

Brunch

(Everyday till 3pm)

Toast

your choice of toast & spread (gf option)

\$7

Eggs how you like them

eggs cooked to your liking w your choice of
toast (gf option)

\$10

Cinnamon and Honey Roasted Granola

granola w lychee mango panna cotta & seasonal
fresh fruit (df/v)

\$16

Ferrero Rocher Red Velvet Hotcakes

caramel sauce, vanilla bean ice cream & berries

\$19

Deep Fried Hen's Eggs

sautéed wild mushrooms & chilli jam (df/gf
option)

\$18

Bánh mì

confit pork belly, pickled daikon and carrot,
hoisin sauce, with an herb salad served in a
toasted baguette

\$12

Smashed Avocado

greek feta, cherry tomatoes, balsamic reduction,
Two poached eggs on rye sourdough
\$20

Crab Bao

two Asian salad filled boas, smoked paprika
kewpie mayo, and crispy soft-shell crab
\$18

Trout Salad

watercress, red radish, a trio of baby beetroots,
mescaline, natural yogurt, smoked trout, verjuice
dressing and a poached egg
\$21

Cured Salmon and Avocado

vodka and beetroot cured Atlantic salmon,
avocado on sliced baguettes, red radish, smoked
yoghurt, golden beets, poached egg
\$22

Buddha Bowl

broad beans, pickled red cabbage, avocado,
wild rice, green peas, kimchi and sweetcorn
fritter
\$18
w eggs \$20
w smoked salmon \$22

Rocky Road Waffles

hazelnut and currant ice-cream, chocolate waffles, marshmallow popcorn, fresh fruit and chocolate sauce

\$18

Pulled Pork Benedict

sweet potato rosti, pulled pork, crispy prosciutto, two poached eggs, hollandaise and pomegranate molasses

\$21

Wagyu Beef Burger

wagyu beef burger w chilli relish, cos lettuce, cheese, tomato & bacon, served w fries

\$24

Mantra Board

Chia pudding, avocado on toast, poached egg, croissant, orange juice

\$23

Sides

chilli relish/ extra eggs / avocado mash
mushrooms/ haloumi / feta mash / tomato / spinach

\$4

smoked salmon / bacon / chorizo

\$5

Small plates

(available after 5pm)

Eggplant

crumbed eggplant chips w kewpie mayo (gf)
\$9

Lamb

Freekeh, pistachio and pomegranate salad,
yogurt, braised lamb shoulder, veal jus
\$17

Morocco

spiced vegetables on fried pita w smoked yoghurt
& basil
(gf option)
\$14

Calamari

fried calamari w sriracha & smoked paprika aioli
(df/gf)
\$16

Tacos

grilled spiced chicken or tofu,
spiced aioli, charred corn, salsa w
slaw

one \$7
three \$17

Mains

Parmigiana

chicken breast schnitzel, napoletana sauce,
mozzarella & prosciutto
served w fries & garden salad (gf option)
\$23

Pasta

pappardelle pasta, sautéed wild mushroom, cream
pesto sauce, toasted almond flakes
\$22

Moroccan Chicken

moroccan chermoula chicken w couscous,
quinoa & currant salad
\$23

Wagyu Beef Burger

wagyu beef burger w chilli relish, cos lettuce,
cheese, tomato & bacon, served w fries
\$24

Braised Greens

new season asparagus, kale, green beans w sheep
feta, quinoa, flatbread & pumpkin puree (vegan
option)
\$18

w eggs \$20

w salmon \$22

Miso Salmon

red miso glazed salmon,
spiced eggplant & zucchini
served w mango fennel salad (gf)
\$25

Sides

Side Salad
\$6

Beer Battered Chips
\$6

Eggplant Chips
\$9

For the Kids

(ages 10 and under)

Eggs on Toast

eggs cooked how you like them w your choice of
toast
\$6

Granola with Berries

cinnamon & honey roasted granola
w seasonal berries
\$6

Nuggets & Chips

chicken nuggets w chips
\$9

Fish & Chips

crumbed goujon w chips
\$10

Desserts

Panna Cotta

lychee mango panna cotta w fresh fruit &
chocolate soil
\$10

Affogato

vanilla bean ice cream w Persian fairy
floss & biscuit topped w Shadow Boxer
espresso
\$12
w your choice of liqueur at bar prices*

Chocolate Brownie

chocolate & peanut butter brownie
w vanilla bean ice cream & salted caramel
sauce
\$12

Bolinho de chuva

brazilian donut w ice cream & Nutella
\$12