

New

SEASONAL DISHES

LIVE FOREVER BOWL | 12,90

Black lentils, cauliflower and broccoli with shiitake mushrooms, topped with fermented cashew cheese, hemp seeds and a sesame dressing. Inspired by the nutritional principles shared publicly by [Brian Johnson](#)

BOHO CHICKEN BOWL | 15,90

Indian-spiced chicken thigh served with coconut rice, mango chutney, pickled onions and a sprinkle of peanuts

SPICED RED LENTIL AND COCONUT CURRY SOUP | 10,90

A rich, aromatic red lentil curry simmered with turmeric, ginger, and lots of spices, balanced with creamy coconut milk. Served with flatbread, cilantro and pickled chili

YELLOW CURRY

Turmeric-rich yellow curry made with coconut milk and peanut butter, served with seasonal vegetables and rice. 

VEGETABLES | 14,50

FREE RANGE CHICKEN | 16,50



Plant Based



Chilli

Dear customers, please be advised that although we follow procedures to prevent allergen cross-contamination, all our dishes may contain traces of the following allergens: lupin, celery, peanuts, crustaceans, sulphur dioxide and sulphites, tree nuts, gluten, egg, milk, molluscs, mustard, fish, sesame and soy, as dishes containing these ingredients are prepared in this establishment.

manuka

Health Conscious Food

This establishment complies with Royal Decree 1021/2022 of 13 December regarding Anisakis parasitosis in fishery products supplied by establishments serving food to final consumers or to collectives. Accordingly, all FISH INTENDED TO BE CONSUMED RAW OR UNDERCOOKED has been frozen at a temperature of -20°C or below throughout the entire product for a minimum of 24 hours.

Likewise, in accordance with Regulation (EU) No. 1169/2011 of the European Parliament and of the Council of 25 October 2011 on the provision of food information to consumers, information regarding the ALLERGEN content of all our products is available upon request. However, despite following procedures to avoid cross-contamination, all our dishes may contain traces of the following allergens: lupin, celery, peanuts, crustaceans, sulphur dioxide and sulphites, tree nuts, gluten, egg, milk, molluscs, mustard, fish, sesame and soy, as dishes containing these ingredients are prepared in this establishment.

Customers also have the option to take away any unconsumed food at no additional cost, in accordance with Article 18, section 5 of Royal Decree 1021/2022 of 13 December, which regulates certain hygiene requirements in the production and marketing of food products in retail food establishments. With regard to plastic containers, the provisions set out in Title V of Law 7/2022 of 8 April, relating to the obligation to charge for such containers, shall apply.



SUPERFOODS



ANIMAL
WELFARE



PLANT
BASED
FUTURE



LOCAL &
SEASONAL



ORGANIC
PRODUCE




HOME MADE



BREAKFAST



 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 served with sourdough bread and butter

 AVOCADO TOAST | 6,70
Toasted sourdough slice with sliced avocado and sprouts
Add 2 poached organic eggs | +3,50

GREEK TOAST | 7,90
Toasted sourdough slice with crushed avocado, grated tomato and feta cheese garnished with fresh oregano

EGGS ANY-STYLE | 7,90
Have it your way! Choose between poached, fried or scrambled. With sourdough toast and any preferred sides: Bacon 1,50 | Feta 1,50 | Avocado 3,00 | Spinach 1,00

PALEO BREAKFAST | 12,50 
Crispy sweet potato hash brown, mashed avocado, 2 poached organic eggs topped with our hollandaise sauce and chilli flakes. Add Bacon | + 1,00

MANUKA ´S SIGNATURE BREAKFAST | 13,90
Perfectly soft scrambled eggs, steamed kale or spinach, avocado, and roast cherry tomatoes served with a toasted sourdough bread

HUEVOS RANCHEROS | 14,50 
Fried eggs on two homemade corn tortillas with a tomato sauce, refried black beans, avocado, feta cheese and a Mexican burnt tomato salsa

