

Chia Smoothies



Mango Breakfast Smoothie

3.30

MANGO, MANI'S GLUTEN FREE GRANOLA, CHIA AND YOGURT



Triple Berry Smoothie

3.30

BLUEBERRIES , RASPBERRIES, STRAWBERRIES, CHIA AND YOGURT

Fresh Press

ENJOY YOUR DAILY FRUIT AND VEGGIES IN OUR MADE TO ORDER FRESH PRESSED JUICE



Detox	2.60
WATERMELON, STRAWBERRY AND ORANGE	
Energizer	2.60
ORANGE, STRAWBERRY AND BANANA	
Flu Fighter	2.60
BLUEBERRY, APPLE, STRAWBERRY, RASPBERRY AND LEMONGRASS	
Wide Awake	2.60
ORANGE, CELERY, CARROT, APPLE AND GINGER	
Cleanser	2.60
CELERY, APPLE, LEMON, CUCUMBER AND KALE	
Fat Burner	2.60
CELERY, LEMON, GINGER AND GRAPEFRUIT	
Heart Beat	2.60
BEETROOT, ORANGE, CELERY AND GINGER	

Mani's Coolers

FRESH SQUEEZED JUICE, SERVED OVER ICE

Watermelon Juice	2.30
Pink Lemonade	2.30
Pomegranate Crush	2.30
Orange Juice	2.30
Lemon and Mint Crush	2.30

Lassi



Blueberry Lassi	2.80
BLUEBERRIES, YOGURT	
Beetroot & Raspberry Lassi	2.80
BEETROOT, RASPBERRY AND YOGURT	
Mango, yoghurt Lassi	2.80
MANGO, YOGURT	

Fresh Soda



Fresh Raspberry Lemonade Soda 2.40



Fresh Ginger Ale 2.40



Fresh Passion Fruit Soda 2.40

Milk Shakes

Vanilla Milk Shake	2.30
Chocolate Milk Shake	2.30

Drinks

Natural Mineral Water (330 ML)	1.20
Natural Mineral Water (750 ML)	1.60
Sparkling Water (330 ML)	1.40

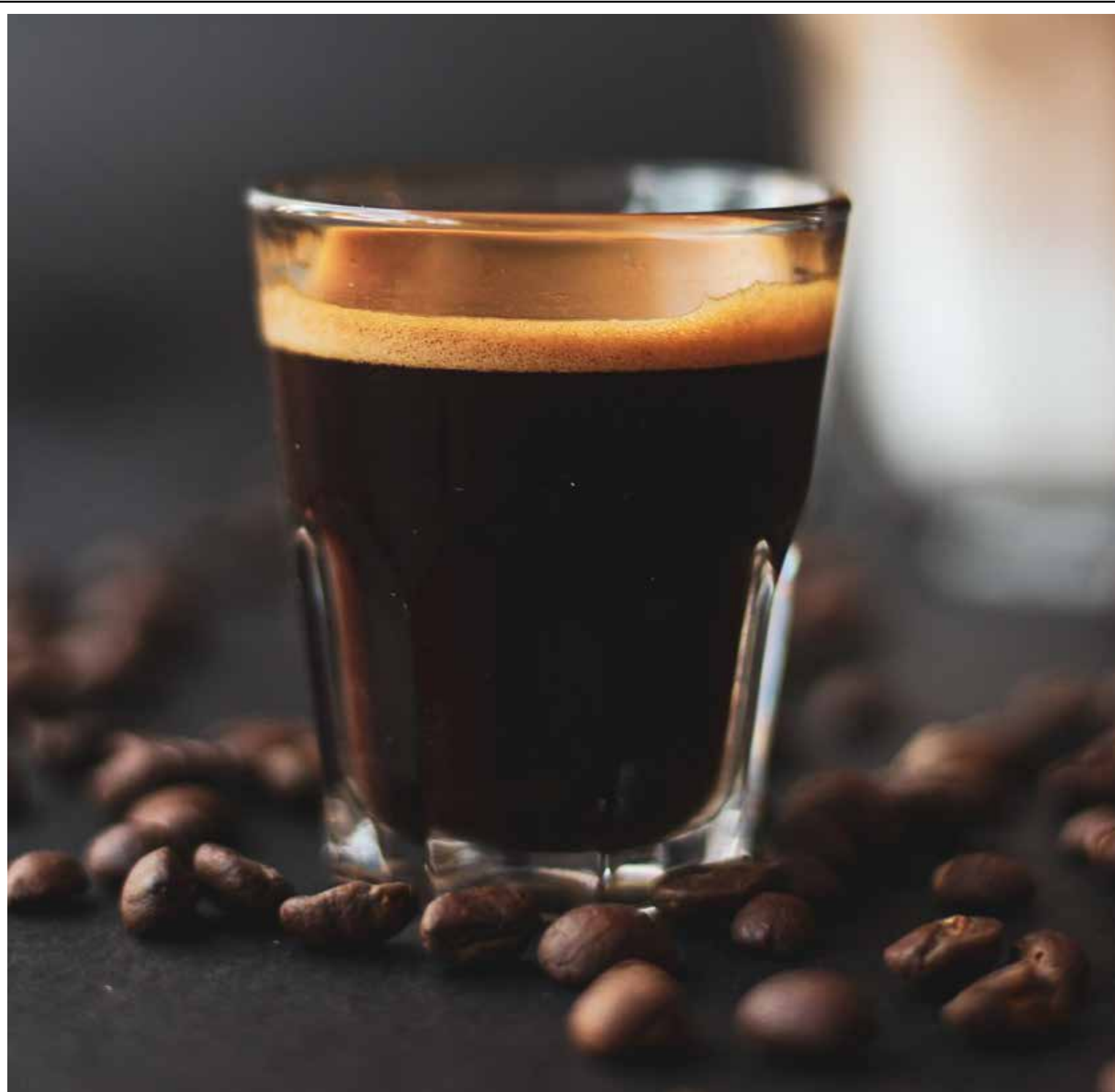
Loose Leaf Tea

HOT / ICED



Royal breakfast	2.30	Moroccan tea	2.30
Chamomile tea	2.30	Earl grey tea	2.30
Green tea curls	2.30	Jasmine pearl tea	2.30
Ginger breeze	2.30	Mani's Karak Tea	1.70

