

LUNCH



@MangroveJoburg

LUNCH

Mangrove Bark

(Served until 12:00 – 17:00)

(V) ROOFTOP FARM SALAD 55

Urban greens, cucumber, onion, carrot shavings, rosa tomato served with a honey mustard or vinaigrette dressing.

Pick one topping: olives, feta, charred corn, avo, grilled chicken strips, roast cauli, spicy chickpeas, charred broccoli or roast butternut

(Additional toppings are R12 each)

MAMA'S HOME 60

Hearty chicken stew served with basmati rice and a salad

(V) MAKEDA SALAD BOWL 95

Quinoa, roasted butternut and beetroot, cucumber, wilted spinach with olives, almonds and a butter puree surprise

(V) AZANIA CHICKPEA AND BUTTERNUT CURRY 85

An African inspired vegetable curry served with roti or rice, sambals and a cool yoghurt sauce

PASTA PASTA (SO NICE YOU MUST SAY IT TWICE)

Served over linguine or penne with a slice of garlic bread:

Tomato Beef 75

Creamy Chicken 70

Creamy Seafood 120

(V) Three Mushrooms (Creamy or Tomato) 85

ZOLA BUD

Sub with lettuce and tomato, served with side patatas/fries or side salad:

(V) Chips & Cheese 35

(V) Spicy Chickpea 50

(V) Avo, Egg & Cheese 55

Cheese Meatballs & Salsa 55

Chicken, Onion Marmalade & Mayo Slaw 60

Avo, Bacon & Cheese 65

SOWETO BABY 65

1/4 loaf kota with fries, lettuce, tomato, atchaar, polony, cheese, burger patty, bacon and a soft egg

(V) ROTI WRAP 75

Chickpea & butternut curry or grilled chicken in a roti wrap with a side salad

(V) POTATO SKINS 60

Crispy potato skins with chicken, beef or lentils, served with guacamole, salsa and cheese

REVOLUTIONARY WINGS

Sesame wings with our secret Mangrove basting, served with patatas or fries (cheesy or plain) and coleslaw

10 Wings 75

14 Wings 98

A 10% service charge will automatically be added for groups of 10 or more

RIB AND WING COMBO

250g pork ribs (basted with lime & cola or spicy sauce) and five wings, served with patatas or fries (cheesy or plain) and coleslaw

95

GANG RIBS

Pork ribs (basted with lime & cola or spicy sauce), served with patatas or fries (cheesy or plain) and salsa:

500G

160

1KG

260

(V) MANGROVE SLIDERS

2 signature green or traditional buns with lettuce, tomato, gherkins, red sauce, cheese and patatas or fries:

Beef

75

Chicken

75

Vegetarian

80

(V) MANGROVE BURGER

120g patty served on a toasted brioche bun with cheese, red onion, gherkin and patatas or fries:

Beef

90

Chicken

85

Vegetarian

80

BIGGANYANA STEAK AND CHIPS 120

150g sirloin steak grilled to perfection and basted with our secret sauce, served with patatas or fries, side salad and a mushroom or cheese sauce

SPYKOS

105

Black label battered hake portions with original fries and a slaw

NKU YA KAROO

160

Rosemary and pepper lamb chops with patatas or fries and zesty greens

SIDES

FRIED PLANTAIN

25

FRIES (PATATAS OR NORMAL)

25

FULLY LOADED FRIES

45

(BACON, CHEESE, JALAPEÑO)

RIBBITS

35

SIDE SALAD

15

STEAMED OR ROAST VEG

25



PLATTERS (FOR FOUR)

BIGGIE PLATTER

480

Cheese meatballs, chicken wings, pork ribs, fries/patatas & side salad

SISTER SOULJAH PLATTER

420

Beef/chicken sliders, mince beef, fish fingers, potatoes croquettes, rotis & side salad

(V) RZA PLATTER

380

Jalapeño poppers, cauliwings, potato croquettes, chickpea & butternut curry, rotis & sambals

DESSERT

Mangrove Fruits

THE SOIL

55

Chocolate Moose

EGOLI MALVA

50

With homemade custard

MAMA'S RED VELVET

55

BROWNIE & ICE CREAM

55

GELATO

42

AFFOGATO

32

Vanilla ice cream with a shot of espresso

ABOUT MANGROVE

A mangrove is a small tree that grows in rough and salty coastal waters - much like these Jozi streets - protecting fish from storms, tides and dangerous predators. Where mangroves grow, everything else flourishes. Mangroves are our totem as we work to grow deep roots in the community.

Mangrove was also inspired by a restaurant of the same name founded in London in 1968, which emerged as a symbol of black consciousness. Our space is a home for nomads, creatives, activists and progressive entrepreneurs. We break bread, share experiences and bring our voices and radical thoughts together in an effort to to move our society forward.