



L O N D O N

Seasonal, Fresh, Wholesome and Delicious Plant-food

FEBRUARY MENU

A warm welcome to Manna

STARTERS – £8.60

Soup of the Evening – a creamy and tasty carrot soup infused with seasonal veg

A Trio of Tastes – delicious dips (mushroom, ricotta, and beet) with our special walnut loaf slice and herby biscuits (GF)

Fresh Manna Pasta – (of the day) ravioli or fettuccine alfredo – delicious fresh pasta with a creamy sauce or pesto on a bed of warm stir fry for that extra crunchy compliment

Tugboat and Stir Fry – our marinated tofu chunks on herb infused polenta-base topped with a stir fry mix and warm greens.

MAIN COURSE – £15.90

Toad in Hole and Mash – creamy herby mash with a sausage infused ‘toad in hole’ Yorkshire with warm greens, and a very tasty red onion wine gravy.

Rowboat and Stir Fry – our ever-popular herb infused polenta-base with aged-marinated tofu topped with a stir fry compliment; served with warm greens.

Manna Curry – mild to medium vegetable curry served with rice, flat bread and Bombay potatoes

DESSERT – £9.60

Trio of Desserts – trifle taster of cinnamon and vanilla infused panna cotta / double sponge slice and a chocolate delight.

Ice cream combo bombe – served with shortbread biscuit.

Seasonal berry crumble - with our custard cream and pecan based crumble

A service charge of a minimum 15% is not included.

We cater for all allergens with advance notice.

VEGAN RESTAURANT & DELI

100% VEGAN | Contains: (n) nuts | (s) soy | (l) lupins | (o/g) onion & garlic | (gl) gluten | (w) wheat | (ss) sesame seeds | (c) celery | (sp) sulphites | (m) mustard
Please ask for allergen information on daily specials | Possible allergens are used in shared space in our kitchen and, while we do our best, we cannot ensure non-cross contamination