



Welcome

Think of India and one of the first things that comes to mind is its diversity. Languages and cultures are numerous and every state (29) is unique in its traditions and very importantly, its distinctive food that reflects their regional and cultural heritage, influenced by religious and cultural choices and traditions. In fact, food from one region may actually be totally alien to a person from another region! The common thread is the use of numerous spices to create flavour and aroma.

The culture of Indian food


Cooking is considered an art and mothers usually begin to teach their daughters and pass down family recipes by show-and-tell, fairly young in life. Mealtimes are important occasions for family to get together. Most meals comprise of several dishes ranging from meat, vegetables, daal, rice and roti. The country's culinary tapestry is complex. Food preparation is bound up with spirituality, varied and ancient, underpinned by a masterful use of spices. Its roots firmly planted in Ayurvedic practice with each spice having therapeutic properties.

FOOD ALLERGY AND DIETARY RESTRICTIONS

All ingredients are not listed. Please inform us of your specific allergy or dietary requirements when ordering. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen or contamination free.

15% Surcharge on all public holidays

We accept cash, Eftpos, Visa and Mastercard

A photograph of traditional Indian cooking equipment, including large earthenware pots, stone grinders, and wooden tools, set against a warm, textured background.

A wide variety of spices play a key role in this dynamic cuisine. India is a visual feast, a gastronomic paradise with warm hospitality.

We encourage a shared style of dining to reflect the way in which food is enjoyed in India

TO START

POPPADUMS AND CHUTNEYS 10
5 pcs of poppadums with Schezwan chutney, mango chutney & raita.

MASALA POPPADUMS 12
Crispy roasted poppadum topped with freshly chopped tomato, cucumber, onions mixed with fresh coriander leaves and tangy chat masala.

SAMOSA CHAT 10
A very popular Indian street food, crushed samosa with chutneys.

ONION BHAJI 10
Crispy onion fritters

BOMBAY BHEL 11
Cold & crunchy, light and lovely. Puffed rice, Bombay mix and nylon sev, tossed with fresh tomato, onion, lime, tamarind, mint. An Indian street affair.

MANTRA FRIED CHICKEN 15
with Schezwan sauce.

KOLIWADA PRAWNS 17
Bombay's Fisherman Colony recipe. A bowl of spiced battered prawns perfect for chutney dipping.

BADAAMI BEETROOT TIKKI 15
Almond coated beetroot, cottage cheese and mixed vegetable tikki - Tasty!

COCONUT POACHED PRAWN 20
Inspired from South of India-prawns poached in coconut cream, ginger-garlic and curry leaves, capsicum - Mantra's House Speciality.

FROM OUR TANDOOR - CHARCOAL GRILLED

SUNDRIED TOMATO PARMESAN PANEER TIKKA 18
Cottage cheese, sundried tomato and parmesan cheese. Indian spice and herbs marination.

MALAI BROCCOLI 17
Broccoli florets infused with cream cheese and home ground spices. Tandoor grilled to perfection with pepper, onion & tomato.

AATISH-E-CHAAP 28
A lost recipe from the kitchens of Nawabs, tender Southland Lamb chops flavoured with red chilli and royal cumin seed, herbs and spices - a must have at Mantra.

MURG BANJARA 18
Chargrilled chicken, homemade pounded spices.

MURG KE CHAAP 18
Tandoor grilled tender chicken thigh, served with mint chutney.

LAMB SHEEK KEBAB 18
Minced lean lamb marinated overnight in a secret marinade and chargrilled in tandoor.

SAFFRON FISH TIKKA 20
Saffron infused yogurt marinated fish cooked over glowing embers.

INDO CHINESE

CHILLI CHICKEN 27
A must have Indo-Chinese fair. Crispy spiced chicken bites, cooked with peppers, onions, garlic-ginger-soy is now an Indian staple.

VEGETABLE MANCHURIAN 25
Crispy vegetable rounds in a spicy tangy onion and soy based sauce, a vegetarian must for Indo-Chinese food lovers.

CHILLI PANEER 25
Crispy spiced paneer, cooked with peppers, onions & garlic-ginger-soy.

Add vegetable fried rice instead of white rice to any of the the above. 5

FRIED RICE
Rice tossed with Soya sauce, home made spices and your choice of -

Vegetable	18
Chicken	22
Prawn	25

BASMATI RICE DELICACIES

Steamed Rice 4

Pulao Rice 6

Jeera Peas Pulao 9
Rice tempered with cumin and green peas.

MANTRA FAMILY FAVOURITES

SERVED WITH BASMATI RICE UNLESS OTHERWISE MENTIONED

Done to your spice preference - mild, medium, hot.

MANTRA BUTTER CHICKEN 23

A forever favourite!

CHICKEN TIKKA MASALA 23

Popularised in the U.K!

