

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

Champagne

Laurent Perrier La Cuvée Brut NV

485/1850

France

A pale gold colour with fine bubbles feed a persistent mousse. A delicate nose with hints of fresh citrus and white flowers. The wine's complexity is expressed in successive notes such as those of vine, peach and white fruit. A perfect balance between freshness and delicacy with fruity flavours very present on the finish.

Veuve Clicquot (S/A)

2250

France

Golden yellow colour with elegant bubbles. Aromas of peach, brioche and vanilla on the nose.

Moët Chandon Imperial Brut

1985

France

Golden straw yellow with green highlights and a vibrant intensity of green apple and citrus fruit.

Laurent Perrier Rosé NV

3500

France

Elegant, with colour changing naturally from a pretty raspberry hue to salmon pink.

A precise nose of extraordinary freshness and a wide range of red fruits: raspberry, redcurrant, strawberry and black cherry. On the palate, it offers the sensation of plunging into a basket of freshly picked red berries.

Billecart Salmon Rosé

4800

France

A pale yet radiant pink colour adorned with warm glints of gold. Its special method of vinification gives this champagne a light, elegant flavour, followed by a fresh finish with a taste of raspberry.

Dom Perignon Vintage

9200

France

The bouquet is tactile, subtly enticing us along a trail of powdery white flowers and nectarous apricot, followed by the freshness of rhubarb and mint and the minerality of ash. Energy dominates on the palate. After a welcoming opening, the wine quickly becomes vibrant and then literally explodes with a surge of effervescence and tonicity.

MANTRA CAFÉ

MCC

Silverthorn River Dragon Brut 165/575

Robertson

100% Colombar, characteristics of chamomile blossom and thatch complimented by subtle stone fruit and tropical notes. Partially fermented in Acacia barrels to enhance complexity.

Silverthorn The Genie Brut Rosé 185/745

Robertson

Embracing the free-willed spirit of the Genie, the winemaker opted for something far more daring and exotic, and used Shiraz, an ancient grape variety, originating from Persia. Characteristics of Turkish delight and rose water.

Le Lude Brut NV 845

Franschhoek

Elegant citrus blossoms with fresh lime aromas. Secondary aromas of nougat, roasted nuts and hints of proving dough.

Le Lude Rosé NV 845

Franschhoek

Ripe cherries, red lollipop and raspberry aromas provide a delicate profile to the wine. These are followed by some hints of grapefruit and wild rose.

Prosecco

Mionetto Prosecco 585

Italy

Light straw in colour with bright yellow highlights. Aromas of golden apple, peach and honey. Clean dry finish.

Bacio Della Luna Valdobbiadene Extra Dry 675

Italy

This prosecco is made from Glera grapes from Valdobbiadene, Veneto. Fine and balanced wine, bright straw yellow in colour, with elegant floral bouquet and scents of ripe fruit. Fine, creamy white and persistent bubbles. Harmonious on the palate with unique and lively crispness.

Bacio Della Luna Prosecco Rose 675

Italy

This prosecco Rosé is made from Glera and Pinot Noir grapes from Veneto and Friuli. Elegant and delicate with an exquisite pink colour. The aroma is finely fruity, with notes of wild strawberries, cherry and raspberry, which carry on the palate.

MANTRA CAFÉ

WHITE WINE

Sauvignon Blanc

Harry Hartman Summer

115/525

Stellenbosch

This is a complex wine with shy aromas of grass and apples, followed by a textured and satisfying finish.

Spioenkop

485

Elgin

This is a top class Sauvignon Blanc with blackcurrant, green fig and minerality characteristics. It is released with some age that makes for an interesting take on South African Sauvignon Blanc.

Cederberg

345

Cederberg

An aromatic Sauvignon Blanc with grassy notes, white asparagus undertones and strong hints of capsicum, gooseberries and lemon zest.

Iona

445

Elgin

Fragrance of white grapefruit, tropical fruit, ripe gooseberry and fleshy kiwi with herbal undertones. Palate is keenly balanced.

MANTRA CAFÉ

Chenin Blanc

Holden Manz Wild Ferment Old Vine

485

Franschhoek

Produced from vines planted in 1982 this wild fermented Chenin Blanc shows great structure and complexity.

Old Vine Series Rascallion

95/235

Wellington

This wine has elegant top notes of apricot and yellow peach and a rounded mid palate. It has a gentle creamy texture with hints of minerality. The finish is long, with gripping acidity and fruit held in balance.

Mosi Tinashe Chenin Blanc

654

Swartland

Fresh and fruity with beautiful traces of acidity. Some stone fruit and mineral notes on the palate supported by beautiful oak nuances. Medium bodied white wine from the Swartland.

