

manuka

Health Conscious Food



SUPERFOODS



ANIMAL
WELFARE



PLANT
BASED
FUTURE



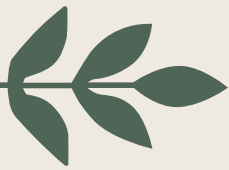
LOCAL &
SEASONAL



ORGANIC
PRODUCE



HOME MADE



STARTERS



If you have any food intolerance or food allergy please consult our allergen menu. Allergens are also visible on our interactive menu available via the QR code on your table

KALE CHIPS | 8,00

Organic Kale marinated in our secret recipe and dehydrated to preserve all its goodness – Still bursting with enzymes and nutrients!

SWEET POTATO FRIES | 5,90

Whats sweet & crispy? Our delicious sweet potato fries! Served with our chipotle orange mayo

GUACAMOLE | 12,50

Always fresh guacamole, made to order, garnished with cilantro, chili and homemade non GMO corn tortillas

CAULIFLOWER HUMMUS | 9,50 Seasonal

Velvety organic cauliflower hummus, paired with warm flatbread for a delightful fusion of earthy flavors and textures

CHEAT-DAY QUESADILLAS | 12,90

Already feeling healthy enough? Have a cheat day with our homemade corn tortillas filled with melted cheese, refried beans, chicken, red peppers and onions served with charred tomato salsa and pico de gallo

CHICKEN TACO | 10,50

Two home-made non GMO corn tortillas topped with refried beans, red peppers and onions, mexican spiced free-range chicken strips, avocado & cilantro served with pico de gallo and charred tomato salsa

PUMPKIN TACOS | 9,90 Seasonal

Seasonal roasted KM0 pumpkin on our homemade tacos, black beans, and cashew cheese nut with an aromatic herb green sauce and pickled onions

SOUP OF THE DAY | 9,90 Seasonal

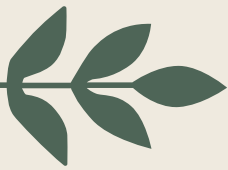
Organic seasonal vegetable soup prepared in our central kitchen in Monda with veggies straight from the farm, served with sourdough crutones bread and butter



Chilli



Seasonal & km0



SALADS



MANUKA SALAD | 13,90

Wholesome greens, tomatoes, red onion, sweet potato, dates and avocado with feta cheese garnished with our toasted seed mix and Manuka citrus dressing

Have it with extra lemon grilled chicken | + 3,50

SUPERFOOD WINTER SALAD

Wholesome pulse salad with lentils and quinoa mixed with a load of fresh herbs, marinated kale, broccoli, beets, pomegranate kernels with a light tahini dressing



BURMESE TOFU | 13,90

FETA | 13,90

FREE RANGE CHICKEN | 14,90

KALE "CAESAR" SALAD

A wholesome plant-based twist on a classic. Kale and romaine lettuce tossed in a healthy homemade sunflower based vegan ceasar dressing with capers, roast cherry tomatoes, avocado and sour dough croutons with some dehydrated kale crumbs!



CLEAN | 12,90

FREE RANGE CHICKEN | 15,90

THAI ME UP

Wholesome greens with Thai dressing, green beans, onion, tomato, cucumber and crushed peanuts. Garnished with soy sprouts, red chili, coriander and mint

BURMESE TOFU | 14,90

FREE RANGE CHICKEN | 15,50

CHICKEN & AVOCADO SALAD | 15,90

A simple classic; punchy flavour brought by chives, rocket, onion and tomatoes. With grilled free-range chicken avocado and a Dijon honey mustard dressing



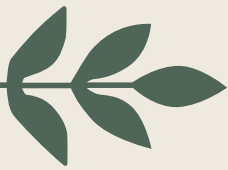
Plant Based



Chilli



Seasonal & km0



HEALTHY BOWLS



POKE BOWL

Lemongrass tamari marinated tuna or salmon (Sustainable and antibiotic free) or tofu tartar on a bed of organic rice with avocado, sesame seeds and fresh sprouts

BURMESE TOFU | 15,50

SALMON | 19,50

ETHICAL SALMON BOWL | 21,00

Grilled salmon (Sustainable and antibiotic free) with organic rice, fresh salad & avocado. Garnished with chili and miso dressing on the side

TERIYAKI BOWL

Home-made teriyaki glazed grilled chicken thigh or homemade black bean tofu on a bed of rice with a red cabbage salad of fresh tomato, cucumber and a soft boiled egg



BURMESE TOFU (NO EGG) | 13,90

FREE RANGE CHICKEN | 14,90

CHILLI CON CARNE BOWL | 16,90

Inspired by Manuka's Cantina project we bring you this mexican chilli con carne bowl, made from grass fed galician beef, black beans and lots of veggies served over rice with sour cream and cilantro

