

Manzanita Restaurant

Sample Menus

Sample Meal 1:

Kabocha, carrots, parsnip, onion
cream soup with
Scallions and fresh ginger

Short grain brown rice with Burdock

Braised sesame tofu

Sautéed mixed vegetables

Steamed green with daikon-dulse
pickle

Mixed green salad with tahini—miso
orange dressing

Sample Meal 2:

Dashi broth with carrot flower and
caramelized onions

Millet-polenta-squares with basil
sunflower seeds

Kidney beans with mixed herbs and
spices

Roasted sweet potato and leeks

Steamed greens with black sesame
seeds

Mixed greens with mustard
vinaigrette dressing

**All the foods we serve are vegan.
Absolutely NO animal OR dairy products are used in food preparation*

*NOTE — the menu changes every day, but
continually uses the same basic formula: soup, rice or grains,
beans and tofu, & vegetables and greens*



1050 - 40th St.
Oakland, CA. 94608
(510) 985-8386

Contact Us: Manzanita_RandB@yahoo.com