

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: Mantis Mineral Corp. (the "Issuer").

Trading Symbol: MYN

Number of Outstanding Listed Securities 88,385,759

Date: July 6, 2009

This Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by the CNSX Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the CNSX.ca website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the CNSX Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

The Company is continuing to prepare for the actions required in the ongoing programs discussed in previous reports.

The Company announced that it is in the process of mobilizing a drill rig to its Cree Lake gold property to test the Flint Rock gold occurrence where trenching and sampling yielded gold values as high as 1,300 gpt (37.91 opt). The high grade vein at the occurrence is hosted within an envelope of gold bearing sheared volcanics, over a 2-meter width and 100-meter strike length. The drill is expected to arrive June 29th.

A diamond drill program of up to 1200-meters has been designed to test the high grade Flint Rock gold occurrence along a 200-meter strike length. 100-meters of this strike length will test the gold bearing system immediately below the area stripped last fall that yielded the high grade surface sample results. Targeted depths in this section will range from 50 to 100-meters. The strike extension will be probed at 40 to 50-meter vertical depths.

The drill program is expected to last up to 4-weeks. Results should be available by mid August.

The Flint Rock Occurrence

This occurrence was stripped and sampled by Mantis in the fall of 2008, the results of which were reported in earlier press releases and returned high grade gold mineralization including visible gold. Significantly, the recent compilation has revealed that a single hole drilled in 1990 by Vanin Mining, collared 25-meters northeast of the limit of the current stripping returned an assay from the interval 82.6-85.0-meters of 31.3 gpt (1.0 opt). This intersection correlates with upward projection to surface of the shear hosted fault-fill veins, which returned spectacular high grade values up to 1,300 gpt (37.91 opt) from spot-cut and grab samples at surface. Interestingly, this hole was stopped in a shear. More importantly, this hole, in-conjunction with the stripped area extends the strike length to 125-meters and highlights the open ended potential along its east-northeast extent.

The Company closed a private placement of 11,300,000 units at a price of \$0.05 per unit with HDL Capital Corporation as agent for gross proceeds of \$565,000. Each unit consists of one common share and one-half of one share purchase warrant, each whole warrant entitling the holder thereof to acquire one share at a price of \$0.15 for a period of one year.

A total of \$34,400, and 860,000 broker warrants were issued by Mantis in commission in connection with the private placement. Each broker warrant entitles the holder thereof to acquire one unit at a price of \$0.05 per unit for a period of one year.

2. Provide a general overview and discussion of the activities of management.

Management continues its weekly project committee meetings to review each property and determine budgets and work programs.

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

See Note 1 above for details of drilling programs

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.
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None

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

None

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

None

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

None

8. Describe the acquisition of new customers or loss of customers.

None

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.

None

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

None

11. Report on any labour disputes and resolutions of those disputes if applicable.

None

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

None

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13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

None

14. Provide details of any securities issued and options or warrants granted.

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A total of \$34,400, and 860,000 broker warrants were issued by Mantis in commission in connection with the private placement. Each broker warrant entitles the holder thereof to acquire one unit at a price of \$0.05 per unit for a period of one year.

(1) State aggregate proceeds and intended allocation of proceeds.

15. Provide details of any loans to or by Related Persons.

None

16. Provide details of any changes in directors, officers or committee members.

None

17. *Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.*

None

Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to CNSX that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all CNSX Requirements (as defined in CNSX Policy 1).

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- 4. All of the information in this Form 7 Monthly Progress Report is true.
- 5. Dated July 6,2009.

Vicki Rosenthal _____
 Name of Director or Senior
 Officer

'Vicki Rosenthal' _____
 Signature
 CFO
 Official Capacity

Issuer Details		For Month	Date of Report
Name of Issuer		End	YY/MM/D
Mantis Mineral Corp.		June 30,2009	09/07/06
Issuer Address			
8 King Street East, Suite 1500			
City/Province/Postal Code		Issuer Fax No.	Issuer Telephone No.
Toronto, Ontario M5C 1B5		(416) 362-1780	(416) 362-1800
Contact Name		Contact Position	Contact Telephone No.
Vicki Rosenthal		CFO	(416) 362-1800 ext 240
Contact Email Address		Web Site Address	
vrosenthal@mantismineralcorp.com		www.mantismineralcorp.com	

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