Coffee



Espresso	1.15
Americano	1.80
Cappuccino	1.90
Latte	1.90
Hot Chocolate	2.10
Hot Mocha	2.30
Organic Matcha Latte	2.40
French Press	2.30

LACTOSE FREE MILK

ALMOND MILK - 0.400 BZ - SOY MILK - 0.400 BZ - OAT MILK - 0.400 BZ - COCONUT MILK - 0.400 BZ

SYRUPS

HAZELNUT - 0.400 BZ - VANILLA - 0.400 BZ - CARAMEL - 0.400 BZ - NOTE: FLAVOUR CONTAINS SUGAR

Iced Coffee

Salted Caramel Iced Coffee 2.25

CARAMEL, ESPRESSO SHOT, MILK

Organic Iced Matcha Latte 2.25

ORGANIC MATCHA TEA, MILK

Mani's Granola Bowls



Mani's Granola Bowl

4.30

Gluten Free

WITH YOGURT, BLUEBERRIES, BANANAS, STRAWBERRIES AND A DRIZZLE OF HONEY

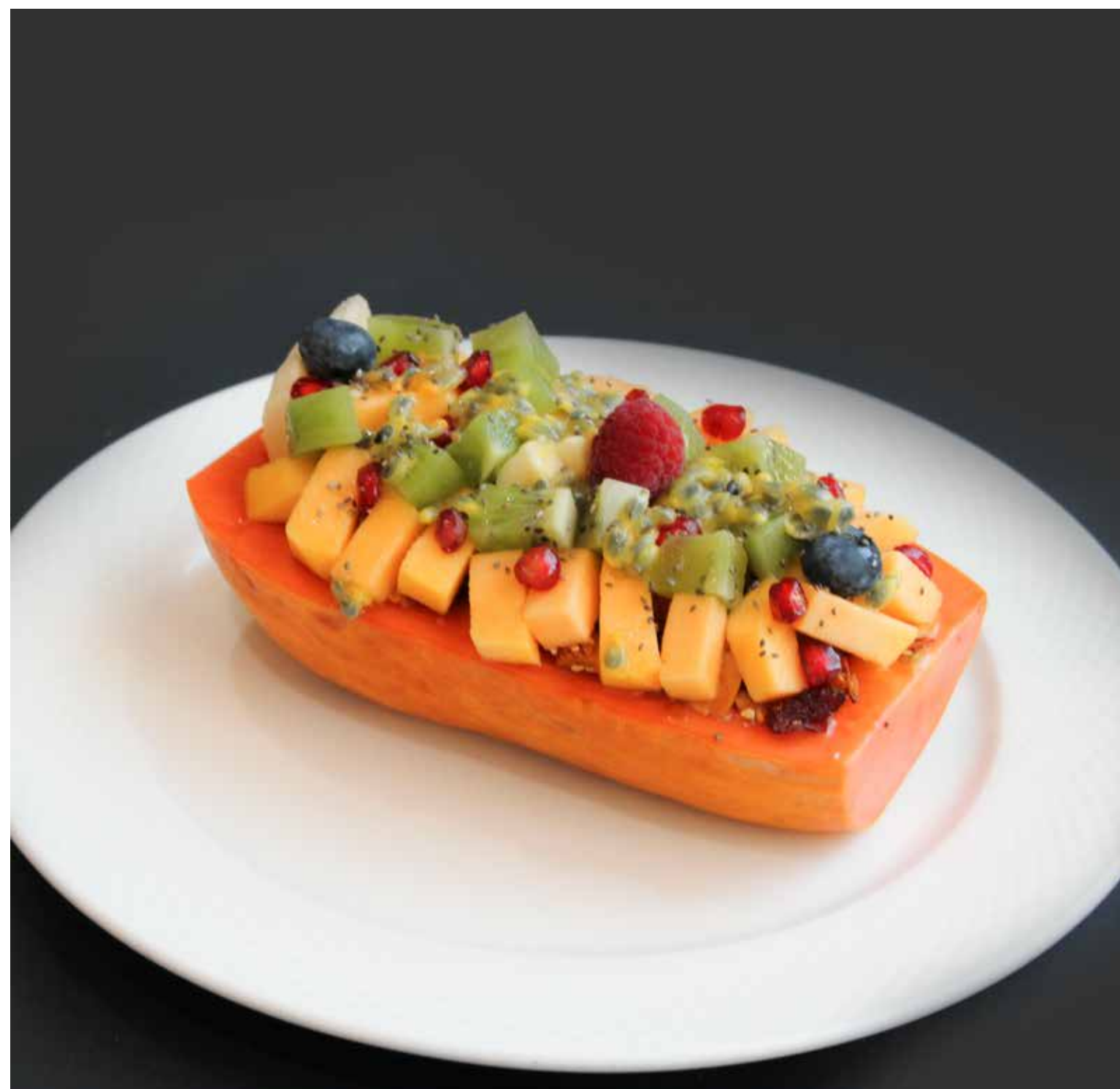


Acai Granola Bowl

4.90

Vegan - Gluten Free - Dairy Free

BLENDED ACAI BERRIES WITH MIXED SEASONAL BERRIES, HONEY AND PEANUT BUTTER



Thai Papaya Granola

4.95

Gluten Free

MANGO, BANANA, KIWI, POMERGRANATE, PASSION FRUIT, HONEY AND YOGHURT

Special of the Month



Orange, Fennel & Rocket Salad 5.20



Chili Prawn Eggs Benedict 5.90
CRISPY PRAWNS AND POACHED EGGS ON FRESHLY BAKED MUFFINS
WITH HOLLANDAISE SAUCE