Oldenburg

915

Stellenbosch

A sumptuous straw-yellow colour in the glass. On the nose, peaches and cream, honey-melon, mangoes and pineapple. The mouth-feel is sublime, the acidity is zesty, and the fruit is incredibly balanced. The palate shows ripe pears, banana and star jasmine, accompanied by an elegant hint of vanilla and popcorn.

Spier Organic Farmhouse

675

Stellenbosch

This sunshine-coloured Chenin Blanc will brighten your day no matter how stormy the weather. Made with grapes grown organically at Spier. It's dreamy honeycomb, citrus and pear flavours are supported by exquisite minerality.

MANTRA CAFÉ

Chardonnay

Break a Leg From Van Loggerenberg Wines

135/385

Stellenbosch (*Unwooded*)

This Chardonnay is a blend of fruit from Polkadraai Hills and Devon Valley (both in Stellenbosch). Gloriously fresh and mineral – unwooded, but not austere, this is a great option for those that like more precise wines.

Shelter Chardonnay

625

Franschhoek

This wine was fermented and matured in 3rd and 4th filled barrels. The oak does not contribute flavours, but only texture and depth. The aroma of burnt orange, lemon curd and almond is lifted by balanced acidity, and grapefruit on the palate.

Atlas Swift Cape South Coast

945

Vermaaklikheid

Intense aromas of iodine and ripe citrus peel are followed by flinty and mineral notes on the mid-palate with fresh acidity and depth.

Baleia Limestone Debate

690

Riversdale

Chardonnay and limestone are regarded as having a special symbiosis that makes a lively fresh wine. Adding to this freshness is a chalky minerality, complex layers of citrus and white stone fruit, and a textured mouth feel.

Ataraxia

865

Hemel & Aarde Valley

Made using uncomplicated winemaking techniques, this is an athletic, chiselled and precise wine. It embraces the very adult tastes of salinity, brininess and minerality all of which are the hallmarks of the great and classic white wines of the world.

MANTRA CAFÉ

White Blends & Other Varietals

Rascallion Aquiver

125/365

Swartland

80% Chenin Blanc / 10% Grenache Blanc / 10% Sauvignon Blanc

Aromatic layers of apricot, tangy nectarines, and fresh straw on the nose. Prominent melon and lightly toasted almonds on the palate, with well-balanced acidity and a full, round mouth feel.

Rocking Horse by Thorne Daughters

675

Western Cape

32% Roussanne / 29% Semillon Blanc / 19% Chardonnay / 16% Chenin Blanc / 4% Clairette Blanche

Thorne & Daughters' cornerstone wine is everything one would expect from a Western Cape white blend: grace and finesse, acidity and balance.

Saskia by Miles Mossop Wines

785

Western Cape

63% Chenin Blanc / 14% Grenache Blanc / 11% Clairette Blanche / 6% Viognier / 6% Verdehlo

A vibrant pale straw colour. The nose is perfumed and white stone fruit driven. With notes of white peach and lemon blossom are hints of preserved lemon peel and quince jelly. The palate entry is clean and refreshing leading to a textured mid-palate with notes of stone fruits, toasted almonds and vanilla spice.

Cyclus by Avondale

1250

Cape Winelands

An invigorating white blend of Roussanne, Viognier, Chenin Blanc, Chardonnay and Semillon grapes. This softly wooded Cyclus swirls with intense fruit flavours which are rounded off with smooth, creamy oak. Organic and biodynamic in principles and production.

Sadie Family Wines Palladius Blend

2650

Swartland

The citrus aromas develop into salty and mineral qualities that spill over into some secondary white stone fruit aromas.

Sauerwein Riesling

165/545

Elgin

The most striking characteristic of the 2022 vintage of Chi Riesling from Jessica Sauerwein is its mid-palate weight. The nose shows floral perfume before lime, green apple, ginger and other spices. The palate meanwhile has dense fruit matched by incisive freshness. The texture is quite creamy but there's no shortage of refreshment factor.

Kruger Family Palomino

565

Piekenierskloof

Harvested from old vines, this is a wine that is full of flavour. From the sherry grape, this is a delicious, fresh and delicate Palomino. Fresh juicy acidity with lemon and saline as well as notes of wild peach.

MANTRA CAFÉ

Rosé

Holden Manz Rothko Rosé

115/365

Wellington

Rhone Blend Grenache, Syrah and Cinsault

A refreshing Provencal style rosé wine made from Grenache, Syrah and Cinsault.

