

### SMALL PLATES

#### ROASTED VEGGIE QUESADILLA

Filled with garlic roasted chayote squash, zucchini, caramelized onion, avocado, pickled jalapeños, guajillo salsa and a Mexican cheese blend. Served with roasted garlic aioli and cabbage curtido » 14

**VEGAN OPTION AVAILABLE** 🥕

#### RAW NACHOS

Dehydrated corn chips topped with shredded lettuce, spiced nut meat, raw "refried beans", cashew sour cream, turmeric nut cheese, house made guacamole and fresh guajillo salsa » 15

#### "CRAB" CAKES

Made from hearts of palm, chickpeas and traditional seasonings. The cakes are encrusted in panko breadcrumbs and seared until crisp. Served with sriracha aioli and cabbage curtido » 14

#### GUACAMOLE POTATO SKINS

Crispy potato skins loaded with creamy guacamole and drizzled with ancho cashew "sour cream". Topped with guajillo salsa » 14

#### ASIAN LETTUCE WRAPS

A blend of wild mushrooms, tofu, bean sprouts and green onions are sautéed with savory maple ginger tamari sauce. Served with crispy rice sticks, sambal chili sauce, fresh mango salsa and tender butter lettuce for wrapping » 13

#### BUTTERNUT LENTIL TACOS

Three corn tortillas are filled with fresh cabbage, roasted butternut squash, seasoned lentils, seared avocados and spicy corn. Topped with avocado tomatillo sauce, cotija cheese and served with a side of cabbage curtido » 15

**VEGAN OPTION AVAILABLE** 🥕

### SALADS AND SOUPS

#### EXOTIC

Mixed greens dressed in our mango-lime vinaigrette. Topped with avocado, mango, jicama, tomato, green onion, cucumber and quinoa and sprinkled with pepitas and currants » 17

#### BERRY POPPYSEED

Mixed greens are tossed with fresh berries, avocado, red onions and strawberry poppyseed vinaigrette. Topped with toasted pistachios, almonds and feta cheese » 16

**VEGAN OPTION AVAILABLE** 🥕

#### MARINATED BEET + ARUGULA

Roasted red beets served over arugula and mixed greens, tossed in our maple-balsamic vinaigrette. Topped with walnut encrusted goat cheese, avocado, sun-dried cranberries and micro greens » 16

**VEGAN OPTION AVAILABLE** 🥕

#### LENTIL SOUP

Our delicious hearty lentil soup made with tomato, carrot and potato

**BOWL 7 • CUP 4**

**SOUP DU JOUR » BOWL 7 • CUP 4**

#### MISO BOWL

Rice noodles with tofu, carrots, bell peppers, snap peas, bok choy and mushrooms in a ginger miso broth. Garnished with micro greens » **BOWL 9**

(ADDITIONAL CHARGE FOR ALL EXTRA SAUCES OR EXTRA DRESSINGS)

\*CONSUMING UNDERCOOKED EGG MAY INCREASE YOUR RISK OF A FOODBORNE ILLNESS.

### MAINS

Add Sautéed Tempeh or Tofu to any Main Dish » 4

#### PEACE BOWL

Brown rice and quinoa are topped with pan roasted cauliflower, broccoli, bell pepper, spinach and sweet potato. Tossed with sweet coconut curry and garnished with a cashew crunch » 18

#### GRAIN BOWL

Brown Basmati rice and quinoa are paired with garlic spinach, edamame, tomatoes, avocado and pickled broccoli and cauliflower. Topped with green goddess dressing, microgreens and our dukkah crunch. Choice of roasted tofu or tempeh » 17

#### BARBACOA BURRITO BOWL

Shredded romaine and kale topped with piles of brown rice, black beans, sweet corn, jackfruit barbacoa, sliced avocado and guajillo salsa. Finished with pickled jalapeños, avocado-lime dressing and cilantro micro greens » 15

#### PASTA PRIMAVERA

Fresh Broccoli, bell peppers, carrots, onions and spinach are sautéed with orecchiette pasta. Finished with basil cashew cream sauce and topped with our walnut "parmesan" » 17

#### SPICY CASHEW CAULIFLOWER

Lightly battered and baked cauliflower tossed with carrot, onion, celery and edamame in a spicy glaze. Served with udon noodles and fresh sautéed vegetables in a ginger cashew sauce » 17

#### CHILAQUILES\*

Crispy housemade tortilla chips topped with enchilada sauce, spiced lentils, a Mexican cheese blend, sunny side eggs, guajillo salsa and cilantro micro greens » 15

**VEGAN OPTION AVAILABLE** 🥕

#### VEGETABLE STIR FRY

Medley of carrots, bell peppers, red onion, broccoli, snap peas and purple cabbage in a maple sesame tamari sauce. Served over brown rice » 17

### SANDWICHES

Served with your choice of side salad, fresh fruit, sweet potato wedges or garlic brussels sprouts.

