

MANTRA CAFÉ

*"We dreamt of a Café by the sea.
A Grand Café, if you like.
The menu had to be simple and classic,
the décor sophisticated but fun and
the service always perfect.
This is our mantra and we are excited for you
to experience this Magic at Mantra."*

Mark and Melissa van Hoogstraten

MANTRA CAFÉ

BREAKFAST ELIXIRS

Orange, apple and turmeric 48

Apple, spinach, cucumber, kale and artichoke leaf extract 48

Apple, cranberry, buchu, probiotics, artemesia and alfalfa 48

Apple, lemon and ginger 48

BREAKFAST COCKTAILS

Mimosa

Silverthorn River Dragon Brut with fresh orange juice, a sprig of thyme and orange zest 110

Bloody Mary

Smirnoff vodka, horseradish and spiced tomato juice 120

Aperol Spritz

Aperol, Cinzano Pro-Spritz and fresh orange 110

Elderflower Classique

Silverthorn The Genie Brut Rose, elderflower cordial, litchi juice, orange bitters 135

A 12.5% SERVICE CHARGE WILL BE ADDED TO TABLES OF 6 OR MORE

Breakfast served until 11:30 | Alcohol served from 11:00 in the morning

MANTRA CAFÉ

BREAKFAST

Ancient grain granola made with buckwheat, rolled oats, cranberry, goji berry, pumpkin seed, hemp seed and raw honey. Served with Greek yogurt and fresh seasonal fruit 125

Spelt flour flapjacks with crispy, cured smoked bacon, roasted berries and maple syrup 135

Eggs Benedict with soft poached free-range eggs, crispy cured smoked bacon and Hollandaise sauce. Served on toast with slow-roasted tomatoes 165

Creamy scrambled free-range eggs with slow-roasted tomatoes and toast 125

Smashed avocado on toast with roasted crushed pumpkin seeds, pea shoots and fresh lemon 125

Soft poached free-range egg, baby marrow and potato hash browns, sautéed kale, slow-roasted heirloom tomatoes, dukkha and Hollandaise sauce 155

Creamy sautéed wild mushrooms with a soft poached free-range egg on toast 145

Mantra breakfast with free-range eggs, crispy, cured smoked bacon, pork chipolatas, pan-fried mushrooms, baby marrow and potato hash brown, slow-roasted tomatoes and toast 225

Eggs Royale with soft poached free-range eggs, Franschhoek smoked salmon trout and Hollandaise sauce served on toast with slow roasted tomatoes 185

Free-range eggs (poached, fried or scrambled), crispy, cured smoked bacon, slow-roasted tomatoes and toast 148

Baby marrow and potato hash browns topped with smoked salmon, caper salsa, cream cheese and a free range poached egg 175

Smoked salmon, cream cheese, caper salsa, avocado and a free-range poached egg served on bruschetta 145

Bircher overnight oat flakes soaked with almond milk and chia seeds. Served with cultured coconut yoghurt, roast pears and fresh seasonal berries 125

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DRINKS

Water

Mineral Water still / sparkling 330ml 42 / 750ml 64

Smoothies

Mango, fresh pineapple juice, coconut milk, banana and raw honey 72

Almond nut milk, roasted macadamia nut butter, banana, oats, and plant based protein powder 85

Blueberries, banana, chia seeds and maple syrup 72

Pure Bottled Fruit Juices

Mandarin / Cloudy Apple / Mango 58

Fresh Pressed Juices

Carrot, celery, ginger & apple 68 / Cucumber, parsley, celery & mint 68

Beetroot, pineapple, turmeric 68

Iced Tea & Kombucha

Lemon / Peach Iced Tea 45

Cape Point Blend Kombucha 62

Buchu and Honeybush Kombucha 62

Iced Coffee

Espresso, condensed milk and whipped cream over ice 42

Sodas

Coke / Coke Light / Coke Zero 38 / Appletizer / Grapetizer 48

Coffee

Espresso 38 / Americano 38 / Flat White 46 / Latte 46 / Macchiato 36 / Cortado 38

Milk Alternatives (Oat milk, Almond nut milk) 12

Rooibos Espresso

Flat Red 46 / Latte 46 / Chai Red Latte 48

Tea

Chai Latte 46

Pot of Tea (Ceylon / Earl Grey / English Breakfast / Rooibos) 42

Pot of infused Tea (Lemon / Ginger / Mint) 28

Hot Chocolate

Nutella Hot Chocolate 78