

# 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 4,90



SUPER DETOX | Apple, ginger, spinach, avocado & pineapple

GREEN GODDESS | Pear, red grapes, cucumber, spinach, kale & parsley

CARROT TWIST | Apple, carrot & ginger

SWEET BEAT | Apple, carrot, beetroot & orange juice

KIWI BURST | Apple, kiwi, pineapple & mint

HYDRATOR | Mango, cucumber, coconut water & mint

BURNING MAN | Apple, lemon, ginger & fresh turmeric root

STRAWBERRY RUSH | Orange juice, strawberry and banana

## SUPERFOOD SMOOTHIES 6,90



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

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

GOJI REJUVENATOR | Antioxidant goji berries and cold-pressed coconut butter, blended with banana and mango

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

CLEAN GREENS | 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 | Strawberries, raspberries, banana, apple juice and Camu Camu Vit C

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




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

CHOCOLATE MOOD LIFTER | Guilt-free boost your serotonin with raw chocolate, blended with banana, dates, almond milk and topped with raw Mayan cacao nibs

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

PISTACHIO VANILLA | Whipped avocado with a heaping spoon of pistachios rich in potassium, bursting with minerals and healthy fats enhanced with Madagascar vanilla

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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

## 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 | 5,50

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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# 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 | 4,90  
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



# 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 | 1,90

COFFEE WITH MILK | 2,40

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 and coconut whipped cream

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 Provençal mix of green and white tea with rosemary and lavender.	75° C	2-3 m	11,00
SLIMMING TEA Mix of various teas, tulsi, 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   4,00 Oat milk Matcha green tea latte with vanilla			

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# BREAKFAST

SERVED UNTIL 12:30 PM

TOAST WITH OLIVE OIL & TOMATO   3,00	DF
TOAST WITH BUTTER & LOCAL ORGANIC JAM   3,00	
CRUSHED AVOCADO TOAST WITH SPROUTS   5,90	PB DF
“CATALANA” TOMATO, OLIVE OIL AND IBERIAN HAM   5,90	DF
TOAST WITH MANCHEGO CHEESE   4,90	
CRUSHED AVOCADO TOAST WITH TOMATO, PB FETA & OREGANO   6,50	PB RF DF
MULTI GRAIN CROISSANT WITH BUTTER AND JAM   3,90	
MULTI GRAIN CROISSANT PLAIN   2,50	
MANUKA ´S CHIA PUDDING   5,50	PB RF GF DF

GOLDEN TURMERIC EGGS | 4,90 WITH BEICON | 6,40  
2 soft boiled organic eggs served in a glass with locally baked sourdough bread

SHITAKE TOAST | 7,20 PB DF  
Probiotic plant based cashew “cream cheese” spread over a slice of sourdough bread with miso pan fried shitake mushrooms and herbs

SCRAMBLED EGGS | 9,50  
Perfectly soft omelet, wilted spinach, avocado, and roast cherry tomatoes served with a toasted sourdough bread

EGGS ROYALE | 7,90 DF  
2 poached organic eggs, crushed avocado and chili flakes on locally baked sourdough bread

PALEO BREAKFAST | 9,50 GF DF  
Crispy sweet potato hash brown, mashed avocado, 2 poached organic eggs topped with turmeric emulsion

HUEVOS RANCHEROS | 9,50 GF DF  
Scrambled organic eggs on corn tortillas with black beans, pico de gallo and avocado served with a spicy tomato salsa

MANUKA PANCAKES | 10,50 GF DF  
Healthy whole ingredient plant-based pancakes with crushed banana served with either:  
*Coconut yogurt & maple syrup*  
*Cherry & Chia Compote with coconut whipped cream*

BIG FAT GREEK BREAKFAST | 9,50  
An organic fried egg served with slow roast tomatoes and a marinara sauce, grilled Halloumi cheese, wilted spinach and a slice of toasted sour dough bread

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



# APPETISERS, SIDES & SHARERS

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HEALTHY KALE CHIPS | 5,50 PB RF GF DF  
Organic Kale marinated in our secret recipe and dehydrated to preserve all its goodness – Still bursting with enzymes and nutrients!

MIDDLE EASTERN MEZZE | 11,90 PB DF  
Hummus, spiced aubergine, roast cherry tomatoes, kalamata olives, gluten free tabouleh  
(Try adding our probiotic cashew cheese + 2,50)

HUMMUS | 6,90 PB GF DF  
Served with crudite

GUACAMOLE | 10,20 PB RF GF DF  
Fresh guacamole served with corn homemade tortillas

NACHOS LIBRES | 9,50 PB RF GF DF  
Homemade tortillas with diced avocado, black beans, pico de gallo and fresh cilantro served with sour cream made from sunflowers and charred tomato salsa!

