



**HAPPY HOUR SPECIAL: TWO SLIDERS & A 12oz BEER FOR \$8.50!
EVERY DAY 5:30-6:30 P.M.**

GOLD	small	large	HOT	small	large	small	large	SIDES		
AVOCADO and ARUGULA With pickled red onion and roasted garlic chili dressing (V+GF)	7.00	12.00	BAKED GOAT CHEESE Served with spicy tomato sauce and toast		12.00	MAPO TOFU Hoisin and chili butternut squash with Chinese black beans and tofu over brown rice (V)	7.50	13.75	BRUSSELS SPROUTS Shredded, with miso mustard (V+GF)	4.50
BABY KALE Baby kale, pears, sesame oat granola and ginger miso dressing (V+GF)	7.00	12.00	BI BIM BOP Hot pepper miso and vegetables over brown rice and a sunny side up egg	10.00	17.00	MUSHROOM SAUTE Over creamy polenta (GF)	9.50	17.00	SEARED BROCCOLI With garlic chili sauce (V+GF)	4.50
BEETS Golden beets with amish blue cheese, toasted hazelnuts, arugula and sherry vinaigrette (GF)	8.00	15.50	BURRITO With roasted potatoes and poblano peppers, white cheddar, arugula, black beans and charred tomato salsa	9.50		RICE NOODLES With spicy Thai lemongrass and basil curry, sweet potatoes, green beans and chili peanuts (V+GF)	8.00	15.00	BLACK BEANS With garlic and olive oil (V+GF)	3.50
PANZANELLA Grilled bread salad with shallots, tomato, cucumber, basil and red wine garlic vinaigrette (V)	6.25	11.00	CHILI Molè spiced black beans, white beans with green onions and white cheddar (GF)	6.00	11.00	SAAG PANEER Spinach and paneer cheese in a spiced yogurt sauce, with brown rice (GF)	8.50	15.00	BROWN RICE With olive oil (V+GF)	2.50
SEAWEED AND CUCUMBER Wakame seaweed, cucumber, five spice tofu and tangerine-chili dressing with micro greens (V+GF)	7.00	12.00	GNOCCHI Sweet potato gnocchi with olive oil, garlic, grilled radicchio, walnuts and asiago	9.00	17.00	SWEET AND SOUR TOFU Seared tofu with pineapple sweet and sour over sauteed greens (V+GF)	7.50	13.75	CREAMY POLENTA With asiago cheese (GF)	3.50
SESAME NOODLE Yellow wheat noodles tossed in spicy sesame peanut sauce with shredded cabbage and carrots. (V)	7.00	12.00	GYOZA Six pan-seared dumplings with soy dipping sauce (V)	8.00		VINDALOO Green bean and potato vindaloo curry over black eyed peas with grilled shishito peppers	7.50	14.25		
			MANA SLIDER Brown rice and mushroom burger, with spicy mayo on a Hawaiian roll	3.75	each					

***Add tofu to a small dish for \$1
or to a large dish for \$2
V = Vegan | GF = Gluten Free**

**BOOK YOUR EVENT FOR UP TO 25 PEOPLE
WE CATER UP TO 200
events@manafoodbar.com**

COCKTAILS 12

Violet Royale - Prosecco, Crème Yvette

Sakerita - Gekkeikan Sake, Cucumber, Patron Citronge, House Sour

Metro - Aylesbury Duck Vodka, St. Elder, Crème de Framboise, Lime

Pixie - Tito's Vodka, OJ, Carrot, Lemon, Spicy Turmeric Syrup

Tampico - Campari, Patron Citronge, Lemon, Tonic

Bee's Knees - Ford's Gin, Benedictine, Lemon, Agave Nectar

Gypsy - Hendrick's Gin, Chartreuse, Pomegranate, Lime

Highball - Bulleit Bourbon, Ginger Beer, Bitters, Lemon

Elderflower Old Fashioned - Old Overholt Rye, St. Elder, Angostura, Regan's Orange Bitters

Diablo - Libelula Tequila, Black Currant, Lime, Ginger Beer

LIQUEURS

Fernet Branca 8

Amaro Nonino 11

Averna 7

Cynar 6

Hine VSOP 9

Calvados VSOP 8

Benedictine 9

Falernum 6

Chartreuse - Green or Yellow 12/10

WHITE WINE

Stony Bank - New Zealand Sauvignon Blanc

Domaine Montrose - France Viognier

SPARKLING

Terre Gaie - Italy Prosecco

RED WINE

Folly of the Beast - California Organic Pinot Noir

Redhead Red - Washington Cabernet Sauvignon Blend

Santa Julia - Argentina Malbec/Cabernet Franc Blend

CHILLED SAKE

Funaguchi Shinmai (honjozo - 200ml can)

Snow Maiden (junmai nigori - 720ml)

WHISKEY

Bulleit Bourbon 10

Old Overholt Rye 8

Akashi White Oak 12

Hibiki Harmony 14

Glenfiddich 12yr 12

Rittenhouse Rye 10

Glendalough 10

Nikka Malt 14

Hine VSOP 9

LaPhroaig 10yr 14

glass bottle

BEER

Sapporo Lager 12oz bottle | 5.0%

Half Acre Pony Pilsner 12oz bottle | 5.8%

Gatecrasher IPA 12oz can | 6.5%

Brickstone APA 12oz can | 6.25%

NON-ALCOHOLIC BEVERAGES

MANA or Pomegranate lemonade

Goose Island Ginger Beer

French vanilla coffee

Hot tea herbal · chai · black · green

SMOOTHIES 9

Pineapple, banana, and coconut

Peanut butter, banana, almond milk and chocolate superfood

(Add green superfood to any for \$1)

JUST-SQUEEZED JUICE 8

(Add sake or any house spirit for \$3.00)

Green - cucumber, kiwi, kale, lime

Purple - beet, carrot, lemon

Chartreuse - pineapple, cucumber, lemon, ginger

Orange - carrot, orange, ginger