

ALL DAY

Menu



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

Fruit Bread - 9.5

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

Buckwheat & Almond Granola - 18

House made granola with buckwheat, almonds, roasted seasonal fruits and Fleurieu Greek yoghurt. (VGO)
+ Side of Milk

Potato & Chive Flat Bread - 25

Toasted flatbread stacked with bubba ganoush, red harissa, charred eggplant, rocket, scrambled tofu and pangrattato crumb (VG) (GFO)
+ Overnight Tomato 5 + Hash Brown 4

Loaded Croissant Pocket - 26.5

Buttery croissant pocket loaded up with bacon, fried egg, golden hash brown, fresh spinach and sriracha mayo. (Vego? Swap bacon for halloumi)
+ Avocado 4 + Halloumi 5

Sweet Loaded Croissant - 24

Stewed apple and pear with vanilla ice cream, packed inside a buttery croissant pocket. (VGO)

Fleurieu Breakfast - 35

Two free range eggs (made any way you like) on sourdough toast, served with local short cut bacon, chorizo, hash brown, overnight roasted tomato, wilted spinach and halloumi. (GFO)
+ Hollandaise 2 + Avocado 4

Blueberry Pancake Stack - 24

Triple stacked buttermilk pancakes topped with house made vanilla anglaise, blueberry compote, shaved coconut, maple syrup, and vanilla ice cream.
+ Swap for classic toppings with vanilla ice cream, maple syrup and strawberries instead.

Smashed Avo - 21

Smashed avocado on house made focaccia, topped with crispy onions, herb salad, and a poached egg. (GFO) (VGO)
+ Bacon 8 + Halloumi 5
+ Hash Brown 4 + Extra Egg 3.5

Manna Corn Fritters - 26

Our signature original gluten free corn fritters with grilled zucchini, leafy green salad, poached egg, chilli oil, and soy glazed seeds. (GF)
+ Hash Brown 4 + Bacon 8

Eggs on Toast - 16

Two local free range eggs (made any way you like) on sourdough toast, 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 | Spinach 4 |
| Sourdough Toast 4.5 | ½ Chorizo 6 |

SAUCES:

- | | |
|-----------------|------------------|
| Aioli 2 | BBQ Sauce 1 |
| Hollandaise 2 | Tomato Chutney 2 |
| Sriracha Mayo 2 | Tomato Sauce 1 |

LUNCH TIME EATS

AVAILABLE FROM 11AM

Ricotta Gnocchi - 25

House made ricotta gnocchi tossed in rocket pesto, served with semi-dried tomatoes and pangrattato crumb. (GFO)
+ Roasted Chicken 8

Asian Style Summer Salad - 22

Fried tofu salad with leafy greens, pickled carrot, pawpaw, toasted peanuts, crispy onions and chilli soy dressing. (VG) (GF)
+ Roast Chicken 8 + Poached Egg 3.5

Braised Steak Pie - 30

Rich, slow braised steak pie, served with a fresh side salad.
+ Hot Chippies 5

Smashed Brisket Burger - 30

Brisket patty, tomato, cheese, pickled beets, lettuce, and burger sauce on a brioche bun. Served with a side of hot chippies. (GFO)
+ Short Cut Bacon 5 + Fried Egg 3.5

Classic BLT Wrap - 22

Bacon, lettuce and tomato in a tortilla wrap with aioli sauce. Ask for it toasted!
+ Roast Chicken 8 + Halloumi 5
+ Avocado 4 + Hot Chippies 5

KITCHEN OPEN UNTIL 2PM DAILY
15% PUBLIC HOLIDAY SURCHARGE

SIDES TO SHARE

(OR NOT, NO JUDGEMENT)

House made Crispy Mozzarella Sticks (4pc) - 12 (GF)

Crispy Fried Chicken

Tossed in golden syrup and served with sriracha mayo
(4pc) - 16 (GF)

Hot Chippies (GF) - 11

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

LITTLE FOODIES MENU

Little Bacon & Eggs - 12 (GFO)

Sourdough toast 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 Fruit and Yoghurt - 10 (GF)(VGO)

A selection of fresh fruit with greek yoghurt.

Cheese Toastie - 8 (GFO)

Add ham - 4

Ham & Cheese Croissant - 15

Manna

McLAREN VALE

At Manna, we're all about elevated classics: the brunch favourites you know and love, reimagined with a little creativity (and a lot of heart).

Our seasonal menu is designed to hit the spot for food lovers, with something for every taste and dietary requirement. Just ask our friendly team if you need help choosing! And all our meals are best paired with a b3 Coffee, roasted here in Adelaide and brewed by our highly trained baristas who care about every cup.

By dining here, you're supporting a small business owned and run by McLaren Vale locals who adore this region and the epic hospitality it offers. Whether you're a local or just passing through our little slice of the Fleurieu, thanks for being here.

GF = GLUTEN FREE

VG = VEGAN

GFO = GLUTEN FREE OPTION

VGO = VEGAN OPTION



Had a good time? Make our day by leaving a Google review.

Anything not quite up to scratch? Please chat to our staff so we can make it right.