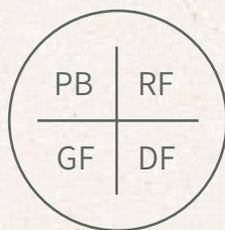


FOOD IS THE FOUNDATION OF YOUR HEALTH

The Manuka team are dedicated to helping you feel good in your body, and we believe the best way to do that is to feed you clean, wholesome food the way it was intended by nature; free from refined sugars, additives and chemicals.

We are obsessed with where your food comes from and how it got there. We continuously put our attention on sourcing to ensure we get the best quality ingredients and support other business that share our views and values. We use our wide network of local farmers and specialist organic producers in the region. We are committed to seasonal produce and go organic wherever possible.



PB: PLANT BASED | Dishes made entirely with vegan products avoiding all animal derived products. These dishes have the largest amounts of vitamins, nutrients and enzymes and alkalizing effect on the body as well as preventing suffering to ALL other life forms on the planet and is a powerful aid for spiritual transformation of the body, emotions and spirit.

RF: RAW FOODS | These have the highest amount of nutrients and enzymes as a lot of these are destroyed when heated above 35 degrees.

GF: GLUTEN FREE | Gluten, the protein in wheat, barley, and rye can cause digestive and health problems in people who are intolerant to it. Gluten intolerance has risen due to the GMO alteration of wheat to create stronger crops.

DF: DAIRY FREE | It is estimated that 8/10 people are intolerant to dairy due to the lack of the enzyme needed to break down lactose. This intolerance can lead to a series of health problems from general discomfort to allergies, bloating, etc. When consuming dairy it is better to opt for goat or sheep milk as it does not have the same growth factors found in cows milk which interfere with human hormones. Not to mention the use of antibiotics in the over exploited cow milk industry.

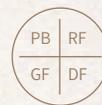
IMPORTANT NOTICE RE ALLERGEN INFORMATION: If you have a food allergy do not go by the information presented here as it only refers to the ingredients we use. Additional information regarding possible traces of allergens from our supplier's facilities are set out in our allergen control document which you can request from our staff.

This is in compliance with EU Regulation N° 1169/2011.

This establishment complies with the Royal Decree 140/2006 of 1st of December regarding Parasitic Anisakis in fish products for those establishments supplying food for final consumption to individuals or groups.

Prices are quoted in Euros (€) and include 10% VAT.

PRESSED JUICES



SUPER DETOX | 4,90

Apple, ginger, spinach, avocado & pineapple

GREEN GODDESS | 5,90

Pear, red grapes, cucumber, spinach, kale & parsley

CARROT TWIST | 4,90

Apple, carrot & ginger

SWEET BEAT | 4,90

Apple, carrot, beetroot & orange juice

KIWI BURST | 4,90

Apple, kiwi, pineapple & mint

HYDRATOR | 4,90

Mango, cucumber, coconut water & mint

BURNING MAN | 5,50

Apple, lemon, ginger & fresh turmeric root

STRAWBERRY RUSH | 5,90

Orange juice, strawberry and banana

IMMUNITY SHOTS



ANTI-VIRAL SHOT | 3,50

Lemon, ginger, vitamin C and oregano oil

REBOOT SHOT | 3,00

Ginger and lemon

IMMUNITY BOOSTER | 3,00

Beetroot and echinacea flower

PAINKILLER SHOT | 4,00

Turmeric, ginger and lemon

CHIA PUDDINGS



MANUKA'S CHIA PUDDING | 5,90

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

SNICKERS BAR | 6,00

Activated chia seeds layered with whisked banana, peanut butter, raw chocolate and our Medjool date caramel, pollen and coconut

SMOOTHIE BOWL 12,50



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

ACAI BOWL | Amazonian Antioxidant Acai with strawberries and wild berries

SLIM DRAGON | Dragon fruit with strawberries and mango, lightly sweetened with stevia

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

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SUPPLEMENTS

RAW PROTEIN ISOLATE | + 1,00

Organic, dairy-free vegan protein offering a complete amino acid profile enhanced with digestive enzymes for easy digestion and premium bioavailability

COLLAGEN | + 1,00

A premium beauty formula to support collagen production and skin function containing Collagen Type I and III in a highly bioavailable form with Vitamin C.

