

Seasonal, Fresh, Wholesome and Delicious Plant-food



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Welcome, and thank you for choosing Manna vegan restaurant!

STARTERS – 8.60

Soup of the day – Our intensive and nutritious **Creamy Pea & Mint Soup**; served with Walnut slice and crackers.

Seasonal vegetable popcorn – mix raw veg florets, steamed, marinated and shallow fried in our mixed herb and pepper batter for a crunchy and flavoured bite, served with a creamy cheese sauce dip.

Tugboat and stir fry – our marinated tofu chunks on herb infused polenta-base topped with a stir fry mix and warm greens.

Trio of Tastes – our homemade **selection of dips** including different types of hummuses and a cream cheese served with walnut & banana /apple loaf slice and Manna crackers.

MAIN COURSE – 15.80

Sausage warm greens and mash – creamy herby mash with our sausages, served with spicy warm greens and red onion gravy.

Rowboat with stir fry– our ever-popular herb infused polenta-base with aged-marinated tofu topped with a stir fry compliment; served with warm greens.

Manna Curry – mild to medium wholesome vegetable curry served with rice, flat bread and Bombay potatoes.

Buddha Bowl – nutritious infused coriander and five spice consume with chickpea, scrambled tofu and rice noodles topped with bean sprouts.

Pancake Savoury – American style pancakes oven-baked tomato and mushroom, slices of sausage topped with onionin gravy.

DESSERTS – 9.60

Chocolate delight – thick chocolate brownie or fondant of the day, rounded with fresh fruit and a whipped cream or creamy ice cream topping.

Ice cream combo – inhouse selection served with our shortbread biscuit or crumble.

Apple (seasonal fruit) crumble served on custard base with our pecan crumble.

Rice Pudding a creamy cinnamon & orange infusion served with fresh cream.

A Service charge of a minimum 15% is not included. We cater for all allergens with advance notice.

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BOTTLES

Champagne and Prosecco

Jean Pierre **FLEURY** champagne – honey scents from a blend of best chardonnay and pinot noir grapes – **55**

Giol doc Treviso Frizzante – semi-sparkling pale straw yellow with greenish highlights – **28**

Denbies Wines UK – Sparkling – delightful sparkling made in the Surrey Hills - **35**

Rose Wine

Denbies Wines UK – Dark Rose – delightful sparkling made in the Surrey Hills– **25**

Red Wine

Domaine Bousquet – **Pinot Noir** . organic 2017. A bright, ruby red with cherry & plum & smoky aromas – **32**

Denbies Wines UK – Red – delightful house red made in the Surrey Hills– **25**

White Wine

Mont Albano **Pinot Grigio** – light sweet and hint of old spice – **26**

Denbies Wines UK – Flint Valley White – light and delicious, made in the Surrey Valleys – **25**

WINE BY THE GLASS

Rose, Red or White ... House wine by glass – **7**

Non-Alcohol – **5**

BEER, CIDER & SHOTS

Freedom Larger /Helles/ Pale (330ml)– **5.50**

Fabal Larger (330ml) – **5.50**

Non Alcohol beer – **4**

Apple cider - Dunkerton's premium (500ml) – **7**

25mm shots (premium Jelly's **vodka**, Scottish **whisky**, UK **gin**) – **4**

SEASONAL FRUIT DRINKS & MINERAL WATER

Homemade fresh farm **Apple Lemonade** or **Seasonal fruit** option of the day (266ml) – **4.50**

Mineral Water- *Natural* or *Sparkling* UK sourced: 70cl bottle - **4** / 330ml bottle – **2.50**

TEA & COFFEE

Black, espresso, white (oat milk) – **3.60** / Double espresso – **4.50** / Selection of Herb teas, or plain - **3.20**

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