

FOOD MENU

ALL DAY BRUNCH...

AVO TOAST - £11.5 (V) (GF) optional

Toasted sourdough, smashed avocado, cherry tomatoes, fresh chilli, balsamic glaze, crumbled feta, peashoots.

Add poached egg £1.5 and/or bacon £2

SWEET AVO TOAST - £11.5 (VG) (GF) optional

Toasted sourdough, smashed avocado, sweet red onions, grilled mushrooms. Add feta £1.5

FARMERS BREAKFAST - £13.5 (GF) optional

Smoked bacon, Devon pork sausage, roasted tomato, mushroom, grilled chorizo chunks, our spiced beans, two poached or scrambled eggs, choice of toast & butter.

VEGGIE BREAKFAST - £13.5 (GF) optional

Grilled halloumi, smashed avocado, chilli jam, grilled mushroom, grilled tomato, two poached or scrambled eggs, spiced beans and toasted sourdough.

KETO BREAKFAST - £12.5 (GF)

Smoked salmon, smashed avocado, scrambled eggs, rocket, lemon wedge and roasted vine tomatoes. Add grilled halloumi £1.9

CHORIZO BEANS ON TOAST - £10 (GF) optional

Sourdough topped with spiced beans, chorizo, poached egg and peashoots. **Vegan?** Sub out chorizo and egg for vegan cheese.

EGGS BENEDICT - £11 (V) (GF) optional

Two soft poached eggs on a toasted english muffin, choose from; **ham, mushrooms or salmon**, topped with hollandaise sauce.

Salmon surcharge £2

MEXICAN BENEDICT - £12.5 (GF) optional

Two soft poached eggs, toasted muffin, avocado, grilled chorizo, spiced hollandaise, garnish.

EGGS ON TOAST - £7.7 (V)

Poached or scrambled eggs on your choice of buttered toast. + **Greendale sausage** £2.2 / **smoked salmon** £2.5 / **Bacon** £2

GREEN EGGS - £13 (GF) optional

Toasted souldough topped with prosciutto, two poached eggs, basil pesto and peashoots.

WAFFLES - £9 (V)

Two sugar waffles, served warm with sliced banana, Greek yoghurt and salted caramel sauce.

TEACAKES - £3.5 / TOAST & PRESERVES - £3.8

ALSO AVAILABLE FROM MIDDAY ...

GRILLED GOATS CHEESE - £13.5 (V) (GF) optional

Warm goats cheese on toasted sourdough, with caramelised red onions, rocket, walnuts and honey. Add prosciutto £1.9

Available as a salad - simply swap out sourdough for a mixed leaf house salad.

SOUP OF THE DAY - £7.8 (V) (GF) optional

Homemade, served with white, granary or sourdough bread and butter.

LOADED PRETZEL BUN - £10

Chicken, smoked bacon, crunchy lettuce, sliced tomato and siracha mayo, served in a pretzel bun, with tortilla crisps and salad.

PANINIS- £9.5 (VG)

Choose from: Sundried tomato, vegan cream cheese, rocket, pesto **or** Smoked bacon, brie and chilli jam.

Daily made, served with salted tortilla crisps and house salad.

** WE HAVE A SMALL KITCHEN, IT'S VERY IMPORTANT TO PLEASE MAKE OUR TEAM AWARE OF ANY ALLERGIES WHEN PLACING YOUR ORDER **

Polite notice: You may be subject to a charge if allergens are stated after dish has been made.

AN OPTIONAL SERVICE CHARGE WILL ADDED TO YOUR BILL, 100% OF TIPS GO TO OUR TEAM

EXETER QUAY

MANGO'S

CAFÉ & BAR

HOT DRINKS

Our coffee is roasted by The Coffee Factory in Axminster, using a blend named Black bear. We hope you like it as much as we do!



COFFEE

	Small	Regular
HOT CHOC	-	£3.5
HOT CHOC SPECIAL	-	£4.5
FLAT WHITE	£3.4	-
LATTE	£3.2	£3.4
ICED LATTE	-	£3.5
AMERICANO	£3.1	£3.3
CAPPUCCINO	£3.2	£3.4
MOCHA	£3.4	£3.7
CHAI LATTE	£3.1	£3.4
DIRTY CHAI	£3.5	£3.9

TEA

	Pot of tea
ENGLISH BREAKFAST	£2.6
ENGLISH BREAKFAST DECAF	£2.6
EARL GREY	£2.8
WILD BERRY	£2.8
MINT	£2.8
CHAI	£2.8
GREEN	£2.8
CHAMOMILE	£2.8
LEMON & GINGER	£2.8
REDBUSH	£2.8

- ALMOND - SOYA - COCONUT - OAT MILK -

COLD DRINKS

SMOOTHIES -

All of our smoothies are vegan and gluten free. (V) (GF)

MANGO - £5.5

Our OG smoothie. Mango pulp, orange juice, coconut milk, ice.

GINGER BEETS - £5

Ginger, beetroot, pineapple & blueberries

SUPER GREEN £5

Spinach, mango, lemongrass & banana blended with apple juice.

GUEST SMOOTHIE £5

Ask one of our team for this week's flavour.

THICK-SHAKES - £5.5

Try our epic shakes made to order with ice cream and milk, all topped with whipped cream. May contain gluten or soya.

OREO

Vanilla ice cream, Oreo cookies, chocolate sauce, milk.

STRAWBERRIES & CREAM

Strawberry ice cream, milk & ice.

VANILLA

Vanilla bean ice cream, vanilla syrup, milk.

GUEST SHAKE

Ask one of our team for this week's flavour

SOFT DRINKS

	Small	Regular
MINERAL WATER STILL	£2.8	£3.9
MINERAL WATER SPARKLING	£2.8	£3.9
GINGER BEER		£3.1
ELDERFLOWER BUBBLY		£3.1
ORGANIC ICED TEA		£3.5
SAN PELLEGRINO LEMON / ORANGE		£2.9
ORANGE JUICE		£3.4
APPLE JUICE		£3.4
PINEAPPLE JUICE		£2.9
GRAPEFRUIT JUICE		£2.9
MANGO JUICE		£2.9
COCA COLA		£3.2
COKE ZERO		£3.2
FIZZY APPLE		£3.2
KIDS CARTON		£1.5
MANGOSTEEN JUICE		£3.5
CBD CREAM SODA		£3.1

OUR LOADED WINTER HOT CHOCOLATES ARE BACK

BISCOFF - S'MORES - GINGERBREAD / £4.95

EXETER QUAY

MANGO'S
CAFÉ & BAR

WWW.CAFEMANGOS.CO.UK