

EST. 2016



MANAKA[®]
COFFEE



STRICTLY HALAAL

ALL FOOD SERVED FROM
07:00 - 17:30

MANAKA | COFFEE®

ESPRESSO BASED

S D

Espresso / Ristretto	25 27
Americano	27 32
Cappuccino	33 38
Flat White	33 38
Cortado	31 33
Caffé Latte	33 38
Caffé Mocha	35 40
Caffé Machiato	27 33
Fredo Espresso	35 C
Fredo Cappuccino	40 C

POUR OVER

H Q2 Q1

Chemex / 6 Cup	70 80 95
Stagg	70 80 95

COLD BREW

Glass	32 C
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EXTRAS

Speciality Coffee - Q1	+ 40
Speciality Coffee - Q2	+ 25
Milk Alternatives	+ 9
Decaf	+ 9
Extra Shot	+ 17

MANAKA SIGNATURES

Inkunzi	44
Cookies 'N Cream	47
Scarlet Chai Latte	42
Manaka 'Spretzi	42 C
Manaka Mocha	46 C
Freezokofi	46 C
Freezochoc	46 C
Honey Lemonade	41 C

CLASSICS

Sexy Chocolate	41
Oh Milo	41
Chai Latte	41
Dirty Chai	42
Red Cappuccino	37
Fruit Smoothie	53
Fresh Fruit Juice	50

SHOTS

Ginger Shot	33
Yellow (Turmeric, Pineapple, Cayenne)	33
Green (Apple, Spinach, Celery) ★	33

OTHER DRINKS

The Vaccine (Lemon & Ginger)	31
Twg / Tea Selection	32
Ice Tea	28
Soft Drinks	30
Water Still / Sparkling	27

ALL DAY BREAKFAST

A REAL CROISSANT | 65 V

Strawberry Preserve, Butter & Parmesan Cheese

POWER OATS | 78 V

Rollled Oats & Whole Milk (or Milk Alternative)


~ Add Banana & Raspberries | +35

~ Add Cocoa, Raisins & Banana | +25 ★

~ Add Banana & Vegan Peanut Butter | +20 

PLAIN & SIMPLE | 110 V N

Seasonal Fruit, House Muesli, Greek Yoghurt & Honey

~ Vegan: Coconut Yoghurt | +25 

Available with Low Fat Yoghurt

EASY AVO TOAST | 60 V

Avocado, Lemon & Sourdough Toast

~ Add a Poached Egg | +15 ★

DELUXE CROISSANT | 110

Butter Croissant, Avocado, Eggs your way, Macon & Cream Cheese

BREAKFAST CROISSANT MELT | 105 ★ V

Butter Croissant, Mozzarella, Avocado, Scrambled Eggs, Wilted Spinach, Mushrooms & Parmesan

FLAPJACK STACK | 155 V

Berry Jam, Mascarpone, Maple Syrup, Vanilla Ice Cream & Pumpkin Seed Sprinkle

~ Add Macon | +40

SAVOURY FLAPJACKS | 145 ★

Macon, Wilted Spinach, Poached Egg, Hollandaise & Parmesan

SALMON SCRAMBLE ON BAGEL | 125 ★

Smoked Salmon, Scrambled Eggs, Spring Onion, Feta, Chives, Parmesan & Seeded Bagel

BREAKFAST BURGER | 135 ★

Beef Burger, Macon, Cheddar, Tomato Relish, Caramelised Onions, Fried Egg, Rocket & Sriracha Mayonnaise

CARB FREE ME | 140

Egg Crepe Wrap, Roasted Chicken, Avocado, Fresh Herbs, Chilli, Sesame & Lime Yoghurt

MANAKA "SHAKA" SHUKA | 95 V ★

Spicy Tomato, Roasted Peppers, Harissa, Poached Eggs, Feta, Jalapeno, Crispy Kale, with Toast OR Roti

BREAKFAST BURRITO | 135

Burrito Wrap, Scrambled Egg, Mozzarella, Cheddar, Macon, Beef Sausage, Spicy Beans, Guacamole & Burrito Sauce

OUR EGGS BENEDICT | 95

Poached Eggs, English Muffin & Hollandaise

~ Add Wilted Spinach, Mushrooms & Roasted Tomato | +45 ★

~ Add Macon | +40

~ Add Smoked Salmon | +68

Replace your English Muffin with Avocado | +20 ★

FLUFFY OMELETTE | 110 V

Goats Cheese, Baby Spinach, Tomatoes, Pickled Jalapeno, Spring Onion, Lemon Crème Fraiche & Toast

~ Add Smoked Salmon | +68

~ Add Macon | +40

HARISSA OMELETTE | 105 V

Harissa, Red Onion, Tomatoes, Peppers & Toast

CHILLI NON CARNE | 145

Spicy Beans, Roasted Tomatoes, Sweetcorn, Avocado, Coriander, Lime & Toast

~ Add an Egg your way | +15

SPICY CHICKEN LIVER CROISSANT | 115 ★

Mild or Hot Peri-Peri Livers, Caramelised Onions, Poached Egg, Danish Feta & Toasted Croissant