CHEAT-DAY QUESADILLAS GF  
FREE RANGE CHICKEN | 9,50    JACKFRUIT 10,90  
Corn tortillas filled with melted cheese, pico de gallo served with chard tomato salsa

# TACOS

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SHRIMP | 10,90 GF DF  
Grilled wild shrimp and avocado with a fresh lime slaw

TUNA | 13,90 GF DF  
Tarifa tuna marinated in chipotle sauce with avocado, fresh lime slaw & tajin spice

CHICKEN | 8,90 GF DF  
Mexican spiced chicken strips with black beans, pico de gallo and avocado

SHITACOS | 8,90 PB GF DF  
Marinated shitakes with black beans, pico de gallo and avocado

# BREADS & WRAPS

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MANUKA BURGER | 14,50  
Grass-fed Galician beef with manchego cheese, caramelised onions, pickled cucumber in a locally baked malted whole grain bun served with sweet potato fries and chipotle mayonnaise

VEGGIE BURGER | 11,50 PB DF  
Pea protein pattie with a creamy sriracha coleslaw served on a toasted malt bun with sweet potato fries and home-pickels.

MIAMI CHICKEN WRAP | 11,90  
Herbed free-range chicken, caramelized onions and tomatoes, cream cheese, spring onion, kale, spinach, avocado and mozzarella in a toasted wrap

MYKONOS WRAP | 11,90 PB DF  
Greek-style wrap filled with roasted aubergine, plant-based 'feta' cheese, caramelized onions, sun-dried tomato pesto, kalamata olives and rocket

BURRITO DF  
SHITAKE | 11,90 (PB)    CHICKEN | 11,90  
Chipotle marinated chicken or shitakes (for your vegan option) sautéed with peppers, onions and black beans, with rice and avocado in a toasted wrap



# WHOLESOME SALADS

MANUKA SALAD | 11,90 PB RF GF DF  
Mixed greens, grilled sweet potato, plant-based “feta”, cherry tomatoes, red onion, avocado, pumpkin & sunflower seeds, tamari almonds and dates with our house dressing

TANGY SWEET MISO SALAD | 14,50 PB GF DF  
Shitake mushrooms in a medjoul date marinade on a bed of kale, purple cabbage, spring onions, blanched broccolini & cucumber, topped with tamari almonds, omega rich hemp seeds and a miso dressing

“KALE CAESAR” SALAD RF DF  
CAJUN CHICKEN | 13,90 CLEAN | 9,50 (PB)  
A healthy plant-based twist on a classic. Roast cherry tomatoes, avocado and homemade croutons tossed in a rubbed Kale and romaine mix with our vegan Caesar dressing.

THAI ME UP RF GF DF  
FREE RANGE CHICKEN | 13,50 WILD PRAWNS | 15,90  
Wild prawns or Chicken with crisp mixed leaves, tomato, cucumber, sweet onion, green beans, sprouts, red chili, coriander, mint and crushed cashews with a Thai dressing

CHICKEN & AVOCADO SALAD | 13,90 RF GF DF  
Grilled herbed free-range chicken with lots of avocado, mixed greens, cherry tomatoes, toasted pumpkin & sunflower seeds with a mustard dressing

FATOUSH SALAD | 10,90 RF  
Lebanese style roast aubergine and halloumi bites on a bed of radishes, cucumbers, tomatoes, spring onions, romaine lettuce and homemade croutons. Topped with pomegranate, sumak and a citrus dressing

# HEALTHY NOODLES

PAD THAI GF DF  
VEGETARIAN 11,90 | FREE RANGE CHICKEN 14,50 | WILD PRAWNS 15,90  
Classic Thai rice noodles with tamarind, spring onion, snow peas, organic egg, sprouts and coriander topped with crushed peanuts and chili, with a fish sauce dressing on the side

SATAY STIR FRY NOODLES GF DF  
CHICKEN | 14,50 TEMPEH | 14,50 (PB)  
Free range chicken thighs or probiotic tempeh coated in an organic peanut satay marinade served with a stir fry of fresh veggie and rice noodles

