pickle, red onion, tomato and melted cheese on a toasted brioche bun	125	Chicken Wood-fired free-range chicken (1/2) with fresh lemon and thyme	175
Hake Beer battered hake served with our tangy Mantra Tartare Sauce	145	Sirloin Thick cut sirloin steak (300g) served with Béarnaise sauce	225
Prawns Grilled and served with lemon, fresh herb and garlic butter	225	Pork Ribs Wood-fired loin ribs (500g) cooked with a sweet, sticky BBQ sesame sauce	225

PIZZAS

Fresh rosemary, caramelized red onions and rock salt	65	Ham, pineapple and mozzarella	105
Tomato, fresh basil and mozzarella	85	Bacon, avocado and feta	135
Caramelized red onion, goats cheese, mozzarella and walnut salsa	135	Aubergine, courgette, pickled peppers and Kalamata olives	115
Cajun spiced chicken, roasted peppers and feta cheese	125	Prosciutto, fior di latte mozzarella and fresh rocket	165
Roast chicken Caesar, bacon, mozzarella and Parmesan	145	Salami, capers, Kalamata olives, feta and red onion	125
		Gluten-free base available +30	

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MANTRA CAFÉ

SWEETS

Malva Pudding with Amarula ice cream	55
Pear Frangipane Poached pears baked in almond frangipane served with vanilla ice cream	68
Pavlova Mantra meringues, whipped Chantilly cream, pistachios and fresh seasonal fruit	70
Chocolate Mousse Rich dark chocolate mousse with caramalized nuts	65
Lemon Tart Zesty baked lemon tart with a ginger biscuit crust	65
Ice Cream and Chocolate Sauce Homemade vanilla ice cream with Valrhona chocolate sauce	48
Trio of Homemade Ice Cream Rooibos, Butterscotch and Amarula	65
Ice Cream Sundae Peanut butter ice cream, homemade caramel sauce, chocolate ganache and caramelized popcorn	65
+ fresh whipped cream	12
+ vanilla ice cream	15

CAKES

Carrot Cake	58
Baked Cheesecake	68
Valrhona Chocolate Cake	58
+ fresh whipped cream	12
+ vanilla ice cream	15
Dom Pedro Kahlua / Frangelico / Whiskey / Amarula	45 / 55
Irish Coffee	45 / 55

Alcohol served from **10:30** in the morning
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MANTRA CAFÉ

COCKTAILS

Mantra Blonde Sangria	55 / 195
White wine infused with brandy, Cointreau and Melissa's Naartjie Fruit Syrup Cordial	
Mimosa	55
MCC sparkling wine with freshly squeezed orange juice, a sprig of thyme and orange zest	
Grapefruit Mimosa	55
MCC sparkling wine with freshly squeezed grapefruit juice, a sprig of thyme and orange zest	
The Hugo	65
MCC sparkling wine, Elderflower cordial, soda and lemon peel	
Elderflower Shandy (alcohol-free)	55
Elderflower cordial, soda and lemon peel	
Gin Fizz	70
Tanqueray gin, Angostura Bitters and Melissa's fruit syrup cordials on crushed ice Lemon / Naartjie / Apple and Raspberry	
The Courtesan	75
Cape Town Pink Lady Gin, Elderflower cordial, cardamom, grenadine, lime and cucumber	
Daiquiri	65
White rum and crushed fruit Strawberry / Pineapple / Apple	
Pimm's	55
Pimm's, Melissa's fruit syrup cordials, soda, apple, cucumber, pomegranate and fresh mint	
Bloody Mary	55
Freshly seasoned tomato juice and vodka	
Citrus Gold Cocktail	65
ClemenGold Gin with Elderflower cordial, citrus juices and a sprig of rosemary	
Mojito	65
Bacardi White Rum, lime juice, fresh mint and white sugar syrup	
Dawa	65
Germana Cachaca, lime, brown sugar and honey on crushed ice	
Jamaican Breeze	75
Havana Gold Rum, ginger beer, Vanilla infused Skyy Vodka and freshly squeezed grapefruit & apple juice	
Cosmopolitan	65
Absolut Vodka, Cointreau, cranberry juice and freshly squeezed lime juice, double strained	
Margarita	65
Tequila, triple sec and freshly squeezed lime juice, salt rim	
Long Island Ice Tea	75
Vodka, gin, tequila, Bacardi White rum, Triple Sec topped with a dash of Coca-Cola and fresh lemon juice	
Lady Marmalade	65
Van Ryn's 10 year brandy, Melissa's Marmalade, Caperitif and honey, shaken and strained	

CHAMPAGNE

Bollinger Cuvée Brut	1200
Louis Roederer Brut	1450

MCC SPARKLING WINE

Krone Borealis Brut	68 / 235
Steenberg Brut 1682	285
Graham Beck Brut NV	270
Graham Beck Rosé NV	270
Georgeous Sparkling	250

