

SUPERFOOD SMOOTHIES

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

SKIN GLOW | 7,90

Marine collagen and Vitamin C blended with mixed berries and coconut probiotic yogurt. The ultimate beauty drink

VITAMIN-C BOOSTER | 7,90

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

OMEGA 3 CHOCOALTE CARAMEL | 7,90

Omega 3-rich hemp seeds, banana, sprouted flax, maple almonds, home-made medjool date caramel, raw cacao and a touch of Himalayan salt

CLEAN GREENS | 7,90

Detoxify your body of heavy metals with fresh lemon grass, coriander and spirulina combined with spinach, cucumber juice and a chunk of pineapple

BERRY BLAST | 7,90

Strawberries, raspberries, banana, apple juice

PASSION & CHIA | 7,90

Tropical flavors of passion fruit and mango explode on the tongue, mellowed with a touch of banana, apple and activated chia seeds

AFRICAN BLUE | 7,90

Fragrant vanilla & cacao butter, with fresh blueberries and a creamy banana & coconut base. A bestseller

KEEP CALM | 9,90

Keep calm and release the stress of your everyday hustle with this coconut water, pear and blueberries elixir containing our high grade 10% lavender infused CBD oil

MANGO LASSIE | 8,90

Probiotic coconut yogurt lassie with chai spices and mango

IMMUNITY SHOTS

ANTI-VIRAL SHOT | 3,50

Lemon, ginger, vitamin C and oregano oil

REBOOT SHOT | 3,00

Ginger and lemon

PAINKILLER SHOT | 4,90

Turmeric, ginger and lemon

PRESSED JUICES

SWEET DETOX | 6,00

Apple, ginger, spinach, avocado & pineapple

REAL GREEN | 6,90

Broccoli, kale, spinach, avocado, apples & lemon

CARROT TWIST | 4,90

Apple, carrot & ginger

SWEET BEAT | 4,90

Apple, carrot, beetroot & orange juice

KIWI BURST | 5,50

Apple, kiwi, pineapple & mint

HYDRATOR | 5,50

Mango, cucumber, coconut water & mint

BURNING MAN | 5,50

Apple, lemon, ginger & fresh turmeric root

STRAWBERRY RUSH | 6,90

Orange juice, strawberry and banana

ACAI Y CHIA

SUPERFOOD SMOOTHIE BOWLS, SERVED WITH FRESH FRUIT AND OUR DELICIOUS HOMEMADE
GLUTEN-FREE, PLANT-BASED COCONUT BUTTER CRUMBLE

ACAI BOWL | 12,50

Amazonian Antioxidant Acai with strawberries and wild berries

SLIM DRAGON | 12,50

Dragon fruit with strawberries and mango, lightly sweetened with stevia

PAPAYA PLAYA | 12,50

Young coconut pulp with papaya, pineapple & phycocyanin (super-antioxidant blue spirulina)

MANUKA'S CHIA PUDDING | 6,00

Activated chia seeds in coconut milk with a touch of citrus, served with mango pure and strawberries

REFRESHMENTS & BEERS

MANUKA'S HOME-MADE LEMONADE | 3,90

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

LAVENDER LEMONADE | 4,50

Blueberries with lavender infused organic honey with lots of lemons

CHEATING COLA | 5,50

Better than coke! Fresh ginger, maple syrup & lime with sparkling mineral water

ORGANIC KOMBUCHA | 4,50

Original | White and green tea

Green Bliss | Lavender, lemon grass and spirulina

Bloody Booch | Blood orange and blueberries

HOMEMADE ICED TEA | 2,90

FRESH ORANGE JUICE | 4,90

GLASS BOTTLE WATER STILL OR SPARKLING 750ML | 2,75

COCA COLA | 2,00

COCONUT WATER | 3,90

DRAFT ALHAMBRA | 2,20

ALHAMBRA RESERVA | 4,50

ALHAMBRA LAGER SINGULAR | 3,50

ALHAMBRA RADLER | 3,50

ALHAMBRA NO ALCOHOL | 3,80

IPA MAHOU | 4,50

MAHOU NO GLUTEN | 4,00

COFFEE & TEA

ALL OUR TEAS AND COFFEES ARE MADE USING REVERSE-OSMOSIS FILTERED WATER,
REMOVING ALL TRACE CHEMICALS

ESPRESSO, AMERICANO, CORTADO | 2,00

COFFEE WITH MILK | 2,50

CHAGA COFFEE | 3,50

COCO COFFEE | 3,00

Coffee with coconut milk & cinnamon

CAPPUCCINO, LATTE, DOUBLE | 2,90

CACAO COCO LATTE | 4,50

Raw cacao & coco latte with oat milk

MILK OPTIONS :

OAT | ALMOND | WALNUT +0,50

ORGANIC CUP OF TEA | 3,00

English Breakfast

Jasmin green tea

Green tea and coconut

Blue Earl Grey

Roibos

Camomille

MATCHA LATTE | 4,50

CHAI LATTE | 4,00

Chai spices, fresh ginger & black tea
served with oat milk

FRESH GINGER & LEMON TEA | 4,00



GOOD MORNING

SERVED UNTIL
12:30H

TOAST WITH OLIVE OIL & TOMATO | 4,50 
ADD IBERIAN HAM | 3,00

TOAST WITH BUTTER AND JAM | 4,50
A homemade jam made with seasonal fruits and chia seeds served with sour dough bread and butter

AVOCADO TOAST | 5,50 
Toasted sour dough slice with crushed avocado and locally sourced sprouts.

