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L O N D O N

**A SAMPLE OF OUR ALL-WEEK SAVOURY MENU**

(Our food is UK seasonal-based and fresh, menus items will alter with the season)

<b>Sandwiches</b>			
<b>BLT</b> -Bread White/Brown/GF	*GF	Gluten	Aubergine bacon, beef tomato slice, round lettuce, and avocado. Roasted garlic mayonnaise.
<b>Egg mayo</b> -Bread White/Brown/GF	*GF	Gluten	Tofu egg mayonnaise with chopped chives.
<b>Homemade sausage</b> -Bread White/Brown/GF	*GF	Gluten, soy, mustard	Homemade vegan sausage with grilled onion and picked red onions. Mayonnaise and mustard.
<b>Bagels</b>			
<b>Cream cheese</b> -Bagel Plain/Sesame		Gluten, *sesame	Cream cheese with chopped chives
<b>Melted hard cheese</b> -Bagel Plain/Sesame		Gluten, *sesame	Slightly melted smoked cheese and sweet picked red onion
<b>Homemade sausage</b> -Bagel Plain/Sesame		Gluten, soy, *sesame	Homemade vegan sausage with grilled onion and sweet pickled red onions. Mayonnaise and mustard.
<b>Pies</b>			
<b>Mushroom</b>		Gluten	Shiitake and chestnut mushroom, almond and Brazil nuts filling covered with hot water pastry.
<b>Seasonal</b>		Gluten	Seasonal vegetables and hot pastry.
<b>Quiches, tarts</b>			
<b>Seasonal</b> -Base Non-GF/GF	*GF	Gluten	Seasonal vegetables in the flaky base.
<b>Caramelised onions</b> -Base Non-GF/GF	*GF	Gluten	Caramelised onions filling in the flaky base.
<b>Pinwheel bread rolls</b>			
<b>Sun dried tomato</b> and pine nuts		Gluten, nuts (pine nuts)	White bread filled sun dried tomato and pine nuts filling.
<b>Garlic mushroom</b> and spinach		Gluten, nuts (pine nuts)	White bread filled with garlic mushroom and spinach plus pine nuts filling.
<b>Seasonal</b>		Gluten	
<b>Puff pastry</b>			
<b>Sausage roll</b>		Gluten, soy	Homemade Manna vegan sausage which is covered with puff pastry.

VEGAN RESTAURANT & DELI