THE GLORY | 165

Macon, Beef Sausage, Two Fried Eggs, Spicy Beans, Hashbrown, Roasted Tomatoes, Mushroom & Toast

THE BFB | 195

Macon, Beef Steak, Beef Sausage, Two Fried Eggs, Spicy Beans Hashbrown, Roasted Tomatoes, Mushroom, Crispy Fries & Toast

LIGHT LUNCHES

THE "INFERNO STACK" BURGER | 168

2 Beef Burgers, Cheddar, Cheese Sauce, Tomato, Lettuce, Pickle, Peppadew, Chilli & Crispy Fries

~ Lamb Burger Alternative | +20

~ Add a Fried Egg | +15

MANAKA MAGWINYA (VETKOEK) | 145

Cape Malay Lamb, Atchar, Mint & Lime Yoghurt
OR

Wilted Spinach, Rosa Tomatoes, Garlic Mayonnaise, Mushrooms, Atchar, Toasted Pumpkin Seeds | **125 V**

SPICY CHICKEN PREGO ROLL | 145 ★

Grilled Chicken Breast, House Peri-Peri, Wild Rocket & Crispy Fries

AUBERGINE PARMIGIANA | 135 V ★

Aubergine, Napolitana Sauce, Mozzarella, Parmesan & Rocket Salad

BIG MANAKA BURGER | 155

House Beef Burger, Cheddar, Caramelised Onion, BBQ Sauce, Wild Rocket, Jalapeno Mayo & Crispy Fries

~ Lamb Burger Alternative | +20

~ Add Macon | +40

~ Add a Fried Egg | +15

LAMB BURGER ROYALE | 165 ★

House Lamb Burger, Mozzarella, Caramelised Onion, Gherkin, Lettuce, Tomato, Harissa Mayo & Crispy Fries

~ Add a Fried Egg | +15

MANAKA CHICKEN BASKET | 148

Crumbed Chicken Strips, Crispy Fries, BBQ Sauce, Ranch Dip, Honey & Soy Mayonnaise

BUTTER CHICKEN CURRY & ROTI | 140 ★

Mild Fragrant Butter Chicken Curry, Basmati Rice, Sambal & Warm Roti

ZIO LAMB CHOPS | 220

Thick Cut Lamb Chops, Cous Cous, Green Beans, Tahini Yoghurt

LAMB CURRY | 160

Mild Lamb Curry on the bone, Potatoes & Rice OR Roti

PRIVATE SCHOOL BOERIE ROLL | 155 ★

Grilled Beef Boerewors, Spicy Spinach, Atchar Mayo, Cheese Sauce, Fresh Salsa, Rocket & Crispy Fries

MANAKA CHICKEN WINGS | 135 ★

Buttermilk Brined Wings, Crispy Fries, Slaw, Ranch Dressing
Choice of Sauce: Spicy Peri-Peri OR BBQ

PHILLY CHEESE STEAK ROLL | 180

Grilled Beef, Caramelised Onions, Cheddar, Mozzarella & Crispy Fries

CHICKEN LIVERS | 110

Chilli OR Cream Sauce, Livers & Sourdough

TUNA BAGEL | 130

Herb Cream Cheese, Gherkins, Peppadew, Feta Cheese & Tuna Mayonnaise

SALMON BAGEL | 140

Smoked Salmon Trout, Herb Cream Cheese, Cucumber, Capers, Red Onion & Dill

SANDWICHES, WRAPS & TRAMEZZINIS

All served with a side of Crispy Fries or Salad

HALOUMI, FETA & AVO | 125 V

Herb Pesto, Aubergine & Harissa

BBQ STEAK | 148

Beef Steak, BBQ Sauce, Grilled Peppers & Mozzarella

SRIRACHA CHICKEN | 145

Roast Chicken, Sriracha Mayonnaise, Avocado, Feta & Lettuce

CAPRESE SARMIE | 135 V ★

Mozzarella, Tomato, Herb Pesto, Balsamic Glaze & Wild Rocket

SHO' BOZZA CHICKEN MAYO | 135

Roasted Chicken, Mayo, Gherkins & Cheddar

LAMB MINCE | 155 ★

Curried Lamb Mince, Cheddar, Feta & Wild Rocket
(Recommended as a Tramezzini)

VEGETARIAN SARMIE | 130 V ★

Spinach & Feta, Olives, Emmentaler Cheese, Tomatoes & Herb Pesto

MACON & CHEESE | 130

Macon, Mozzarella, Cheddar & Smoked Mayonnaise

CRUMBED CHICKEN | 155

Crumbed Chicken Fillet, Lettuce, Cheddar, Feta, Sweet Chilli Sauce & Mayo

SOMETHING HEALTHY

HEALTH BOWL | 90 V

Roasted Sweet Potato, Red Onion, Brown Rice, Avocado Baby Spinach, Coriander & Peanut Sauce