White Labneh Omelette with Spinach and Sumac 4.90



Honey Sriracha Chicken Burger 5.80

All Day Breakfast



Spinach Eggs Benedict

4.10

TWO POACHED EGGS ON FRESHLY BAKED ENGLISH MUFFINS WITH SPINACH



Smoked Salmon Eggs Benedict

4.80

TWO POACHED EGGS ON FRESHLY BAKED ENGLISH MUFFINS WITH NORWEGIAN SMOKED SALMON



Avocado Eggs Benedict

4.80

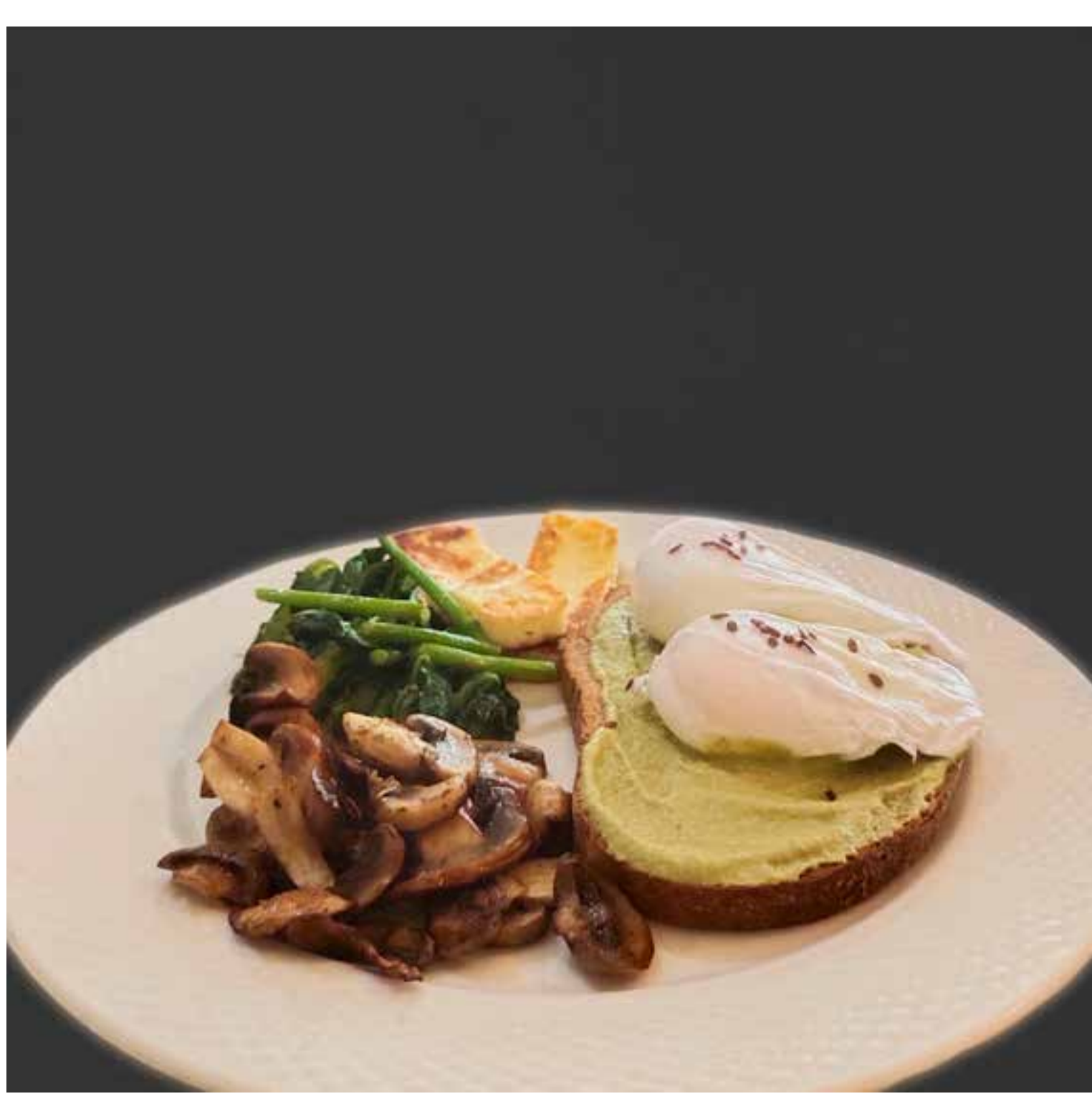
TWO POACHED EGGS ON FRESHLY BAKED ENGLISH MUFFINS WITH AVOCADO



Beef Bacon Eggs Benedict

4.80

TWO POACHED EGGS ON FRESHLY BAKED ENGLISH MUFFINS WITH BEEF BACON



Healthy Breakfast

4.90

TWO POACHED EGGS, SPINACH, ASPARAGUS, MUSHROOMS AND GRILLED HALLOUMI CHEESE WITH ARTICHOKE HUMMUS



Croque Madam

4.90

POACHED EGG, BEEF BACON, BÉCHAMEL SAUCE AND PARMESAN CHEESE ON TOASTED WHOLE WHEAT BREAD, SERVED WITH FRENCH FRIES



3 Egg Spanish Omelette

4.30

WITH SPINACH, MUSHROOMS, CHERRY TOMATOES, ROAST POTATOES, FRESH CHILIES AND MOZZARELLA CHEESE



Shakshuka 🌶️

4.50

POACHED EGGS BAKED IN TOMATO SAUCE, CHILI PEPPERS AND ONIONS



Spicy Turkish Poached Eggs 🌶️ 4.80

