

# Manny's Kitchen

Coffees		Extras		Teas		Smoothies	
Espresso	\$3.00	Extra Coffee Shot	+\$0.50	English Breakfast	\$4.00	<b>Blackberry Cheesecake</b>	\$8.00
Long Black	\$3.50	Extra Tea Bag	+\$0.50	Earl Grey	\$4.00	Blackberries, Cream Cheese, Heavy Cream, Vanilla Extract E: 2155kj, C: 11g (Net: 6.7g), P: 6g, F: 53g (V)	
Macchiato	\$3.50	<b>Specialty Milks</b> +\$0.50 -Almond -Coconut -Oat -Soy -Lactose Free -Camel +\$3 - \$4	<b>Syrups</b> +\$0.50 -Vanilla -Caramel -Hazelnut -Agave -Honey	Green	\$4.50	<b>Blueberry Kefir</b>	\$10.00
Long Macc	\$4.00			Peppermint	\$4.50	Coconut Milk, Blueberries, Vanilla Extract, Collagen E: 1996kj, C: 8g (Net: 6.6g), P: 4g, F: 50g (Vg, DF)	
Latte	\$4.00			Chai Latte	\$5.00	<b>Strawberry &amp; Cream</b> \$12.00 Almond Milk, Heavy Cream, Eggs, Collagen, Strawberries, Vanilla Extract E: 2084kj, C: 10g (Net: 8.2g), P: 37g, F: 34g (V)	
Piccolo	\$3.50			Iced Chai	\$6.00		
Flat White	\$4.00			Macha Powder	+\$0.50	Matcha Latte	\$5.50
Cappuccino	\$4.00	Medicinal Mushroom	+\$1.20	BulletProof Matcha	\$7.50		
Mocha	\$4.50	Organic Brown Rice	+\$3.20	<b>Chocolates</b>		Please Order And Pay At The Counter Thank You For Choosing Mannys Kitchen!	
Affogato	\$5.00	Vegan Hemp Protein	+\$4.00				
Iced Coffee	\$5.50	Plant Based Collagen	+\$4.00	Iced Chocolate	\$6.00		
Iced Latte	\$5.00			Chocolate Extras	+\$0.50		
BulletProof Latte	\$7.50			Extra Choc, Choc Shavings, Marshmallows, Whipped Cream			
MCT Oil & Ghee				Speciality Chocolates	+\$1.00		
				Mint, Caramel, Dark			



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## Breakfasts

**Spinach & Feta Omelette** \$12.00  
Eggs, Spinach, Feta, Olive Oil  
E: 962kj, Net C: 3g, P: 20g, F: 15g (V, GF, SB)

**Avo & Feta Brekky Bowl** \$15.50  
Avocado, Feta, Tomato, Lemon, Olive Oil  
E: 1050kj, Net C: 5g, P: 5g, F: 20g (V, GF, SB)

**Greek Yoghurt Parfait** \$15.50  
Yoghurt, Strawberries, Almonds, Chia Seeds  
E: 837kj, Net C: 5g, P: 15g, F: 12g (V, GF)

**Shakshuka & Feta** \$21.50  
Eggs, Tomato, Capsicum, Onion, Garlic, Feta, Olive Oil  
E: 1050kj, Net C: 7g, P: 12g, F: 18g (V, GF, SB)

**Smoked Salmon Plate** \$23.00  
Salmon, Cucumber, Capers, Lemon, Cream Cheese  
E: 879kj, Net C: 2g, P: 18g, F: 15g (GF, SB)

## Soups

**Mediterranean Cauli** \$5.50  
Cauliflower, Coconut Milk, Turmeric, Cumin, Garlic, Olive Oil  
E: 711kj, Net C: 6g, P: 5g, F: 14g (Vg, DF, SB)

**Tomato Basil & Mascarpone** \$12.50  
Tomato, Basil, Garlic, Mascarpone Cheese, Olive Oil  
E: 837kj, Net C: 6g, P: 5g, F: 15g (V, GF, SB)

**Creamy Spinach & Chicken** \$15.50  
Spinach, Chicken, Cream, Garlic, Olive Oil, Parmesan Cheese  
E: 1339kj, Net C: 6g, P: 5g, F: 22g (GF, SB)

## Sides

**Zucchini Fritters** \$8.50  
Zucchini, Almond Flour, Eggs, Herbs, Parmesan Cheese, Olive Oil  
E: 711kj, Net C: 5g, P: 6g, F: 14g (V, GF, SB)

