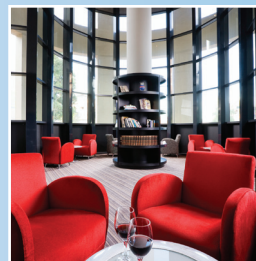




*I will tempt  
my tastebuds*



mantra  
hotels resorts apartments

[www.mantra.com.au](http://www.mantra.com.au)

mantra  
parramatta

# Mantra Dining

Available: 11.00am - 10.00pm Monday to Friday  
5.00pm - 10.00pm Saturday and Sunday

## Healthy options

If you have specific dietary requirements or would like your meal prepared with a low fat or low carbohydrate option, please let us know when placing your order.

## Light Meals

Fish and Chips .....	\$19.00
Chicken Schnitzel with chips and salad .....	\$18.00
Antipasto Plate .....	\$17.00
mixed chargrilled vegetables and meats with toasted lavosh bread	
Gourmet Pizza	
Meat lovers- salami, ham, pepperoni and savoury mince with bbq sauce .....	\$19.00
Ham and Pineapple- ham, pineapple and cheese .....	\$17.00
Chargrilled Veg- grilled veg and fetta cheese .....	\$21.00
Club Sandwich .....	\$18.00
double decker with chicken, egg, bacon, lettuce and mayo served with chips	
Gourmet Steak Sandwich .....	\$18.00
turkish bread, tomato, cheese, lettuce and rocket pesto with chips	
Homemade Spaghetti Bolognaise .....	\$16.00
Cajun Chicken Burger .....	\$18.00
marinated chicken breast, avocado, lettuce, tomato with orange sour cream	
Mantra Burger .....	\$19.00
premium beef pattie, lettuce, tomato, caramelised onions, bacon, egg, cheese, pineapple with chefs homemade tomato relish	
Indian Butter Chicken .....	\$24.00
with turmeric rice and pappadums	

## Salads

Mantra Caesar Salad .....	\$16.00
cos lettuce, bacon, egg, parmessan cheese, caesar dressing, croutons and anchovies	
Add chicken .....	\$17.00
Add smoked salmon .....	\$19.00
Traditional Greek Salad .....	\$15.00
Garden Mixed Salad .....	\$12.00
Rocket and Blue Cheese Salad .....	\$16.00

## Main Course

Scotch Fillet 250g .....	\$32.00
served with chips, salad or vegetables	
choice of sauce: pepper, mushroom or dianne	
German Sausage .....	\$25.00
mash with peas in a seeded mustard sauce	
Traditional Lasagne .....	\$23.00
beef or vegetable with chips and salad	
Blackened Cajun Atlantic Salmon Fillet .....	\$32.00
served on chips and salad	

## Sides

Chunky Cut Chips .....	\$7.00
Seasoned Potato Wedges .....	\$9.00
Steamed Vegetables with Herb Butter .....	\$8.00
Garlic Bread .....	\$6.00
Herb Bread .....	\$6.00

## Desserts

Sorbet .....	\$14.00
sorbet with seasonal fruit	
Cheese .....	\$23.00
selection of Australian cheeses	
Crumble .....	\$14.00
apple and peach crumble with vanilla ice cream	
Sundae .....	\$14.00
banana, ice cream, cherries, nuts, choc fudge	
Cheesecake .....	\$15.00
new york cheesecake, double cream with fruit compote	
Chocolate .....	\$16.00
double chocolate mud cake	

## 24/7 Dining

Beef Lasagne with salad .....	\$23.00
Vegetable Lasagne with salad .....	\$23.00
Indian Butter Chicken with Turmeric Rice .....	\$24.00
Homemade Spaghetti Bolognaise .....	\$16.00
Cheeseburger with Red Rock Deli Crisps .....	\$18.00

## Room Service

Please dial 5 to place your order.