

Mantis St Helena



CHEF ROY RICHARDS

Soup of the Day £3.50

Homemade bread

Local Smoked Tuna Pâté £4.50

Herbed Melba Toast and an Onion Marmalade

Homemade Biltong Salad £4.95

Cured, Spiced Local Beef, Local Rocket, Parmesan Shavings, Roasted Tomatoes, Garlic Balsamic Dressing

Chicken & Vegetable Coriander Spring Rolls £3.50 each

With an Oriental dipping sauce

St Helena Fishcake £3.50

Fine Salad, Tomato Chilli Jam

Mussels in a Creamy White Wine Sauce £4.95

Garlic Baguette

Salad Caprice £4.00

Sliced Mozzarella, Salad Leaves, Local Tomato, Basil Pesto, Garnished with Black Olives

Local Roast Pumpkin, Toasted Seeds & Feta Salad £4.50

Open Sandwich £5.95

Baguette filled with Slow Cooked Sticky Pulled Pork with Coleslaw

Local Pork Belly £14.95

Mustard Mash, Crispy Crackling, Julienne Vegetables and a Malay Spice Jus

200gm Ribeye Steak £14.95

With Fries or Mash, Julienne Vegetables and a choice of Sauce
(Blue Cheese, Creamy Wild Mushroom, Peppercorn, or Red Wine & Bone Marrow)

The Mantis Burger £9.95

180gm 100% Beef Patty, Lettuce, Tomato & Cheddar Cheese on a Bun
Fries and Homemade, Onion Rings and Cucumber Pickle
(Add Jalapenos 75p, Add Bacon £1.00, Add Pineapple 75p)

Cajun Chicken Hawaiian Burger £9.95

Grilled Chicken Breast, Lettuce, Tomato, Cucumber Pickle,
Pineapple and melted Cheddar Cheese on a Bun, served with Fries

Homemade Pasta of the Day £6.50

Asian Marinated Seared Tuna £9.95

Julienne Vegetables, Egg Noodles, Lemon Butter

Slow Cooked BBQ Pork Ribs £9.95

with Coleslaw and Fries

Portuguese Grilled Chicken £6.95

Served with Fries and a Spicy Siracha Smoked Mayonnaise

Lentil Bobotie £6.95

Classic South African baked dish with lightly Curried Brown Lentils
With Yellow Rice and Sambals (V)

Thai Green Curry with Egg Noodles or Steamed Rice (V) £6.95

(Add Chicken £2.00)

Veg of the Day £2.50

Chips or Mash £2.50

Sticky Toffee Pudding £3.95

Brandy Butterscotch Sauce

Homemade Ice Cream of the Day £2.50

Homemade Sorbet of the Day £3.95

Tiramisu £3.95

Made with St Helenian Midnight Mist

Fudgy Peanut Butter Brownie Chocolate Sauce & Ice Cream £3.50

Baked Cheesecake £4.25

Scones £2.50

With Jam, Cream and Cheese

Homemade Cookies (3) £1.95

Cheeseboard £6.50

Three Cheeses with Green Fig Preserve, Chilli Jam and Crackers

We Accept Local Debit Cards and International Debit and Credit Cards

We strive to use much local produce as possible and thus ingredient and menu items are subject to change. While we try our utmost to purchase locally, we do import many of our ingredients. Availability of these items is not always consistent.

We kindly ask for your patience and understanding.