WITH MANI'S HOUSE MADE SPICY SOUR CREAM SAUCE, LETTUCE GRILLED HALLOUMI CHEESE AND A GREEN SALAD



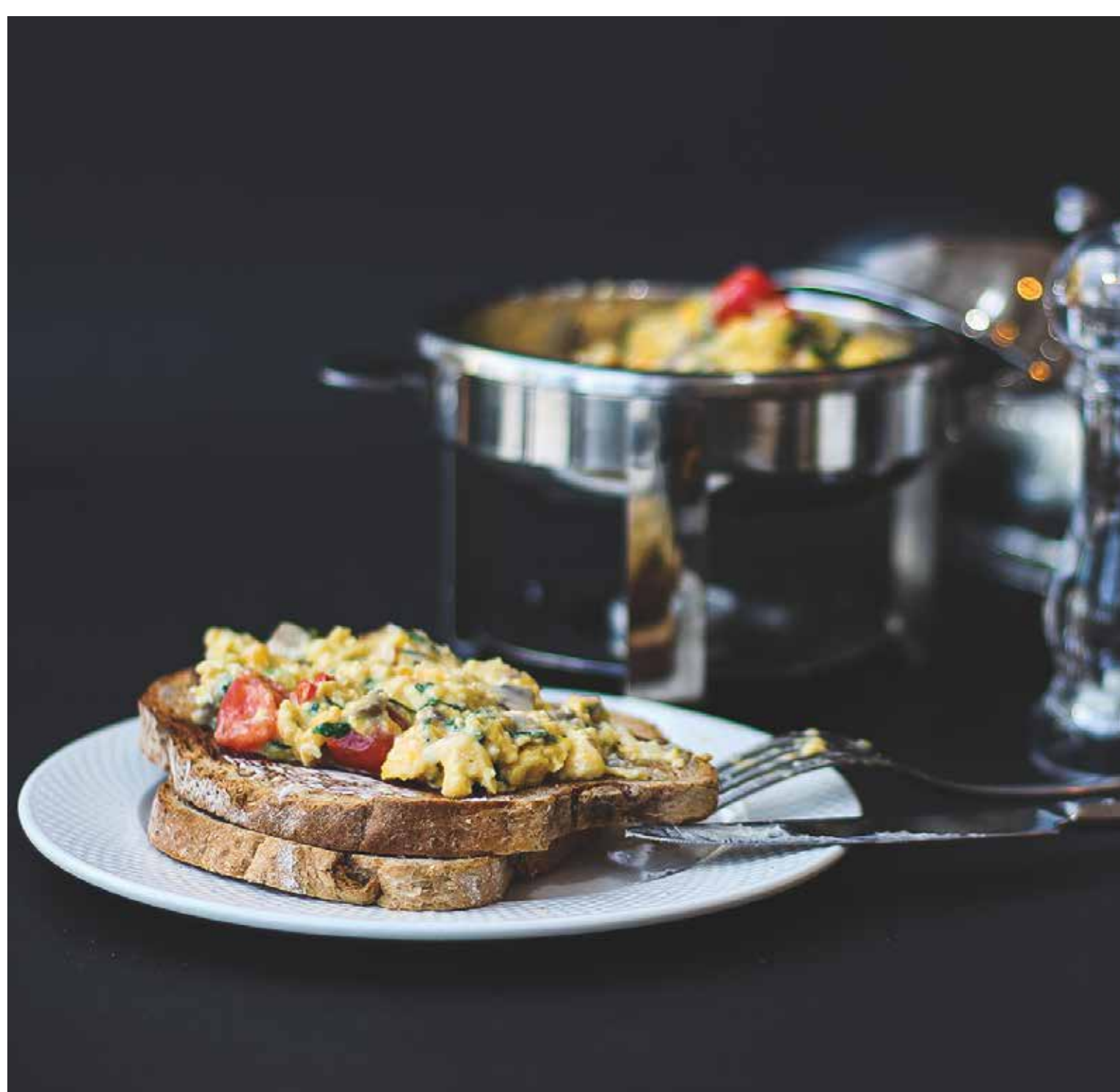
Scrambled Eggs & Salmon on Toast 4.80

SCRAMBLED EGGS AND SMOKED SALMON ON SOUR DOUGH WITH HOLLANDAISE SAUCE



Poached Eggs with Sweet Potato 4.80

ROASTED SWEET POTATOES, AVOCADO, POACHED EGGS WITH ROASTE DHAZELNUT CHILI SEASONING



Mani's Signature Spicy 🌶️ Scrambled Eggs

4.50

EGGS, SPINACH, MUSHROOMS, CHERRY TOMATOES AND CHEESE

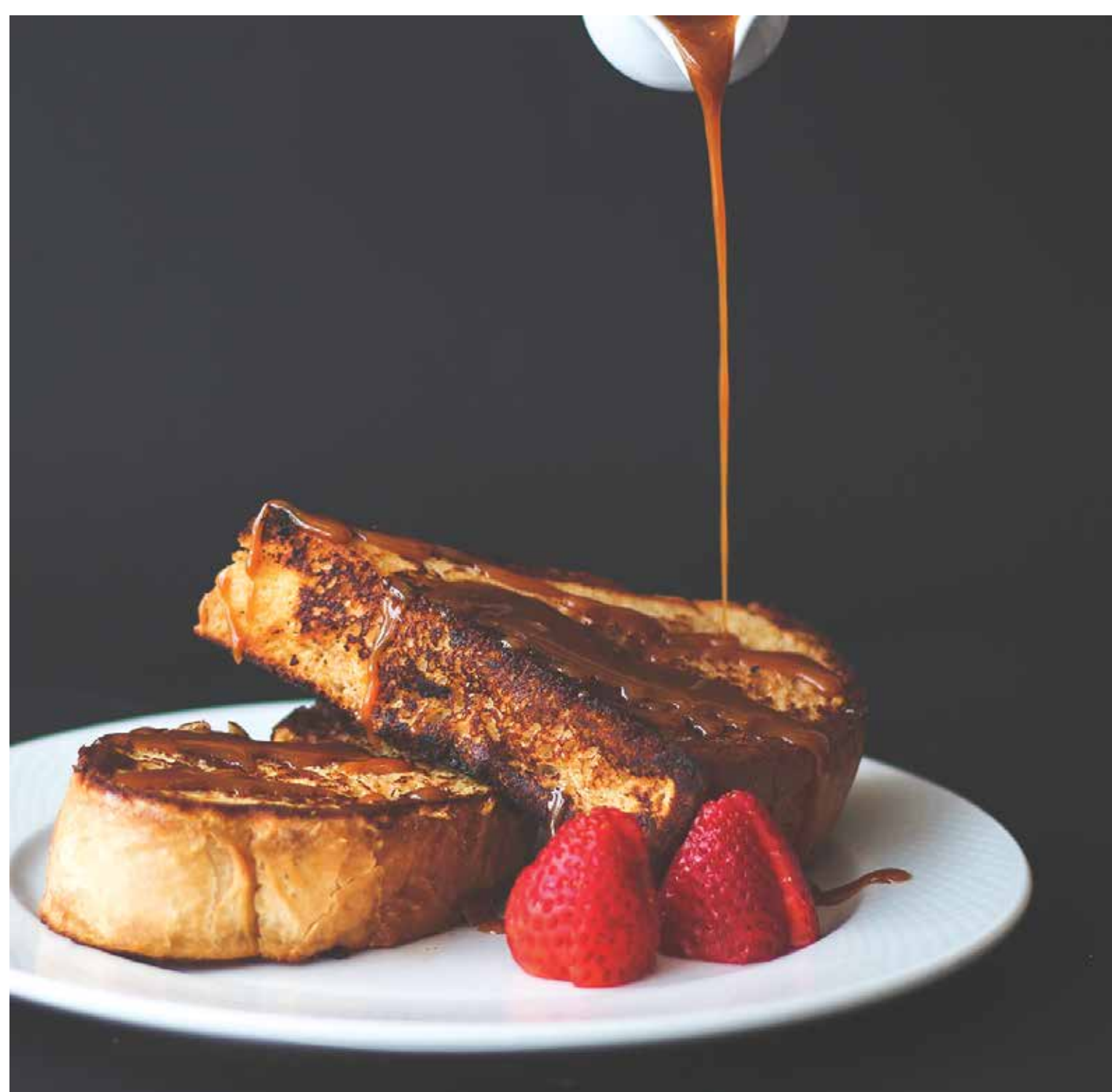
From the Griddle



Mani's Signature French Toast 4.50
WITH STRAWBERRY AND MAPLE SYRUP



Old Fashioned Pancakes 4.50
PANCAKES WITH STRAWBERRY AND MAPLE SYRUP



Brioche French Toast 4.50
WITH MAPLE SYRUP OR SALTED CARAMEL SAUCE



Superfood Vegan Pancakes 4.90
Vegan
QUINOA, OAT, COCONUT AND FLAX PANCAKES WITH CARAMELIZED PEACHES AND MAPLE SYRUP

Breakfast Sides

- GRILLED MUSHROOMS - 1.000
- SPICY BEEF BACON - 2.000
- HONEY GLAZED BEEF SAUSAGES - 2.000
- SLICED AVOCADO - 2.000
- HALLOUMI CHEESE - 1.500
- POACHED OR FRIED EGG - 0.500
- SMOKED SALMON - 2.200
