

**Seasonal, Fresh, Wholesome and Homemade Plant-food:
MADE AT MANNA – all vegan!**



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STARTERS – 9.60

Soup of the day –Our intensive and nutritious **Creamy Seasonal soup**; served with a loaf slice or crackers

Fresh vegetable popcorn – mix raw veg florets, steamed, marinated and shallow fried in our mixed-spice batter for a crunchy and flavoured bite, served with smoky cheese sauce dip.

Tofu Autumn basket filled with fresh warm greens and sauteed veg– our marinated tofu waffle basket filled with garlic infused warm greens topped with farm fresh sauteed vegetables (GF)

Mushroom and mung bean & lentil stew – a marinated and nutritious thick gravy stew served on a bed of creamy mash potatoes (GF)

MAIN COURSE – 16.80

Sausages, warm greens, and mash – creamy herby mash topped with our sausages, served with nutritious warm greens, battered onion rings and red onion gravy.

Rowboat with stir fry– our ever-popular creamy polenta-base with aged-marinated grilled tofu topped with a veggie stir fry; served with warm greens. (GF)

Curry Platter – mild to medium wholesome vegetable & lentil curry served with cardamon rice, our flat bread and Bombay potatoes topped in homemade curry sauce.

Savoury Pancakes – American style chickpea pancakes with oven-baked mixed greens, mushroom & cabbage, served with slices of homemade sausage & gravy. GF option

DESSERTS – 9.60

Chocolate delight – thick chocolate brownie, rounded with fresh fruit and a whipped cream or creamy ice cream topping

Ice cream combo – inhouse selection served with our shortbread biscuit or crumble.

Spiced pear or Apple Crumble: served with homemade crumble & custard

Sponge cake (or cake of the day) freshly made served with fresh cream or ice cream.

(Kheer) Rice Pudding – a delicious Asian stye pudding infused with cardamon, saffron, almonds and raisons – on a bed of tasty crumble topped with cream.

DRINKS OVERLEAF

A Service charge of a minimum 15% is not included. Minimum £18 spend per person occupying tables.