

## Bio-Live Yoghurt Bowls

Pick your delicious base of our uniquely sourced yoghurt:  
**BIO-LIVE YOGHURT** or **COCONUT YOGHURT** + **£0.50**

A bowl of goodness for only:  
**(S)MALL £3.95 | (R)EGULAR: £4.95**

### SWEET

**S**  
 **R**  
**GRANOLA + STRAWBERRY**  
Dorset Oats Granola + Strawberries  
+ Chia Seeds + Honey

**S**  
 **R**  
**DARK CHOCOLATE + ORANGE**  
Belgian 70% Dark Chocolate  
+ Orange Segments + Pistachios  
+ Fresh Mint + Honey

**S**  
 **R**  
**RASPBERRY + WALNUT**  
Raspberry + Walnut + Rolled Oats  
+ Cinnamon Powder + Honey

**S**  
 **R**  
**QUINCE COMPOTE + GRANOLA**  
Quince + Dorset Oats Granola + Pom  
Seeds + Orange Segments + Cinnamon

**S**  
 **R**  
**MANGO + PINEAPPLE**  
Mango + Pineapple + Basil  
+ Star Anise + Honey

**S**  
 **R**  
**BANANA + HAZELNUT**  
Banana + Crushed Hazelnuts + Toasted  
Almond Flakes + Agave Maple Syrup

### SAVOURY

**S**  
 **R**  
**AVOCADO + BEETROOT**  
Avocado + Beetroot + Fresh Mint  
+ Sea Salt + Black Pepper + E.V. Olive Oil

**S**  
 **R**  
**SMOKED SALMON + DILL**  
Forman's Smoked Salmon + Dill +  
Lemon Juice + Sea Salt + Black Pepper  
+ E.V. Olive Oil

**S**  
 **R**  
**ROASTED AUBERGINE + TOMATO**  
Roasted Aubergine + Roasted Cherry  
Tomato + Chilli Powder + E.V. Olive Oil

**S**  
 **R**  
**FREEKEH + RED LENTIL**  
Freekeh Wheat + Red Lentil + Lemon  
Juice + Garam Masala + Dried Mint  
+ E.V. Olive Oil

**S**  
 **R**  
**HUMMUS + ZA'ATAR**  
Hummus + Chickpeas + Toasted Pine  
Nuts + Parsley + Za'atar + Sumac  
+ E.V. Olive Oil

**S**  
 **R**  
**CAULIFLOWER + GREEN TAHINI**  
Cauliflower + Green Tahini Sauce  
+ Barley Rusk + Sea Salt + E.V. Olive Oil



## Dessert

With artisanal ingredients

**SOUR CHERRY PARFAIT** £2.95  
Sour Cherry Jam + Bio-Live Yoghurt

**RAW CHOCOLATE + RICOTTA MOUSSE** £2.95  
Raw Cocoa + Whipped Ricotta + Pom Seeds + Honey

**VANILLA + LIME ZEST + GINGER BISCUIT** £2.95  
Bio-Live Yoghurt + Vanilla Extract + Lime Zest  
+ Ginger Biscuits



## Mandira Catering Menu

1 ----- 2 ----- 3 ----- 4  
Type quantities Type your name and specify Save the document Your catering request will  
for each item if you have any allergens or and submit it to be approved by a member  
and specify sizes special instructions **info@mandiralondon.com** of our team within 24 hrs.

\*48 hrs notice required. | \*Catering payments accepted via bank transfer or in-store.

FULL NAME

NOTES & INSTRUCTIONS

## Latke

Oven-baked vegetable bites, hand crafted every day.



**ZUCCHINI + FETA** £2.25  
Zucchini + Feta + Pine Nuts + Lemon Juice

**SUPERGREEN** £2.25  
Leek + Dill + Parsley + Coriander

**CARROT + CORIANDER** £2.25  
Carrot + Coriander + Lemon Juice

**LEEK + POTATO** £2.25  
Leek + Potato + Nutmeg

**PAPRIKA** £1.95

**BEETROOT** £1.95

**GREEN TAHINI** £1.95

## Bio-Live Smoothie

Crafted every morning in Mandira Lab.

**PLAIN KEFIR** £3.00  
with a hint of Lemon Zest

**MANGO + CHILLI BIO-LIVE SMOOTHIE** £4.50  
Mango + Coriander + Red Chilli

**SUPERGREEN COCONUT SMOOTHIE** £4.50  
Kale + Spinach + Parsley + Turmeric

**RAW COCOA + ORANGE COCONUT SMOOTHIE** £4.50  
Cocoa + Orange + Lemon Zest



## Simit Bagel

A TRADITIONAL, TURKISH BREAD.

Similar to a bagel, but lighter, crispier and coated in sesame seeds.

**PLAIN SIMIT** £2.00  
Great for Dipping or delicious by itself

**MANDIRA EGG SALAD** £4.50  
Breckland Farm Eggs + Bio-live Yoghurt + Colman's English Mustard

**THE AEGEAN** £4.50  
Anthotyro Cheese + Smyrna Dried Figs + Wild Flower Honey

**THE MEDITERRANEAN** £4.50  
Black Olive Paste + Pomegranate Mollasses + Barrel Aged Feta + Cucumber

**THE VEGAN** £5.00  
Grilled Aubergine + Grilled Courgette + Sweet Red Pepper Paste

**SIMIT TLT** £5.00  
Turkey + Lettuce + Tomato + Colman's Mustard Sauce

**GUACAMOLE** £5.00  
Avocado + Tomato + Red Onion + Coriander

**SMOKED SALMON** £5.00  
Forman's Smoked Salmon + Mandira "Cream Cheese" Labne + Dill + Black Pepper

**TURKISH PASTRAMI** £5.00  
Air-dried Cured Beef with red pepper and garlic + Aged Cretan Graviera

**HALLOUMI** £5.00  
Unsalted Halloumi + Muhammara with Walnuts



## Home-Made Soup

(S)MALL: £3.50 | (R)EGULAR: £4.50

**S**  
 **R**  
**LAKELAND BEEF + POTATO**

**S**  
 **R**  
**MINISTRONE**

**S**  
 **R**  
**RED LENTIL**

**S**  
 **R**  
**TOMATO AND BASIL**

**S**  
 **R**  
**POTATO AND LEEK**

## Cold-Pressed Juice

**DETOX** £3.75  
Orange + Carrot + Apple  
+ Ginger

**GREEN BLAST** £3.75  
Apple + Spinach + Celery  
+ Ginger + Lime

**ORANGE** £2.75  
Pure Orange