

# manna

## Winter Rules

### Ocho Loco 14

*braised & grilled Spanish octopus, herbed quinoa & black eyed pea salad, pine nut coconut emulsion*

### Swine Spectator 12

*manna "slow & low" Cheshire Heritage pork belly roulade, masa pudding, cabbage escabeche, chile jam*

### Steak of the Union 15

*beef tartare, poached egg, horseradish crème, pickled shallots, caper & celery root tapenade, caraway crackers*

~~~

### Cheese & Charcuterie Course

*chef's selection of artisanal cheese & meat*

market

1 for 7

3 for 18

6 for 30

### Berry manna Loaf 1.50

*house made sour dough bread with home churned manna butter & "jam"*

~~~

### Butter Beets 13

*NC butter lettuce, red wine roasted beets, oranges, Providence, candied Marcona almonds, honey & smoked paprika dressing*

### Sass Squash 14

*roasted acorn squash, radicchio, Lil Moo, sunflower & pepita crumble, charred ginger vinaigrette*

The Reel Thing 29

*herb roasted local fish, black eyed pea & Anasazi bean ragout, carrot slaw, grilled squash, leek crema*

Duck Side of the Moon # 32

*brined & roasted Ashley Farms duck breast, creamed Calasparra rice, grilled green onion soubise, fresh radish, arugula, pickled shiitakes & green beans*

See Food Diet # 31

*rare seared Atlantic tuna, sweet potato, celery root, kale callaloo, citrus ancho dressing, crispy leeks*

Iron Chef: Bobby Filet # 35

*pan roasted filet of beef, fingerling potato sauté, braised cabbage & green onion, pequillo pepper mustard*

Shell Station # 29

*pan seared Virginia scallops, fennel confit, coconut & butternut squash mash, Marcona almonds, roasted Cauliflower, parsley & preserved lemon beurre blanc*

Rack-onteur 28

*grilled & braised short ribs, sweet potato puree, pepper & zucchini sauté, caramelized onion red chile jus*

Executive Chef: Jameson Chavez

**man**na proudly uses *Folk's Café* coffee, *Progressive Farms*, *Shelton Herb Farm*, *Feast Down East*, *Humble Roots*, *Cottle Organics*, *Pridgen Farms*, *Carolina Farmin'*, *Sunshine Cove Farms*, *Ward's Produce*, *Black River Organic*, *Joyce Farms*, *Carolina Heritage Farms* for most of our offerings. We buy LOCAL as much as we can—especially if the product from close to home is a better & cost effective one. We prefer to know our farmers, fisherman & those hard working people who, like we do, have an honest passion for their “work.”

We utilize the freshest, most local ingredients possible in every recipe. Practically everything that is presented for your consumption is prepared in our kitchen by our culinary team. Please make us aware of any dietary/allergy concerns. We are happy to accommodate any vegetarian, vegan, Gluten Free, Paleo, Nightshade, etc...request that we can

# Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness

Proud Member of [www.slowfoodusa.org](http://www.slowfoodusa.org)

AAA Travel Four Diamond Recipient (2015, 2016, 2017, 2018)