



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

GOLD			HOT			SIDES			
	small	large		small	large		small	large	
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 Sweet potato and tofu cooked in a spicy schezwan peppercorn sauce over brown rice (V)	7.50	13.75	SEARED COLLARD GREENS 3.50 With garlic and lemon (V+GF)
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 4.50 With garlic chili sauce (V+GF)
BEETS Golden beets with amish blue cheese, toasted hazelnuts, arugula and sherry vinaigrette (GF)	8.00	15.50	BURRITO White beans cooked with morita chilies and green garlic, white cheddar, baby kale and tomatillo salsa	9.50		RICE NOODLES With spicy Thai lemongrass green curry, sweet potatoes, green beans and chili peanuts (V+GF)	8.00	15.00	BLACK BEANS 3.50 With garlic and olive oil (V+GF)
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 2.50 With olive oil (V+GF)
SEAWEED AND CUCUMBER Wakame seaweed, cucumber, five spice tofu and tangerine-chili dressing with micro greens (V+GF)	7.00	12.00	GNOCCHI Potato and goat cheese gnocchi with fiddlehead ferns, roasted mushrooms, garlic, olive oil and ricotta salata.	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 3.50 With asiago cheese (GF)
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 (V+GF)	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

Mezcal Old Fashioned - Fidencio Mezcal, House Made Ancho-Cinnamon Liqueur, Agave Nectar, Fee Brothers Orange Bitters

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

Violet Royale - Prosecco, Crème Yvette

Geisha - Ozeki Nigori Sake, Rhubarb Shrub, Pomegranate, Lime

Atlantic - Aylesbury Duck Vodka, Creme de Pêche, Crème de Framboise, Lemon

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

Far West - Rittenhouse Rye, Luxardo Maraschino, Benedictine, Fernet, Orange Bitters

Highball - Bulleit Bourbon, Ginger Beer, Bitters, Lemon

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

LIQUEURS (1.5oz)

Fernet Branca 8

Amaro Nonino 11

Averna 7

Cynar 6

Hine VSOP 9

Calvados VSOP 8

Benedictine 9

Falernum 6

Green Chartreuse 12

WHITE WINE

Stony Bank - New Zealand Sauvignon Blanc

Domaine Montrose - France Vignier

SPARKLING & ROSÉ

Terre Gaie - Italy Prosecco

Summer Water - California Grenache/Syrah Rosé

RED WINE

Folly of the Beast - California Organic Pinot Noir

Canto Norte - Chile Merlot/Cabernet Sauvignon Blend

Santa Julia - Argentina Malbec/Cabernet Franc Blend

CHILLED SAKE

Funaguchi Shinmai (honjozo - 200ml can)

Snow Maiden (junmai nigori - 720ml)

WHISKEY(2oz)

Bulleit Bourbon 10

Old Overholt Rye 8

Akashi White Oak 12

Hibiki Harmony 14

Glenfiddich 12yr 12

glass bottle

10

40

9

36

10

40

12

48

10

40

10

40

10

40

BEER

Sapporo Lager
12oz bottle | 5.0%

Great Lakes Dortmund Gold
12oz bottle | 5.8%

Two Brothers Pinball APA
12oz can | 5.4%

Temperance Gatecrasher IPA
12oz can | 6.6%

NON-ALCOHOLIC BEVERAGES

MANA or Pomegranate lemonade

Goose Island Ginger Beer

Mexican Coke

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 for \$1)

JUST-SQUEEZED JUICE 8

(Add sake or any house spirit for \$4.00)

Green - cucumber, kiwi, collard, lime

Purple - beet, carrot, lemon

Chartreuse - pineapple, cucumber, lemon, ginger

Orange - carrot, orange, ginger