SUPERFOOD | + 0,50

Echinacea | Cacao Nibs | Chia Seeds | Chaga | Sprouted flax | Maca Matcha | Hemp seeds | Ginger | Blue spirulina | Guarana | Pollen Vitamin C | Turmeric root

SUPERFOOD SMOOTHIES



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

SKIN GLOW | 6,90

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

VITAMIN-C BOOSTER | 6,90

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

OMEGA 3 SALTED CARAMEL | 6,90

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

CLEAN GREENS | 6,90

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 | 6,90

Strawberries, raspberries, banana, apple juice and Camu Camu Vit C

PASSION & CHIA | 6,90

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

AFRICAN BLUE | 6,90

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

CHOCO LOCO | 6,90

Heart warming and indulgent chocolate - hazelnut smoothie sweetened with medjoul dates and thickened with avocado

KEEP CALM | 8,90

Light coconut & orange smoothie blended with apricots and mango, supercharged with pollen and guarana for a burst of energy

MANGO LASSIE | 6,90

Probiotic coconut yogurt lassie with chai spices and mango supercharged with chaga medicinal mushrooms

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REFRESHMENTS

MANUKA'S HOME-MADE LEMONADE | 3,50

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

BLUEBERRY & LAVANDER LEMONADE | 4,50

Blueberries, wild organic honey infused with lavender and lemons

CHEATING COLA | 5,50

Like coke but better! 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 | SM 2,90 | L 4,50

GLASS BOTTLE WATER 500ML | 2,50

SPARKLING WATER 500ML | 2,20

COCA COLA | 1,90

COCONUT WATER | 3,90

DRAFT BEER | 1,90 LARGE | 4,00

DRAFT WEISSBEAR | 2,60 LARGE | 5,00

HEINEKEN, CORONITA, ALHAMBRA SPECIAL | 3,80

WINE



WHITE

PROTOS VERDEJO | VERDEJO | RUEDA, SPAIN

3,25 | 14,50

Dry, light on the pallet with some bitterness towards the end.

ENATE CHARDONNAY (SOMONTANO, SPAIN)

3,75 | 16,50

Chardonnay. Full, creamy & aromatic with citric sparks

MENADE SAUVIGNON - ORGANIC | RUEDA, SPAIN

21,00

Fruity, round with hints of papaya and passion fruit, wrapped in a strong texture.

RED

ENATE TINTO | TEMPRANILLO | SOMONTANO, SPAIN

3,25 | 14,50

Strong and powerful with notes of blackcurrant, wood and herbs.

PROTOS ROBLE | TEMPRANILLO BASED

3,50 | 16,00

RIBERA DEL DUERO, SPAIN

Medium to full body, balanced acidity, delicious smooth finish.

ROSÉ

IZADI LARROSA (RIOJA, SPAIN)

3,50 | 14,00

Tempranillo Garnacha. Provencal style dry rose with a hint of sweetness. Floral fragrance with a dominant notes of strawberries

AURORA D'ESPIELS - ORGANIC (PENEDES, SPAIN)

16,50

Pinot Noir, Shiraz, Xarel-lo. Very dry and fruity, with a short aftertaste. Balanced acidity with apple & peach flavours

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ORGANIC COFFEE



CAREFULLY SELECTED ORGANIC FAIR-TRADE COFFEE BLENDS, OFFERED WITH SELECTION OF PLANT-BASED MILKS AND NATURAL SWEETENERS. 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

Coffee with Chaga mushroom, a nutrient-dense superfood proven to boost immunity, fight inflammation and lower cholesterol.

ADD: Milk +0,50

COCO COFFEE | 3,00

Coffee with coconut milk & cinnamon

CAPPUCCINO, LATTE, DOUBLE COFFEE | 2,90

CACAO COCO LATTE | 4,50

Raw chocolate latte with oat milk

MILK OPTIONS Oat | Almond | Walnut nut +0,50

ORGANIC TEAS

3,00/CUP



			100 GR
EARLY MORNING BREAKFAST A wonderful flowery mixture of fine different tea leaves.	100° C	3-5 m	7,90
CHAI BLACK TEA Made with either milk or water. Black Assam tea with cinnamon, fennel, ginger, anise and cardamon.	100° C	7-10 m	7,00
BLUE EARL GREY Black Assam tea with bergamot and cornflower.	100° C	3-5 m	8,40
FRUITY COCO Green Tea China Sencha with coconut, moringa leaves and grapes.	75° C	2-3 m	8,40
PAVILLON OF FLOWERS Provencal mix of green and white tea with rosemary and lavender.	75° C	2-3 m	11,00
SLIMMING TEA Mix of various teas, tulusi, ginger, dandelion & rose petals.	100° C	7-10 m	8,40
JASMIN HIGH GRADE JINJING Top quality fine green leaf and finest jasmin taste.	75° C	2-3 m	9,90
MILKY OOLONG Oolong steamed with milk for a creamy and tenderly sweet aftertaste.	80° C	1-3 m	13,40
HIGH SPIRIT ROOIBOS Rooibos with a blend of exotic fruits and vanilla.	100° C	7-10 m	8,20
TULSI "HOLLY BASIL" A potent Ayurvedic adaptogen herb used to combat many forms of stress.	100° C	5-10 m	8,90
CAMOMILLE Premium hand-picked camomille flowers	100° C	5-10 m	8,00
PU'ERH Pu'Erh (45%) mixed with jasmin green tea, strawberries and kiwi.	100° C	3-5 m	8,00
FRESH GINGER, MINT & HONEY 3,20			
VANILLA MATCHA LATTE 4,50 Oat milk Matcha green tea latte with vanilla			