Fantini Calalenta Merlot Rosato

695

Italy

Fantini Calalenta Merlot Rosato has fresh and flinty aromas of strawberry, freshly cut watermelon and rose petals on the nose. The palate displays the same fruity connotations in perfect balance with a refreshing acidity and crisp minerality. Elegant, long and intense finish.

Whispering Angel

985

France

Made from Grenache, Cinsault and Rolle (Vermentino) grapes, its pale colour is pleasing to the eye and draws one in. The rewarding taste profile is full and lush while being bone dry with a smooth finish. A blend of the best free run juices and press juices, fermented and aged in stainless steel with temperature control.

Delaire Graff Cabernet Franc Rosé

385

Stellenbosch

Made from 100% Cabernet Franc juice, this unique Rosé displays flavours of ripe strawberries, cassis and candy floss with a juicy, crisp and dry finish.

Tamboerskloof Katharine

295

Stellenbosch

A medium-full bodied, dry styled Rosé with delicate pale pink colour. Perfumed aromas of summer berries, violets and grapefruit are present on the nose. The acidity is fresh, but the texture on the palate is silky and the weight good on the mid-palate, with flavours of red cherry and spice finishing the wine off.

MANTRA CAFÉ

RED WINE

Pinot Noir

La Brune Pinot Noir

165/475

Elgin

Showing the beautiful profile of the Elgin Valley. Strawberries, cherries, citrus skin, mushroom and earthy notes. Juicy palate with a mineral core and a linear structure. Oak supports the wine by adding texture. Perfect balance between complexity and drinkability.

Maia Pinot Noir

525

Stellenbosch

This Pinot Noir is elegant with soft tannins and displays gentle cherry, strawberry and floral notes. Perfect to enjoy chilled on hot summer days or at room temperature.

Bouchard Finlayson Galpin Peak Pinot Noir

980

Hemel and Aarde

Fragrant and seductive red cherry perfume underpins an iron-rich mineral edge. Gently extracted fine tannins enrobe a delicate, yet vibrant structure. It is elegant and accessible, with refined oak and a layered, rewarding finish.

Hamilton Russell

1450

Hemel & Aarde

This Pinot Noir is not overtly fruity. It is soft and “sweet” and it generally shows hints of that alluring savoury “primal” character along with a dark, spicy, complex primary fruit perfume.

MANTRA CAFÉ

Merlot

Kings Kloof 115/345

Somerset West

Beautiful aromas of red cherries, pomegranate, subtle spearmint and spice. A taste that is soft, generous and filled with berry flavours finishing off to smooth tannins.

Overgaauw 585

Stellenbosch

This was the first Merlot in South Africa that was bottled in 1982. A well-structured, medium-bodied wine with a rich combination of sumptuous black cherry fruit, hints of cocoa powder and elegant spicy oak notes.

Holden Manz Merlot Reserve 1150

Franschhoek

Hand selected grapes from top performing vines gives a full bodied, smooth Merlot full of black fruits. Only 2000 bottles are produced each year.

Shiraz

Trizanne Signature Wines 'TSW' 145/395

Swartland

Hand picked from 15 to 25-year-old dryland vines on Swartland soil. Medium-bodied on the palate with primary fruit expression beautifully balanced by fine yet youthful tannins and subtle acid giving freshness and a lift to the wine. The earthy and spicy notes give texture and depth.

Holden Manz Syrah 645

Franschhoek

This is a Rhone-style Syrah with notes of black cherries, spice, elegance, and a long finish.

Mosi 'Flavian' Syrah 725

Swartland

A medium bodied wine with leather and spice notes, more red fruit than dark fruit. Smooth and round wine with very subtle tannins. A good example of a typical Swartland Syrah.

Tamboerskloof 595

Stellenbosch

The well-balanced palate shows dark plum, christmas cake, turkish delight and a fine hint of cinnamon. It finishes with soft, elegant and chalky tannins.

MANTRA CAFÉ

Pinotage

La Cave

175/585

Wellington

Alluring aromas of cinnamon, cherries, wild strawberry, raspberry and cedar wood dominate the nose. The wine has a delicious juicy fruit profile with complex flavours of ripe plums, black cherries, nutmeg and cloves. The ripe tannins are well integrated, and complement the elegant nature of the wine. Flavours of cranberries on the aftertaste, with a long, dry finish.

Survivor Pinotage Reserve

980

Swartland

This world-class wine has a lively dense deep red colour with a nose of blackberry fruit pastilles, freshly picked ripe cherries and notes of spicy vanilla, derived from the use of exceptional quality oak barrels. Upon entrance the palate embraces the qualities of what this wine has to offer. Full bodied and structured to last, the palate enfolds these flavours into a synced orchestra that keeps on changing with every mouthful.