#### RAW THAI ROLLS

Crisp vegetables and a macadamia-lime filling wrapped in collard greens. Served with ginger-lime dipping sauce » 14

#### PORTABELLA SANDWICH

Thinly sliced portabella mushrooms smothered in caramelized onions and melted havarti dill cheese. Served on a toasted roll with horseradish cream, fresh spinach, tomato and alfalfa sprouts. Accompanied by au jus » 14

**VEGAN OPTION AVAILABLE** 🥕

#### BLACK BEAN + MUSHROOM BURGER

A spicy southwestern patty served with roasted garlic aioli, fresh cilantro sprigs, tomato and red onion on a toasted bun » 13

**ADD CHEESE » 1.5 • ADD AVOCADO » 3**

#### TU-NO MELT

A tasty blend of tempeh, celery, sunflower seeds, bell pepper and dill. Topped with cashew nut cheese. Served on grilled rye » 13

#### TEMPEH REUBEN

Marinated tempeh, Swiss cheese, sauerkraut and our house made Thousand Island dressing on caraway rye bread » 15

**VEGAN OPTION AVAILABLE** 🥕

#### PHILLY "BEEFSTEAK"

Jackfruit braised with our "demi glace", seared bell peppers, mushrooms, onions and provolone cheese on a toasted roll » 16

**VEGAN OPTION AVAILABLE** 🥕

#### BUFFALO CAULIFLOWER WRAP

Cauliflower is roasted with spicy buffalo sauce and topped with bleu cheese, sliced tomatoes, red onion, fresh greens and avocado ranch dressing. Served inside a flour tortilla » 15

**VEGAN OPTION AVAILABLE** 🥕

### KIDS MENU

Ages 12 and under

**GRILLED CHEESE + FRUIT » 6**

**KIDDIE PASTA » 6**

**MINI STIR FRY » 7**

**KIDDIE PIZZA » 6**

**ADD VEGGIES » 1.5**

**WEDGES + SAUCE » 5**

### Extras

**HOUSE SALAD » 6**

**GARLIC BRUSSELS SPROUTS » 5**

**SWEET POTATO WEDGES » 5**

**QUINOA » 3**

**BROWN RICE » 3**

**SAUTÉED TOFU OR TEMPEH » 4**



## BEVERAGES

### Specialty Beverages

#### LIMONADE

Fresh limes, kale, swiss chard, ginger, raw sugar and purified water » 5

#### RICH VEGETABLE POTASSIUM BROTH

Blend of six root vegetables, celery and parsley. A warm and soothing mineral-rich tonic » 5

#### GREEN JUICE

Kale, swiss chard, bok choy, cucumber, parsley, celery, leaf lettuce, ginger and apple » 8

### Other Beverages

ANODYNE COFFEE Regular or Decaf » 3

IZZE FLAVORED SPARKLING JUICE » 4

SAN PELLEGRINO SPARKLING WATER » 5

### Teas

RISHI TEA Organic and Fair Trade » 4

**CAFFEINE:** Earl Grey, Masala Chai, Matcha Super Green, Tropical Coconut

**CAFFEINE FREE:** Chamomile Medley, Peppermint, Tangerine Ginger, Turmeric Chai

ICED TEAS Black (caffeine) or Wild Berry » 3

## WINE AND BEER

### Reds

glass / bottle

HY.BRID PINOT NOIR » 10 / 38

DANTE MERLOT » 7 / 26

PEDRONCELLI "BARREL SELECT" RED BLEND » - / 41

SERBAL MALBEC » 9 / 34

BOXHEAD SHIRAZ » 8 / 30

DANTE CABERNET SAUVIGNON » 7 / 26

STEMMARI NERO D'AVOLA » 8 / 30

### Whites

glass / bottle

VALCKENBERG RIESLING » 9 / 34

WALNUT BLOCK SAUVIGNON BLANC » 9 / 34

STEMMARI PINOT GRIGIO » 8 / 30

DANTE CHARDONNAY » 7 / 26

WENTE CHARDONNAY » - / 38

EVOLUTION WHITE » 10 / 38

### Sparkling

glass / bottle

SAINT-HILAIRE

BLANQUETTE DE LIMOUX BRUT » 7 / 26

### Beers

ASK ABOUT OUR SPECIAL BEER OF THE MONTH!