PROTEIN POWER | 15,50

Low glycemic and protein rich. Free range chipotle marinated chicken, spinach, refried black beans, quinoa, avocado and sweet potato wedges topped with cream cheese and chili flakes

WARMING YELLOW CURRY

Yellow curry rich in turmeric and fresh ginger with roasted sweet potatoes, carrots and pumpkin, served with rice

VEGGIES | 14,90

FREE RANGE CHICKEN | 15,90

COMFORTING RAMEN STYLE SOUP | 15,90

Ramen style soup with our homemade pasture raised bone broth slow cooked for 24 hours served with rice noodles, miso marinated chicken thigh, egg, bok choy, scallions, fresh cilantro and chilli



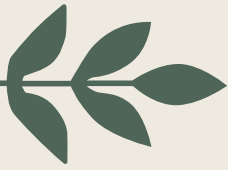
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BIG BITES



MANUKA CHICKEN WRAP | 15,90

A Manuka best seller! Herb and lemon marinated chicken in a toasted flat bread with; cream cheese, spinach & kale, caramelized onions, tomato chutney, Monterey Jack and avocado served with a side of coleslaw



HEARTBEET WRAP | 12,90

Our best vegan wrap so far! Toasted flat bread with slow -roasted organic beets, probiotic cashew cheese, a quinoa and lentil filling, spinach, mint, pomegranate, lots of herbs and a tahini dressing

MANUKA BURGER | 16,90

Grass-fed Galician beef with cheddar cheese, caramelized onions, Manuka's sweet and sour pickles in an artisan potato brioche bun. Served with sweet potato fries and chipotle mayonnaise

BEYOND VEGGIE BURGER | 16,50 Seasonal

Beyond Burger. Topped with a zesty homemade vegan caper and lemon sauce, roast cherry tomatoes and crisp pickles. Accompanied by a side of sweet potato fries

PAD THAI

Thai rice noodles with tamarind, spring onion, string beans and organic egg. Garnished with a salad of soy sprouts, chilli, coriander and crushed peanuts

BURMESE TOFU | 14,90

FREE RANGE CHICKEN | 15,90



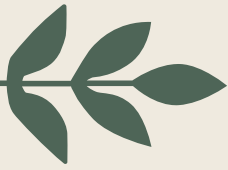
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HEALTHY "JUICES & SHAKES" NO SUGAR HIGHS HERE !

 STRAWBERRY MILKSHAKE | 4,90
Walnut milk, banana and lots of strawberries!

MONKEY CHOCOLATE | 4,90
Milk, banana, dates & cacao ice cream

VANILLA MILKSHAKE | 4,90
Oat milk, banana and vanilla ice cream

 FRESH JUICE | 3,50
Apple
Orange
or Carrot

FOOD

CHICKEN TENDERS | 8,00
Free range chicken breast served with sweet potato fries and cucumber slices

GREEN QUESADILLAS | 5,90
Cheesy goodness right from the grill with broccoli and spinach

SALMON AND RICE | 9,00
Salmon (sustainably farmed and antibiotic free) served with organic rice and green beans

 PASTA WITH TOMATO SAUCE | 7,50
Pasta with homemade tomatoe sauce using fresh tomatoes

PASTA BOLOGNESE | 9,90
Pasta with bolognese sauce from free range grass fed galician beef

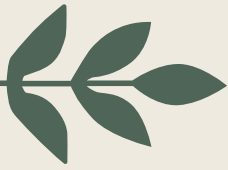
DESSERTS

 NATURAL FRUIT JUICE ICE LOLLY | 2,50

ICE CREAMS | 3,50

 MINI ACAI CUP | 3,90
With crumble and sliced banana

SLICE OF BANANA BREAD | 3,90



DESSERTS



HOMEMADE | ONLY NATURALLY OCCURING SUGARS | HEALTH CONSCIOUS



SEASONAL PLANT BASED TART | 6,50

Try our Plant-based season tart made with a creamy young coconut meat and irish moss on a gluten free almond coconut biscuit

CARROT CAKE | 5,50

New and improved, carrot cake, with an intensely creamy plant based sugar free frosting, zested orange peel and cinnamon powder

REAL CHEESECAKE | 6,20

The real deal! Soft and creamy cheese cake made with organic eggs sweetened with agave (no refined sugars) topped with a fruit of the wood compote



BROWNIE | 6,90

Total indulgence without sin! Our chocolate brownie is totally plant based and gluten free made with almond meal and cold pressed cacao butter - served with plant based ice cream

BANANA BREAD | 6,90

Go bananas on a warm vanilla spiced banana loaf, with caramelized walnuts, cacao chips served with home-made date sirope and delicious plant based icecream



MAPLE & PECAN PIE | 4,90

Dried fruit and nut crust with top grade maple syrup filling with raisins and pecans. NO sugar - Plant based and simply delicious. Perfect to accompany your tea or coffee!

