

BREAKFAST



LIGHT

Toasted Sourdough \$13; preserves | butter (VV)

Mantarays Granola \$21; raspberry & vanilla yoghurt
mousse fresh fruit | nut milk (V)

- Make it Vegan – Substitute mousse for coconut yogurt.

Onesie \$17; egg | bacon | roast tomato | sourdough

- Make it a twosie with double everything \$24

Veggie Onesie \$17; egg | fried halloumi | roast
tomato | beetroot salsa | sourdough (V)

- Make it a twosie with double everything \$24

SUBSTANTIAL

Corn & Zucchini Fritters \$28; fried halloumi
poached egg | tzatziki | zaatar | avocado | lime
onion (GF|V)

Chilli Scrambled Eggs \$30; chorizo | Persian feta
tomato sambal | lime | sourdough

Eggs Benedict \$24; poached eggs | English muffin
kale bearnaise

- Add shortcut bacon \$5
- Add smoked fish \$8
- Add mushrooms \$5

Manta Benny \$31; rosti's | smoked & spiced pulled
pork | poached eggs | kale | bearnaise | pickled
onions (GF)

Shark Bay Crab Omelette \$36; bean sprouts | coriander
chilli | hoi sin | lime | sourdough

Mushroom Medley \$29; crisp prosciutto | rye | truffle
poached egg | kale | Persian feta | sage pesto

Herb Rosti's \$27; rosti's | hummus | fried halloumi
sauté greens | poached eggs | tomatoes (GF|V)

- Make it Vegan? (substitute eggs & halloumi for
tofu)

Manta Big Breakfast \$33; (2) eggs any way | chorizo
smoked bacon | roast tomato | mushrooms | sourdough

SWEET

Cinnamon Brioche French Toast \$31; vanilla
cheesecake mousse | candied apples | salted caramel
berries | white chocolate crumble (V)

BEVERAGE



COFFEE BASED

| | |
|-----------------|-------|
| Latte | \$5 |
| Long Black | \$4.5 |
| Cappuccino | \$5 |
| Espresso | \$4.5 |
| Double Espresso | \$5 |
| Flat White | \$5 |
| Long Macchiato | \$5.5 |
| Short Macchiato | \$5 |
| Mocha | \$5 |
| Mug / Take Away | +\$1 |
| Iced Latte & | \$7.5 |
| Chocolate | \$8.5 |
| Iced Coffee | |

TEA BASED

| | |
|------------|-------|
| Greentea & | \$6.5 |
| Jasmine | \$6.5 |
| Peppermint | \$6.5 |
| English | \$6.5 |
| Breakfast | \$6.5 |
| Earl Grey | |
| Chamomile | |
| Flowers | |

NON COFFEE

| | |
|------------------|-------|
| Matcha Latte | \$5.5 |
| Hot Chocolate | \$5 |
| Tumeric Latte | \$5.5 |
| Chai Latte | \$5.5 |
| Iced Chai Latte | \$7.5 |
| Iced Matcha | \$7.5 |
| Juice: | \$5.0 |
| Apple Orange | |
| Tomato Pineapple | |
| Cranberry | |

MILK OPTIONS

| | |
|--------------|--------|
| Oat | \$0.75 |
| Almond | \$0.75 |
| Soy | \$0.75 |
| Macadamian | \$0.75 |
| Coconut | \$0.75 |
| Lactose Free | \$0.75 |
| Extra Shot | \$0.75 |

FRESHLY SQUEEZED JUICE

Orange or Apple
\$10 each

SIDES



| | |
|-----------------------|------|
| (3) Bacon | \$5 |
| (1/2) Avocado | \$5 |
| (2) Roast Mushrooms | \$5 |
| (1) Egg | \$4 |
| (5) Potato Rosti | \$10 |
| (1) Halloumi | \$5 |
| Smoked Pulled Pork | \$8 |
| (2) Roast Tomato | \$3 |
| (1) Toasted Sourdough | \$4 |
| Chorizo | \$6 |
| Kimchi | \$3 |
| Smoked Fish | \$10 |
| Bearnaise | \$3 |