

# Manna MENU

## ALL DAY BREAKFAST

Fruit Bread With Homemade Marmalade (GFO) - 8  
Toasted fruit bread with orange marmalade & butter.

Biscoff Overnight Oats (VGO) - 15  
Oats soaked overnight with Biscoff caramel spread, topped with fresh banana, strawberries, and greek yoghurt.

Housemade Chocolate Granola (VGO) - 16  
Crispy almond, coconut & cacao granola served with Greek yoghurt, fresh strawberries, banana & raspberry coulis.

Vegan Brekky Bowl (VG) (GFO) - 22  
Chickpea scramble, hashbrown, avocado, tomato and onion salsa, mushroom & spinach breakfast bowl topped with Green Goddess aioli served with pitta bread.

Smashed Avo on Rye (VG) (GFO) - 19  
Smashed avo on toasted rye, served with crispy curry spiced chickpeas, black sesame seeds & sundried tomatoes.  
+ Add Egg - 3  
+ Add Bacon - 6  
+ Add Feta - 3  
+ Add Halloumi - 4

The Manna Fritters (GF) - 21  
Housemade corn fritters served with a poached egg, smashed avo, and chilli jam.  
+ Add Bacon - 6  
+ Add Hashbrown - 3

German Apple Hotcake - 19  
A baked apple hotcake topped with coffee ice cream, caramel sauce and sugar nuts (Minimum 20 minute wait)  
+ Swap for Vanilla Ice Cream

Big McLaren Vale Breakfast (GFO) - 26  
Toasted sourdough, double smoked bacon, two poached free range eggs, beans, grilled tomato, country style sausage, golden hash brown.  
+ Mushrooms - 4  
+ Add Avocado - 4  
+ Halloumi - 4  
+ Hollandaise - 2

Eggs on Toast (GFO) - 12  
Two free range eggs your way on sourdough toast, served with housemade tomato chutney.  
+ Add Bacon - 6  
+ Add Hashbrown - 3  
+ Add Avocado - 4  
+ Add Smoked Salmon - 6

### ADD ONS:

Avocado 4	Sourdough Toast 3	Mushrooms 4
Hash Brown 3	Fritter 5	Country Sausage 6
Grilled Tomato 3	Egg 3	Sauteed Spinach 3
Bacon 6	Halloumi 4	Chickpea Scramble 5
Smoked Salmon 6		

### SAUCES:

Chilli Jam 2	BBQ Sauce 1	Bacon Jam - 3
Aioli 2	Tomato Chutney 2	Hollandaise 2



### CHECK OUT OUR VISUAL MENU

Scan the QR code with your smartphone to see images of our menu in action.

KITCHEN OPEN UNTIL 2PM DAILY

# Manna MENU

LUNCH FROM 11:30 AM

## The Ultimate Fried Chicken Burger (GFO) - 24

Crispy Southern Fried Chicken, bacon jam, chilli mayo & greens in a brioche bun. Served with a side of hot chippies.

+ Add Smashed Avo - 4      + Add Bacon - 4

## Black Bean & Sweet Potato Burger (GFO)(VGO)- 22

Fried black bean & sweet potato patty, beetroot relish, avocado, greens & aioli in a brioche bun. Served with a side of hot chippies.

+ Add Halloumi - 4      + Add Bacon - 4

## Crispy Asian Beef Salad (VGO) (GF) - 21

Marinated Thai beef strips, red cabbage, carrot, lettuce, cucumber & spring onions, topped with peanuts & crispy fried noodles and honey soy dressing.

+ Swap Beef for Fried Tofu (VG)

## The Classic Caesar Salad (GFO) - 17

Crispy cos lettuce topped with a poached egg, bacon, parmesan, garlic bread croutons & caesar dressing.

+ Add Southern Fried Chicken (GF)- 6



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## Thai Chicken Sausage Roll - 17

Flakey Thai chicken sausage roll, served with garden salad & housemade chilli jam.

+ Add Hot Chippies - 4

## Sweet Potato Hummus Bagel (VGO) - 16

Housemade bagel with smashed sweet potato hummus, avocado, rocket, tomato & red onion salsa, topped with balsamic vinegar.

+ Add Halloumi - 4      + Add Hot Chippies - 4

## Smokey Salmon Bagel - 19

Housemade bagel with smoked salmon, cream cheese & chives, capers, red onion & cucumber.

## Quiche with Sun-dried Tomato & Feta (GF) - 16

Leek, spinach, sundried tomato & feta quiche in a crusty shell. Served with garden salad and housemade tomato chutney.

+ Add Hot Chippies - 4

## Hot Chippies (GF) - 10

## Sweet Potato Chips (GF) - 10

## Hash Browns to Share (3 PC) (GF) - 8

## Southern Fried Chicken Bites (GF) - 12

GF = GLUTEN FREE  
VG = VEGAN  
GFO = GLUTEN FREE OPTION  
VGO = VEGAN OPTION  
No extra charge for GF bread

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10% SURCHARGE ON PUBLIC HOLIDAYS