KADHAI CHICKEN / LAMB / PRAWN 24/25/27

Simmered slowly in our kadhai sauce.

NILGIRI CHICKEN / PRAWN 25/28

A famous south Indian dish from Kerala - ground spinach, mint & coriander leaves, and green chilli, along with coconut and blended spices - Mantra's house speciality.

GOAT / LAMB ROGAN JOSH 27 / 24

Homestyle goat / lamb preparation - delightful Indian.

LAMB CHOP MASALA 30

Tandoor grilled southland lamb chops, cooked delicately with freshly ground spices and herbs in a thick masala sauce.

PORK BELLY VINHA D' ALHOS 27

Commonly known as Vindaloo, slow cooked pork belly in a spicy sauce from Goa.

NALLI NIHARI 28

Slow cooked lamb shank in an extremely flavourful gravy made from a melange of spices, aromatics and yogurt till the meat falls off the bone. Served with pulao rice.

MALABARI PRAWN / SCALLOP 28

Prawn / Scallop curry made with coconut milk, coconut, green pepper & an array of masterfully blended spices & herbs.

KOLKATA FISH CURRY 28

Catch of the day, simmered with ground mustard, red chilli, garlic, curry leaves, herbs and spices.

CHICKEN TIKKA / GOAT BIRYANI SERVED WITH MASALA RAITA 26/28

Delicious mix of chicken tikka / goat and delicately saffroned rice, potted and cooked to perfection with mint, coriander & spices.

SAAGWALA CHICKEN / LAMB / PRAWN 23/24/26

A classic from north India with spinach and garlic.

KORMA CHICKEN / LAMB / PRAWN 23/24/26

The Real Korma! Almonds, bay leaves, raisins and cream.

ON THE SIDE

Poppadums	3
Mixed Pickle / Bharwan Mirch pickle / Green Chilli Pickle	4
Onion Salad	5
<i>Sliced onion, green chilli, lemon, topped with chat masala.</i>	
Indian Salad	8.5
<i>Sliced onion, tomato, cucumber & carrot.</i>	
Chana Chat Salad	14
<i>Chickpea tossed with onion, tomato, couscous, roasted pumpkin seed, chat masala, lime and green coriander.</i>	
Masala Raita / Plain Dahi	5
Chutney	4

INDIAN BREADS

All breads are lightly buttered

Naan / Roti	4
Garlic Naan / Garlic Roti	5
Chilli and Garlic Naan	5.5
Laccha Paratha	5.5
Cheese and Garlic Naan	7
Amritsari Kulcha / Paratha	7
<i>Stuffed with potatoes & onions.</i>	
Chicken Naan	7
<i>Stuffed with chicken.</i>	
Keema Naan	7
<i>Stuffed with minced lamb.</i>	
Peshawari Naan	7
<i>Stuffed with coconuts, nuts & dry fruits.</i>	

VEGATARIAN FAMILY SHARE

VEGAN OPTIONS AVAILABLE

PLEASE INFORM YOUR SERVER

SIDES 14*

*DAL KABILA 21

Yellow dal flavoured with cumin, red chilli tadka.

*DAL MAHARANI 21

Black lentils simmered over 24 hours for dark, rich, deep flavour.

*ALOO GOBHI MATAR 22

Potatoes, cauliflower & green peas cooked together with herbs & spices.

SUBZ MILONI 23

A selection of fresh vegetables tempered with garlic and coriander seeds simmered within a fresh onion, coriander and tomato gravy.

PALAK PANEER 23

Fresh Indian style cottage cheese cooked with delicately spiced creamy spinach sauce.

KADHAI PANEER 24

Sautéed cottage cheese, capsicum and onion; simmered in onion-tomato gravy.

BAINGAN KA BHARTA 25

Aubergine charred in tandoor, cooked with onion, tomatoes, spices and herbs.

PANEER TIKKA MASALA 26

Tandoor Grilled cottage cheese, green pepper, onion & tomato cooked with thick masala sauce, fresh herbs & spices.

BHINDI DO PYAZA 23

Okra cooked with spiced onion, ginger, garlic and tomatoes.

VEGETABLE BIRYANI SERVED WITH MASALA RAITA 26

Delicious savoury mix veg and delicately saffroned rice, potted and cooked to perfection with mint, coriander & spices.

NARGISI KOFTA 24

Sautéed mixed vegetables, cottage cheese, sultana and almond dumplings. Served in creamy tomato-cashew sauce.

SWEETS

LEMONGRASS PAYASAM WITH GULAB JAMUN 13

Slow cooked lemongrass flavored kheer - Served warm with Gulab Jamun.

DUO OF KULFI - BANANA & SAFFRON 14

Caramelized banana and saffron infused kulfis in a homemade reduced milk.

GAJAR KA HALWA WITH KULFI 12

Carrot pudding with pistachio kulfi.