**Cucumber Avo Salad** \$10.00  
Cucumber, Avocado, Tomato, Red Onion, Feta, Olive Oil, Lemon  
E: 1046kj, Net C: 6g, P: 6g, F: 20g (V, GF)

**Stuffed Porto Mushroom** \$12.00  
Portobello Mushroom, Spinach, Garlic, Parmesan & Cream Cheese, Olive Oil  
E: 753kj, Net C: 5g, P: 8g, F: 14g (V, GF, SB)

**Greek Salad** \$12.50  
Cucumber, Tomato, Red Onion, Kalamata Olives, Feta, Olive Oil  
E: 753kj, Net C: 7g, P: 5g, F: 15g (V, GF)

**Eggplant Caponata** \$12.50  
Eggplant, Tomato, Capsicum, Olives, Capers, Olive Oil  
E: 586kj, Net C: 6g, P: 3g, F: 10g (Vg, GF)

## Lunch Mains

**Spinach & Feta Chicken** \$13.50  
Chicken Breast, Spinach, Feta, Garlic, Olive Oil  
E: 1464kj, Net C: 4g, P: 30g, F: 22g (GF, SB)

**Keto Moussaka** \$19.50  
Eggplant, Ground Beef, Tomato, Garlic, Cinnamon, Nutmeg, Olive Oil, Feta  
E: 1674kj, Net C: 7g, P: 25g, F: 28g (GF, SB)

**Medi Stuffed Capsicum** \$23.50  
Capsicum, Ground Beef, Cauliflower Rice, Tomato, Feta, Herbs  
E: 1548kj, Net C: 7g, P: 28g, F: 25g (GF, SB)

**Greek Style Lamb** \$24.50  
Lamb Cubes, Capsicum, Red Onion, Olive Oil, Tzatziki, Oregano  
E: 1757kj, Net C: 4g, P: 35g, F: 30g (GF, SB)

**Grilled Medi Salmon** \$27.50  
Salmon Fillet, Lemon, Garlic, Olive Oil, Oregano, Cucumber, Yoghurt  
E: 1590kj, Net C: 4g, P: 30g, F: 28g (GF, SB)

## Snacks

**Spiced Almonds** \$6.00  
Almonds, Soy, Sesame Oil, 5 Spice Powder  
E: 753kj, Net C: 4g, P: 6g, F: 15g (Vg, GF, DF)

**Stuffed Cucumber Bites** \$6.00  
Cucumber, Cream Cheese, Sun-Dried Tomato  
E: 502kj, Net C: 3g, P: 3g, F: 8g (V, GF, SB)

**Spicy Garlic Edamame** \$6.00  
Edamame Beans, Garlic, Chilli, Olive Oil  
E: 544kj, Net C: 4g, P: 9g, F: 7g (V, GF, DF)

**Olive & Cheese Plate** \$6.00  
Assorted Olives & Cheeses  
E: 628kj, Net C: 2g, P: 5g, F: 10g (V, GF)

## Desserts

**Lemon Coco Energy Balls** \$3.00  
Almonds, Coconut, Lemon Zest  
E: 753kj, Net C: 3g, P: 5g, F: 15g (Vg, GF, DF)

**Almond Orange Cake** \$5.50  
Eggs, Butter, Orange Zest, Almond Flour  
E: 1046kj, Net C: 5g, P: 6g, F: 20g (V, GF, DF)

**Medi Chia Pudding** \$8.00  
Chia Seeds, Coconut Milk, Vanilla Extract, Almonds, Raspberries  
E: 1046kj, Net C: 5g, P: 5g, F: 20g (Vg, GF, DF)

**Choc Avo Mousse** \$8.00  
Avocado, Cocoa, Almond Milk, Vanilla Extract  
E: 753kj, Net C: 4g, P: 3g, F: 18g (Vg, GF, DF, SB)

**Yoghurt, Berries & Nuts** \$14.50  
Greek Yoghurt, Mixed Berries, Almonds, Walnuts  
E: 753kj, Net C: 7g, P: 10g, F: 12g (V, GF, SB)

**Keto Tiramisu** \$14.50  
Almond Flour, Mascarpone Cheese, Cocoa, Espresso  
E: 1464kj, Net C: 4g, P: 8g, F: 30g (V, GF, SB)

Please Order And Pay At The Counter  
Thank You For Choosing  
Mannys Kitchen!



V (Vegetarian)

Vg (Vegan)

GF (Gluten Free)

K (Keto)

DF (Dairy Free)

SB (Suitable To Blend)