

PRESSED JUICES

SUPER DETOX | 5,90

Apple, ginger, spinach, avocado & pineapple

GREEN GODDESS | 6,90

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 | 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 AND 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

SNICKERS BAR | 6,00

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

SUPERFOOD SMOOTHIES

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

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 Camu Camu berry and rejuvenating goji berries

OMEGA 3 SALTED CARAMEL | 7,90

Omega 3-rich hemp seeds, banana, sprouted flax, maple almonds, home-made medjool date caramel 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 and Camu Camu Vit C

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

CHOCO LOCO | 7,90

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

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 supercharged with chaga medicinal mushrooms

IMMUNITY SHOTS

ANTI-VIRAL SHOT | 3,50
Lemon, ginger, vitamin C and oregano oil

PAINKILLER SHOT | 4,90
Turmeric, ginger and lemon

REBOOT SHOT | 3,00
Ginger and lemon

COFFEE

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

ESPRESSO, AMERICANO, CORTADO | 2,60

COFFEE WITH MILK | 2,90

CHAGA COFFEE | 3,50

COCO COFFEE | 3,00
Coffee with coconut milk & cinnamon

CAPPUCCINO, LATTE, DOUBLE COFFEE | 3,50

CACAO COCO LATTE | 4,50
Raw chocolate latte with oat milk

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

REFRESHMENTS

MANUKA'S HOME-MADE LEMONADE | 3,90
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 | 4,90

GLASS BOTTLE WATER | 3,20

SPARKLING WATER | 3,20

COCA COLA | 2,90

COCONUT WATER | 3,90

GOODMORNING

Served until 12:30PM

TOAST WITH OLIVE OIL & TOMATO | 4,50



AVOCADO TOAST | 5,50

Toasted sour dough slice with crushed avocado and locally sourced sprouts.



TOAST WITH BUTTER AND JAM | 4,50

A homemade jam made with seasonal fruits and chia seeds served with sour dough bread and butter.

GREEK TOAST | 5,90

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



SHIITAKE TOAST | 9,50

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



BRUSCHETTA | 9,50

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



GOLDEN ROYALE | 12,50

Two poached eggs on sourdough toast with spinach, salmon and our hollandaise sauce.

PALEO BREAKFAST | 11,50

Crispy sweet potato hash brown, mashed avocado, 2 poached organic eggs topped with our hollandaise sauce.

SCRAMBLED EGGS | 11,50

Perfectly soft scrambled eggs, steamed spinach, avocado, and roast cherry tomatoes served with a toasted sourdough bread.

HOT SHAKSHUKA | 10,50 *New!*



A hot and sizzling dish from Tunisia, diced onions, chilli, tomato & cilantro, our seasonal tomato sauce and 2 eggs cooked together with all of it. Garnished with chilli flakes and chives. Served with toasted sourdough bread. This dish was made to DIG IN!

EGGS ANY-STYLE | 5,50

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

SWEET BREAKFAST

BANANA BREAD | 9,20

A soft steamy banana bread, coated with a creamy layer of almond butter, topped with maple syrup grilled banana and coconut flakes.

MANUKA PANCAKES | 10,50

Healthy whole ingredient, gluten free quinoa pancakes served with a fresh berry mix, coconut yoghurt and coconut flakes.

GRANOLA BOWL | 9,90

Sugar-free whole food granola with fresh seasonal fruit on a base of probiotic coconut yogurt.



I LIKE 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.

SWEET POTATO WEDGES | 5,50

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

GUACAMOLE | 12,50

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

NACHOS LIBRES | 11,90

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 salsa verde.  

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 and pico de gallo served with salsa verde.

SALMON CAKES | 14,90

Salmon fish cakes with asian herbs served with a cucumber salad and spicy chipotle mayo.

SHRIMP TACO | 12,50

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

TUNA TACO | 14,50

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

CHICKEN TACO | 10,50

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

TACO MANUKASHU | 9,90 *New!*

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

BIG BITES

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.

MANUKA CHICKEN WRAP | 13,90

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



Plant based



Contains chili



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BOWLS

POKE

TUNA | 17,00

SALMON | 17,00

Lemongrass tamari marinated tuna or salmon tartar on a bed of organic rice with avocado and fresh sprouts.

ETHICAL SALMON BOWL | 18,00

Grilled Luch Duart salmon 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.

MANUKA CANTINA BOWL | 16,50

Inspired by Manuka's Cantina project 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

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

MALASIAN YELLOW CURRY

VEGETERIAN | 13,50

CHICKEN | 15,90

WILD PRAWNS | 16,90

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

VEGETARIAN | 13,50

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. 

LASAGNA DE CALABACIN | 12,90 *New!*

Layers of thinly sliced raw zucchini, a homemade seasonal tomato sauce, creamy fermented cashew cheese & roast cherry tomatoes with chopped fresh basil. A lovely light dish bursting with natural flavour. 

GNOCCHI PUTANESCA | 15,90 *New!*

Homemade sweet potato gluten free gnocchis, sautéed in a sauce of slow cooked regional tomatoes, capers and green olives. Served with a creamy cashew cheese, fresh oregano and extra virgin olive oil. You'll never have a vegan pasta quite like it! 



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GREENS, GREENS & GREENS



MANUKA SALAD | 12,90

Wholesome greens, seasonal tomatoes, red onion, plant-based feta, dates and avocado. Garnished with almonds and Manuka dressing.

TANGY SWEET MISO SALAD | 15,50

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

KALE "CAESAR" SALAD

CLEAN | 11,50 CAJUN CHICKEN | 15,90

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 cashews. Garnished with soy sprouts, red chili, coriander and mint.

CHICKEN & AVOCADO SALAD | 15,90

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

manuka ^{IDS}

FREE-RANGE CHICKEN BREAST | 7,00

Thin sliced chicken breast and sweet potato wedges.

KIDS QUESADILLAS | 5,00

Cheesy goodness right from the grill with sweet corn and a side of raw veggies.

SALMON AND RICE | 8,50

Loch Duart salmon filet with organic rice.

GNOCCHI WITH TOMATO | 8,00

Homemade sweet potato gnocchi, with our slow-cooked local tomato sauce.

SALMON BURGER | 8,90 *New!*

Homemade Loch Duart salmon mini burger with our sweet potato fries.

KIDS JUICE | 2,90



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DESSERTS



HOMEMADE DESSERTS SWEETENED WITH NATURAL INGREDIENTS

MAMA'S CRUMBLE | 6,90

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

FRESH LEMON TART | 6,50

Try our Plant-based Lemon Tart made with a creamy coconut center and a reduced lemon topping. 

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! 

FUDGE BROWNIE | 6,90

Dark chocolate brownie served with plant based icecream. 

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.

BANOFFEE CUP | 6,50

Oat and coconut crumble topped with banana, our home-made medjooj date caramel and coconut fresh whipped cream. 

APPLE TART | 5,50 *New!*

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



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