

FOOD

Breakfast MO-FR 10/00-14/00 SA 10/00-16/00

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|---|------|
| MANAS BIG BREAKFAST ^{1,2,4,6} | 12.5 |
| Bio-Brotkorb/ Marmelade/ Butter/ Käse/ Vrischkäse/ Paprika-Dip/ Avocado/ Mango-Chia-Yoghurt/ Kleines Stück Kuchen | |
| MANAS SMALL BREAKFAST ^{1,2,4,6} | 7.9 |
| Bio-Brotkorb/ Marmelade/Butter/ Käse/ Vrischkäse/ Obst | |
| FRENCH ¹ | 3.9 |
| Croissant/ Aprikosen Marmelade | |
| VEGANES RÜHREI ^{1,2} | 7.5 |
| Bio-Tofu/ Bailikum/ Kirschtomaten/ Bio- Brot/ Butter / Salat | |
| AVO BREAD ^{1,6} | 6.9 |
| Bio Brot/ Avocado/ Hummus/ Sprossen | |
| SHAKSHUKA | 9.9 |
| Tomate/ Paprika/ Hummus/ Tahini Yoghurt/ Pitta- Brot | |

¹ Gluten/ ² Soja/ ⁴ Nüsse/ ⁵ Erdnüsse/ ⁶ Sesam/ ⁷ Senf/ ⁸ Sellerie



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MANA's HOT HAFER PORRIDGE ¹ zuckerfrei

warmes Haferporridge mit Tonkabohne/ Dattel/ Zimt
wahlweise mit

-Bananae/ Walnuß/ Agave

-Mangosauce/ Cashew/ Granatapfelkerne 7.9

CHIA MANGO YOGHURT ² 4.9

Chiasamen/ Kokosmilch/ Mango

BANANENBROT ^{1,2} 3.5



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|------------------------------------|-----|
| ½ Avocado | 3.5 |
| Oliven | 2.5 |
| Aprikosen oder Pflaumen Fruchtmuss | 1.5 |
| Bio Schokocreme | 2.0 |
| Zwei Scheiben Käse ⁴ | 2.0 |
| Butter ² | 2.0 |
| Hummus | 2.0 |
| Bio Brotkorb ¹ | 3.5 |
| Glutenfreies Brot | 2.5 |
| Bio Croissant ¹ | 2.3 |

MANA SMOOTHIES *Glas 0.3l / 0.4l*

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|---|---------|
| IMMUNITY | 5.9/7.5 |
| Frischer Kurkuma/ Mango/ Macca/ Reismilch | |
| BEAUTY BOOSTER | |
| Wilde Beeren/ Banane/ Minze/ Reismilch | |
| GLOW BOOSTER | |
| Spinat/ Datteln/ Banane/ Reismilch/ Chiasamen | |

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