

manna

Summer Thyme

Peter Panzanella 15

braised & pan charred octopus, jicama, asparagus, parsley & mint crema, olives, house made croutons, dill & white lemon vinaigrette

This Little Piggy 13

manna "slow & low" Carolina Heritage Farms pork belly "du jour," cauliflower puree, charred & glazed Cipollini onions, green chile, turnip & fennel chow chow

The Tell-Tail Heart 14

lobster tail roulade, pickled Enoki mushrooms, green garlic emulsion, sweet pea salad, sunflower seed tuile

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Berry manna Loaf 1.99

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

Enough Cheddar to make End's Meat market price

*chef's selection of artisanal cheese & meat 1 for 7 3 for 18 6 for 30*

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Beet of a Different Drum 14

citrus & red wine braised beets, endive, Marcona almonds, honey tarragon dressing, beet puree, Summertyme goat milk bleu cheese

The Right to Romaine Silent 13

NC mixed greens, shaved fennel, pickled shallots, Appalachian cheese, crushed sweet peas, sunflower seeds, leek & dill vinaigrette

The Reel Thing 30

pan seared local fish, potato confit, garlic leek & lemon glazed spring vegetables, red chili gastrique, fresh shoots

Rack-onteur 32

seared & roasted boned-out Venison chop, mushroom & root vegetable hash, field green sauté, house made Macha salsa

Iron Chef: Bobby Filet 36

pan roasted filet of beef, sweet potato pave, local greens & radish slaw, Spanish chorizo sauce

Porkshank Redemption 28

roasted & braised Heritage pork shank, scarlet runner beans, charred green onions, broccolini, carrot mole

Shell Station 29

pan roasted Virginia scallops, SC green garlic polenta, carrot confit, pine nuts, green onion relish

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like pudding 13

*vanilla yogurt Panna Cotta, local strawberries, olive oil granola, strawberry-yuzu sorbet*

Rising to the Occasion 13

*chocolate & praline torte, caramel glaze, cocoa shortbread, mascarpone ice cream*

~Pastry Chef Rebeca Alvarado-Paredes~

Cheese, Sherry & Madeira 16

*Carefully selected pairing from our selection of dessert wines and cheese.*

*Ask server for details*

**manna** utilizes 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.

Proud Member of [www.slowfoodusa.org](http://www.slowfoodusa.org)  
AAA Travel Four Diamond Recipient (2015, 2016, 2017, 2018, 2019)