- DAIRY FREE PLAIN HOPPER (GLUTEN FREE) - 1.000

Toast Bar



Mushrooms & Black Lentils

5.50

Vegan

POACHED EGG WITH MUSHROOMS, SHIMEJI MUSHROOMS, PORTABELLO MUSHROOMS, BLACK LENTILS, HERBS WITH HORSERADISH HUMMUS ON SOUR DOUGH BREAD



Crushed Avocado & Feta

4.80

CRUSHED AVOCADO WITH FETA CHEESE AND CHILI FLAKES ON MANI'S TOASTED SOUR DOUGH BREAD SERVED



Pumpkin Hummus

4.50

Vegan

PUMPKIN HUMMUS, FLAX SEEDS, ROASTED PUMPKIN, ROCKET LEAVES ON MANI'S SOUR DOUGH BREAD



Halloumi Bruschetta

4.50

Vegan

GRILLED HALLOUMI CHEESE WITH CUCUMBERS, PICKLES, CHERRY TOMATOES AND BASIL

Grain Bowls



KOREAN Beef Bowl

6.95

Gluten Free

120 GM GRILLED RIBEYE STEAK, PORTABELLO MUSHROOMS, SPINACH, CARROTS, RADISH, BOMBAY MIX, ALMONDS, QUINOA, FRIED EGG, BLACK CHICKPEAS OR TOPIOCA WITH CHOICE OF PEARS SAUCE OR SPICY BALSAMIC SAUCE

Grilled Chicken Grain Bowl

6.00

Gluten Free

CHICKEN, HONEY SRIRACHA SAUCE, PORTOBELLO MUSHROOMS, BABY SPINACH, CARROTS, RADISH, QUINOA, ALMOND, HONEY SRIRACHA, BOMBAY MIX, FRIED EGG BLACK CHICKPEAS OR TOPIOCA WITH SPICY BALSAMIC SAUCE OR PEARS SAUCE

