Manna
McLAREN VALE

SWEET PLATES

Hazelnut Pancake Stack
Triple stacked buttermilk pancakes topped with Nutella crème pât, frangelico syrup, hazelnut praline and vanilla ice cream. 25.40

(Swap for classic toppings with vanilla ice cream, maple syrup and fresh strawberry instead.)

Strawberries & Cream Croissant
French toast style croissant topped with strawberry curd, macerated strawberries, caramelised white chocolate and chantilly cream. 28.80

with ice cream - 3

Fruit Bread VGO
Two pieces of toasted fruit bread, served with vanilla butter. 11.20

With house made orange marmalade or jam - 3

Oat & Walnut Granola VGO
Served with roasted rhubarb, vanilla labneh, and rhubarb syrup. 18.30

Add an optional side of milk - free

Eggs Your Way GFO
Two local free range eggs with house baked focaccia and tomato chutney. 16.20

With your choice of sides:

One Rasher Bacon 5	Avocado 5
Two Rashers Bacon 8	Halloumi 5
Hash Brown 4	Scrambled Tofu 5
Mushrooms 6	½ Sausage 4
Overnight Tomato 4	Extra egg 3.5
Wilted Spinach 4	Extra focaccia 4

KITCHEN OPEN UNTIL 2PM DAILY
10% WEEKEND SURCHARGE (15% PUBLIC HOLIDAYS)

SAVOURY PLATES

Chilli Scramble GFO
Scrambled eggs with fermented chilli, fried shallots, chives and pickled parsley stalks, served on house baked focaccia. 22.60

with bacon - 8 with mushrooms - 6

Manna Big Breakfast GFO
Two free range eggs your way on house baked focaccia, with local shortcut bacon, pork and fennel sausage, hash brown, overnight tomato, wilted spinach and halloumi. 33.70

with hollandaise - 3 with avocado - 5
with mushrooms - 6 with tomato chutney - 3

Loaded Sausage & Egg Croissant
Buttery croissant pocket with pork sausage, hash brown, fried egg, pickled red onion and caramelised onion aioli. 29.40

with avocado - 5 with halloumi - 5
double sausage - 6 with short cut bacon - 5

Smashed Avo GFO, VGO
House baked, thick cut focaccia topped with smashed avo, pickled zucchini, almond duhkah, leafy greens and a poached egg. 25.20

with bacon - 8 with overnight tomato - 4
with halloumi - 5 with extra egg - 3.5

Crispy Pea & Mint Fritters VG, GF
With spice crusted tofu, romesco sauce, pickled red onion and leafy greens. 24.30

with avocado - 5 with mushrooms - 6

LUNCH TIME EATS

AVAILABLE FROM 11AM

Roasted Beetroot Salad GF, VG
Roasted beetroot medley with hummus, mint, lentils, crispy chickpeas and lettuce. 22.60

with halloumi - 5 with spice crusted tofu - 5

Baked Ricotta Gnocchi GF
Ricotta gnocchi made in-house, baked into rich tomato sugo, with basil, fior de latte and parmesan cheese. 28.10

with pork sausage meat - 6

Pork Belly Bao Buns
Three soft bao buns loaded with juicy pork belly, pickled carrot, cabbage and peanuts. 30.40

with teriyaki sauce - 3 with gochujang buffalo wings - 10

Lamb Burger GFO
Brioche bun with a juicy lamb patty, cheese, lettuce, tomato, pickled radish and tzatziki. Served with a side of hot chippies. 32.70

make it epic with an extra patty & halloumi - 12

Pesto Mortadella Sando GFO
Mortadella, charred capsicums, fior de latte, housemade basil pesto and fresh rocket on a Turkish bun. (Want it vego? Swap mortadella for halloumi.) 26.70

with hot chippies - 6 with halloumi - 5

ADD SAUCE TO ANY DISH:

Aioli 3	BBQ Sauce 2
Hollandaise 3	Tomato Chutney 3
Maple Syrup 2	Tomato Sauce 2

SIDES TO SHARE

(OR NOT, NO JUDGEMENT)

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

Fried Chicken Wings GFO
5 pieces, tossed in your choice of Teriyaki Sauce (GF) or Gochujang Buffalo Sauce 10
with aioli - 3

Sweet Potato Chips GF
Served with caramelised onion mayo 16

Hot Chippies GF
Served with tomato sauce 11
with aioli - 3

Hash Browns to Share GF
Three hash browns 10

Can't decide? **Check out our visual menu for images of all our tasty dishes**. Scan the QR code to go straight there.

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

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

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LITTLE FOODIES MENU

Little Bacon & Eggs GFO
Toasted focaccia with a poached egg, bacon & tomato sauce. 13.60
with a hash brown - 4 with avocado - 5

Kids Snack Plate GFO LITTLE LOCALS FAVOURITE!
Fresh fruit, veggie sticks, hash brown, cheese, crackers & a couple of lollies! 12.40

Mini Pancake Stack
Two mini pancakes with maple syrup, ice cream, and fresh strawberries. 12.60

Kids Waffles
Two waffles served with fresh strawberries and ice cream. 10.30
with an extra waffle - 4

Cheese Toastie on Focaccia GFO
Tasty cheese on our house baked focaccia. 8.80
with a hash brown - 4 with ham - 4

Ham & Cheese Croissant
Buttery croissant pocket with local ham and cheese. 15.70

LITTLE MEAL DEAL

ADD A HASH BROWN + A KIDS MILKSHAKE OR JUICE TO ANY KIDS MEAL FOR $8.90