GREEK TOAST | 5,90 
Toasted sour dough slice with crushed avocado, grated tomato and plant-based feta cubes garnished with fresh oregano.

SHIITAKE TOAST | 7,90 
A slice of fresh sourdough toast, smeared with fragrant cashew cheese and topped with sauteed shiitake mushrooms in miso sauce.

BRUSCHETTA | 8,50 
A slice of fresh sourdough toast, smeared with organic cashew cheese and topped with roast garlic and oregano cherry tomatoes

EGGS ANY-STYLE | 5,50
Have it your way! Choose between poached, fried or scrambled. With sour dough toast and any preferred sides. (Bacon 1,00 | PB Feta 1,50 | Avocado 2,00 | Spinach 1,00 | Salmon 3,00)

GOLDEN ROYALE | 13,00
Two poached eggs on sourdough toast with spinach, home cured salmon with beetroots and our hollandaise sauce

PALEO BREAKFAST | 9,90
Crispy sweet potato hash brown, mashed avocado, 2 poached organic eggs topped with our hollandaise sauce and chilli flakes

SCRAMBLED EGGS | 11,90
Perfectly soft scrambled eggs, steamed spinach, avocado, and roast cherry tomatoes served with a toasted sourdough bread.

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.

MANUKA PANCAKES | 10,50
Healthy whole ingredient, gluten free quinoa pancakes served with a berry mix, coconut flakes and drizzled with our coconut flower syrup

GRANOLA BOWL | 8,50 
Gluten free almond crumble with fresh seasonal fruit on a base of probiotic coconut yogurt



Plant - Based



Spicy



If you have any food intolerance or food allergy please consult our allergen menu. Allergens are also visible on our interactive menu available via the QR code on your table.

TO SHARE



KALE CHIPS | 6,90

Organic Kale marinated in our secret recipe and dehydrated to preserve all its goodness – Still bursting with enzymes and nutrients!

SWEET POTATO FRIES | 4,90

Whats sweet & crispy? Our delicious sweet potato fries! served with our chipotle orange mayo

GUACAMOLE | 12,50

Always fresh guacamole, made to order, garnished with cilantro, chili and fresh homemade non GMO corn tortillas

CHEAT-DAY QUESADILLAS | 12,50

Already feeling healthy enough? Have a cheat day with our homemade corn tortillas filled with melted cheese, refried beans, chicken, red peppers and onions served with chard tomato salsa and pico de gallo

SHRIMP TACO | 12,50

Two fresh home-made non GMO corn tortillas topped with red cabbage slaw, grilled wild shrimp, chipotle mayonnaise cilantro and avocado

CHICKEN TACO | 10,50

Two fresh home-made non GMO corn tortillas topped with refried beans, red peppers and onions, mexican spiced free-range chicken strips, avocado & cilantro served with pico de gallo and chard tomato salsa

TACO MANUKASHU | 9,90

Plant based heaven! Finally a taco for you! Our home made cashew cheese, sweet potato & refried beans, pico de gallo, topped with a wedge of avocado and cilantro. Served with a herb rich & tangy tomato salsa

BIG BITES

MANUKA CHICKEN WRAP | 13,90

A Manuka best seller! Herb and lemon marinated chicken in a toasted flat bread with; cream cheese, spinach & kale, caramelized onions, tomato chutney, Monterey Jack and avocado served with a side of coleslaw. Add a side of sweet potatoe fries | + 2,00

New! HEARTBEET WRAP | 11,90

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

New! AL PESTO WRAP | 13,50

Preserved lemons marinated chicken, cashew and pine nut pesto, fresh basil, roast cherry tomatos cherry, olives and rocket

MANUKA BURGER | 15,90

Grass-fed Galician beef with melted monterey jack cheese, caramelised onions, Manuka's sweet and sour pickles in a brioche bun. Served with sweet potato fries and chipotle mayonnaise

VEGGIE BURGER | 13,50

Plant-based burger with spicy red cabbage slaw, Manuka's sweet and sour pickles in a brioche bun. Served with sweet potato fries and chipotle mayonnaise



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HEALTHY BOWLS

POKE BOWL

TUNA | 17,00 SALMON | 17,00

Lemongrass tamari marinated tuna or salmon (Sustainably and antibiotic free) tartar on a bed of organic rice with avocado, sesame seeds and fresh sprouts

ETHICAL SALMON BOWL | 18,00

Grilled salmon (Sustainably and antibiotic free) with organic rice, fresh salad & avocado. Garnished with chili and miso dressing on the side.

TERIYAKI BOWL | 14,50

Home-made teriyaki glazed grilled chicken on a bed of rice with a red cabbage salad of fresh tomato, cucumber and a soft boiled egg.