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GOODMORNING

SERVED UNTIL 12:30 PM

TOAST WITH OLIVE OIL & TOMATO | 4,50 DF

AVOCADO TOAST | 4,90 PB RF DF
Toasted sour dough slice with crushed avocado and locally sourced sprouts

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

SHIITAKE TOAST | 9,50 PB RF DF
A slice of fresh sourdough toast, smeared with fragrant cashew cheese and topped with sauteed shiitake mushrooms in miso sauce

BRUSCHETTA | 9,50 PB DF
A slice of fresh sourdough toast, smeared with organic cashew cheese and topped with roast garlic and oregano cherry tomatoes, garnished with fresh basil leaves

BEET-ROOT CURED SALMON BRIOCHE | 10,50
Manuka's delicious cured salmon, in a lightly toasted malt bun with spinach, cucumber, cream cheese and Manuka pickles. Served with an aromatic herb salad

GOLDEN ROYALE | 11,90 DF
Two poached eggs on sourdough toast with spinach, salmon and our turmeric emulsion

PALEO BREAKFAST | 10,90 GF DF
Crispy sweet potato hash brown, mashed avocado, 2 poached organic eggs topped with our turmeric emulsion

SCRAMBLED EGGS | 10,90
Perfectly soft scrambled eggs, steamed spinach, avocado, and roast cherry tomatoes served with a toasted sourdough bread

HUEVOS RANCHEROS | 9,90 🌱🌶️ GF DF
Fresh corn tortillas & perfectly fried sunny side up eggs, covered with a home made tomato salsa, black beans & pico de gallo. Garnished with avocado cubes, cilantro and chili flakes

EGGS ANY-STYLE | 4,90
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 | Cherry tomatoes 1,00 | Avocado 2,00 | Spinach 1,00 | Salmon 3,00 | Manchego 2,00)

SWEET BREAKFAST

BANANA BREAD | 9,20 DF
A soft steamy banana bread, coated with a creamy layer of almond butter, topped with maple syrup grilled banana and coconut flakes.

MANUKA PANCAKES | 10,90 GF DF
Healthy whole ingredient quinoa pancakes served with blueberries coconut yogurt & lavender infused organic honey

GRANOLA BOWL | 8,90 PB DF
Sugar-free whole food granola with fresh seasonal fruit on a base of probiotic coconut yogurt

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I LIKE TO SHARE

KALE CHIPS | 5,90 PB RF GF DF

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

SWEET POTATO WEDGES | 4,90 GF DF

Manuka's delicious skin on sweet potato wedges, crispy edges and a creamy centre. Served with our spicy chipotle mayo its perfect side for all manuka dishes

GUACAMOLE | 10,20   PB RF GF DF

Always fresh guacamole, made to order, garnished with cilantro, chili and blue corn tortillas

NACHOS LIBRES | 11,90   PB RF GF DF

Plant-based nachos made from blue corn tortillas with diced avocado, refried beans, pico de gallo and fresh cilantro garnished with sun flower sour cream and charred tomato salsa

CHEAT-DAY QUESADILLAS | 10,90  GF

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

FISH CAKES | 13,90  GF DF

Salmon fish cakes with asian herbs served with a cucumber salad and traditional Vietnamese dressing

SHRIMP TACO | 9,50   GF DF

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

TUNA TACO | 14,50   GF DF

Two fresh home-made corn tortillas topped with red cabbage slaw, chipotle marinated tuna tartar garnished with cilantro and avocado

CHICKEN TACO | 9,50   GF DF

Two fresh home-made corn tortillas topped with refried beans, avocado, cilantro, pico de gallo and our Mexican spiced free-range chicken strips

SHII TACO | 8,90  PB GF DF

Two fresh home-made corn tortillas topped with esquite style corn, avocado, cilantro, pico de gallo and mushrooms

BIG BITES

MANUKA BURGER | 15,90

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

VEGGIE BURGER | 13,50

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

MANUKA CHICKEN WRAP | 12,90

A Manuka best seller! Herb marinated chicken in a toasted flat bread with; cream cheese, spinach & kale, caramelized onions , tomato chutney, mozzarella and avocado.