Falafel Quinoa Bowl

5.60

Vegan - Gluten Free

WITH TABOULA, TAHINI YOGHURT & PICKLED BEETS

Spicy Egg Grain Bowl

6.00

Gluten Free

MANI'S SIGNATURE SPICY SCRAMBLED EGGS, PORTABELLO MUSHROOMS, BABY SPINACH, QUINOA, FLAX SEEDS, ALMONDS, RADISH, CARROTS, BOMBAY MIX BLACK CHICKPEAS OR TOPIOCA WITH CHOICE OF PEARS SAUCE OR SPICY BALSAMIC SAUCE

Soups

MADE FRESH FROM SCRATCH AND SERVED WITH MANI'S FRESHLY MADE GARLIC BREAD

Roast Pumpkin Soup

3.00

WITH LEEKS AND CREAM

Prawn Laksa Soup 🌶️

3.20

RICE NOODLE WITH PRAWNS AND BEAN SPROUTS IN A COCONUT MILK BROTH

Coconut Quinoa Soup

3.20

RICE QUINOA (BLACK & WHITE), GREEN ZUCCHINI, CAULIFLOWER, ASPARAGUS AND GREEN PEAS

Sandwiches



Mani's Cheese & Tomato Toastie 3.90
CHEDDER CHEESE TOMATO AND MANI'S HOUSE MADE PESTO



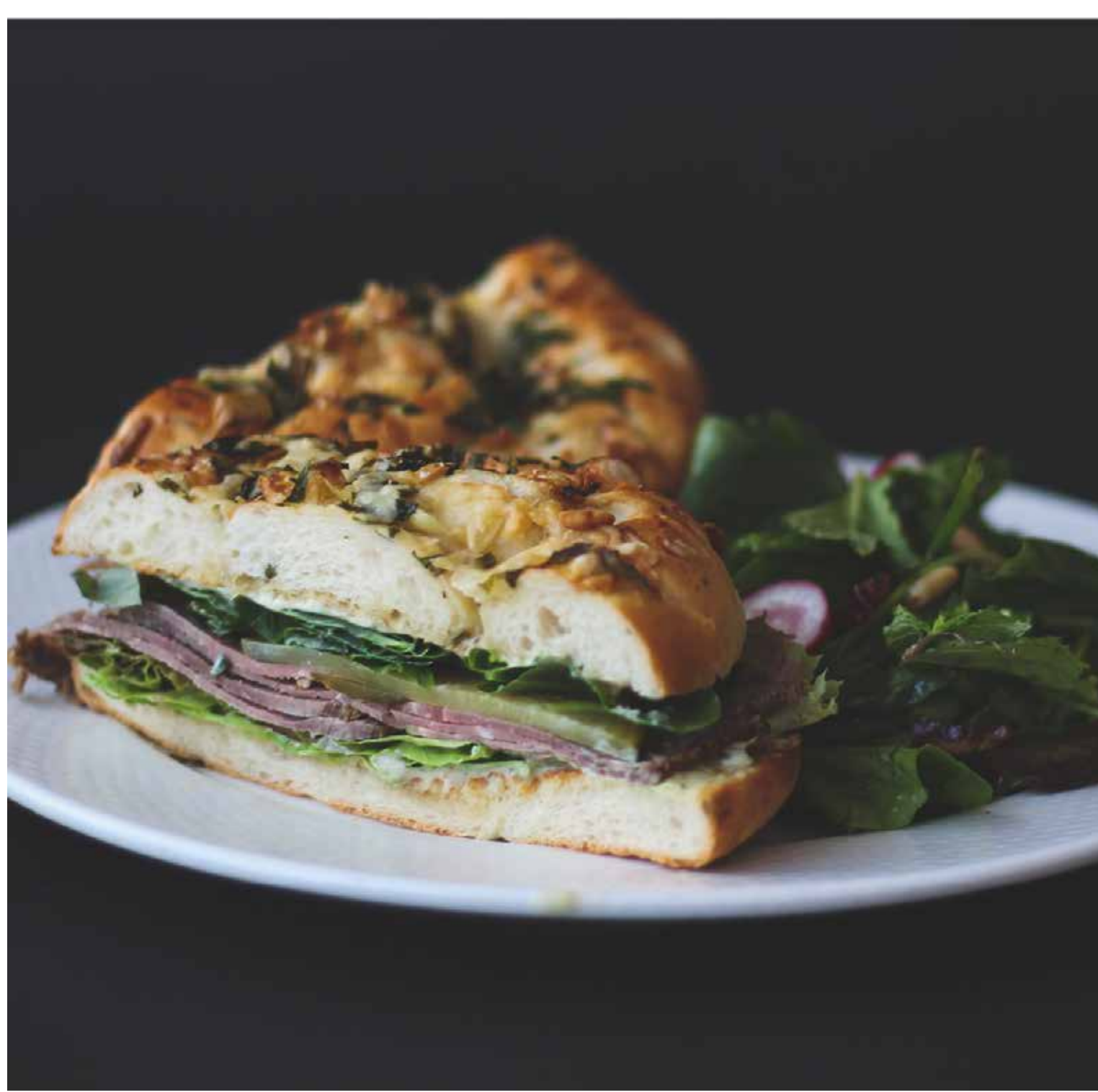
Chicken Wrap 4.90
GRILLED CHICKEN WITH LETTUCE, MOZZARELLA CHEESE AND KALE HUMMUS



