

# Manna Bistro and Bakery

703-543-6990

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## Breakfast Items

### Breakfast Tacos.....\$1.29

- Jalapeno, onion, egg and cheese
- Potatoes, egg and cheese
- Potato, beans and cheese

### Breakfast Sandwiches (choice of Whole Wheat, White, Multigrain, Rye, Croissant or Bagel.)

- **Egg** ..... 1.59
- **Egg and Cheese** .....\$2.59
- **Egg and Cheese with Choice of Meat** .....\$3.49
- **Manna's Egg** .....\$4.99

Two eggs, tomato, onion, on Focaccia, French bread or croissant

### Ethiopian Corner

- **FUUL – (fava beans)** .....\$5.99  
Served with fresh tomatoes, green peppers, onions, feta cheese or yogurt, flavored butter or olive oil, your choice of house bread, Pita bread, or French bread.
- **Kinche** .....\$5.99  
Crushed wheat cooked to tender and seasoned with spiced butter.
- **Kitcha Fitfit** .....\$6.99  
Traditional homemade flat bread, mixed and marinated with flavored butter and served with a choice of honey or yogurt.
- **ENJERA FITFIT**.....\$6.99  
Enjera (traditional fermented bread) sautéed in a very tasty and spicy medium hot meat sauce.
- **Egg Salsa** .....\$6.99  
Eggs, in tomato sauce with onions, green peppers served on French or pita bread.

### Other

- Bagel with cream cheese .....\$1.49
- Waffles (House recipe) .....\$5.99
- French Toast- (House recipe) .....\$3.99

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## Lunch and Dinner

**SOUP** Tomato basil or Lentil soup  
(Cup \$2.99 Bowl \$3.99)

### **SALAD**

**Garden salad** ..... \$4.99  
Simple blend of fresh field greens tossed in a delicate balsamic vinaigrette

**Mediterranean** ..... \$5.99  
Cucumbers, tomatoes, green onions, eggs, artichoke hearts, olives and feta cheese tossed in a house dressing.

**Fresh Spinach Salad** .....\$5.99  
Fresh spinach, cottage cheese, chopped pecans, sour cream, onion, vinegar

**PANINI/Sandwich** (served with house salad or chips).....\$6.99  
(Choice of *Regular pesto, touch of habanero pesto, or dried tomato pesto* .)

**Turkey Club Panini**  
Roasted turkey, white cheddar cheese, tomato, garlic aioli, crisp sour bread.

**Roasted Vegetable Panini**  
Roasted red and yellow peppers, sun-dried tomatoes, organic baby spinach, havarti cheese balsamic glaze, on sour bread or flat bread.

**Chicken & Sun Dried Tomato Panini**  
Grilled Chicken, sun-dried tomatoes, fresh basil, Mozzarella cheese, sour bread or flat bread.

**Vegetarian Sandwich** .....\$5.49  
Lettuce, Tomato, cucumber, olives, sprout and hummus sauce

**Spicy Chicken** .....\$6.99  
Strips of marinated grilled chicken tossed with Dijon mustard, roasted red pepper, grilled onion, cheddar cheese and tomato.

**Tasty Ethiopian Vegetarian Meal** .....\$7.95  
(Can be served as Sandwiches\wrap for lunch with your choice of kettle chips or house salad \$6.99)

**Azifa:** Whole organic lentils, mustard, garlic, onions, jalapino, olive oil and lemon.

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<b>Messer :-</b>	Lively & Spicy legume. Organic split lentils in Berbere sauce simmered in basil, garlic, and red onion.
<b>Kik-Alicha:</b>	Mild and Delicious. Organic split pea in Turmeric sauce with fresh garlic, ginger, basil, and selected herbs and spices.
<b>Atakilt:</b>	Cabbage, carrots, & Potatoes Sautéed with onions, fresh tomatoes, garlic, ginger, and turmeric sauce.
<b>Gomen:</b>	Collard greens sautéed with onions, fresh tomatoes, garlic and olive oil. (Jalapeno peppers optional)
<b>Fosolia</b>	Carrots and green beans simmered with onion and tomato

**Mitten Shiro:** Imported spiced chickpea flour deliciously seasoned & cooked with garlic.

**Veggie Combo:** Azifa, Messer, and Kik-Alicha

## Delicious Sizzling Plates

(Can be served as Sandwiches\wrap for lunch with your choice of kettle chips or house salad \$7.99)

**Sega Tibs:** .....\$10.99

Lean beef sautéed with fresh rosemary, garlic, onions, jalapeño peppers and fresh tomatoes

**Begue Tibs** .....\$12.99

Fresh lamb meat sautéed with onion, jalapeno, green bell paper, fresh rosemary

**Doro Tibs** .....\$9.99

Boneless marinated chicken sautéed with onions, jalapeño, fresh garlic and tomato.

**Kitfo \*** .....\$12.99

Extra lean finely minced beef seasoned with mitmital, cardamom & seasoned butter. Served with Ayeb. (Traditionally eaten raw but may be cooked to order)

**Delightful Ethiopian Meat Sauces** .....\$10.95

**Doro Wot** A traditional favorite: Fresh organic chicken leg and thigh simmered in a delicious Berbere Sauce.

**Begue Wot** Lamb cubes and Shank cooked with minced red and yellow onion in Berbere and garlic sauce.

**Sega Alicha** Extra lean beef simmered in turmeric sauce and ginger.

**Minchet Abish** Lean ground beef simmered to a very tasty sauce with Berbere, garlic and bishop weed.

**Minchet Abish Alicha** Lean ground beef stewed with turmeric, ginger, garlic and basil.