

## Starters

- ❶ **Tomato and basil bruschetta** £5  
 Plum tomatoes vine ripened, tossed in extra virgin olive oil, onion and fresh basil served on focaccia bread
- Goujon mango salad** £6  
 Haddock fillet goujons on strips of mango, red onion, parsley with a touch of chilli
- ❶ **Olives** £3  
 Bowl of olives marinated in herbs & garlic
- Home made soup of the day** £5  
 Choice of two soups. Please ask for today's choice. Served with home baked focaccia bread
- Salad nicoise** £7  
 Tuna, lettuce, olives, red onion, tomato, pepper, green beans, cucumber, boiled egg, new potato and anchovy tossed in a red wine vinegar, Dijon mustard and olive oil dressing
- ❶ **Grilled fresh sardines** £6  
 Whole sardines dressed with a tomato and cucumber salsa served with focaccia bread
- ❶ **Dough balls** £5  
 Hand rolled dough baked with herbs & garlic
- ❶ **Garlic & rosemary bread** £5  
 Home baked bread coated with garlic & rosemary
- ❶ **Crepes oriental** £6  
 Crepe filled with fresh stir fry vegetables in soy sauce and coated with a cream sauce
- ❶ **Deep fried mushrooms** £5  
 Mushrooms coated with bread crumbs, sesame seeds & deep fried with a garlic mayo dip
- ❶ **Manna gormande salad** £6  
 Honey roasted walnut, apple, crumbled feta cheese dripped in a wild berry vinaigrette

## Main

- ❶ **Mushroom risotto** £13  
 Mushrooms with arborio rice topped with porcini mushrooms and freshly grated cheese
- ❶ **Couscous roasted vegetables** £13  
 Courgette, pepper, celery, onion, leek, red onion on a bed of couscous
- ❶ **Smoked salmon & asparagus claw** £16  
 A chunk of mozzarella wrapped in smoked salmon with a claw of asparagus on a bed of stir fry vegetables
- ❶ **Oriental risotto** £13  
 Stir fry vegetables mixed with egg and with arborio rice

## Salads

- Salad nicoise** £13  
 Tuna, lettuce, olives, red onion, tomato, pepper, green beans, cucumber, boiled egg, new potato and anchovy tossed in a red wine vinegar, Dijon mustard and olive oil dressing
- ❶ **Manna gormande salad** £12  
 Honey roasted walnut, apple, mixed leaf salad, crumbled feta cheese dripped in a wild berry vinaigrette
- ❶ **Greek salad** £13  
 Mixed leaf salad, cherry tomato, cucumber, mixed pepper, black olives, feta cheese croutons in a pomegranate dressing and extra virgin olive oil
- Tuna steak nicoise** £19  
 As salad nicoise but with a **tuna steak** instead
- Salmon nicoise** £17  
 As salad nicoise but with a fillet of **poached salmon** instead of tuna

## Pizza

- ❶ **Margherita** £9  
 Tomato & mozzarella cheese
- ❶ **Polo** (healthier eating?) (don't forget to choose extra toppings!) £10  
 Tomato & mozzarella cheese with a hole in the middle filled with a fresh mixed leaf salad
- Tonno** £12  
 Tuna, anchovy, red onion, olives & mozzarella cheese
- ❶ **Fiorentina** £12  
 Spinach, olives, tomato & mozzarella cheese topped with a free range egg
- ❶ **Piccante** £11  
 Olives, red onion, pepper, fresh chili & mozzarella cheese
- ❶ **Funghi** £10  
 Mushrooms with basil & mozzarella cheese

Extra toppings .75p / £1

## Pasta

- ❶ **Crepes oriental** £12  
 Crepes filled with fresh stir fry vegetables in soy sauce and coated with a cream sauce
- Penne al salmone** £13  
 Salmon, cherry tomato and spring onion infused in a cream sauce, served with a slice of garlic focaccia bread
- ❶ **Penne pomodoro** £10  
 Pasta in tomato & basil sauce, served with a slice of garlic focaccia bread
- ❶ **Penne al forno** £12  
 Roasted vegetable in a cream & tomato sauce topped with cheese & baked, served with a slice of garlic focaccia bread
- ❶ **Vegetable lasagne** £13  
 Traditional Italian style roasted vegetable in a layered pasta, served with a slice of garlic focaccia bread
- Seafood cannelloni** £16  
 Haddock tuna salmon tomato & béchamel sauce in crepe style pasta, served with a slice of garlic focaccia bread
- ❶ **Penne al funghi** £12  
 Pasta with mushrooms in a cream of mushroom & garlic sauce, served with a slice of garlic focaccia bread

## Fish

- Oven roasted sea bass fillet** £19  
 On a bed of roasted vegetable, sautee green beans with a taste of rosemary roasted potato
- Traditional English fish and chips** £15  
 Boneless fillet of fish cooked in batter, served with mushy peas and thick cut chips
- Pan grilled tuna steak** £20  
 On a bed of sweet mash potato & spinach flavoured with a mint sauce
- Grilled fresh sardines** £15  
 Whole sardines dressed with a tomato and cucumber salsa, served with focaccia bread
- Salmon teriyaki** £19  
 Pan seared salmon fillet placed on stir fry vegetables, saturated with teriyaki sauce and vegetable rice
- Goujon mango salad** £15  
 Haddock fillet goujons on strips of mango, red onion, parsley & a touch of chilli
- Grilled haddock** £15  
 Seared haddock fillet on a bed of mixed vegetable rice

## Side orders

- ❶ **Thick cut chips** £3.50
- ❶ **Fresh mixed leaf salad** £3.75
- ❶ **Green beans in tomato and chili** £3.50
- ❶ **Rosemary & garlic potatoes** £3.50
- ❶ **Sweet potato & spring onion** £3.50

don't forget to leave room for a desert!

Dear Guests

Our chef would like you to know that all the dishes at manna are prepared fresh, so please allow a little extra time for your chosen meal to be served to you. If you would like to alter a dish on our menu please ask and we will do our best to accommodate.

Please note:

Our fish dishes use filleted fish and whilst every effort has been made to remove all fish bones some may still remain. All items are subject to availability. Minimum card payment £10.00, payments, under the minimum charge will incur a £1.00 handling fee. A minimum charge of £10.95 per head is applicable during dinner service. Seating inside reserved exclusively for dining during meal times. Due to seasonal variations & market conditions some ingredients may differ to those stated on the menu. Cheques not accepted unless by prior arrangement.

❶ suitable for vegetarians

❶ suitable for vegans

Under supervision of the Manchester Beth Din

