



MANUD

MENU

MANUD BREAKFAST

09:00 TO 11:30

CROISSANT	PLAIN	2 CHF
	SPECIAL	3.5 CHF

GRANOLA	Homemade granola with Roasted nuts, greek yoghurt, honey and fruits	9 CHF
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SCRAMBLED EGGS	2 scrambled eggs, bread, butter	11 CHF
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FRIED EGGS	2 fried eggs, toast, butter	11 CHF
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BREAD & HOMEMADE JAM		7 CHF
	ADD JUMI'S CHEESE +	4 CHF



MANUD LUNCH

FROM 12:00

BIG SALADE PLATE

17 CHF

ADD A NÜRNBERGER SAUSAGE
+ 4 CHF

MANUD STYLE HOT DOG

Nürnberg sausage, fried
onions, pickles, homemade
mustard sauce, garlic sauce

REGULAR 14 CHF

DOUBLE + 4 CHF

VEGI DOG 12 CHF

CHEESE OR MEAT BOARD

A selection of Swiss
cheeses or dried cuts,
rye bread, butter,
homemade chutney

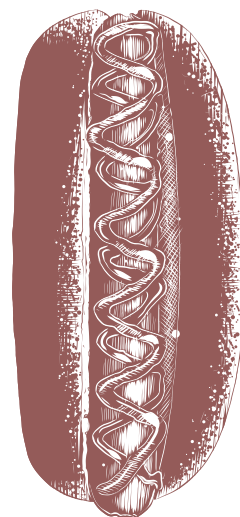
CHEESE 28 CHF

DRIED CUTS 26 CHF

MIXED 27 CHF

DAILY SPECIAL

Ask our staff about our
daily specials



ITALIAN OLIVES OR
HOMEMADE SPICED
NUTS FOR
APERIO ?

5 CHF



PINSA

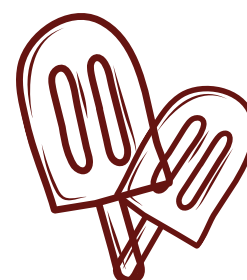
FROM 12:00

THE LOCAL	Sourdough base, goat cheese, caramelized pears, Walliser Trockenfleisch	22 CHF
THE NORMALO	Sourdough base, tomato sauce, mozzarella, basil	19 CHF
THE GARDENER	Sourdough base, grilled vegetables	19 CHF
THE SPECIAL	Ask for our special pinsa	22 CHF
THE APERO	olive oil, fresh rosemary, fleur de sel	8 CHF

SWEETS

FROM 12:00

WAFFLES	Homemade	
	PLAIN	7 CHF
	CHOCOLATE SAUCE	+2 CHF
	MAPLE SYRUP	+2 CHF
	ICE CREAM	+3.5 CHF
	CINNAMON SUGAR	+0.5 CHF
	WHIPPED CREAM	+1 CHF
ICE CREAM	One scoop	3.5 CHF
	Two scoops	5.5 CHF
DAILY CAKE	Homemade	6.5 CHF



ALREADY TRIED OUR
POPSICLE FROM
STÄNGELI CHÜNIG?

handmade, organic
and vegan ice cream
from Bern


4 CHF

MANUD DINNER


IZAKAYA

SNACKS/STARTER

FROM 18:00

EDAMAME  dressed in homemade
wild garlic oil,
lemon zest

8 CHF

PADRON PEPPERS  with Saikyo miso
dipping sauce,
furikake


16 CHF

PANKO PRAWNS with homemade
sweet & chili sauce,
5 PCS shiso


20 CHF




SIDES

PICKLES  Selection of homemade
pickles

8 CHF

RICE  Steamed Akitakomachi Rice
from Japan,
Sweetcorn, Bonito

9 CHF

SMASHED POTATO  Potatoes, gochujang,
spring onions, sesame seeds

15 CHF




IZAKAYA

BIGGER

FROM 18:00

CHICKEN Miso marinated
chicken leg with
yuzu sauce and
shredded salad

26 CHF

EGGPLANT  Fried eggplant and
peppers with a crispy
chili garlic sauce

22 CHF

TERIYAKI
FISH OF THE DAY Roasted fish
fillet, glazed
in a thick teriyaki
sauce, sansho,
pickled ginger

28 CHF

DAILY
SPECIAL Ask our staff about
our daily special

EVER TRIED
JAPANESE WINE?

LET'S GO FOR A CUP
OF SAKE!



OUR APERO RECOMMENDATIONS



SPRITZ

GINGER APPLE	Ingwerer, apple juice, prosecco	13.5 CHF
CUCUMBER	Cucumber, gingerbeer, prosecco	13.5 CHF
YUZU	Homemade yuzu syrup, sake, prosecco, sparkling water, lime	12 CHF

COCKTAIL

PEPPER MOON	St. Germain, Tanqueray, apple juice, sparkling water, pink pepper	18 CHF
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WEISSHORN	Val d'Anniviers, Alpine herbs	14 CHF
CRISTALLO	Gommer Gin London Dry	18,5 CHF

A GLASS OF LOCAL WINE

PETITE ARVINE	Fresh and fruity	10 CL	8 CHF
CORNALIN	Aromatic, black cherry, barrique	10 CL	9 CHF

A BOTTLE OF LOCAL WINE

PETITE ARVINE	Charles Bonvin Sion - Suisse	75 CL	59 CHF
CUVÉE 1858	Charles Bonvin Sion - Suisse	75 CL	85 CHF
MERLOT	Bagnoud Valais	50 CL	43 CHF

NON ALCOHOLIC

MOCKTAIL	Homemade mint-lime sirup, tonic water, apple	8 CHF
HOMEMADE KOMBUCHA	Homemade fermented tea	6 CHF

HONOR TO OUR LOCAL PRODUCERS

IT IS IMPORTANT FOR US TO WORK AS MUCH AS POSSIBLE WITH
LOCAL PRODUCTS AND PRODUCERS.

WE GIVE GREAT IMPORTANCE IN WORKING WITH FAMILY-RUN
COMPANIES.

BÄCKEREI FUCHS	ZERMATT
HORÜKÄSEREI	ZERMATT
MATTHERRHORN FLEISCH	ZERMATT
GEMÜSE AUS UNSEREM GARTEN	ZERMATT
JUMI KÄSE	BERN

OUR MEAT COMES FROM:

PORK	SWITZERLAND
CHICKEN	SWITZERLAND / FRANCE
BEEF	SWITZERLAND / UK

OUR FISH SWIM IN:

TUNA	FAO 37
HAMACHI	AUSTRALIA
SALMON	SCOTLAND FAO 67
MACKEREL	FAO 37 PORTUGAL FAO 67 UK

WE HAPPILY INFORM YOU ABOUT ANY POSSIBLE ALLERGENS
ALL PRICES ARE IN CHF – INCLUDING 7.7% VAT