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GREENS, GREENS & GREENS

MANUKA SALAD | 12,90 PB RF GF DF
Wholesome greens, cherry tomatoes, red onion, plant-based feta, dates and avocado. Garnished with almonds and Manuka dressing

TANGY SWEET MISO SALAD | 14,90 PB RF GF DF
Sauté marinated Shiitake mushrooms on a bed of kale, purple cabbage, spring onions, broccolini & cucumber, topped with tamari almonds, omega rich hemp seeds and a miso dressing

“KALE CAESAR” SALAD RF DF
CLEAN | 10,50 (PB) CAJUN CHICKEN | 14,90
A healthy plant-based twist on a classic. Kale and romaine lettuce tossed in vegan ceasar dressing with roast cherry tomatoes, avocado and home-made croutons

THAI ME UP RF GF DF
FREE RANGE CHICKEN | 14,50 WILD PRAWNS | 15,90
Wholesome greens with Thai dressing, green beans, sweet onion, tomato, cucumber and crushed cashews. Garnished with soy sprouts, red chili, coriander and mint

CHICKEN & AVOCADO SALAD | 15,50 RF GF DF
A simple classic; punchy flavour brought by chives, rocket & roast cherry tomatoes. With grilled free-range chicken and a sharp dijon mustard dressing

SALMON SALAD | 16,00 RF GF DF
Beet-root cured salmon salad packed full of flavour served on a bed of aromatic herbs, thinly sliced beetroot, tangy grapefruit & radish slices. Drizzle on our ginger honey Manuka dressing and dig in!

BOWLS

POKE
TUNA | 17,00 SALMON | 17,00 GF DF RF
Lemongrass tamari marinated tuna or salmon tartar on a bed of organic rice with avocado and fresh sprouts.

ETHICAL SALMON BOWL | 17,00 GF DF
Grilled salmon with organic rice, fresh salad & avocado. Garnished with chili and miso dressing on the side

TERIYAKI BOWL | 12,90 GF DF
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.

MANUKA CANTINA BOWL | 15,50  GF DF
Inspired by Manuka's cantina wednesdays we bring you this mexican taco bowl, served over rice with fresh corn tortillas, corn esquites, fajita chicken, avocado, cilantro and lime!
ANDALE COMPA!

PROTEIN POWER | 14,90 GF
Low glycemic and protein rich. Free range chicken, spinach, black beans, quinoa, avocado and sweet potato topped with cream cheese and chili flakes

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COMFORT FOOD

VEGETABLE SOUP | 9,20

Seasonal soup made up from whatever vegetables our farmers bring us

MALASIAN YELLOW CURRY 

GF DF

VEGETERIAN | 12,90 CHICKEN | 15,90

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

PAD THAI

GF DF

VEGETARIAN | 12,90 FREE RANGE CHICKEN | 15,50 WILD PRAWNS | 16,90

Thai rice noodles with tamarind, onion, string beans and organic egg. Garnished with a salad of soy sprouts, chilly, coriander and crushed peanuts. Do not forget your fish sauce dressing on the side!

ROAST SQUASH | 12,50

PB GF DF

Earthy flavors from this delicious roast butternut squash dish, laid on a bed of spinach pesto and tahini sauce, garnished with pecan nuts, rocket, radish, chilly flakes and hemp seeds. A wonderful new winter dish to compliment the colder season of southern Spain.

SWEET POTATO GNOCCHI | 14,50

PB GF DF

A different take on gnocchi using sweet potato and gluten free flour in Manuka's rich spinach pesto sauce. Topped with plant-based cheese and roast cherry tomatoes

manuka^{IDS}

FREE-RANGE CHICKEN BREAST | 6,50

GF DF

Thin sliced chicken breast and sweet potato

KIDS QUESADILLAS | 5,00

GF

Cheesy goodness right from the grill

SALMON AND RICE | 7,00

GF DF

What else can we say?

PENNE WITH PESTO | 5,50

PB DF

Finally a green sauce that your children will love, and if not, you will!

KIDS JUICE | 2,90



This little cactus means that the dish is a Mexican Cantina dish! On our special Cantina Wednesdays all our Mexican dishes are 20% off



Although none of our dishes are really spicy, this small pepper marks all our dishes that have an extra hint of chili

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