

Mango Ginger

COFFEE SHOP AND BAKERY

FEEDING YOUR DESIRE FOR WHOLENESS

27 Lower Main Road, Observatory. Tel: 021 448 2500
www.mangoginger.co.za

DRINKS

HOT BEVERAGES

Espresso	R18
Double Espresso	R24
Machiato	R20
Cappuccino	R22
Decaf Cappuccino	R24
Large Cappuccino	R36
Americano	R20
Decaf Americano	R22
Large Americano	R30
Latte	R26
Choccochino	R36
Hot Chocolate	R33
Milky Chai	R28
Red Cappuccino	R24
Red Latte	R28

TEAS:

- Ceylon / Rooibos	R15
- Earl Grey / Green / Peppermint	R18
Rice Milk / Almond Milk	
- single unit (100ml) / double (200ml)	add R4/R8

COLD BEVERAGES

JUICE by the glass	R15
- Orange / Mango / Cranberry & Apple	
Water	R12
Soft Drinks	R14
Tizers	R22
Kombacha	R15/R30
Iced Teas	R20
Iced Americano	R22

FRESHLY PRESSED JUICES some fruit is seasonal

	Large 450ml R45
	Small 250ml R30
Apple, Carrot & Ginger	
Mint, Apple & Lemon	
Beetroot, Orange & Carrot	
Tomato, Carrot & Celery	
Melon, Mint & Mango	
Apple, Cucumber & Celery	
Pineapple, Apple & Melon	
Apple, Carrot & Beetroot	
Orange, Carrot & Pineapple	

SMOOTHIES made with low fat yoghurt & honey

	450ml
Mango & Granadilla	R45
Strawberry & Banana	R45
Granadilla & Strawberry	R45
Banana & Mango	R45
Peanut Butter & Banana	R45
Assorted Berries & Mint	R50
Avo, Mint & Spinach	R52

SHAKES made with all natural vanilla ice cream

	350ml
Chai Shake	R42
Iced Coffee	R45
Chocolate Shake	R42
Fruit Shake - choose from flavors above	R42
Assorted Berries & Mint	R50

ALL FOOD AVAILABLE FOR TAKE-AWAY

MAIN MEALS OF THE DAY ON SPECIALS BOARD

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BREAKFAST Served all day - except between 12 & 2.30pm

Oat & Banana Porridge	R40
Berry, Nut, Date & Yoghurt stack	R65
Granola, Yoghurt, Apricot & Ginger stack	R60
Fruit Salad	R50
- with muesli, yoghurt & honey	R65
3 Large Crumpets	R85
- with mixed berries drizzled with a rose petal and ginger syrup	
- with fried banana & honey	R78
Toastie	
- Mozzarella, bacon, tomato & pesto	R58
- add a fried egg	R62
Scrambled Egg & Roasted Rosa Tomatoes on your choice of homemade bread	
- with mushrooms	R50
- with bacon	R60
- with salmon	R80
Eggs Benedict	R75
2 poached eggs on an English muffin topped with gypsy ham or mushrooms, rocket & hollandaise sauce	
- with salmon	R85
Croissant French Toast	
- with bacon & honey	R68
- with fried banana & honey	R56
Quesadillas	
Garnished with leaves & sprouts	R62
- ham, cheese & peppadews	
- feta, mushroom & olives	
3 Egg Omelette with bread of your choice	R78
- chevin, asparagus & sage	
- bacon, cheddar & tomato	
- rocket, ricotta & mushroom	
- caramelised onion, feta & sun-dried tomato	

FROM OUR BAKERY

Plain Croissant	R15
- Croissant with cheese & preserves	R50
Spinach & Feta Croissant	R25
Almond Croissant	R25
Chocolate Croissant	R22
Cinnamon & Apple Snail Bun	R22
Muffin of the day	R22
W/F or G/F Muffin of the day	R24

LIGHT LUNCHES

Vegetarian Soup of the Day with your choice of our homemade bread	R55
- starter portion with one slice	R40
Side Salad	R34
Potato Wedges	R25
Wheat free Vegetarian Quiche of the day	R40
Wheat free Free Range Chicken & Leek Pie	R45
Wheat free Lentil & Baby Veg Pie	R40
Wheat free Venison, Butternut & Apricot Pie	R45