TURKISH EGGS | 11,50 
Poached eggs served on labneh, enhanced with our aromatic chili oil, roast cherry tomatoes, and microgreens served with toasted flatbread

 BLUEBERRY PANCAKES | 10,50
Healthy quinoa pancakes made with vegan gluten-free wholesome ingredients, topped with blueberries, unrefined coconut sugar syrup, and coconut flakes

 NATURE BERRY BOWL | 10,90
Probiotic vegan coconut yogurt with raspberries, blueberries and strawberries, topped with almond and coconut crumble and a blackberry coulis

BANANA BREAD | 8,90
A soft steamy banana bread, coated with a creamy layer of peanut butter, topped with coconut flower syrup grilled banana and coconut flakes

 ACAI BOWL | 11,50
Amazonian Antioxidant Acai blended with strawberries and wild berries, topped with fruit and our homemade gluten-free almond crumble

 Plant Based  Chilli

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HEALTHY BOWLS



TUNA POKE BOWL | 23,00

Lemongrass tamari marinated tuna tartar on a bed of organic rice with avocado, sesame seeds and fresh sprouts

SALMON BOWL | 22,00

Grilled salmon with organic rice, avocado and side salad and microgreens.

KIMCHI TERIYAKI BOWL NEW!

Home-made teriyaki glazed chicken or shiitake mushrooms grilled on a bed of rice with homemade Kimchi, shredded cucumber and a soft boiled egg



SHIITAKE MUSHROOMS | 14,90

FREE RANGE CHICKEN | 15,50

PROTEIN POWER | 15,90

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

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

PLAIN | 14,00

FREE RANGE CHICKEN | 15,90

CHICKEN PHO SOUP | 15,90

A soul-warming soup made with our homemade chicken bone broth, simmered for 24 hours and infused with fresh ginger. Served with tender noodles, chicken, cabbage, scallions, cilantro, chilli and a soft-boiled egg

CHILLI CON CARNE BOWL | 15,90 BACK IN !

Mexican chilli con carne bowl, made from grass fed Galician beef, black beans and our homemade tomato sauce served over rice with sour cream and cilantro. ANDALE!

Add a scoop of avocado | + 2,00



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BIG BITES & SIDES



MANUKA CHICKEN WRAP | 15,90

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

HEARTBEET WRAP | 14,90

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

LEBANESE FLAT BREAD | 15,90

Grass fed minced beef with lots of spices and pine nuts, served on an Arabic open bread topped with couscous, tomato, cucumber, kale, pomegranate kernels, lettuce, onion, aromatic herbs, and sesame dressing

MANUKA SMASH BURGER | 16,90

Two juicy grass-fed beef patties, layered with melted cheese, thinly sliced onions, Manuka's sweet and sour pickles, and served on an artisan potato brioche bun. Comes with a side of crispy sweet potato fries and our signature chipotle mayo

CHEAT-DAY QUESADILLAS | 13,50

Already feeling healthy enough? Have a cheat day with our homemade corn tortillas filled with melted cheese, chicken, red peppers and pickled onions served with sour cream and pico de gallo

CRISPY AVOCADO TACOS | 12,00

Two homemade corn tortillas filled with crispy avocado, black beans, sour cream, cashew cheese, pickled onion and cilantro, served with lime

CHICKEN TACOS | 11,90

Two homemade 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


SNACKS

 KALE CHIPS | 9,00
Marinated Kale and dehydrated to preserve all its goodness

SWEET POTATO FRIES | 6,90
Served with our chipotle and orange mayo

SPINACH & MISO SALAD | 7,90 **NEW!**
With aged parmesan

 GUACAMOLE | 14,00
Always fresh guacamole, made to order, with corn tortillas

AVOCADO FRIES | 9,90 
Local avocado fries, breaded in panko, served with a chipotle dipping sauce

