

TOSTADAS 'la manera'

la simple 2,2€
olive oil and salt

de casa 2,5€
tomato sauce, or marmalade and butter

dulce 4€
nutella or jam and banana

tradicional 4,5€
grated tomato and serrano ham

la ibérica 7€
grated tomato and ibérico ham

la saludable 5,5€
grated tomato or fresh cheese and avocado

la caprichosa 9€
baked camembert with smoked salmon and asparagus. veg option: 7€

guest's choice 8€
guacamole, serrano ham, fresh cheese and avocado

tostada 'your way' 9€
select any three of the following ingredients:
fresh cheese, serrano ham, mix of mushrooms,
poached egg, smoked salmon, asparagus,
baked camembert, tofu, avocado;
served with grated tomato or guacamole

EGGS

eggs 7€
two free-range eggs; scrambled or fried or poached
served on multigrain bread with guacamole

if you like to add more...

fresh cheese +2€	mix of mushrooms +2€
smoked salmon +3€	tofu +2€
salted potatoes +1,5€	bacon +2€
	avocado +2€
	asparagus +2,5€

PANCAKES

american pancakes 8,5€
fluffy and spongy served with maple syrup;
choose nutella & chantilly or cottage cheese & blueberries

add more:

bananas +1,5€	maple syrup +2€
strawberries +2€	bacon +2€

HEALTHY OPTIONS

yogurt and granola parfait 6€
crunchy granola made in-house, served with creamy
greek yogurt and our berry marmalade

fruit plate 8€
small plate of fresh seasonal fruit

bircher muesli 7€
our special recipe served with fresh yogurt, honey
and granny smith apples and raisins
you can add: fresh strawberries + 2 €, banana + 1,5 €

quinoa fruit bowl 9,5€
nice mix of seasonal fruit and quinoa
served with greek yogurt and OJ on a side

FRESH PASTRIES

butter croissant 1,5€

butter croissant with butter and marmalade 2,5€

chocolate napolitana 1,8€

cinnamon roll 2€

carrot cake 5€

'la manera' family

VEGANS, LACTOSE FREE, CELIACS
we have plates for you. talk to us and we'll show you all that is possible

SMALL PLATES

smoked sardine 7€
over house-baked rosemary and parmesan cracker

buñuelos (4pcs) 7€
our little cod fish cakes with citrusy juniper foam

boletus corquettes (4pcs) 7,5€
our mushrooms croquets served side of sour cream

house-made falafel (5pcs) 8€
served with three of our own sauces

vegetales dips 9€
with fresh quacamole, babaganoush and humus

octopus a la gallega 11€ new
traditional recipe with sliced potato and paprika

patatas bravas a 'la manera' 6,5€
with sour cream and our brava sauce

chicken stripes (6uds) 8€
served with tonkatsu sauce

ratatouille o pisto 11€ new
mediterranean stew with herb garlic bread

tuna tataki salad 11€ new
with wakame seaweed and horseradish foam

salmon corn taco 8€
with guacamole, daikon and mixed greens

'la manera' SIGNITURES

'huevos rotos a la manera' 16€ low carb
a typical spanish dish of smashed 63C° eggs slow-cooked pork rib, potatoes and house tonkatsu sauce

roasted artichokes salad 13€
cooked both at low temperature and sautéed to provide the best flavor; with spring garlic, sun dried tomatoes and dash of sour cream

corvina filet 20€ low carb
fresh corvina filet with green beans and coconut cream and citrus fused polenta, served with sauce vierge

SALADS

quinoa greek salad 11,5€
feta cheese, cucumber, valencian tomatos and kalamata olives; served with pita bread
add to your plate: avocado +2€, grilled chicken +3€

chicken caesar salad 11,5€
slow-cooked and grilled chicken breast, roman lettuce and crispy croutons, served with our own anchovy dressing

new **COBB salad** 13€
romaine lettuce, tomatoes, avocado, bacon, hard boiled egg, cheddar cheese and grilled chicken; served with our mustard & pepper sauce
ask for vegetarian COBB 11,5€

BURGERS & PASTA

beef burger 13,5€
100% beef burger with house-made pumpkin bread, lettuce, tomato, cheddar cheese and our own barbecue sauce; served with our hand-cut french fries

veggy burger 'la manera' 12,5€
quinoa, humus and beetroot burger with house-made coconut bread, soy sprouts, lime mayonnaise and red onion chutney; served with hand-cut french fries

japanese rice udon wok 13€
traditionally untraditional rice noodles dish. sautéed in wok with chinese cabbage, fresh mushrooms, carrot, purple onion, ginger and garlic. all nicely mixed with our magic sauce

SWEET TREATS

swedish apple tart 5,5€

brownie cheesecake 5,5€

lemon delight 5,5€

chocolate delight of 64% 5,5€

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'la manera' WAY

roasted artichokes salad 13€
cooked both at low temperature and sautéed to provide the best flavor; with spring garlic, sun dried tomatoes and dash of sour cream

'huevos rotos a la manera' 16€ low carb
a typical spanish dish of smashed 63C° eggs, slow-cooked pork rib, potatoes and house tonkatsu sauce

grilled octopus 21€
tender grilled octopus served over smoked potato purée with touch of eggplant garlic oil

quinoa greek salad 11,5€
made with cucumber, valencian tomatos and kalamata olives; served with feta cheese and pita bread
add to your plate: avocado +2€, grilled chicken +3€

MEAT LOVERS

low carb **'secreto de cerdo'** 19€
ibérico pork shoulder grilled after being marinated and then slow-cooked for 12 hours, served over a celery purée and sautéed vegetables

low carb **red vine braised beef cheeks** 20€
cooked at low temperature with fresh herbs and red wine, with butter mash purée and root vegetables

300 gram black angus 25€
prime aberdeen angus cut, grilled and served with potatoes, asparagus and green beans

chicken garam masala 16€
slowed cooked free range chicken with garam masala sauce, served with anise rice and almonds as garnish

OUR PICKS

corvina filet 20€ low carb
fresh corvina filet with green beans and coconut cream and citrics fused polenta, served with sauce vierge

vegan wok 16€ new
seasoned with teriyaki, soya and sriracha sauce, mixed with pack-choi, leek, mushrooms, carrot, tofu, bean sprouts and french green beans

new **prawn aubergine salad** 18€
fresh mixed greens with stir-fried aubergine, and sweet kidney beans, green asparagus and prawns with lemon, garlic, chilly and ginger

fresh pasta with boletus mushroom sauce 16€
fresh pasta with assorted mushrooms sauce, garnished with grated parmesan cheese

SWEET TREAT

**brownie
cheesecake**
5,5€

**lemon
delight**
5,5€

**'crema
valenciana'**
5€

**chocolate
delight**
5,5€

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