GREAT LAKES DORTMUNDER GOLD (Lager)

GREAT LAKES IPA (IPA)

LAKEFRONT RIVERWEST STEIN (Amber Lager)

LOON JUICE HONEY CRISP  (Cider)

NEW GLARUS SPOTTED COW (Farmhouse Ale)

3 SHEEPS CASHMERE HAMMER (Nitro Stout)

## DESSERTS

#### CAFÉ CARROT CAKE

Our signature cake made with chopped macadamia nuts and coconut, and filled with house made pineapple jam. Iced with classic cream cheese frosting. Topped with a candied ginger slice » 9

#### RAW "CHEESECAKE"

Our dairy-free, non-traditional "cheesecake" prepared with cashews and dates. Ask your server about our current flavor » 10

#### SORBET OF THE DAY

Served with fresh berries

#### KEY LIME PIE

Classic key lime custard baked in a housemade gluten-free graham cracker crust. Topped with whipped cream and served with fruit coulis and fresh berries » 8

#### CHOCOLATE CHIP COOKIE TORTE

Chocolate chip cookie filling is piped between layers of chocolate cake then lightly iced with a rich "buttercream" » 9

#### CHOCOLACADOS

Two creamy chocolate avocado truffles covered in a rich chocolate ganache. Served with a strike of fruit coulis » 6

In keeping with our environmentally friendly practices, Café Manna is happy to serve you water upon request.


All of our dishes are made from scratch. We use nature's freshest available ingredients. Many of our dishes can be modified to fit your dietary needs. Please ask your server.

## SUNDAY BRUNCH


Served 10am - 2:30pm

### Salads

#### MARINATED BEET + ARUGULA

Roasted red beets served over arugula and mixed greens, tossed in our maple-balsamic vinaigrette. Topped with walnut encrusted goat cheese, avocado and sun-dried cranberries » 16  
VEGAN OPTION AVAILABLE 

#### BERRY POPPYSEED




Mixed greens are tossed with fresh berries, avocado, red onions and strawberry poppyseed vinaigrette. Topped with toasted pistachios, almonds and feta cheese » 16  
VEGAN OPTION AVAILABLE 

### Extras

TRUFFLED POTATOES   » 4

TWO SLICES OF TOAST  » 2

TWO SLICES OF AVOCODO TOAST  » 6

CUP OF FRESH FRUIT    » 4

TWO EGGS\*  » 2.5

SCRAMBLED TOFU  » 4

### Main

#### RAW THAI ROLLS

Crisp vegetables and macadamia-lime filling wrapped in collard greens. Served with an Asian dipping sauce and fruit » 14

#### BARBACOA BURRITO BOWL

Shredded romaine and kale are topped with piles of brown rice, black beans, sweet corn, jackfruit barbacoa, sliced avocado and guajillo salsa. Finished with pickled jalapeños, avocado-lime dressing and cilantro micro greens » 15

#### SPINACH FETA OMELET\*

A three-egg omelet made with bell peppers, red onions, garlic, spinach and feta cheese. Topped with micro greens and served with truffled potatoes » 16

#### CHILAQUILES\*

Crispy housemade tortilla chips topped with enchilada sauce, spiced lentils, a Mexican cheese blend, sunny side eggs, guajillo salsa and cilantro micro greens » 15  
VEGAN OPTION AVAILABLE 


#### BOURBON APPLE FRENCH TOAST

Orange vanilla battered sourdough toast topped with bourbon glazed apples and pepita granola. Finished with macerated berries and served with a side of pure Wisconsin maple syrup » 16


#### TOFU SCRAMBLE

Sautéed tofu scrambled with mushrooms, onions, garlic, bell peppers and spinach. Topped with sliced avocado and vegan hollandaise. Served with truffled potatoes » 15


#### "CRAB" CAKE BENEDICT\*

Two "crab" cakes are topped with tomato, spinach and poached eggs. Garnished with hollandaise sauce. Served with truffled potatoes » 16  
VEGAN OPTION AVAILABLE 

#### BUTTERNUT SQUASH RATATOUILLE\*

Onions, bell peppers, carrots, butternut squash, spinach and quinoa are sautéed together. Topped with sunny side eggs and hollandaise sauce » 15  
VEGAN OPTION AVAILABLE 

#### BLACK BEAN, MUSHROOM + EGG BURGER\*

A spicy southwestern patty served with a sunny side egg, roasted garlic aioli, fresh cilantro sprigs, tomato and red onion on a toasted bun. Served with truffled potatoes » 14  
ADD CHEESE » 1.5 • ADD AVOCADO » 3  
VEGAN OPTION AVAILABLE 

## KIDS BRUNCH *Ages 12 and under*

KIDDIE EGGS\*, FRUIT + TOAST » 8

FRENCH TOAST + CUP OF FRUIT  » 8

KIDDIE PIZZA » 6 ADD VEGGIES » 1.5

GRILLED CHEESE + CUP OF FRUIT » 6



We are proud to be the first Certified Green Restaurant in Wisconsin. Café Manna is one of the first restaurants in the United States to reach the 3 Star Certification level.

(ADDITIONAL CHARGE FOR ALL EXTRA SAUCES OR EXTRA DRESSINGS)

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 GLUTEN FREE  VEGAN  RAW