

MANA!

HONG KONG

SIGNATURE FLATS

WHOLESOME FLATBREADS TOPPED WITH OLIVE OIL & ZAAATAR
ORIGINAL WHOLEMEAL | GLUTEN-FRIENDLY MILLET*

	FULL	HALF
MANA!JOY AVOCADO, FRESH TOMATO, MINT, GARLICNAISE	95	50
MANA!PEACE (V) HALLOUMI CHEESE, FRESH TOMATO, MINT	95	50
MANA!FALAFEL NO ZAAATAR FALAFEL, FRESH TOMATO, ROMAINE LETTUCE, PICKLED PEPPERS, PARSLEY, TAHINI	95	50
MANA!BLISS AVOCADO, HUMMUS, CUCUMBER, BABY SPINACH	95	50
MANA!STE CRISPY TEMPEH, GRILLED TOFU, ROASTED CAULIFLOWER, PICKLED PEPPERS, TAHINI	95	50
MANA!LOVE (V) HALLOUMI CHEESE, GRILLED VEGGIES, ROCKET	95	50
MANA!CLASSIC JUST ZAAATAR	45	25

OR BUILD YOUR OWN FLAT WITH OVER 30 TOPPINGS FROM
AVOCADO TO ZUCCHINI
(SEE BACK OF MENU)

SIGNATURE BURGERS MADE WITH PLANTS, NOT IN THEM

CHOICE OF BUN: WHOLEMEAL | GLUTEN-FRIENDLY*

THE CLASSIC (V) HALLOUMI CHEESE, TOFU, VEGGIES, PORTOBELLO MUSHROOM, PICKLES, GARLICNAISE, KETCHUP	95
THE BABYLON! HOMEMADE BEAN PATTY WITH MUSHROOMS, BEETROOT, TEMPEH, GARLICNAISE, KETCHUP	95

& THEN SOME... OTHER FAVOURITES

MEZZE BOX HUMMUS, BABA GHANNOUJ, OLIVES, PICKLED PEPPERS, KALE SALAD CHOICE OF FLATBREAD: ORIGINAL WHOLEMEAL GLUTEN-FRIENDLY MILLET*	130
CHIPS & DIP HAND-CUT POTATOES TOSSED IN ZAAATAR CHOICE OF DIP: KETCHUP GARLICNAISE TAHINI	50
RAINBOW YAMS & DIP HAND-CUT YELLOW & PURPLE YAMS TOSSED IN SEA SALT CHOICE OF DIP: KETCHUP GARLICNAISE TAHINI	50
SOUP ALWAYS VEGAN, MADE DAILY	50
MANA! ZAAATAR CRISPS HOMEMADE CRISPY FLATBREAD TOSSED IN ZAAATAR CHOICE OF FLATBREAD: ORIGINAL WHOLEMEAL GLUTEN-FRIENDLY MILLET* CHOICE OF DIP: HUMMUS BABA GHANNOUJ GARLICNAISE TAHINI	50
TUBS (8 oz) CHOICE OF: HUMMUS BABA GHANNOUJ GARLICNAISE OLIVES PICKLED PEPPERS	60

DESSERTS RAW, VEGAN & GLUTEN-FRIENDLY*

SLICE OF CAKE CACAO COCONUT	60	WHOLE CAKE (PRE-ORDER NEEDED) CACAO COCONUT	700
KILLA COOKIE (V) (NON GF, BAKED) OATMEAL, RAISIN MINI 25 GIANT 45	95	KINDA COOKIE (BAKED) OATMEAL, CACAO BUTTER, CHOCOLATE CHIPS MINI 25 GIANT 45	

DRINKS

SKY JUICE FILTERED H2O	FREE	FRESH WHOLE COCONUT	45
PRESSED JUICES ASK US WHAT'S PRESSED TODAY	60	SHAKES ASK US WHAT'S SHAKING TODAY	70
MANA! LEMONADE LEMON, MAPLE SYRUP, CAYENNE PEPPER	60	ORGANIC KOMBUCHA	60
		BABYLON! BREW BEER GLUTEN-FRIENDLY & VEGAN, LOCALLY CRAFTED FOR MANA!	60

