

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	R95
Sirloin Steak 150g	C/F	R110
Smoked Salmon, Cream Cheese & Avo	C/F	R130
Scrambled Egg, Mushrooms & Cheddar	V C/F	R85

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	R32
Decaf Latte	R36
Double Latte	R42
Choccochino	R45

CAFFEINE FREE alternatives:

Hot Chocolate	R35
Chai Latte	R35
Red Cappuccino	R28
Red Latte	R34
Tumeric Latte	R45

TEAS:

Ceylon	R15
Rooibos	R15
Earl Grey	R18
Green	R18

HERB TEAS - see board

R22

LACTOSE FREE options:

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

EXTRAS: - Honey R8

COLD BEVERAGES

JUICES - Orange / Mango / Cranberry	R20
Water - still / sparkling	R12
Soft Drinks	R16
Tizers	R26
Kombacha	R20 / R35
Iced Teas / Iced Americano	R25

FRESHLY PRESSED JUICES some fruit is seasonal

	Large (450ml)	R45
	Small (250ml)	R35
~ 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	R47
~ Strawberry & Banana	R47
~ Granadilla & Strawberry	R47
~ Banana & Mango	R47
~ Peanut Butter & Banana	R47
~ Assorted Berries & Mint	R55
~ Avo, Mint & Spinach	R58

SHAKES made with all natural vanilla ice cream 350ml

Chai Shake	R45
Iced Coffee	R48
Chocolate Shake	R45
Fruit Shake - choose from flavors above	R45
Assorted Berries & Mint	R55

MAIN MEALS OF THE DAY ON SPECIALS BOARD

BREAKFAST Served all day - except between 12 & 2.30pm

Oat & Banana Porridge	V	R45
Berry, Nut, Date & Yoghurt stack	V	R75
Granola, Yoghurt, Apricot & Ginger stack		R68
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	R90
- with fried banana & honey	V	R80
Toastie		
- Mozzarella, bacon, tomato & pesto		R60
- add a fried egg		R65
Scrambled Egg & Roasted Rosa Tomatoes on your choice of homemade bread		
- with mushrooms	V	R55
- with bacon		R65
- with salmon		R85
Eggs Benedict		
2 poached eggs on an English muffin, with rocket & hollandaise sauce and your choice of topping		
- gypsy ham		R80
- mushrooms	V	R85
- salmon		R90
Croissant French Toast		
- with bacon & honey		R75
- with fried banana & honey	V	R60
Quesadillas		
Garnished with leaves & sprouts		R66
- ham, cheese & peppadews		
- feta, mushroom & olives	V	
3 Egg Omelette with bread of your choice		R82
- chevin, asparagus & sage	V	
- bacon, cheddar & tomato		
- rocket, ricotta & mushroom	V	
- caramelised onion, sun-dried tomato & feta	V	

FROM OUR BAKERY

Plain Croissant	R18
- Croissant with cheese & preserves	R65
Spinach & Feta Croissant	R28
Almond Croissant	R28
Chocolate Croissant	R25
Cinnamon & Apple Snail Bun	R26
Muffin of the day	R26

LIGHT LUNCHES

Vegetarian Soup of the Day with your choice of our homemade bread ~ starter portion with one slice	V	R60
Vegetarian Quiche of the day	W/F V	R45
Free Range Chicken & Leek Pie	W/F D/F	R48
Lentil & Baby Veg Pie	W/F Ve	R45
Venison, Butternut & Apricot Pie	W/F	R48

SIDE DISHES

Side Salad	R36
Potato Wedges	R25
Sweet Potato Wedges	R30

SANDWICHES

CIABATTA, BROWN SEED LOAF OR 100% RYE		
- Gluten free roll	G/F	add R18
- Carb free roll	C/F	add R18
- Croissant		add R15
Roasted free range Chicken with sliced avo, rocket & a honey & mustard dressing		R58
Brie Cheese with onion marmalade & lettuce	V	R52
Hummus with roasted aubergine, sun-dried tomato & rocket	Ve	R52
Chevin with tomato, sweet chilli jam & baby leaves	V	R55
Gypsy Ham with gherkin, mustard mayonnaise & lettuce		R55
Roasted free range Chicken with homemade mayo & radish slices		R55
Smoked Salmon with wasabi cream cheese & lettuce		R75
Brie, Bacon, lettuce & tomato		R65
Super Steak sandwich 150g sirloin steak with caramelised onion, rocket & pesto-mayonnaise		R90

BURGERS

See BURGER TOPPINGS Roll Options

Vegan Burger with rocket, avo & tomato	Ve	R70
Free range Chicken Burger		R75
Chicken breast with gherkin, homemade mayo & lettuce		
Pure Beef Burger 200g		R 85
Tomato, gherkin & lettuce		

WRAPS

23CM WRAP - SERVED WITH BEETROOT & SWEET POTATO CHIPS AND A BOWL OF GINGERED SHERRY SYRUP.		
Gluten free chickpea pancake	G/F	add R18
Honey, ginger & soya marinated free range Chicken strips with julienned carrots, mange tout, spring onion, lettuce & honey mustard dressing		R87
Teriyaki marinated Beef cubes with chilli butternut, mange tout, spring onion, lettuce & homemade chilli mayonnaise		R92
Hummus, Danish Feta, roasted veg strips, aubergine, courgette, red pepper & sun-dried tomato pesto & lettuce	V	R85
~ Replace Feta with Avo	Ve	
Feta, Ricotta, roasted red pepper, spring onion, cucumber, julienned carrots & lettuce with a honey-mustard yoghurt dressing	V	R80
Bacon, Avo, Mozzarella with tomato, lettuce, julienned carrots & homemade pesto mayonnaise		R92
Smoked Salmon, capers, cucumber strips, mange tout, spring onion, lettuce & cream cheese		R110

BURGER TOPPINGS & EXTRAS

Mushroom & Port Sauce	V	R25
Cheddar, Mozzarella, Parmesan, Feta	V	R20
Bacon, Chicken, Ham		R25
Homemade fiery Chilli Sauce	Ve	R10
Homemade Mayo	V	R10
Avocado Pear (seasonal)	Ve	R15
Caramelised Onion	Ve	R18
Pesto	V	R18
Root Veg Crisps		R35

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		R90
		R65
Back Bacon, Feta, mange tout & avo Salad on a bed of greens topped with seeds & sprouts ~ 1/2 Salad		R90
		R65
Creamy Goat's Chevin, avo & roasted chilli butternut cubes on a large garden salad, garnished with seeds & sprouts ~ 1/2 Salad	V	R85
	V	R60
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	R85
	Ve	R60

CAKES

Apple & Apricot Nut Crumble		R50
Lemon Tart		R45
Chocolate Cake		R40
Chocolate Ginger Cake - gluten free	G/F	R47
Macadamia Nut Brownie - gluten free	G/F	R30
Classic Baked Cheesecake		R52
Coconut & Lemon Cheesecake - sugar free + gluten free	S/F G/F	R56
Carrot Cake - wheat free	W/F	R50
Butternut, Date & Orange Cake - sugar, dairy + gluten free	S/F D/F G/F	R55
Beetroot & Berry - vegan	Ve	R40
3 Scoops of all Natural Ice Cream		R45
1 Scoop Ice Cream or Cream		R16