

Mango Ginger

COFFEE SHOP AND BAKERY

FEEDING YOUR DESIRE FOR WHOLENESS

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

CARB FREE MEALS

C/F

Served with choice of

- ~ Salad & Seed Crackers, OR
- ~ Cooked Green Veg (broccoli, courgette & beans)

Chicken Strips	C/F	R105
Sirloin Steak 150g	C/F	R130
Smoked Salmon, Cream Cheese & Avo	C/F	R150
Scrambled Egg, Mushrooms & Cheddar	V C/F	R100

Key to Symbols:

Sugar Free (S/F) Gluten Free (G/F) Wheat Free (W/F) Vegetarian (V) Vegan (Ve) Carb Free (C/F) Dairy Free (D/F)

ALL FOOD AVAILABLE FOR TAKE-AWAY

FREEZER MEALS - SEE OUR BOARD

HOT BEVERAGES

COFFEES:

Espresso	R20
Double Espresso	R26
Machiato	R23
Cappuccino	R26
Decaf Cappuccino	R28
Double Cappuccino	R36
Large Cappuccino	R40
Americano	R24
Decaf Americano	R26
Double Americano	R34
Large Americano	R36
Latte	R35
Decaf Latte	R38
Double Latte	R45
Choccochino	R50

CAFFEINE FREE alternatives:

Hot Chocolate	R40
Chai Latte	R40
Red Cappuccino	R32
Red Latte	R38
Tumeric Latte	R50

TEAS:

Ceylon	R18
Rooibos	R18
Earl Grey	R18
Green	R18

HERB TEAS - see board

R26

LACTOSE FREE options:

- Rice Milk / Almond Milk	D/F
Single unit (100ml)	add R5
Double unit (200ml)	add R10

EXTRAS: - Honey R10

COLD BEVERAGES

JUICES - Orange / Mango / Cranberry	R22
Water - still / sparkling	R12
Soft Drinks	R18
Tizers	R30
Kombacha	R20 / R35
Iced Teas / Iced Americano	R30

FRESHLY PRESSED JUICES some fruit is seasonal

	Large (450ml)	R50
	Small (250ml)	R40
~ Apple, Carrot & Ginger		
~ Mint, Apple & Lemon		
~ Beetroot, Orange & Carrot		
~ Melon, Mint & Mango		
~ Apple, Cucumber & Celery		
~ Pineapple, Pear & Apple		
~ Apple, Carrot & Beetroot		
~ Tomato, Carrot & Celery		
~ Orange, Carrot & Pineapple		

SMOOTHIES made with low fat yoghurt & honey 450ml

~ Mango & Granadilla	R52
~ Strawberry & Banana	R52
~ Granadilla & Strawberry	R52
~ Banana & Mango	R52
~ Peanut Butter & Banana	R52
~ Assorted Berries & Mint	R60
~ Avo, Mint & Spinach	R65

SHAKES made with all natural vanilla ice cream 350ml

Chai Shake	R48
Iced Coffee	R54
Chocolate Shake	R48
Fruit Shake - choose from flavors above	R48
Assorted Berries & Mint	R62

MAIN MEALS OF THE DAY ON SPECIALS BOARD

BREAKFAST Served all day - except between 12 & 2.30pm

Oat & Banana Porridge	V	R50
Berry, Nut, Date & Yoghurt stack	V	R80
Granola, Yoghurt, Apricot & Ginger stack		R70
Fruit Salad	Ve	R50
- with muesli, yoghurt & honey	V	R75
3 Large Crumpets		
- with mixed berries drizzled with a rose petal and ginger syrup	V	R100
- with fried banana & honey	V	R90
Toastie		
- Mozzarella, bacon, tomato & pesto		R70
- add a fried egg		R75
Scrambled Egg & Roasted Rosa Tomatoes on your choice of homemade bread		
- with mushrooms	V	R65
- with bacon		R85
- with salmon		R100
Eggs Benedict		
2 poached eggs on an English muffin, with rocket & hollandaise sauce and your choice of topping		
- gypsy ham		R90
- mushrooms	V	R95
- salmon		R100
Croissant French Toast		
- with bacon & honey		R85
- with fried banana & honey	V	R70
Quesadillas		
Garnished with leaves & sprouts		R75
- ham, cheese & peppadews		
- feta, mushroom & olives	V	
3 Egg Omelette with bread of your choice		R95
- chevin, asparagus & sage	V	
- bacon, cheddar & tomato		
- rocket, ricotta & mushroom	V	
- caramelised onion, sun-dried tomato & feta	V	

FROM OUR BAKERY

Plain Croissant	R20
- Croissant with cheese & preserves	R65
Spinach & Feta Croissant	R32
Almond Croissant	R32
Chocolate Croissant	R30
Cinnamon & Apple Snail Bun	R32
Muffin of the day	R30

