

BREAKFAST		NO:
CROISSANT	1.00	{ }
ALMOND CROISSANT	1.30	{ }
CHOCOLATE CROISSANT	1.30	{ }
CINNAMON DANISH	1.30	{ }
DANISH	1.30	{ }
MUFFIN (CHOCOLATE)	1.30	{ }
MUFFIN (BLUEBERRY)	1.30	{ }
BREAKFAST BAGUETTE	1.90	{ }
EGG & BACON	1.90	{ }
EGG & TOMATO	1.90	{ }
HONEY & GRANOLA YOGURT	1.55	{ }
SIMPLY HONEY & YOGURT	1.55	{ }
STRAWBERRY BREAKFAST YOGURT BOWL	2.10	{ }
RASPBERRY YOGHURT POT	1.55	{ }
COMPLETE YOGURT BOWL (BERRIES)	2.45	{ }
COMPLETE YOGURT BOWL (ORANGE)	2.45	{ }
FRUIT SALAD	2.45	{ }
FRESH FRUIT	0.60	{ }

SANDWICHES		NO:
BLT	2.85	{ }
CHICKEN CAESAR & PARMESAN	2.85	{ }
CLUB	2.99	{ }
HAM, CHEESE & AMERICAN MUSTARD	2.99	{ }
TUNA MAYO	2.50	{ }
SPICY PRAWNS	3.10	{ }
EGG & TOMATO	1.80	{ }
MOZZARELLA SALAD & SALSA VERDE	2.75	{ }
MATURE CHEDDAR & CHUTNEY	2.75	{ }

WRAPS		NO:
GREEK SALAD WRAP	3.25	{ }
FALAFEL & TAHINI SALAD	3.25	{ }
MEXICAN CHICKEN	3.25	{ }
TUNA NICOISE	3.25	{ }

BAGUETTES		NO:
BRIE, TOMATO & BASIL	2.70	{ }
CLUB BAGUETTE	2.99	{ }
HAM & CHEESE	2.99	{ }
TUNA MAYO	2.70	{ }

SUSHI BOX		NO:
CALIFORNIAN BOX	6.75 { }	SOFT-SHELL CRAB BOX 8.15 { }
CALIFORNIAN BOX	6.75 { }	COOKED TUNA BOX 5.55 { }
SASHIMI SALAD BOX	5.35 { }	TUNA TATAKI BOX 6.75 { }
CAN'T EAT SUSHI BOX	5.55 { }	VEGETARIAN SUSHI BOX 5.55 { }
TUNA & SALMON BOX	6.75 { }	
NIGIRI SUSHI SELECTION	7.45 { }	
TEMPURA BOX	7.45 { }	
SALMON BOX	6.75 { }	
SALMON TATAKI BOX	6.75 { }	
SALMON TEMPURA BOX	5.55 { }	
SASHIMI SELECTION	8.15 { }	

SMALL SUSHI BOX		NO:
PETIT SUSHI BOX	3.10	{ }
SALMON SASHIMI	5.10	{ }
SMALL NIGIRI SELECTION	5.10	{ }
MAKI SELECTION BOX	5.10	{ }
SALMON HAND ROLL X2	5.10	{ }

SUSHI PLATTERS		NO:
REGULAR SUSHI PLATTER (IDEAL FOR 2-3 PEOPLE, 48 PIECES)	24.50	{ }
MEETING SUSHI PLATTER (IDEAL FOR 4-5 PEOPLE, 64 PIECES)	36.50	{ }
BUFFET SUSHI PLATTER (IDEAL FOR 7-8 PEOPLE, 88 PIECES)	49.50	{ }

SANDWICH PLATTERS		NO:
REGULAR SANDWICH PLATTER (IDEAL FOR 2-3 PEOPLE, 18 QUARTERS)	18.50	{ }
MEETING SANDWICH PLATTER (IDEAL FOR 4-5 PEOPLE, 36 QUARTERS)	27.50	{ }
BUFFET SANDWICH PLATTER (IDEAL FOR 7-8 PEOPLE, 48 QUARTERS)	37.50	{ }

BAGUETTE PLATTERS		NO:
REGULAR BAGUETTE PLATTER (IDEAL FOR 2-3 PEOPLE, 14 PIECES)	17.50	{ }
MEETING BAGUETTE PLATTER (IDEAL FOR 4-5 PEOPLE, 25 PIECES)	25.50	{ }
BUFFET BAGUETTE PLATTER (IDEAL FOR 7-8 PEOPLE, 33 PIECES)	36.50	{ }

