

SALADS

CRUNCHY SALAD

(seasonal veg topped with marinated salmon, tuna, crispy bacon with asian dressing & sesame seeds)

120

FOR THE VEGGIE SALAD

(seasonal veg, peppers, asparagus, tofu, edamame, soy dressing) **110**

MANGA SALAD

(seasonal veg, shiitaki, asparagus, orange segment, prawn, salmon trout, tuna, asian dressing, seaweed & sesame seed)

125

SASHIMI SALAD (base with fish of choice)

RAINBOW TROUT

LINE FISH

topped with seasonal veg & asian dressing **120**

ADD AVO **20**

TAPAS (SHARING IS CARING)

EDAMAME BEANS WITH MISO SALT **45**

DEEP FRIED TOFU **45**

SOY ROASTED NUTS **60**

SEARED TUNA, TERIYAKI, MAYO, TOGARASHI SPICE, TOASTED NORI **85**

CRISPY CALAMARI, GARLIC CHIPS, CORIANDER, SPRING ONION & HOISIN **85**

NEW-STYLE SASHIMI, LEMON, GARLIC, CHIVES, SEARED WITH SESAME OIL **75**

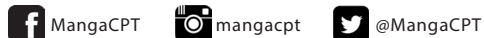
CRISPY SUSHI RICE WITH SPICY SALMON TARTAR **110**

VIETNAMESE DUCK SPRINGROLLS WITH CRUNCHY VEG, SWEET GINGER & CHILLI SAUCE **75**

WHERE TO FIND US

Mojo Market, Regent Road, Sea Point
Corner Beach Rd and Rothesay Place, Mouille Point

FOLLOW US



WWW.MANGA-CAPE-TOWN.CO.ZA

GRILLED BEEF FILLET TATAKI, GARLIC, GINGER, SPRING ONION, BLACK VINEGAR & SOY DRESSING **115**

MISO-ROASTED AUBERGINE, CREAM CHEESE, CHARRED PEPPER & PICKLED GINGER SALAD WITH CRISPY CHICKPEAS & PONZU-MISO MAYO **85**

PINEAPPLE, CORIANDER & LIME LINEFISH CEVICHE WITH TOMATO-CUMIN SALSA, GUACAMOLE, WONTON CRACKERS **90**

TUNA CARPACCIO, ORANGE, CUCUMBER, MANDARIN DRESSING, ONION CRISPS **95**

STICKY PORK BELLY, SWEET-CHILLI & GINGER SAUCE, TOASTED SESAME SEEDS **75**

THE MAINS EVENT

TERIYAKI-TRUFFLE BEEF FILLET WITH ROASTED GARLIC AIOLI **160**

MISO-CURED GRILLED SALMON WITH A SHITAKE AND MIRIN BROTH **160**

FRESHLY STEAMED MUSSELS IN A LIGHTLY SPICED COCONUT LAKSA **120**

CRISPY DUCK WITH LITCHIS AND A THAI-STYLE RED CURRY SAUCE **160**

SIDES THANK YOU VERY MUCH

STEAMED BROCCOLI AND SUGAR SNAP PEAS WITH SHITAKE MUSHROOMS **45**

BLANCHED SPINACH DRESSED WITH A NUTTY SESAME SAUCE **35**

WARM SUSHI RICE WITH SPRING ONION AND SOY **30**

SMOKED PAPRIKA-ROASTED BABY POTATOES WITH A PONZU-CHILLI MAYO **35**

CITRUS DRESSED RED CABBAGE SALAD WITH BEAN SPROUTS, SPRING ONION AND ORANGE **40**

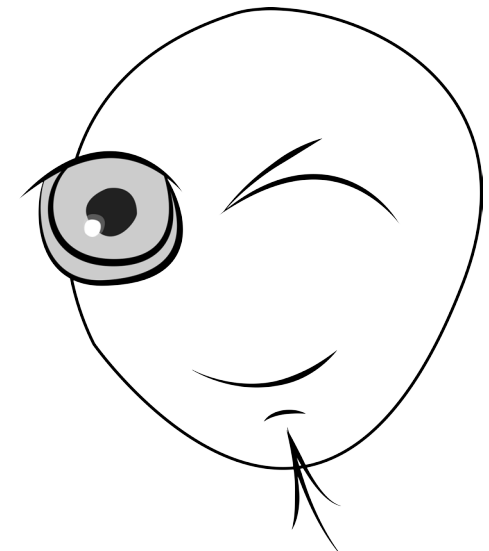
PUDDIN IN YOUR FACE (OH YES)

COCONUT AND CINNAMON SAGO, LITCHI GRANITA, GRILLED PINEAPPLE AND TROPICAL FRUIT SALSA **45**

CHOCOLATE AND BANANA CIGARS WITH VANILLA ICE CREAM **48**

STICKY FRAGRANT RICE WITH CARAMELIZED MANGO AND TOASTED COCONUT ICE-CREAM **48**

MANGA



SUSHI SO GOOD