SIGNATURE V-COFFEES HK'S ORIGINAL VEGAN COFFEE

(ONE SIZE 10oz)			
THE MANA! ORGANIC RAW CACAO BUTTER INFUSED FLAT WHITE	50	AMERICANO OUR ORGANIC ROBUSTA ARABICA LONG BLACK	35
LOKO OUR CLASSIC LATTE	45	ESPRESSO ORGANIC ROBUSTA (38%) & ARABICA (62%) BLEND SINGLE 20 DOUBLE 30	



CHOICE OF ORGANIC ROBUSTA ARABIC COFFEE OR COFFEE FREE TEECCINO HERBAL BLEND
CHOICE OF PLANT-BASED BARISTA MILKS

BUILD YOUR OWN

1 CHOOSE YOUR FOOD

FLAT

WHOLESOME FLATBREADS TOPPED WITH OLIVE OIL & ZAATAR
ORIGINAL WHOLEMEAL | GLUTEN-FRIENDLY MILLET*

HALF 50 | FULL 95

CHOOSE ANY 4 TOPPINGS

ADDITIONAL TOPPINGS +15 EACH



SALAD BAR

BUILD YOUR OWN SALAD



SMALL 85 | LARGE 140

(4 TOPPINGS INCLUDED)

(6 TOPPINGS INCLUDED)

1 CHOOSE YOUR LEAVES &/OR GRAINS:

ROCKET, KALE &/OR SPINACH | QUINOA & BROWN RICE

2 CHOOSE YOUR TOPPINGS

CHOOSE ANY 4 TOPPINGS FOR SMALL | 6 TOPPINGS FOR LARGE |

ADDITIONAL TOPPINGS +15 EACH

3 CHOOSE YOUR DRESSING:

GREEN GODDESS | OLIVE OIL LEMON | TAHINI |

SPICY ASIAN | ORANGE ZESTY | RANCH



WE USE RECYCLABLE & COMPOSTABLE PACKAGING ONLY.
BRING YOUR OWN CONTAINER & GET 5% OFF!

KINDLY TAKE YOUR WASTE TO OUR CUSTOM-MADE BINS.
THANK YOU!

2 CHOOSE YOUR TOPPINGS

FRESH INGREDIENTS

CUCUMBER	ALFALFA SPROUTS
FRESH TOMATO	AVOCADO
GREEN OLIVES	BABY SPINACH
BLACK OLIVES	KALE
PICKLED PEPPERS	ROCKET
ROMAINE LETTUCE	

SAUCY & SPREADY

HUMMUS	TAHINI
BABA GHANNOUJ	GARLICNAISE

GRILLED OR ROASTED

CARAMELISED ONIONS	QUINOA & BROWN RICE
GRILLED VEGGIES	ROASTED BROCCOLI
GRILLED ZUCCHINI	ROASTED CAULIFLOWER
PORTOBELLO MUSHROOMS	ROASTED CHERRY TOMATOES

GUILTY PLEASURES

CHIPS	FALAFEL
RAINBOW YAMS	

PLANT PROTEINS

CRISPY SPICED CHICKPEAS	CRISPY TEMPEH
EDAMAME	GRILLED TOFU

(HEESE & DAIRY

ORGANIC, FREE RANGE, BOILED EGG* (V)	HALLOUMI CHEESE (V)
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3 MAKE IT A COMBO

PICK 1 OR MORE...



ADD SOUP + 40



ADD CHIPS OR RAINBOW YAMS + 40

CHOICE OF DIP:

KETCHUP | GARLICNAISE | TAHINI



ADD DRINK + 50

PRESSED JUICE | MANA! LEMONADE | ORGANIC KOMBUCHA