WRAP PLATTERS		NO:
REGULAR WRAP PLATTER (IDEAL FOR 2-3 PEOPLE, 10 HALVES)	18.50	{ }
MEETING WRAP PLATTER (IDEAL FOR 4-5 PEOPLE, 17 HALVES)	28.50	{ }
BUFFET WRAP PLATTER (IDEAL FOR 7-8 PEOPLE, 24 HALVES)	37.50	{ }

PINCHO PLATTERS		NO:
REGULAR PINCHO PLATTER (IDEAL FOR 2-3 PEOPLE, 12 PIECES)	13.50	{ }
MEETING PINCHO PLATTER (IDEAL FOR 4-5 PEOPLE, 20 PIECES)	22.50	{ }
BUFFET PINCHO PLATTER (IDEAL FOR 7-8 PEOPLE, 30 PIECES)	32.50	{ }

PINCHO PLATTERS		NO:
CAKE BOX (IDEAL FOR 4-5 PEOPLE, 10 SMALL PIECES)	8.50	{ }
REGULAR CAKE PLATTER (IDEAL FOR 8-10 PEOPLE, 20 SMALL PIECES)	15.50	{ }
MEETING CAKE PLATTER (IDEAL FOR 18-20 PEOPLE, 40 SMALL PIECES)	28.50	{ }
BUFFET CAKE PLATTER (IDEAL FOR 28-30 PEOPLE, 60 SMALL PIECES)	41.50	{ }

**ALL PLATTERS CAN BE MADE VEGETARIAN**

**NOTES FOR THE CHEF**

SALADS		NO:
PRAWNS, EDAMAME & RICE NOODLES (APPLE DRESSING)	4.65	{ }
CITRUS CHICKEN & SOBA NOODLES (CITRUS DRESSING)	4.65	{ }
CHICKEN, COUS COUS & YOGURT DRESSING (CARROT DRESSING)	4.65	{ }
CRAYFISH, RICE NOODLES & SPICY (YUZU DRESSING)	4.65	{ }
TUNA NICOISE-SAN (HOUSE DRESSING)	4.65	{ }
SASHIMI & SALAD LEAVES MIX (HOUSE DRESSING)	4.65	{ }
PULSES MIX & GREEK FETA SALAD (SHERRY DRESSING)	4.65	{ }

SIDE SALAD POTS		NO:
EDAMAME	2.50	{ }
MIXED SALAD LEAVES	2.50	{ }

HOT FOOD - MAIN DISHES		NO:
CHICKEN TERIYAKI & RICE	5.75	{ }
CHICKEN KATSU CURRY & RICE	5.75	{ }
EGG NOODLES SPICY SEAFOOD SOUP	5.25	{ }
SPECIAL FRIED RICE & PANKO CHICKEN	5.75	{ }

DELIVERY NUMBER:  
(OFFICE USE ONLY)

ON ACCOUNT

**DELIVERY DETAILS**

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

ACCOUNT NUMBER: \_\_\_\_\_ YOUR REFERENCE: \_\_\_\_\_

COMPANY: \_\_\_\_\_

F.A.O. \_\_\_\_\_

DELIVERY ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

CASH/CHEQUE  CREDIT CARD

CARD NUMBER: \_\_\_\_\_

EXPIRY DATE: \_\_\_\_\_ SECURITY NUMBER: \_\_\_\_\_

BILLING ADDRESS: \_\_\_\_\_

POST CODE: \_\_\_\_\_

NAME ON CARD: \_\_\_\_\_

SPECIAL INSTRUCTIONS: \_\_\_\_\_

**HOT FOOD - SOUPS**

MISO SOUP	1.75	{ }
POWER DETOX MISO SOUP	2.95	{ }
UDON NOODLES, CHICKEN & VEGETABLES SOUP	5.00	{ }
UDON NOODLES, SPICY BEEF & VEGETABLES SOUP	5.00	{ }
SOBA NOODLES & PRAWN TEMPURA SOUP	5.00	{ }
SOBA NOODLES & TEMPURA VEGETABLES SOUP	5.00	{ }

**SNACKS**

WASABI PEAS	0.89	{ }
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CRISPS		NO:
SWEET CHILLI	0.95	{ }
CHEESE & ONION	0.85	{ }
SALT & VINEGAR	0.85	{ }
BLACK PEPPER	0.85	{ }