 KIMCHI | 4,90 
Homemade kimchi

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KIDS MENU

“JUICES & SHAKES ”

 STRAWBERRY MILKSHAKE | 5,50
Yogurt ice cream, milk and strawberries

BERRY MILKSHAKE | 5,50
Yogurt ice cream, milk and raspberries and blueberries

 VANILLA MILKSHAKE | 5,50
Milk, banana and vanilla ice cream

FRESH JUICE | 3,50
Apple
Orange



FOOD

CHICKEN TENDERS | 8,50
Free-range chicken breast served with sweet potato fries and cucumber slices

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

 PASTA WITH TOMATO SAUCE | 8,50
Organic pasta with homemade tomato sauce using fresh tomatoes served with parmesan

PASTA WITH BOLOGNESE | 10,50
Organic pasta with tomato sauce or bolognese sauce from free range grass fed galician beef and parmesan

KIDS BURGER | 10,90
Burger with Galician beef and cheese, served on an artisan non-processed brioche bun with sweet potato fries

GREEN QUESADILLAS | 6,90
Homemade corn tortillas with melted cheese, spinach and broccoli

DESSERTS

ICE CREAMS | 3,50
Yogurt, Vainilla, Pistachio (vegan)

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

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SUPERFOOD SMOOTHIES



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

STRAWBERRY CLOUD | 8,90

Marine collagen blended with strawberries, banana and coconut probiotic yogurt. The ultimate beauty drink

VITAMIN-C BOOSTER | 7,50

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

CACAO BERRY - FUNCTIONAL MUSHROOMS | 8,50

Manukas cacao blend with raspberries, banana, almond milk and vanilla, naturally sweetened with dates and infused with functional mushrooms to support energy & focus

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 | 7,50

Strawberries, raspberries, banana, apple juice

TROPICAL TWIST | 8,90

Coconut water blended with mango, papaya, pineapple, mint and a squeeze of fresh lime

AFRICAN BLUE | 7,90

Creamy coconut and rice milk blended with banana, blueberries, and coconut butter finished with a delicate touch of lavender honey

MANGO LASSI | 9,50

Mango blended with probiotic coconut yogurt and gently spiced with chai spices.

EXTRA FOR YOUR SMOOTHIE
VEGAN PROTEIN 20 GR | + 1,50
COLLAGEN 5 GR | + 1,50

IMMUNITY SHOTS

REBOOT SHOT | 3,90

Ginger and lemon

PAINKILLER SHOT | 5,50

Turmeric, ginger and lemon



PRESSED JUICES



SWEET DETOX | 7,50

Apple, ginger, spinach, avocado & pineapple

CITRUS | 5,90

Orange juice, organic grapefruit and squeezed lemon

GREEN BALANCE | 6,90 ¡LOW GLUCOSE!

Cucumber, celery, fresh spirulina, and a detox blend of milk thistle, wheatgrass, and chlorella

CARROT TWIST | 5,90

Apple, carrot & ginger

SWEET BEET SMOOTHIE | 6,50

Beetroot, celery, carrot, apple, ginger, and a hint of avocado

BURNING MAN | 6,50

Apple, lemon, ginger & fresh turmeric root

STRAWBERRY RUSH | 6,90

Orange juice, strawberry & banana

BLUE LIFE | 7,90 ¡NEW!

Organic grapefruit and apple blended with blue spirulina, lavender honey and ice, enriched with collagen for skin and tissue support.