~ Add Grilled Chicken Fillet | 60

GOOD OL' GREEK SALAD | 105 V

Shredded Lettuce, Rosa Tomatoes, Feta, Olives, Cucumber & Croutons

~ Add Smoked Salmon | +68

~ Add Grilled Chicken Fillet | +60

~ Seared Sustainable Tuna | +75

HALLOUMI SALAD | 140 V

Grilled Halloumi, Lettuce, Baby Spinach, Edamame Beans, Avocado, Rosa Tomatoes, Chickpeas & Lemon Dressing

SMOKED SALMON SALAD | 165

Smoked Salmon Trout, Shredded Lettuce, Peppadews, Feta, Olives & Balsamic Vinaigrette

ITALIAN TUNA SALAD | 165 ★

Mixed Greens, Tuna in Olive Oil, Cannellini Beans, Rosa Tomato, Avocado, Celery, Spring Onion, Wild Rocket, Lemon Parsley Dressing & Balsamic Glaze

SRIRACHA CHICKEN SALAD | 138

Grilled Chicken, Sriracha, Lettuce, Feta, Olives, Sweet Peppers & Gherkins

~ Add Avocado | +35

TUNA OPEN SANDWICH | 145

Tuna Mayo, Gherkins, Sliced Tomato, Feta, Lettuce & Sourdough

ROASTED PUMPKIN & FETA SALAD | 105 V ★

Baby Spinach, Gem Lettuce, Wild Rocket, Roasted Squash, Cucumber, Feta Cheese, Avocado, Toasted Pumpkin Seeds & Honey Mustard Dressing

~ Add Crumbed Chicken Fillet Strips | +50

SMOKED SALMON OPEN SANDWICH | 160

Smoked Salmon Trout, Cream Cheese, Avocado, Fennel & Sourdough

SAVOURY VEGGIE BOWL | 115 V

Baby Spinach, Mushrooms, Rosa Tomatoes, Red Onions, Aubergine & Teriyaki

~ Add 2 Boiled Eggs | +25

~ Add Beef Steak | +70

MANAKA POKE BOWL | 150

Avocado, Pineapple, Cucumber, Chilli Oil, Spring Onion, Edamame Beans, Lime, Soy & Quinoa

Your choice of:

~ Smoked Salmon (80g)

~ Grilled Chicken Fillet (150g)

~ Sustainable Tuna Loin (80g) | +25

SPICY SALMON BOWL | 175 ★

Smoked Salmon, Brown Rice, Chickpeas, Seaweed, Teriyaki Sauce, Carrot, Cucumber, Spring Onion, Sesame Seeds, Toasted Peanuts, Avocado & Sriracha Mayo

FRESHLY BAKED TREATS

Butter Croissant (Take Away)	45
Almond Croissant N	50
Nutella Croissant N	60
Buttermilk Scone	45
Banana Choc-Chip Scone & Nutella N ★	55
Dark Chocolate Brownie	50

MUFFIN SELECTION

Belgian Chocolate	55
Vegan Banana 	55
Pecan Nut N	55
Blueberry	55

SWEETS & THINGS

ASSORTED CAKE SELECTION

78

Subject to availability:

Cheesecake

Wild Honey

Triple Chocolate

Carrot

Red Velvet

Pistachio ★

Black Forest ★

BANANA BREAD **N**

85

Caramelised Banana, Nuts & Whipped Cream

WAFFLE SANDWICH **C**

135

Vanilla Ice Cream, Nutella & Swiss Chocolate Bits
OR

Vanilla Ice Cream, Berries & Maple Syrup

MANAKA AFFOGATO ★ **C**

75

Vanilla Ice Cream, Espresso Pour Over
& Biscuit Crumble

MILK TART **C**

80

Traditional Milk Tart, Cinnamon
& Vanilla Ice Cream

CHOCOLATE DREAMY SUNDAE **C N ★**

90

Chocolate Brownie, Vanilla Ice Cream,
Chocolate Sauce & Toasted Pecan Nuts

MILKSHAKES

H F

Swiss Chocolate

45 | 75 **C**

Mixed Berry

45 | 75 **C**

Oh Milo ★

45 | 75 **C**

Milk Tart

50 | 80 **C**

Caramel ★

45 | 75 **C**

SOME SNEAKY SIDES

Crispy Fries with Mayonnaise	58
Cheesy Loaded Crispy Fries with Jalapeno & Parmesan ★	75
Wild Rocket & Parmesan Salad	60
Sweet Potato Fries, Sour Cream	55
Side Salad	60
Avocado with Lemon ★	50

OTHER STUFF

Compliments	00.00
Smiles	00.00
High-Fives	00.00
Non-Professional Advice	00.00
Non-Professional Photography	00.00

Let us take that pic for you. In store only!

N - Contains Nuts |  **VEGAN** - Vegan Friendly | **V** - Vegetarian | **C** - Served Cold | **★** - New