ALL DAY menu

Check out the Visual Menu for images of our tasty dishes!

Fruit Bread - 10
Two pieces of toasted fruit bread, served with vanilla butter. (VGO)
+ Orange marmalade or house made jam 2

Apple & Walnut Porridge - 18
Warm porridge served with slow roasted apples, treacle and toasted walnuts, topped with Fleurieu yoghurt. (VGO)

Eggs Benny - 26
Two local free range eggs on focaccia, short cut bacon, spinach and hollandaise sauce. (GFO)
+ Make it vego? Swap bacon for mushrooms.
+ Mushrooms 6 + Halloumi 5

Porky Croissant Pocket - 30
Buttery croissant pocket loaded up with pulled pork, fried egg, pickled fennel, and BBQ sauce.
+ Avocado 4 + Halloumi 5

Strawberries & Cream Croissant - 28
A French toast style croissant topped with strawberry curd, macerated strawberries, caramelised white chocolate and chantilly cream.
+ Ice cream 2

Spanish Baked Eggs - 26
Two poached eggs in a tomato and capsicum sauce, served with salsa verde and focaccia for dipping. (GFO)
+ ½ Sausage 4 + Hash Brown 4

Citrus Pancake Stack - 25
Triple stacked buttermilk pancakes topped with lemon curd, poached citrus, almonds, ice cream and citrus sherbet.
+ Swap for classic toppings with vanilla ice cream, maple syrup and fresh strawberry instead.

Manna Big Brekkie - 33
Two free range eggs your way on focaccia, served with local short cut bacon, pork and fennel sausage, hash brown, overnight tomato, wilted spinach and halloumi. (GFO)
+ Hollandaise 2 + Avocado 4
+ Extra Focaccia 4 + Mushrooms 6

Tofu & Chive Flat Bread - 22
Charred flatbread served with scrambled tofu, scorched leeks, mushroom XO sauce and topped with deep fried leek tops. (VG) (GFO)
+ Mushroom 6 + Avocado 4

Eggs on Toast - 16
Two local free range eggs your way on focaccia, with house made tomato chutney. (GFO)

ADD ONS:

One Rasher Bacon 4	Avocado 4
Two Rasher Bacon 8	Halloumi 5
Egg 3.5	Scrambled Tofu 4
Hash Brown 4	Mushrooms 6
Focaccia 4	½ Sausage 4
Overnight Tomato 4	

SAUCES:

Aioli 2	BBQ Sauce 1
Hollandaise 2	Tomato Chutney 2
Maple Syrup 2	Tomato Sauce 1

LUNCH TIME EATS

AVAILABLE FROM 11AM

Baked Ricotta Gnocchi - 28
Ricotta gnocchi baked into rich tomato sugo, basil, fior de latte and parmesan cheese. (GF)
+ Focaccia 4 + Fermented chilli 3

Beetroot Salad - 26
Roasted beetroot medley with hummus, mint, lentils, crispy chickpeas and lettuce. (GF)
+ Bacon 8 + Fior de latte 4
+ Halloumi 5

Pork Belly Bao Buns - 30
Three soft bao buns loaded with juicy pork belly, pickled carrot, cabage and peanuts.
+ Teriyaki sauce 2

Lamb Burger - 32
Brioche bun with a juicy lamb patty, cheese, lettuce, tomato, pickled radish and tzatziki, served with a side of hot chippies. (GFO)
+ Short Cut Bacon 6 + Halloumi 5

Pesto Mortadella Sando - 26
Mortadella, charred capsicums, fior de latte, housemade basil pesto and fresh rocket on a turkish bun.
+ Hot Chippies 5 + Halloumi 5

KITCHEN OPEN UNTIL 2PM DAILY
10% WEEKEND SURCHARGE
15% PUBLIC HOLIDAY SURCHARGE

SIDES TO SHARE

(OR NOT, NO JUDGEMENT)

Deep Fried Halloumi (GF) - 15
4 pieces, served with hot honey

Fried Chicken Wings - 10
5 pieces, served with your choice of
Gochujang Buffalo Sauce or Teriyaki Sauce

Sweet Potato Chips - 16
Served with caramelised onion mayo

Hot Chippies (GF) - 11
Add aioli - 2

Hash Browns to share (3pc) (GF) - 10

LITTLE FOODIES MENU

Little Bacon & Eggs - 12 (GFO)
Toasted focaccia with a poached egg, bacon & tomato sauce.
Add a hash brown - 3

Kids Snack Plate - 12 (GFO) *Customer favourite!*
A healthy snack plate with fresh fruit, veggie sticks, lollies, hash brown, cheddar cheese & crackers.

Mini Pancake Stack - 12
Two mini pancakes with maple syrup, ice cream, and fresh strawberries.

Kids Waffle - 10
One waffle served with fresh strawberries and ice cream.
+ Extra waffle 4

Cheese Toastie on Focaccia - 8 (GFO)
Add ham - 4

Ham & Cheese Croissant - 15

Manna

McLAREN VALE

Say hello to Part 1 of our summer menu! You're holding a limited first look, with all new lunch dishes and sides. Our summer breakfast menu is coming soon, so watch this space.

This summer is all about elevated classics. The café favourites you know and love, reimagined with local produce and ingredients we make in-house. AKA really good food. Pair it with a B3 coffee or a matcha, or a local wine when the afternoon calls for it.

Navigating dietary requirements, or just need help choosing? *Our team is here to help.*

Whether you're a familiar face or visiting our little corner of the Fleurieu for the first time, we're so glad you're here..

Please let our staff know if you have any allergies, and we'll do our best to accomodate your food and drinks.

GF = GLUTEN FREE
VG = VEGAN
GFO = GLUTEN FREE OPTION
VGO = VEGAN OPTION