Crispy Chicken Sandwich 5.10
BREADED CHICKEN BREAST, MOZZARELLA, AND WASABI MAYO



Mani's Two Slice Club 5.10
GRILLED CHICKEN WITH BEEF BACON, FRIED EGGS, TOMATOES AND LETTUCE



Roast Beef Pretzel

5.70

GARLICKY PARMESAN PRETZEL, THINLY SLICED MANI'S GOURMET ROAST BEEF, ROCKET, PICKLE AND HORSERADISH MAYO



Smoked Salmon & Cream Cheese

4.90

NORWEGIAN SMOKED SALMON WITH WHIPPED CREAM CHEESE, POMEGRANATE AND LETTUCE



Spicy Tuna Sweet Corn 🌶️

4.30

TUNA SWEET CORN WITH CHEESE AND RED CHILLIES



Vegan Vegetable Wrap

4.60

KALE HUMMUS, AVOCADO, MIX LETTUCE, MINT, CUCUMBER AND CHILI FLAKES



Halloumi & Avocado Pretzel 5.40
GARLICKY PARMESAN PRETZEL, AVOCADO, HALLOUMI CHEESE, SUNDRIED TOMATO, POMEGRANATE SEEDS, ZATAR MAYONNAISE SERVED WITH FRENCH FRIES OR MANI'S SIDE SALAD



Falafel & Aubergine Sandwich 🌶️ 4.70
Vegan
FALAFEL, EGGPLANT, PARSLEY, ROMAINE LETTUCE WITH TAHINI & MANI'S SRIRACHA



Ribeye Steak and Caramelized Onion Sandwich 6.20

Pasta

SERVED WITH MANI'S FRESHLY MADE GARLIC BREAD



Spaghetti Bolognese 5.60
WITH MINCED BEEF IN A TOMATO AND BASIL SAUCE



Penne Chicken 5.90
WITH CHICKEN, ASPARAGUS IN A BECHAMEL SAUCE



Prawn Linguine 7.70
WITH ASPARAGUS, CHILI AND CHERRY TOMATOES



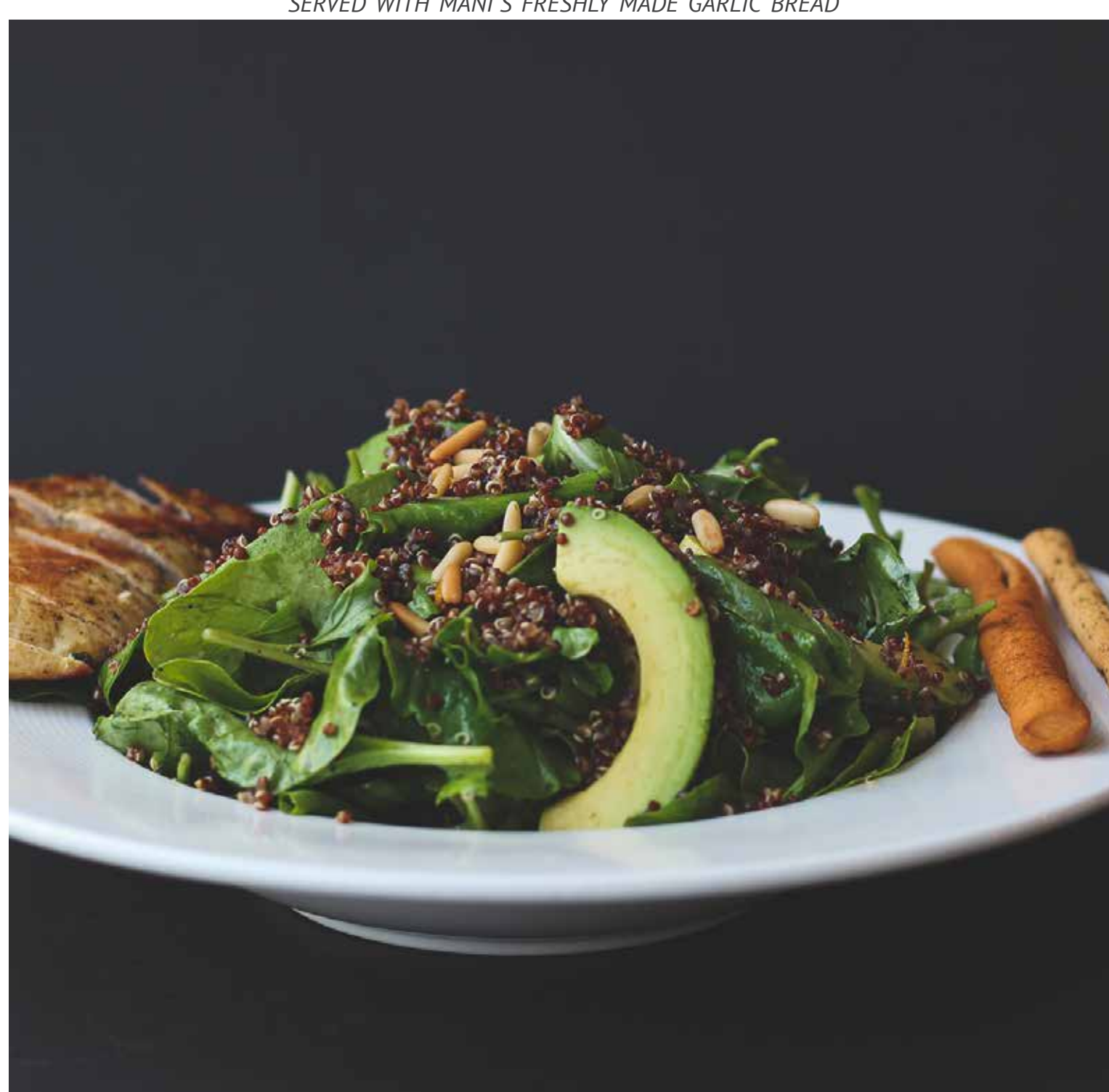
Spinach Cannelloni 5.90
Vegetarian
STUFFED WITH RICOTTA, SAGE AND SPINACH IN A CHERRY TOMATO AND BASIL SAUCE



Linguine Carbonara 5.90
LINGUINE WITH TURKEY BACON IN A CREAMY BUTTER GARLIC SAUCE