BEER & CIDER

Draft Beer

Selection of beers on tap, please ask your waiter for our daily offering

Beer

Devil's Peak Block House IPA	340ml	48
Devil's Peak First Light Golden Ale	340ml	42
Jack Black Pale Malt Lager	340ml	28
Windhoek Light	330ml	28
Windhoek Lager	330ml	28
Heineken	330ml	32

Cider

Sxollie Golden Delicious	45
Sxollie Granny Smith	45
Sxollie Packham Pear	45
Savanna Dry	32
Savanna Light	32

WHITE WINE

Sauvignon Blanc

Delheim	35 / 120
Creation	175
Cederberg	185
Warwick First Lady	185

Chenin Blanc

Secateurs	125
Babylonstoren	165

Chardonnay

Warwick First Lady Unoaked	45 / 165
La Bri	220
Hamilton Russell	598

White Blends

Kingskloof Sauvignon Blanc / Semillon	125
Springfield Estate Miss Lucy	185

ROSÉ

Secateurs	38 / 110
DeMorgenzon DMZ	154
Tamboerskloof Katherine	165

RED WINE

Pinot Noir

Yardstick	225
Creation	354
Hamilton Russell	668

Merlot

Kingskloof	45 / 165
Muratie Alberta Annemarie	255
Overgaauw	198

Shiraz

DeMorgenzon DMZ	55 / 228
Tamboerskloof Syrah	275
Cederberg	325

Pinotage

Beaumont	245
Lanzerac	225

Cabernet Sauvignon

La Motte	375
Rustenberg Peter Barlow	545
Rust en Vrede Single Vineyard	1250

Red Blends

Reyneke Organic	126
Secateurs	145
Rustenberg John X Merriman	285
Meerlust Rubicon	585

Magnums ^(1.5l)

Rust en Vrede Red Blend	1800
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DESSERT WINES

per glass

Muratie Amber Forever	32
Leopard's Leap Culinaria Muscat-de-Frontignan	25
Allesverloren Port	85
Klein Constantia Vin de Constance	98

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MANTRA CAFÉ

DRINKS

Water

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

Smoothies

Mango		38
Mango, fresh orange juice, yoghurt and honey		
Peanut Butter		38
Yoghurt, banana, dates, peanut butter, soya milk and chia seeds		
Berry		48
Berries, banana and fresh apple juice		

Pressed Juices

Orange		24
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Raw Juices

Carrot, apple and orange		42
Apple and cucumber		42
+ ginger / celery / mint / spinach		5
Ginger, cayenne and honey shot		22

Iced Tea

Bos ice tea		26
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Iced Coffee

Espresso iced coffee with milk, condensed milk and topped with whipped cream		28
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Milkshakes

Vanilla / Strawberry / Dark Chocolate / Coffee		42
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Sodas

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Coffee

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Double Espresso		22
Americano		23
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Flat White dbl		28
Caffe Latte		28
Macchiato		22
Cortado		22
+ R2 for decaf		
+ R8 for almond milk		

Tea

Chai Tea Latte		32
Pot of Tea		28
Ceylon / Earl Grey / English Breakfast / Rooibos		
Pot of Loose Leaf Tea		28
Green Sencha / Andean Peppermint Leaves / Wild Forest Berry infusion / Pear and Cinnamon Infusion		

Rooibos Espresso

Flat Red Espresso with Honey and Cinnamon		28
Red Latte with Honey and Cinnamon		30
Red Chai Latte		34

Hot Chocolate

Melissa's Hot Chocolate		28
Melissa's Nutella Hot Chocolate		34

Dom Pedro

Kahlua / Frangelico / Whiskey / Amarula		45 / 55
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Irish Coffee

		45 / 55
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SPIRITS

Vodka

Stolichnaya		25
Absolut		30
Belvedere		45
Skyy Vanilla		28

Rum

Havana Gold		25
Bacardi White		25
Mount Gay		45

Gin

Tanqueray		35
KWV Cruxland		35
ClemenGold		48
Cape Town Classic		40
Cape Town Pink Lady		40
Inverroche Classic / Verdant / Amber		40
Hendricks		50

Tequila

El Jimador		35
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Brandy / Cognac

KWV 5 year		25
Van Ryn's 10 year		40
Imoya		65
Remy Martin		40
Hennesy		55

Whiskey / Bourbon

Jameson		30
Johnnie Walker Black		45
Glenfiddich 12 year		75
Laphroaigh		80
Jack Daniels Single Barrel		70
Jim Beam		35

Liqueur

Amarula		15
Kahlua		35
Frangelico		35
Pimm's no.1		25
Capertif Vermouth		25
Cointreau		50
Jägermeister		35

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MANTRA CAFÉ

CHILDREN'S MENU

BREAKFAST

Free-range scrambled eggs on toast	48
Flapjacks and Nutella	58

MAINS

Grilled cheese sandwich	38
Crunchy chicken strips	68
Crunchy hake strips	68
Chips	28
Tomato and cheese pizza	48
Ham and pineapple pizza	58

DRINKS

Milkshake Vanilla / Strawberry / Dark Chocolate / Coffee	34
Baby Chino	12

Breakfast served from open – 11:30. Mains served from 11:30 – close.

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