

## Manna – Brunch/Lunch – Menu

*[seasonal, fresh, and nutritious - plant-food made with loving care at Manna]*

### Warm dishes

**New – Manna Sunday Roast** (o,g,s)

**Manna Full English** – (o,g,s)

*Homemade sausage, baked beans, hash browns and tofu scramble with baked tomato and grilled mushrooms*

**Tofu sticks** with seasonal topping – (n,s)

*Marinated tofu on stick with a vegetable topping and choice of peanut or soy sauce*

**Manna Buddha bowl** – (s)

*Noodles, scrambled tofu, coriander, and tomato in nutritious consume*

**Seasonal Soup** –

*Curried cauliflower, creamy and tasty seasonal dish with bread slice*

**Sausage on mash** – (o,g)

*Manna sausage on mashed potato and sweet potato with red wines onion gravy*

**Cous Cous Spice delight** – (o,g,s)

*Cous Cous with vegetables and mixed spicy sausage and tofu-balls*

**Pancake (Savoury) to share** Mexican enchilada & salsa – (o,g,s)

**Pancake (Sweet) to share** – (o,g,s,n)

*Baked plums & bananas with choice of salted caramel sauce or ice cream*

**Sides** (or on toast) –

**Baked Beans / Hash Browns / Grilled mushroom / Baked tomatoes / Scrambled Tofu /**

**Condiments** – *Manna Made*

**Mayo / Tomato Sauce / Mustard / Brown sauce**

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**Sandwiches** –

*In – White, Wholemeal or Bagel (ss,n,g)*

**Sausage slices** (o/g)

**Egg (tofu) Mayo** (n,s)

**Toasted cheese and cooked tomato**

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**Breads – plain or toasted** – side slice with butter [*In – White, Wholemeal or Bagel (ss,n,g) or Gluten-free*]

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**Fresh Seasonal Salad** – (n,l) *Lentils and seasonal salad potatoes on a bed of greens*

**Sausage Roll** with potato salad – (o,g)

**Cheeseboard** – (n,ss)

*Cheeses, hummus and guacamole with Manna crackers, and homemade chutney*

**Sweet to Eat** in season –

**Apple & Rhubarb crumble** with custard or ice cream (n)

**Apple Tart** and vanilla ice cream (n)

**Banana pudding & custard** (energy) (n)

**Manna Ice Cream** – 3 scoops (vanilla, choc, macho) (n)

**Cheesecake** (vanilla/passion fruit) with choc base and nut-free coconut ice cream

**Deli Selection**

*Or from the counter – all 100% vegan*

**Biscuits**

**Almond** biscuit (Galette) / **Cocoa** Manna biscuit -

**Cookies**

**Chocolate chip** cookie / **Raison** cookie –

**Bakery**

**Cinnamon Buns** –

Cinnamon swirls (**Pain au Raisin**)-

**Croissants** – plain

**Camden Tiger** with choc stripes filled with custard cream –

**Donuts** – **Ring** with chocolate topping or vanilla icing/ **Ball Donut** filled with custard –

**Pain au Chocolate**

**Cakes**

Coated **Muffin** – chocolate

**Lemon Cake** slice -

Fresh **Chocolate cake** slice –

**DRINKS/BEVERAGES**

**Coffee:** Black, White, Espresso, Cappuccino, or Decaf – (*only Oat milk*)

Herb **Tea** choice –

**Hot Chocolate** with marshmallows – Half:

**Mineral Water** Bottle (sparkling or plain) – Half:

Fresh nutritional **Fruit Juice** – *Passion fruit* cooked in *Lemon syrup*/ or *lime infusion* of green tea & mint

**Wine** by the **bottle:** RED Jascai – Montepulcino d’abruzzo -

WHITE Borgoletto soave –

**Beer** by **bottle:** Freedom or Fabal –