

CHICKEN

*All gluten free

Chilli Chicken \$ 12.99

Boneless skinless chicken cut into cubes in a spicy, sweet sauce. With green peppers and onions.

Butter Chicken \$ 12.99

Boneless skinless chicken breast cooked in a buttery cream curry.

Chicken Korma \$ 13.99

Boneless skinless chicken thigh in a rich coconut and cashew curry.

Masala Chicken \$ 11.99

Boneless skinless chicken curry with peas, corn, tomato and onions.

Mantra Chicken \$ 12.99

Chicken curry made with typical indian pickling spices and dairy.

Lemon Chicken \$ 12.99

Spicy lemon curry with boneless skinless chicken thigh.

Madras Chicken \$ 12.99

Boneless skinless chicken cooked in a spicy coconut curry. Very red in color.

Pepper Chicken \$ 12.99

Pepper masala curry with boneless skinless chicken thigh.

Chicken Vindaloo \$ 13.99

Typical south indian curry. Spicy, slightly sweet and tangy chicken curry with sliced potatoes.

Chicken Tikka Masala \$ 12.99

Boneless skinless chicken thigh with green pepper, red pepper and red onion in our amazing tikka masala.

Mangalorean Chicken \$ 12.99

Freshly grated coconut, spices and boneless skinless chicken thigh.

BEEF / LAMB / GOAT

*All gluten free

Beef Keema

\$ 11.99

Ground beef curry with, peas, corn and potatoes. Known as our indian sloppy Joe!

Lamb Korma

\$ 13.99

Lamb braised with yogurt and cream and spices to produce a thick sauce.

Beef Pepper Fry

\$ 12.99

Beef sirloin sliced with sliced potato, sliced peppers, ginger, garlic and onions.

Mangalorean Beef

\$ 12.99

Sirloin beef cubes made in yummy masala and freshy grated coconut.

Green Goat Masala

\$ 13.99

Goat braised in our signature green curry made with mint, green chillies and corriander.

SEAFOOD

*All gluten free

Shrimp Masala

\$ 12.99

Shrimp made with an amazing blend of spices.

King Fish Curry

\$ 12.99

Typical mangalorean fish curry. Spicy, sour and savoury. Gluten free.

VEGETARIAN

*All gluten free

Dhal

Lentil curry with many spices.

vegan

\$ 7.99

Rajma

Red kidney beans in a thick gravy with many spices.

vegan

\$ 7.99

Sambar

Lentil-based vegetable stew with many spices.

vegan

\$ 7.99

Cabbage

Pan fried cabbage with garlic, ginger, mustard seeds, toasted dhal, onion and curry leaves.

vegan

\$ 7.99

Potato Bhaji

Chopped potatoes with onion, garlic, turmeric, mustard seeds and curry leaves.

vegan

\$ 7.99

Spinach and Blackbeans

Creamy curry with Spinach, Black Eyed Peas Curry and Coconut.

vegan

\$ 7.99

Chana Masala

Chickpea Curry with Onion, Tomatoes, Coriander Seed, Garlic, Chiles, Ginger.

vegan

\$ 7.99

Mutter Paneer

Peas and paneer(indian cheese) in a tomato/cashew cream based sauce, spiced with garam masala.

\$ 7.99

Raita

Yogurt salad with cucumber, onion, ginger,garlic, mint and cilantro.

\$ 2.99

Mantra Coleslaw

Cabbage salad with our yummy dressing.

\$ 2.99

RICE/BREAD/NOODLES

*All gluten free except Naan

Plain Rice

vegan \$ 2.99

Mantra Rice

vegan \$ 3.99

Basmati rice cooked in cocout milk, vegetable ghee, cinnamon, cardamom and cloves.

Lemon Rice

vegan \$ 3.99

Lemon rice is made by tempering precooked rice with basic spices, lentils, mustard seeds, kashmiri chilies, ginger. A generous amount of lemon or lime juice is used to add flavor and tang to the rice.

Tamarind Rice

vegan \$ 3.99

A tangy rice dish made with channa and urad dals and peanuts infused with the flavor of tamarind pulp, kashmiri chillies and peanuts.

Naan -not gluten free

vegan \$ 2.79

Naan is a leavened, oven-baked flat bread

Garlic Naan -not gluten free

vegan \$ 2.99

Naan is a leavened, oven-baked flat bread with garlic

Mantra Noodles

vegan \$ 3.99

Rice noodles steamed then pan fried with toasted spices, ginger, garlic, onions and mustard seeds.

SAUCES / PICKLES

*All gluten free

Lemon Pickle

vegan \$ 3.99

A South Indian styled lemon pickle, full of spice and tang. A little goes a long way! Amazing with all dishes on our menu.