**CAKES / DESSERTS**

BROWNIES	1.70	{ }
PECAN BROWNIES	1.60	{ }
FLAPJACKS	1.60	{ }
CARROT CAKE	1.60	{ }

		NO:
CHOCOLATE CAKE	1.70	{ }
LEMON CAKE	1.70	{ }
TIRAMISU	2.15	{ }

**DRINKS**

ICED TEA (GREEN TEA)	1.95	{ }
INNOCENT THIS WATER	1.95	{ }
COKE (CAN)	1.00	{ }
DIET COKE (CAN)	1.00	{ }
COKE (CAN)	1.00	{ }
DIET COKE (BOTTLE)	1.00	{ }
LEMONADE	1.00	{ }

		NO:
WATER (STILL)	0.90	{ }
WATER (SPARKLING)	0.90	{ }
ORANGE JUICE	1.70	{ }
MIXED FRESH JUICE	1.70	{ }
FRUIT SMOOTHIE	2.10	{ }
RED BULL	1.80	{ }



LONDON

ABOUT US

THE HIGHEST QUALITY FRESH FOOD AND SERVICE TO MATCH

Cafe Mana is a family-run business that cares about quality food just as much as you do. We offer a sophisticated range of sandwiches, salads, soups and sushi, all made fresh on-site and served simply and swiftly for you.

Whether you're after breakfast or lunch, you can eat in, take out, or even ask us to deliver for you. Everything we do is dedicated to preparing fresh, tasty and reasonably priced food that we know you'll love.

Just like our chef-trained owner, our team of 25 is passionate about fabulous food and equally impressive personal service. So we never compromise on quality, we never take shortcuts – and we always get our inspiration from within...



LONDON

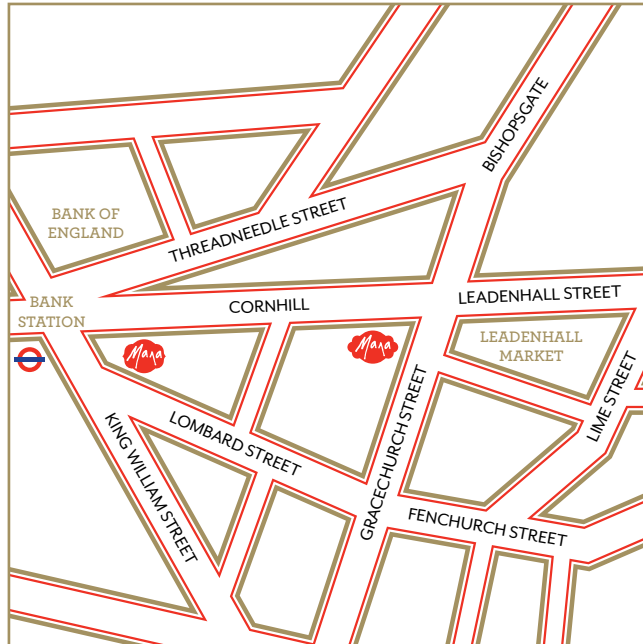
WHERE WE ARE

3 GRACECHURCH STREET
(OPPOSITE LEADENHALL MARKET)
LONDON, EC3V 0AT
T: 020 7929 2600
F: 020 7929 6700
E: CONTACT@CAFEMANA.CO.UK
W: WWW.CAFEMANA.CO.UK

OPENING HOURS
MONDAY - FRIDAY 7AM - 5PM
NEAREST TUBE
BANK, MONUMENT

7 LOMBARD STREET
LONDON, EC3V 9AY
M: 07999 272538
F: 020 7929 6700
E: CONTACT@CAFEMANA.CO.UK
W: WWW.CAFEMANA.CO.UK

OPENING HOURS
MONDAY - FRIDAY 7AM - 5PM
NEAREST TUBE
BANK



DELIVERIES

HANDMADE IN OUR KITCHEN TODAY

HEAVEN-SENT REFRESHMENTS, ESPECIALLY FOR YOU

If you haven't got time to pop in to see us in person, but you'd like to order food for a breakfast or lunch meeting perhaps, we'll happily deliver directly to your premises.

Cafe Mana offers a personal delivery service for customers based within half a mile of our location opposite Leadenhall Market. Our delicious platters of freshly made sandwiches, baguettes, wraps, sushi, salads, pinchos, cakes, fresh fruit and drinks can easily be ordered by fax and we'll deliver at a pre-determined time.

We're also happy to set up an account for you to help make paying for your orders a little easier.

Either fill in the menu on the reverse and fax us your order and we will deal with it promptly on 020 7929 6700 or if you prefer to call us in person on 020 7929 2600 we can process your order over the phone. (we prepare and deliver your entire order from our main premises)