REFRESHMENTS

MANUKA'S HOMEMADE LEMONADE | 4,50

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

LAVENDER LEMONADE | 4,90

Blueberries with lavender infused organic honey with lots of lemons

GINGER LEMONADE | 5,90

Better than Coca-Cola! fresh ginger, secret spices & lime with sparkling water

ORGANIC KOMBUCHA | 4,50

Ask for our selection of flavours

UMI KOMBUCHA 6% ALCOHOL | 6,90

Ask for our selection of flavours

WILD MIMOSA | 5,90

Grapefruit, strawberries, and kombucha

VIRGIN PALOMA | 6,90

Grapefruit, ginger, lime, and agave

FRESH ORANGE JUICE | 4,90

ORGANIC GRAPEFRUIT JUICE | 3,90

STILL WATER (KM0) 500ML | 2,75

SPARKLING WATER (KM0) 500ML | 2,75

MINERAL WATER 500ML | 3,25

COCA COLA | 2,90

COCONUT WATER | 3,90



BEER & WINES



BEERS

- CAÑA ALHAMBRA | 3,00
- PINTA ALHAMBRA | 5,50
- ALHAMBRA RESERVE | 4,50
- ALHAMBRA LAGER SINGULAR | RADLER | 3,90
- ALHAMBRA ALCOHOL-FREE | 3,80
- GLUTEN-FREE CRAFT AND ORGANIC BEER | 4,20



HARD KOMBUCHA

- KOMBUCHA UMMI (6% ALCOHOL) | 6,90
- MANGO TURMERIC | HIBISCUS BERRY | ELDERFLOWER



HONEST WINES

WHITE

AYRE VERDEJO |  4,50  18,00
Designation of Origin: Rueda
Winery: Verdeal
Grapes: Verdejo

ROBALIÑO |  4,90  22,00
Designation of Origin: Rias Baixas
Winery: Señorío de rubios
Grapes: Albariño

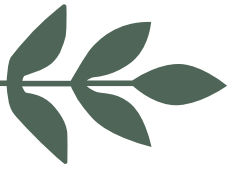
ROSE

LOPEZ DE HARO ROSADO |  4,50  14,00
Designation of Origin: Rioja
Winery: Lopez de Haro
Grapes: Viura and Garnacha

RED

MONTELAGUNA VIÑAS DEL PÁRAMO |  4,90  20,00
Designation of Origin: Ribera del duero
Winery: Montelaguna
Grapes: Tempranillo

EL PRIMEVERA |  4,20  17,00
Designation of Origin: Rioja
Winery: Tierra
Grapes: Tempranillo



COFFEE & TEA



ESPRESSO, AMERICANO, CORTADO | 2,60

COFFEE WITH MILK | 3,20

GINGER COFFEE | 4,20
Oat milk with a shot of ginger & cinnamon

COCO COFFEE | 3,90
Coffee with coconut milk & cinnamon

CAPPUCCINO, LATTE, DOUBLE | 3,90

COFFEE ICE LATTE | 4,50
Your favorite milk coffee on ice

VANILLA COLLAGEN ICE COFFEE | 6,50
Ice coffee enhanced with collagen with vanilla pods, our coconut syrup and milk of your choice ,
for radiant glowing skin

 ICE PISTACHIO LATTE | 6,90
Try our Ice Pistachio latte, made with 2 coffee shots, oat milk, our plant based pistachio ice cream
and coconut caramel

MANUKAS HOT CHOCOLATE | 4,50
Reap the benefits of ceremonial cacao without the artificial sugars and sweeteners and
supercharged with medicinal mushrooms. Choose your milk

ORGANIC MATCHA LATTE | 5,90
Made with your choice of milk

FRESH GINGER, MINT & HONEY TEA | 4,00

CHAI LATTE | 4,50
Chai spices, fresh ginger & black tea served with your choice of milk

ORGANIC CUP OF TEA | 3,20

English Breakfast

Jasmine green tea

Green tea and coconut

Rooibos

Add a shot of
collagen to
your Coffee
+ 1,50

EXTRA COLLAGEN FOR YOUR COFFEE (10ML) | +1.50

EXTRA CHAGA FOR ANY COFFEE | + 1,00

PLANT BASED MILK OPTIONS:

RICE & COCONUT MILK | OAT MILK |

ALMOND MILK +0,30 | WALNUT MILK +0,30