Add ice cream | +2,00



ICE PISTACHIO LATTE | 5,90

Try our Ice Pistachio latte, its fully plant based and processed sugar free! Made with 2 coffee shots, our plant based pistachio ice cream and medjoul date caramel

ACAI AND CHIA

SUPERFOOD SMOOTHIE BOWLS, SERVED WITH FRESH FRUIT AND OUR DELICIOUS HOMEMADE GLUTEN-FREE, PLANT-BASED COCONUT BUTTER CRUMBLE



ACAI BOWL | 11,50

Amazonian Antioxidant Acai with strawberries and wild berries



MANUKA'S CHIA PUDDING | 6,90

Activated chia seeds in coconut milk with a touch of citrus, served with our crumble and seasonal jam



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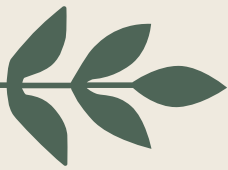
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GOOD MORNING



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Our Jam

Homemade by us using seasonal fruit when possible, chia seeds and sweetened with organic honey



Our Eggs

Our eggs come from free range chickens living in Sierra de las nieves.
www.lahuertezuela.com



Our Bread

Pan Bendito an artesanal, organic, sourdough bakery which specialises in ancient Spanish grains and natural fermentation. @panbendito_bakehouse



TOAST WITH OLIVE OIL & TOMATO | 4,50

Add Iberico ham | +3,00

TOAST WITH BUTTER AND HOMEMADE JAM | 4,90

A homemade jam made with seasonal fruits and chia seeds served with sour dough bread and french butter



AVOCADO TOAST | 5,90

Toasted sour dough slice with crushed avocado and sprouts

GREEK TOAST | 6,90

Toasted sour dough slice with crushed avocado, grated tomato and feta cheese garnished with fresh oregano

EGGS ANY-STYLE | 6,20

Have it your way! Choose between poached, fried or scrambled. With sour dough toast and any preferred sides:

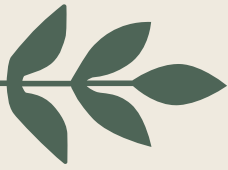
Bacon 1,00 | Feta 1,50 | Avocado 3,00 | Spinach 1,00

PALEO BREAKFAST | 11,90

Crispy sweet potato hash brown, mashed avocado, 2 poached organic eggs topped with our hollandaise sauce and chilli flakes



Plant Based



GOOD MORNING



MANUKAS SIGNATURE BREAKFAST | 13,50

Perfectly soft scrambled eggs, steamed spinach, avocado, and roast cherry tomatoes served with a toasted sourdough bread

BANANA BREAD | 8,50

A soft steamy banana bread, coated with a creamy layer of peanut butter, topped with coconut flower syrup grilled banana and coconut flakes



MANUKA PANCAKES | 11,50

Healthy whole ingredient, gluten free quinoa pancakes served with a berry mix, probiotic coconut yogurt and drizzled with our coconut flower syrup - Plant Based!



GRANOLA BOWL | 8,90

Gluten free almond crumble with fresh seasonal fruit on a base of probiotic coconut yogurt

TURKISH EGGS | 8,90

Poached eggs in a creamy blend of sour cream and citrus, enhanced with our aromatic herb sauce and a hint of chili, all served with flatbread

ACAI AND CHIA

SUPERFOOD SMOOTHIE BOWLS, SERVED WITH FRESH FRUIT AND OUR DELICIOUS HOMEMADE GLUTEN-FREE, PLANT-BASED COCONUT BUTTER CRUMBLE



ACAI BOWL | 11,50

Amazonian Antioxidant Acai with strawberries and wild berries



MANUKA'S CHIA PUDDING | 6,90

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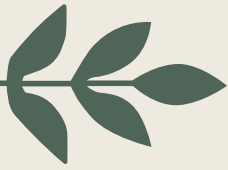
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SUPERFOOD SMOOTHIES



RAW, PLANT BASED SMOOTHIES DELICATELY SWEETENED WITH FRUITS,
AGAVE OR STEVIA AND LOADED WITH SUPERFOODS

SKIN GLOW | 8,90

Marine collagen and Vitamin C blended with mixed berries and coconut probiotic yogurt.
The ultimate beauty drink

VITAMIN-C BOOSTER | 6,90

Orange, carrot and pineapple plus a high dose of vitamin C with rejuvenating goji berries

OMEGA 3 CHOCOLATE CARAMEL | 6,90

Omega 3-rich hemp seeds, banana, sprouted flax, home-made medjool date caramel, raw cacao and a touch of Himalayan salt

CLEAN GREENS | 7,90

Detoxify your body of heavy metals with fresh lemongrass, coriander and our unique fresh blast frozen spirulina combined with spinach, apple, cucumber juice and a chunk of pineapple

BERRY BLAST | 7,90

Strawberries, raspberries, banana, apple juice

PASSION & CHIA | 8,90

Tropical flavors of passion fruit and pineapple explode on the tongue, mellowed with a touch of banana, apple and lime activated chia seeds

AFRICAN BLUE | 7,90

Fragrant vanilla, with fresh blueberries and a creamy banana & coconut base. A bestseller

LIVE LONGER | 9,50

Introducing our most powerful creation yet –Raspberries & rejuvenating goji berries, muscle-supporting protein, spirulina for a natural energy boost and detoxification, collagen promoting skin health, all harmonized with the therapeutic touch of medicinal mushrooms.
Elevate your well-being with each sip!

