

ALL DAY Menu



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

Fruit Bread - 9

Two pieces of toasted fruit bread, served with butter.
(VGO)

+ Orange marmalade or house made jam 2

Buckwheat & Almond Granola - 16

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

Potato & Chive Flat Bread - 23

Toasted flatbread stacked with bubba ganoush, red
harissa, charred eggplant, rocket, scrambled tofu and
pangrattato crumb (VG) (GFO)

+ Overnight Tomato 4 + Hash Brown 3

Loaded Croissant Pocket - 25

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 Pocket - 22

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

Big Fleurieu Breakfast - 33

Two free range eggs (made any way you like) on
sourdough toast, served with bacon, chorizo, hash
brown, overnight roasted tomato, wilted spinach and
halloumi. (GFO)

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 - 19

Smashed avocado on house made focaccia, topped with
crispy onions, herb salad, and a poached egg. (GFO)
(VGO)

+ Bacon 6 + Halloumi 5
+ Hash Brown 3 + Extra Egg 3.5

Manna Corn Fritters - 24

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

+ Hash Brown 3 + Bacon 6

Eggs on Toast - 15

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 7	Halloumi 5
Egg 3.5	Scrambled Tofu 4
Hash Brown 3	Spinach 4
Sourdough Toast 4	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 - 24

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

+ Roasted chicken 8

Asian Style Summer Salad - 20

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 - 28

Rich, slow braised steak pie, served with a fresh
side salad.

+ Hot Chippies 5

Smashed Brisket Burger - 28

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 + Extra Patty 6

Classic BLT Wrap - 20

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) - 8

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 - 10

Two mini pancakes with maple syrup, ice cream, and fresh strawberries.

Kids Fruit and Yoghurt - 8 (GF)(VGO)

A selection of fresh fruit with greek yoghurt.

Cheese Toastie - 8 (GFO)

Add ham - 4

Ham & Cheese Croissant - 15



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.