

BREAKFAST

menu

COFFEE. TEA. JUICE.
FOOD.

LIGHT

Fresh Fruit Salad \$17; coconut yoghurt | coconut (VV|GF)

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

Mantarays Granola \$19; 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**

BREAKY BURGERS

Served in a potato bun – GF bun available

Pork Burger \$22; patty | bacon | rosti | smoked cheddar,
kimchi | fried egg | Russian sauce | bearnaise

Veggie Burger \$20; fried halloumi | rosti | avocado
| kimchi | fried egg | Russian sauce | bearnaise

SUBSTANTIAL

Smoked Fish Bagel \$29; herb crème cheese | pickled
cucumber | avocado | poached egg | fried capers | lemon

German Pretzel \$27; avocado | stracciatella | tomato
| lime onions | chilli oil | poached egg | kale (V)

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

Chilli Scrambled Eggs \$28; 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 | poached egg
| kale | Persian feta | sage pesto | truffle

Wild Rice Salad \$28; fried wild rice | eggplant sambal
| miso whipped tofu | Asian greens | fried tofu (VV|GF)

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 \$31; (2) eggs any way | chorizo
| smoked bacon | roast tomatoes | mushrooms | sourdough

SWEET

Sticky Date Hotcakes \$27; caramelised banana | almond
crumble | Frangelico mascarpone | berries | palm sugar
syrup (GF|V)

Cinnamon Brioche French Toast \$27; vanilla cheesecake
mousse | candied apples | salted caramel | berries |
white chocolate crumble (V)