



# MANNA KITCHEN

## APPETIZERS

**CAULIFLOWER BUFFALO WINGS 7.50**    
Crispy cauliflower bites served with ranch dressing.

**POUTINE 7.50**   
Waffle fries topped with gravy and golden cheese sauce.

**TACOS 5.50**  
With choice of seitan chorizo or tempeh chorizo (  option). Served with sour cream, cilantro sauce and salsa.

**CRISPY "CRAB" CAKES 6.50**  
Jackfruit and heart-of-palm cakes fried golden brown. Served with coleslaw and ranch dressing.

**NACHOS CON QUESO 5.50**   
Crunchy Que Pasa™ tortilla chips served with fresh salsa, creamy queso and jalapeños.

**SEASONAL SOUP CUP 3 BOWL 6**

## ABOUT US

Manna Kitchen is inspired to offer delicious, creative international vegan cuisine to the Chicagoland community, showcasing *plant-powered foods* that are nutritious, compassionate, tasty and environmentally friendly. Locally sourced and organic ingredients are used wherever possible.

*Manna means food from heaven.  
Enjoy! To your health and happiness!*

## SALADS

**RAINBOW QUINOA SALAD 9.75**   
Red quinoa mixed with greens, avocado, apple, scallions, cranberries and red onion tossed with maple vinaigrette dressing.

**CAESAR SALAD 7.50**  
Romaine lettuce and croutons tossed with Caesar dressing. Topped with hemp parmesan cheese and capers.

**CRUNCHY TACO SALAD 9.95**   
Crunchy Que Pasa™ tortilla chips loaded with black beans, salsa, corn, olives, jalapeños, crema on a bed of greens. With choice of seitan chorizo or tempeh chorizo (  option). Add avocado 1.50

## SIDES

**GERMAN POTATO SALAD 4**   
New potatoes tossed in a rich, tangy German-style dressing.

**STEAMED CAULIFLOWER AND BROCCOLI WITH LEMONGRASS 4** 

**SEASONAL SOUP CUP 3 BOWL 6** 

**COLESLAW 3** 

**SWEET POTATO FRIES 4** 

**WAFFLE FRIES 3** 

**CUP OF CHILI 4** 

Manna Kitchen is the culinary expression of Manna Organics, home of Manna Bread® and Manna Butters® of Lisle, IL, an independent family enterprise.

## BOWLS

### PANANG CURRY 12

Authentic Thai curry with tofu, sweet potatoes, string beans and Napa cabbage in a coconut curry broth. Served with brown rice. Garnished with fresh microgreens. **CONTAINS PEANUTS.**

### SMOKY CHICAGO CHILI 11

Smoky chili stew made with kidney beans, carrots, celery, bell peppers and onion. Served with brown rice, veggie sausage (remove for  option), and shredded cheese. Garnished with a dollop of sour cream.

### KOREAN BIBIMBAP 12

Authentic Korean rice bowl with smoked tofu, seasonal vegetables and brown rice. Served with gochujang (Korean red chili paste).

### CHANA MASALA TOFU BOWL 11

Chickpea curry with tofu, carrots, and cauliflower. Served with brown rice. Garnished w. fresh cilantro.

## DRINKS

### Organic coffee 3

### Organic Rishi teas 3

### ORGANIC TRACTOR DRINKS 3.25

Teas, lemonades, haymakers

**For a selection of bottled beverages, please check our cooler.**

### GLUTEN- & NUT-FREE INGREDIENTS

Our food, including our sauces and cheeses, is made in-house with only plant-based ingredients. Items marked as nut-free do not contain cashews, almonds, or peanuts, but may contain coconut. Manna Kitchen does not have a dedicated gluten- or nut-free kitchen. All ingredients may share common cooking equipment, utensils, or cooking oils.

### ALLERGENS

Manna Kitchen uses tree nuts, peanuts, wheat, coconut and soy in our kitchen. Not all ingredients are listed on the menu. If you have a specific food concern, please speak with a team member. All of our ingredients may share common kitchen equipment, utensils, or cooking oils.

 **GLUTEN-FREE**  **CONTAINS TREE NUTS**

 **SPICY**  **CONTAINS PEANUTS**

## ENTREES

### MANNA BURGER 11.75

Protein Power! Crafted in our kitchen, this patty is a delicious blend of legumes, seitan, herbs and spices. Topped with creamy maple mustard sauce and fresh microgreens. Served with a side of waffle fries.

### BEYOND BURGER™ 12

Burger by Beyond Meat™, golden cheeze sauce, sauteed cremini, lettuce, tomato, dill pickle. Served with a side of waffle fries.

### SCHNITZEL PLATTER 13

Get ready for the ultimate Bavarian treat! Made from scratch, our seitan Schnitzel is battered in vegan sour cream with herbs and spices. Served with German potato salad. Squeeze some fresh lemon on the Schnitzel, dab a bit of cranberry sauce on it and enjoy. Your taste buds will yodel with delight.

### BOSS BURRITO 10

Seitan chorizo, black beans, sauteed peppers and onions, lettuce, sour cream, creamy queso wrapped in a soft, wheat tortilla. Served with fresh salsa. Side of hot sauce by request.

### CREAMY MAC 'N' CHEEZE 9

Baked in our golden cheeze sauce. Topped with veggie bacon and fresh parsley. (NUT FREE OPTION)

## DESSERTS

### DOUBLE CHOCOLATE CUPCAKE 3.50

### VANILLA CUPCAKE 3.50

### BANANA WALNUT BROWNIE 4.50

### CHOCOLATE CHIP COOKIE 3

2801 OGDEN AVE, LISLE, IL 60532

[www.MannaKitchen.net](http://www.MannaKitchen.net)

630-536-8328

HOURS:

Monday-Saturday 11:30-7:30PM

Closed Sunday