New! CANTINA CHILLI CON CARNE | 15,00

Inspired by Manuka's Cantina project we bring you this mexican chilli can carne bowl, made from grass fed galician beef, black beans and lots of veggies served over rice with fresh corn tortillas sour cream and cilantro. ANDALE!

PROTEIN POWER | 14,90

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

MALASIAN YELLOW CURRY

VEGETABLES | 13,50 FREE RANGE CHICKEN | 15,90 WILD PRAWNS | 16,90

Is this liquid gold?! No but it is our organic peanut, coconut and turmeric curry with vietnamese Nuoc Mam, lots of seasonal vegetables, cilantro & organic rice

PAD THAI

VEGETARIAN | 13,50 FREE RANGE CHICKEN | 15,50 WILD PRAWNS | 16,90

Thai rice noodles with tamarind, spring onion, string beans and organic egg. Garnished with a salad of soy sprouts, chilly, coriander and crushed peanuts

New! COURGETTE LASAGNA | 12,90

Layers of thinly sliced raw zucchini, a homemade creamy fermented cashew cheese pesto with layers of fresh tomato and roast cherry tomatoes topped with fresh basil and hemp seeds. A lovely light dish bursting with flavour nutrients and enzymes

SALADS



MANUKA SALAD | 12,90

Wholesome greens, tomatoes, red onion, sweet potato, dates and avocado with your choice of feta. Garnished with our toasted seed mix and Manuka citrus dressing

New! SUPERFOOD WINTER SALAD

FREE RANGE CHICKEN | 12,90 PLANT BASED FETA | 11,90

Wholesome pulse salad with lentils and quinoa mixed with a load of fresh herbs, grilled slices of courgette, beets, pomegranate kernels with a light tahini dressing

TANGY SWEET MISO SALAD | 15,50

Sauté marinated Shiitake mushrooms on a bed of kale, purple cabbage, spring onions, broccolini & cucumber, topped with toasted seeds, sesame, omega rich hemp and a miso dressing

KALE "CAESAR" SALAD

FREE RANGE CHICKEN | 15,90 CLEAN | 11,50

A healthy plant-based twist on a classic. Kale and romaine lettuce tossed in vegan ceasar dressing with roast cherry tomatoes, avocado and sour dough croutons

THAI ME UP

FREE RANGE CHICKEN | 15,50 WILD PRAWNS | 15,90

Wholesome greens with Thai dressing, green beans, onion, tomato, cucumber and crushed peanuts. Garnished with soy sprouts, red chili, coriander and mint

CHICKEN & AVOCADO SALAD | 15,90

A simple classic; punchy flavour brought by chives, rocket, onion and tomatoes. With grilled free-range chicken and a sharp dijon mustard dressing

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CHICKEN TENDERS | 7,00

Free range chicken tenders coated in a mix of flax and chia seeds served with sweet potatoe fries and broccoli

GREEN QUESADILLAS | 5,90

Cheesy goodness right from the grill with courgette slices and spinach

SALMON AND RICE | 8,50

Salmón (sustainably farmed and antibiotic free) served with organic rice and green beans

BOLOGNESE PASTA | 8,50

An all time favourite: pasta with homemade bolgnese sauce from natural tomatoes and grass fed beef

"CHEESE" PESTO PASTA | 8,00

Pasta with cashew nut cheese and broccoli

HEALTHY "JUICES & SHAKES"

NO SUGAR HIGHS HERE !

STRAWBERRY MILKSHAKE | 5,00

Oat milk, banana and lots of fresh strawberries!

MONKEY CHOCOLATE | 5,00

Walnut milk, cacao, banana & dates

VANILLA MILKSHAKE | 5,00

Oat milk, banana and plant based vanilla ice cream

FRESH JUICE | 3,50

Apple , Orange or Carrot



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HEALTH CONSCIOUS DESSERTS



HOMEMADE - ONLY NATURALLY OCCURRING SUGARS - HEALTH CONSCIOUS

New! STARWBERRY CAKE | 6,50

Crunchy oats and coconut on a bed of roasted apples and pears with muscatel raisins, topped with plant-based pistachio ice cream

SEASONAL PLANT BASED TART | 6,50

Try our Plant-based season tart made with a creamy young coconut meat and irish moss on a gluten free almond coconut biscuit

CARROT CAKE | 4,90

New and improved, carrot cake, with an intensely creamy plant based sugar free frosting, zested orange peel and cinnamon powder

CHEESECAKE | 6,50

The best vegan new york style cheesecake this side of the river. We think it's better than the real thing! Topped with whatever is in season

FUDGE BROWNIE | 6,90

Total indulgence without sin! Our chocolate brownie is totally plant based and gluten free made with almond meal and cold pressed cacao butter - served with plant based ice cream

BANANA BREAD | 7,50

Go bananas on a warm and spongy spiced banana loaf, with caramelized walnuts, home-made date sirope and delicious plant based icecream

APPLE TART | 5,50

Layers upon layers of thinly sliced apples cooked softly in a light batter, creating the softest creamy Italian apple tart! Served hot with plant based vanilla ice cream and cinnamon



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