Beeslaar 2021

1350

Stellenbosch

The Beeslaar Pinotage is a unique, very personal expression of this South African varietal. The subtle and nuanced nature of Beeslaar is extraordinary.

MANTRA CAFÉ

Cabernet Sauvignon

The High Road

125/465

Stellenbosch

This wine is like an old friend. Easy-going, deliciously smooth and perfectly paired with meat dishes.

Atlas Swift Shelter

725

Paarl

An opulent aroma of black fruit, black currant and black cherries. A medium-bodied wine with soft and silky tannins, leading to a broad and coating mouthfeel.

Rainbow's End

585

Stellenbosch

Dark black in appearance with cassis and cigar box on the nose. Silky smooth tannins with a lingering dark chocolate aftertaste.

Rustenberg Peter Barlow

1450

Stellenbosch

Concentrated cassis, black cherries and some herbaceousness on the nose and palate.

Stark-Conde Wines (Three Pines)

1150

Stellenbosch

This single-vineyard iconic Cabernet is based on a high elevation vineyard site. The finely textured decomposed granite soil, cooler temperatures, and ample winter rainfall creates perfect growing conditions for this premium wine.

MANTRA CAFÉ

Red Blends & Varietals

Holden Manz Vernissage 115/545

Franschhoek

Merlot / Cabernet Sauvignon / Syrah

This is a lighter bodied Merlot, with dominant spicy tones. A true Bordeaux blend.

The High Road Classique 625

Stellenbosch

Cabernet Sauvignon / Merlot / Cabernet Franc / Petit Verdot / Malbec

Delicious from the first sip. A luxurious Bordeaux-style blend packed with blue and red fruit flavours, lingering notes of dried herbs and pepper spice.

Harry Hartman Finn Rhône Blend 175/585

Stellenbosch

Grenache / Syrah / Cinsault

The wine is rich and full-bodied, with Grenache providing a rich texture, Syrah adding spice, and Cinsault finishing off with an excellent firm tannic structure.

Holden Manz Big G 825

Franschhoek

Cabernet Sauvignon / Cabernet Franc

The estate's signature red wine is named after one of the owners, Big G. It is a typical left bank Bordeaux-style blend of Cabernet Sauvignon and Cabernet Franc.

Rascallion Vinyl Collection 45 RPM 295

Stellenbosch

Cinsault / Grenache Noir / Pinotage

The palate has prominent spicy red fruit flavours, with hints of red cherries and black currants. Spicy, sweet and savoury tertiary flavours fill the mid palate, providing a succulent and refreshing finish.

Meerlust Rubicon 1150

Stellenbosch

Nose of violets, ripe plum, cedarwood, intense spiciness and distinct liquorice notes.

Atlas Swift Tempranillo 690

Cederberg

Aromas of black cherry, dried fig, cedarwood and spices like dill and anise. Firm tannins give structure and length.

Vilafonte Series M 2250

Paarl

Alluring aromas of blueberry and mulberry supported by undertones of cassis join coffee flavours in order to produce a well-structured, velvety soft wine.

MANTRA CAFÉ

Dessert Wine

Beaumont Goutte D'Or

115/540

Botrivier

Produced from natural Botrytis Chenin Blanc grapes in an elegant style, that is fresh and very well balanced between sweetness and acidity.

Benguela Cove Noble Late Harvest

95/495

Hermanus

Botrytis cinerea grapes are meticulously selected and harvested by hand. Different pickings help build complexity. The wine delivers with heady notes of pineapple, orange peel, grapefruit and dried peaches.

Renzo Masi Vin Santo Del Chianti

165/835

Italy

Renzo Masi Vin Santo is an interesting blend of Trebbiano, Malvasia and Chardonnay grapes from Rufina, Tuscany.

Taylor's Port Fine Tawny Red

165/835

Portugal

Mellow nose of succulent ripe berry fruit with aromas of butterscotch, figs and prunes interwoven with attractive nutty and spicy aromas. Smooth and round on the palate.

Vin de Constance

185/1800

Constantia

The nose is layered with aspects of citrus blossom, honeycomb and stone fruit which follow through onto the palate. Full-bodied; the mouthfeel is rich and creamy with a refreshing acidity.

*"The southern tip of Africa is an extraordinary place.
Here the winds blow and the waves crash and towering
granite topped mountains plunge into not one,
but two, sunlit oceans.*

*This is where you will find Mantra Cafe,
it's view forever stretching out between tall palms,
across a crescent of white sand towards a distant
blue horizon. Shaded in the dawn and sparkling by day,
it is at its most dazzling shortly before sunset,
when it's washed with a golden light and emerges as
one of the most sublime restaurants of Africa."*