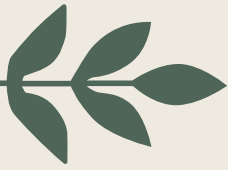
IMMUNITY SHOTS

REBOOT SHOT | 3,50

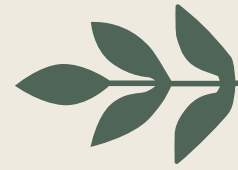
Ginger and lemon

PAINKILLER SHOT | 4,90

Turmeric, ginger and lemon



PRESSED JUICES



SWEET DETOX | 6,00

Apple, ginger, spinach, avocado & pineapple

REAL GREEN | 6,90  Seasonal

Broccoli, kale, spinach, avocado, apples & lemon

CARROT TWIST | 4,90

Apple, carrot & ginger

SWEET BEAT | 4,90

Apple, carrot, beetroot & orange juice

BURNING MAN | 5,50

Apple, lemon, ginger & fresh turmeric root

STRAWBERRY RUSH | 6,90

Orange juice, strawberry and banana

REFRESHMENTS

MANUKA'S HOME-MADE LEMONADE | 3,90

Sugar free health tonic with raw apple cider vinegar and lime juice

LAVENDER LEMONADE | 4,50

Blueberries with lavender infused organic honey with lots of lemons

CHEATING COLA | 5,50

Better than coke! fresh ginger, secret spices & lime with sparkling mineral water

ORGANIC KOMBUCHA | 4,50

HOMEMADE ICED TEA | 3,50

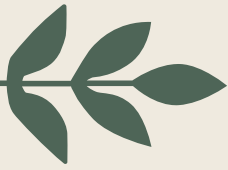
FRESH ORANGE JUICE | 4,90

STILL WATER 500ML | 2,75

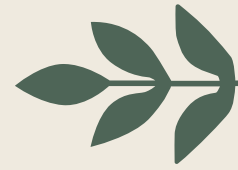
SPARKLING WATER 500ML | 2,75

COCA COLA | 2,80

COCONUT WATER | 3,90



BEER & WINES



BEERS

- DRAUGHT ALHAMBRA | 2,20
- ALHAMBRA RESERVE | 4,50
- ALHAMRBA LAGER SINGULAR | RADLER | 3,50
- ALHAMBRA ALCOHOL-FREE | 3,80
- SAN MIGUEL GLUTEN-FREE | 4,00

WINES

- PROTOS WHITE (VERDEJO) | 3,70
- ENATE WHITE (CHARDONNAY) | 4,10
- ENATE RED (SAUVIGNON) | 3,70
- PROTOS RED (RIBERA DEL DUERO) | 4,10
- IZADI ROSE (RIOJA) | 4,20

COFFEE & TEA

- ESPRESSO, AMERICANO, CORTADO | 2,20
- COFFEE WITH MILK | 2,70
- GINGER COFFEE | 3,90
Oat milk with a shot of ginger & cinnamon
- COCO COFFEE | 3,00
Coffee with coconut milk & cinnamon
- CAPPUCCINO, LATTE, DOUBLE | 3,20
- ICE COFFEE WITH MILK | 3,70
Coffee Your favorite coffee with ice & milk
- ICE PISTACHIO LATTE | 5,90
Try our Ice Pistachio latte, its fully plant based and processed sugar free! Made with 2 coffee shots, our plant based pistachio ice cream and medjoul date caramel
- MANUKAS HOT CHOCOLATE | 4,50
Reep the benefits of ceremonial cacao without the artificial sugars and sweeteners and supercharged with medicinal mushrooms
- MATCHA LATTE | 4,90

- FRESH GINGER, MINT & HONEY TEA | 4,00
- CHAI LATTE | 4,50
Chai spices, fresh ginger & black tea served with oat milk
- ORGANIC CUP OF TEA | 3,20
English Breakfast
Jasmin green tea
Green tea and coconut
Milky Oolong
Roibos
Camomille

EXTRA CHAGA FOR ANY COFFEE | + 1,00

PLANT BASED MILK: +0,30

OAT | ALMOND | WALNUT | RICE & COCONUT