ZUCCHINI PASTA RF GF  
VEGETARIAN 10,90 | WILD PRAWNS 15,90  
Spiralized zucchini pasta with sun-dried tomato sauce, cherry tomatoes & manchego cheese

CRUNCHY LASAGNA | 11,90 PB RF GF DF  
Our “Walnut Bolognese” and slow roast tomatoes, layered with thin zucchini slices, and probiotic cashew nut cheese



# BOWL FOOD

**SUPERFOOD BOWL | 11,90** PB GF DF  
A Kale and quinoa tabouleh mix with hummus, avocado, toasted pumpkin & sunflower seeds and pomegranate kernels with a tahini dressing

**POKE**  
**TUNA | 17,50** GF DF RF **SALMON | 15,90**  
Blue-fin tuna or Loch Duarte Salmon tartar marinated with lemongrass and tamari on a bed of organic rice with avocado

**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

**SALMON BOWL | 15,90** GF DF  
Loch Duarte Salmon\* filet served with organic rice, avocado, coriander and chili served with a side of our probiotic miso dressing

*\*Have you seen Seaspiracy?*  
*We pay double the price for our salmon to ensure that it is grown and cared for in a ethical and sustainable way.*  
*Find out more on [www.cleanfish.com/loch-duart-salmon](http://www.cleanfish.com/loch-duart-salmon)*

**MALASIAN YELLOW CURRY** GF DF  
**VEGETERIAN | 11,90** **CHICKEN | 14,50** **WILD PRAWN | 15,90**  
Tender free-range chicken or wild prawns cooked in an organic peanut & coconut sauce with lots of fresh turmeric served with rice and vegetables

**TERIYAKI BOWL | 12,90** GF DF  
Slow cooked chicken thighs in our homemade teriyaki glaze, fresh tomato, cucumber, red cabbage with organic rice and a golden turmeric tea egg

**SHITAKE BOWL | 12,50** PB GF DF  
Homemade teriyaki glazed shitake, on a bed of organic rice served, broccolini, pickled cucumber & coriander

## SIDE DISHES

**SWEET POTATO FRIES WITH CHIPOTLE MAYONNAISE | 4,90**  
**SWEET POTATO BRAVAS WITH CHIPOTLE MAYONNAISE & CHILI | 5,20**  
**VIETNAMESE STYLE RICE | 4,20**  
**SAUTED BROCCOLINI WITH TAHINI DRESSING | 5,50**  
**GARDEN SALAD | 4,50**  
**ASIAN COLESLAW | 4,20**



# MUNCHKIN FOOD & DRINKS

CARROT & APPLE JUICE | 2,50

CARROT & ORANGE JUICE | 2,50

BANANA, STRAWBERRY AND FLAX SEED SHAKE | 3,50

BANANA, DATE & CACAO SHAKE | 3,50

FREE-RANGE CHICKEN BREAST | 5,50  
Sweet potato fries and steamed broccolini

GF DF

GRILLED SALMON BURGERS | 5,90  
Loch Duarte homemade salmon burgers with rice and snow peas

GF DF

RAINBOW PASTA | 5,00  
Rice pasta with zucchini, carrots & butter

GF

## DESSERTS WITH BENEFITS

HOMEMADE - NATURAL SUGARS - WHOLESOME INGREDIENTS

MAMA'S CRUMBLE | 6,50  
Oat and coconut crumble over a bed of oven roast apples, pears and muscatel raisins topped with plant based ice cream

PB GF DF

FRESH LEMON TART | 5,90  
Try our fresh plant-based lemon tart made from organic lemons and young coconut pulp served with a blueberry and lavender compote

PB RF GF DF

VEGGIE CAKE | 4,90  
Carrot, beetroot, cougette all make delicious sponge cakes, with our plant based sugar free icing! Ask which one we have today

DF

SEASONAL CAKE  
Ask our team what seasonal cake we have

FUDGE BROWNIE | 5,90  
Dark chocolate brownie style cake served with plant based icecream

GF DF

BANOFFEE CUP | 5,90  
Oat and coconut crumble topped with banana, our home-made medjooj date caramel and coconut fresh whipped cream

PB RF GF DF

RASPBERRY SPLIT | 9,90  
Double vanilla and raspberry plant-based ice cream layered with whipped coconut cream, almond crumble, blueberry compote topped with pistachios - Perfect for sharing !

PB RF GF DF

ICE-"CREAM" | 3,90  
We love this clean, natural, plant-based ice cream  
*Made from a handful of real organic ingredients ask for our selection of flavours*

PB RF GF DF