

MANA FOOD bar

COLD	small	large	HOT	small	large
AVOCADO, ARUGULA, AND TOMATO with pickled red onion and roasted garlic chili dressing	6.25	11	ASPARAGUS - grilled and served with sweet miso and black sesame	8	15
ENDIVE - grilled belgian endive and radicchio, toasted hazelnuts, amish blue cheese and white balsamic	6.5	12	BAKED GOAT CHEESE served with spicy tomato sauce and toasts	9.5	
FIVE SPICE TOFU with shallots, basil, cucumber, and tomato in a soy red wine vinaigrette	6	11	BI BIM BOP - hot pepper miso and vegetables over brown rice	8.5	15
PICKLED - 3 kinds of homemade pickles	4	7	and sunny side up egg		
QUINOA - toasted grain, almonds, currants, mint and tangerine	7	12	BULGOGI - seared tofu with soy shiitake mushrooms	6	12
SPINACH and PEAR salad with walnuts and sweet mustard vinaigrette	5.5	9	CHILI - corn, black beans, chickpeas, green onions and white cheddar	6	11
SAMPLER - choose any <u>3 cold items from above</u>	12		GYOZA- six pan seared dumplings with soy dipping sauce	7	
BEETS - sliced thin with arugula and apple salad in a raspberry vinaigrette	6.25	12	MAC and CHEESE - horseradish, sharp cheddar, and cracked black pepper	6	11
CAPONATA - chilled eggplant, tomato and caper relish with grilled bread	8	14	MA PO TOFU - spicy eggplant, tofu, chinese black beans and red chili paste over brown rice	7	13
HUMMUS - chickpea puree with vegetables or toast	8.5		MUSHROOM SAUTE over creamy polenta	8.50	16
MAKI - raw vegetables wrapped in collard greens with ponzu sauce	8.5		MANA SLIDER - brown rice and mushroom burger with spicy mayo	3.50	each
SESAME NOODLE - chilled yellow wheat noodles tossed in spicy sesame peanut sauce with shredded peapods and carrots	6.25	11	OKRA - spicy tomato braised and served over blue cheese grits	7	13
SIDES			POTATO PANCAKE - sweet and white potato with pear golden raisin chutney and crema	6	12
BLACK BEANS with garlic	3		RAVIOLI - sweet pea stuffed pasta with mint pesto, spicy tomato and asiago cheese	8	15
BROWN RICE with olive oil	2		SAAG PANEER - spinach and paneer cheese in a spiced yogurt sauce with brown rice	7.5	14
CREAMY POLENTA with asiago cheese	3		SPANIKOPITA - baked filo filled with spinach, dill and feta cheese	7.5	each
SPICY NAPA CABBAGE SLAW with sesame and chile	2		TAMALE - corn tamale with white cheddar and roasted jalapenos served with tomato lime jam	4	each
SEARED COLLARD GREENS with lemon and garlic	3				

add tofu to any small dish for \$1 and large dish for \$2

SLIDER SPECIAL! 4-6pm Daily *2 sliders and any beer for \$7.50*

MANA spirits and beverages

SAKE COCKTAILS

pina colada over ice	9
coconut water and fresh lime	8
cucumber sakerita	9
lavender and violette	9
mango and fresh ginger	8
pear and nigori	8

CHILLED SAKE

hakutsuru (junmai gingo - 720ml)	8	40
momokawa (nigori - 720ml)	8	40

BEERS

sapporo - japan (lager)	6
great divide - colorado (belgian ale)	7
lagunitas - california (ipa)	6
avery - colorado (brown ale)	6
anderson valley - california (oatmeal stout)	7
founders - michigan (porter)	7

WHITE WINE

el hada - spain (verdejo)	8	32
quintay clava - chile (sauvignon blanc)	8.5	32
vera - portugal (vinho verde)	8	32

RED WINE

angeline - california (pinot noir)	8	32
teorema - spain (garnacha)	8	32
sawbuck - california (malbec)	9	36
barco de piedra - spain (tempranillo)	9	36

ROSE

mas amor - spain (garnacha-carinena)	9	36
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SPARKLING

mionetto - italy (prosecco - 375ml)	16
moon rabbit - japan (sake - 330ml)	20

SMOOTHIES (14 OZ) (add green superfood for \$1)

* avocado, pineapple and coconut water	8
* carrot juice, ginger, banana and almond milk	8
* peach, oatmeal and almond milk	8
* chocolate superfood, bananas, peanut butter and almond milk	9

JUST SQUEEZED (combine up to 3) 5

*apple *carrot *celery *cucumber
*pineapple *collard greens
*beet *pear *orange *ginger
(add sake or vodka for \$3)

BEVERAGES

french vanilla coffee	2
hot tea - see server for selection	2
MANA lemonade	2

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