Carrot Pickle

vegan \$ 3.99

Carrots with spicy, salty, sour and sweet flavours. With a beautiful orange color.

Mantra Sauce

\$ 1.00

Creamy Garlic Sauce with a dairy base. Amazing!!!

Green Chutney

vegan \$ 0.89

Blend made of green chilies, cumin, coriander and mint leaves

Mango Chutney

vegan \$ 0.89

Cooked ripe mango, sugar, ginger, garlic and chilli powder.

Tamarind Chutney

vegan \$ 0.89

Sweet, tangy with a bit of spice. Chutney made with tamarind, jaggery, cumin and chilli powder.

Mantra Hot Chillies

vegan \$ 0.89

Rice wine vinegar and 7 types of super hot chillies. If you like it hot you will love our hot sauce!

BIRYANI

*All gluten free

Vegetable Biryani

\$ 10.99

A world-renowned Indian dish, biryani takes time and practice to make but is worth every bit of the effort. Long-grained rice (like basmati) flavored with exotic spices such as saffron is layered with vegetables.

Lamb Biryani with Raita

\$ 13.99

A world-renowned Indian dish, biryani takes time and practice to make but is worth every bit of the effort. Long-grained rice (like basmati) flavored with exotic spices such as saffron is layered with lamb.

Shrimp Biryani with Raita

\$ 13.99

A world-renowned Indian dish, biryani takes time and practice to make but is worth every bit of the effort. Long-grained rice (like basmati) flavored with exotic spices such as saffron is layered with shrimp.

Chicken Biryani with Raita

\$ 12.99

A world-renowned Indian dish, biryani takes time and practice to make but is worth every bit of the effort. Long-grained rice (like basmati) flavored with exotic spices such as saffron is layered with chicken.

EVERYDAY SPECIALS

Idli Sambar

gluten free

vegan

\$ 6.99

3 idlies, sambar and freshly grated coconut chutney

Vada Sambar

gluten free

vegan

\$ 7.99

3 vadas, sambar and freshly grated coconut chutney.

Butter Chicken Poutine

gluten free

\$ 7.99

Our signature masala fries with Butter chicken

Masala Fish, Masala Fries and Mantra Coleslaw

\$ 9.99

Battered Masala Fish deep fried, Our signature Masala Fries and Mantra Coleslaw

Chilli Fries

\$ 7.99

Ground beef with peas, corn, carrots and spices loaded on top of our famous masala fries.

Tandoori Dinners + one side

for ONE

1 drumstick + 1 thigh

\$ 6.99

for TWO

3 drumsticks + 2 thighs

\$ 8.99

for FOUR

6 drumsticks + 5 thighs
+ Mantra sauce

\$ 17.99

SIDES

Small Masala fry, Lemon rice,
Mantra rice, Tamarind rice

EVERYDAY SPECIALS

Idli Sambar

gluten free \$ 6.99

3 idlies, sambar and freshly grated coconut chutney

Vada Sambar

gluten free \$ 7.99

3 vadas, sambar and freshly grated coconut chutney.

Butter Chicken Poutine

gluten free \$ 7.99

Our signature masala fries with Butter chicken

Masala Fish, Masala Fries and Mantra Coleslaw

\$ 9.99

Battered Masala Fish deep fried, Our signature Masala Fries and Mantra Coleslaw

Chilli Fries

\$ 7.99

Ground beef with peas, corn, carrots and spices loaded on top of our famous masala fries.

Tandoori Dinners + one side

for ONE 1 drumstick + 1 thigh \$ 6.99

for TWO 3 drumsticks + 2 thighs \$ 8.99

for FOUR 6 drumsticks + 5 thighs \$ 17.99
+ Mantra sauce

SIDES Small Masala fry, Lemon rice,
Mantra rice, Tamarind rice

BEVERAGES

Mango Lassi **\$ 4.59**

Fresh Mango Pulp blended with yogurt and sugar syrup

Bottled Pop **\$2.79 for all**

Pepsi - 591ml / Coke - 591ml / 7up /

Brisk - 591ml (Original / Lemonade) /

Pure Leaf Ice tea (Lemon / Raspberry / Peach)

Gingerale / Mountain Dew

Sanpella **\$ 1.99**

(Orange / Blood Orange / Pomegranate Orange
Lemon / Clementine)

Aquafina Water - 591ml **\$ 2.49**

v8 **\$ 1.99**

FREE DELIVERY

OVER \$20.00 BEFORE TAXES

MINIMUM DELIVERY \$10.00 BEFORE TAXES

\$10-\$20 IS \$2 FOR DELIVERY

(SOME CONDITIONS MAY APPLY)

We do Catering!