SANDWICHES

WE BAKE OUR OWN BREADS, SO CHOOSE BETWEEN BROWN SEED LOAF, 100% RYE OR CIABATTA

Gluten free bread	add R14
Croissant	add R12
Side Salad	R34
Potato wedges	R25
Roasted free range Chicken with sliced avo, rocket & a honey & mustard dressing	R55
Brie Cheese with onion marmalade & lettuce	R48
Hummus with roasted aubergine, sun-dried tomato & rocket	R48
Chevin with tomato, sweet chilli jam & baby leaves	R52
Egg & homemade mayo with rocket	R45
Gypsy Ham with gherkin, mustard mayonnaise & lettuce	R52
Roasted free range Chicken with homemade mayo & radish slices	R52
Smoked Salmon with wasabi cream cheese & baby leaves	R70
Brie, Bacon, lettuce & tomato	R62
Vegan Burger with rocket, avo & tomato	R65
Free range Chicken Burger	R65
Chicken breast with gherkin, homemade mayo & lettuce	
Super Steak sandwich	R85
140g sirloin steak with caramelised onion, rocket & pesto-mayonnaise	

SALAD MEALS

Honey, Ginger & Soya Marinated free range Chicken Strips with toasted cashew nuts on a large salad with avo, seeds & sprouts	R85
~ 1/2 Salad	R55
Back Bacon, Feta, Mange Tout & Avo Salad on a bed of greens topped with seeds & sprouts	R85
~ 1/2 Salad	R55
Creamy Goat's Chevin, Avo & roasted Chilli Butternut cubes on a large garden salad, garnished with seeds & sprouts	R80
~ 1/2 Salad	R50
A generous portion of homemade Hummus on a bed of greens with sun-dried tomato pesto, avo, cucumber, julienned carrots, rosa tomatoes, seeds, sprouts & Toast Wedges (Rye or Seed Bread)	R80
~ 1/2 Salad	R50

CAKES

Apple & Apricot Nut Crumble	R44
Lemon Tart	R40
Chocolate Cake	R35
Chocolate Ginger Cake - gluten free	R40
Macadamia Nut Brownie - gluten free	R26
Classic Baked Cheesecake	R48
Coconut & Lemon Cheesecake - sugar free, gluten free	R50
Carrot Cake - wheat free	R42
Butternut, Date & Orange Cake - sugar free, dairy free, gluten free	R48
Beetroot & Berry - vegan	R35
3 Scoops of all Natural Ice Cream	R36
1 Scoop Ice Cream or Cream	R12

WRAPS

23CM WRAP - SERVED WITH BEETROOT & SWEET POTATO CHIPS AND A BOWL OF GINGERED SHERRY SYRUP.	
Gluten free chickpea pancake	add R14
Honey, ginger & soya marinated free range Chicken strips with julienned carrots, mange tout, spring onion, honey mustard dressing & lettuce	R80
Teriyaki marinated Beef cubes with chilli butternut, mange tout, spring onion, lettuce & homemade chilli Mayonnaise	R85
Hummus, Danish Feta, roasted veg strips, aubergine, courgette, red pepper & sun-dried tomato pesto & lettuce	R78
Feta, Ricotta, roasted red pepper, spring onion, cucumber, julienned carrots & lettuce with a honey-mustard yoghurt dressing	R75
Bacon, Avo, Mozzarella with tomato, lettuce, sprouts, julienned carrots & homemade pesto mayonnaise	R85
Smoked Salmon, capers, cucumber strips, mange tout, spring onion, lettuce & a herbed cream cheese	R100

EXTRAS

Cheddar, Mozzarella, Parmesan, Feta	R20
Bacon, Chicken, Ham	R25
Homemade extra strong Chilli Sauce	R10
Homemade Mayo	R10
Avocado Pear (seasonal)	R12
Honey	R8
Root Veg Crisps	R35