LIGHT LUNCHES

Vegetarian Soup of the Day with your choice of our homemade bread ~ starter portion with one slice	V	R70
Vegetarian Quiche of the day	W/F V	R50
Free Range Chicken & Leek Pie	W/F D/F	R55
Lentil & Baby Veg Pie	W/F Ve	R50
Venison, Butternut & Apricot Pie	W/F	R55

SIDE DISHES

Side Salad	V	R36
Potato Wedges		R25
Sweet Potato Wedges		R30

SANDWICHES

CIABATTA, BROWN SEED LOAF OR 100% RYE		
- Gluten free roll	G/F	add R20
- Carb free roll	C/F	add R20
- Croissant		add R18
Roasted free range Chicken with sliced avo, rocket & a honey & mustard dressing		R65
Brie Cheese with onion marmalade & lettuce	V	R58
Hummus with roasted aubergine, sun-dried tomato & rocket	Ve	R58
Chevin with tomato, sweet chilli jam & baby leaves	V	R62
Gypsy Ham with gherkin, mustard mayonnaise & lettuce		R62
Roasted free range Chicken with homemade mayo & radish slices		R62
Smoked Salmon with wasabi cream cheese & lettuce		R85
Brie, Bacon, lettuce & tomato		R75
Super Steak sandwich 150g sirloin steak with caramelised onion, rocket & pesto-mayonnaise		R110

BURGERS

See BURGER TOPPINGS Roll Options

Vegan Burger with rocket, avo & tomato	Ve	R75
Free range Chicken Burger Chicken breast with gherkin, homemade mayo & lettuce		R80
Pure Beef Burger 200g Tomato, gherkin & lettuce		R85

WRAPS

23CM WRAP - SERVED WITH BEETROOT & SWEET POTATO CHIPS AND A BOWL OF GINGERED SHERRY SYRUP.		
Gluten free chickpea pancake	G/F	add R20
Honey, ginger & soya marinated free range Chicken strips with julienned carrots, mange tout, spring onion, lettuce & honey mustard dressing		R100
Teriyaki marinated Beef cubes with chilli butternut, mange tout, spring onion, lettuce & homemade chilli mayonnaise		R110
Hummus, Danish Feta, roasted veg strips, aubergine, courgette, red pepper & sun-dried tomato pesto & lettuce	V	R95
~ Replace Feta with Avo	Ve	
Feta, Ricotta, roasted red pepper, spring onion, cucumber, julienned carrots & lettuce with a honey-mustard yoghurt dressing	V	R90
Bacon, Avo, Mozzarella with tomato, lettuce, julienned carrots & homemade pesto mayonnaise		R110
Smoked Salmon, capers, cucumber strips, mange tout, spring onion, lettuce & cream cheese		R130

BURGER TOPPINGS & EXTRAS

Mushroom & Port Sauce	V	R30
Cheddar, Mozzarella, Parmesan, Feta	V	R25
Bacon, Chicken, Ham		R30
Homemade fiery Chilli Sauce	Ve	R12
Homemade Mayo	V	R12
Avocado Pear (seasonal)	Ve	R20
Caramelised Onion	Ve	R22
Pesto	V	R25
Root Veg Crisps		R45

SALAD MEALS

Honey, ginger & soya marinated free range Chicken Strips with toasted cashew nuts on a large salad with avo, seeds & sprouts ~ 1/2 Salad		R110
Back Bacon, Feta, mange tout & avo Salad on a bed of greens topped with seeds & sprouts ~ 1/2 Salad		R75
Back Bacon, Feta, mange tout & avo Salad on a bed of greens topped with seeds & sprouts ~ 1/2 Salad		R110
Creamy Goat's Chevin, avo & roasted chilli butternut cubes on a large garden salad, garnished with seeds & sprouts ~ 1/2 Salad	V	R95
Homemade Parsley 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) ~ 1/2 Salad	Ve	R70

CAKES

Apple & Apricot Nut Crumble		R55
Lemon Tart		R45
Chocolate Cake		R50
Chocolate Ginger Cake - gluten free	G/F	R58
Macadamia Nut Brownie - gluten free	G/F	R32
Classic Baked Cheesecake		R55
Coconut & Lemon Cheesecake - sugar free + gluten free	S/F G/F	R62
Carrot Cake - wheat free	W/F	R55
Butternut, Date & Orange Cake - sugar, dairy + gluten free	S/F D/F G/F	R60
Beetroot & Berry - vegan	Ve	R50
3 Scoops of all Natural Ice Cream		R55
1 Scoop Ice Cream or Cream		R18