Salads

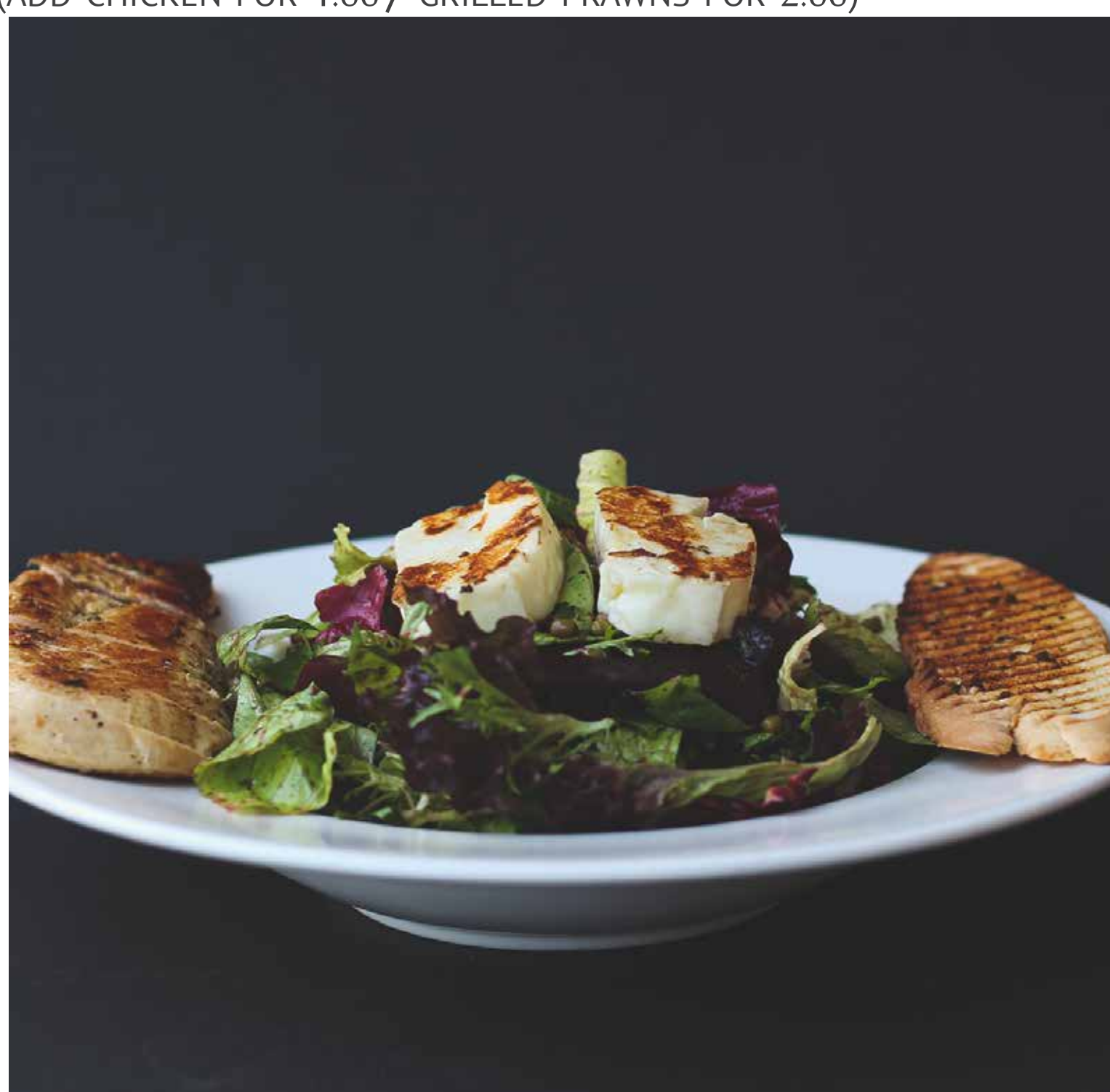
SERVED WITH MANI'S FRESHLY MADE GARLIC BREAD



Quinoa Avocado Salad 5.90

Vegan

WITH ROCKET, TOASTED PINE NUTS TOSSED IN A BALSAMIC DRESSING
(ADD CHICKEN FOR 1.00 / GRILLED PRAWNS FOR 2.00)



Beetroot Lentil Salad 5.60

WITH MIXED GREENS, GRILLED HALLOUMI CHEESE TOSSED IN A THYME BALSAMIC DRESSING

(ADD CHICKEN FOR 1.00 / GRILLED PRAWNS FOR 2.00)



Roast Beef Mango Salad 5.90

WITH CHERRY TOMATOES, CORIANDER, BEANS SPROUTS AND PEANUTS TOSSED IN A RED CURRY CHILI DRESSING



Grilled Chicken Caesar 5.60

WITH ROMAINE LETTUCE AND CROUTONS TOSSED IN AN ANCHOVY AND PARMESAN DRESSING



Quinoa Pumpkin Salad 5.80

Vegan

MIX LETTUCE, ROASTED PUMPKIN, BEETROOT, QUINOA, MANDARIN, PINE NUTS, ARTICHOKE HUMMUS, POMEGRANATE SEED TOSSED IN A MANGO VINAIGRETTE DRESSING

Main's



Pesto Chicken

6.90

GRILLED CHICKEN WITH MANI'S HOUSE MADE PESTO



Mozzarella Chicken

6.90

GRILLED CHICKEN BREAST WITH MOZZARELLA



Steak

9.00

250GM GRILLED RIBEYE WITH CHOICE OF MUSHROOM OR PEPPER SAUCE



Quinoa Biryani with Lamb Shank

8.70

MAINS SERVED WITH

FRENCH FRIES & MANI'S SIDE SALAD

Main's Sides

Mani's green salad

1.50

Garlic bread 2 pcs

0.50

Kids Menu



Crispy Chicken & Fries

3.20



Grilled Cheese Toasti

2.80



Spaghetti Bolognese

3.20



Old Fashioned Pancakes

2.90