



**MANUD**

**MENU**



# MANUD BREAKFAST

09:00 TO 11:30

<b>CROISSANT</b>	PLAIN	2 CHF
	SPECIAL	3.5 CHF
<b>GRANOLA</b>	Homemade granola with roasted nuts, greek yoghurt, honey and fruits	9 CHF
<b>SCRAMBLED EGGS</b>	2 scrambled eggs, bread, butter	11 CHF
<b>FRIED EGGS</b>	2 fried eggs, toast, butter	11 CHF
<b>BREAD &amp; HOMEMADE JAM</b>		7 CHF
	ADD JUMI'S CHEESE	+ 4 CHF



# MANUD LUNCH

FROM 12:00

## DAILY SOUP

Fresh & homemade

16 CHF

## MANUD STYLE

### BANH MI

Bun filled with slow cooked Swiss pork neck, fresh salad, mayo, homemade sweet-chilli sauce, crispy onion

REGULAR

14 CHF

 GO VEGI

12 CHF

## RICE BOWL

Steamed Japanese rice, soft boiled egg, nori, furikake, salad, pickles, topping of the day

28 CHF

## HANDMADE

### GYOZA

5 PCS

Pan fried dumplings filled with cabbage served with homemade crispy spicy dip

PORK

 VEGETARIAN

16 CHF

PINSA

FROM 12:00

ADD A  
SMALL  
SIDE SALAD  
  
8.50 CHF

**THE LOCAL**

Sourdough base,  
goat cheese,  
caramelized pears,  
Walliser  
Trockenfleisch

22 CHF

**THE NORMALO**

Sourdough base,  
tomato sauce,  
mozzarella,  
basil

19 CHF

**MANUD APERO**

**MIXED BOARD**

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

27 CHF

ITALIAN OLIVES OR  
HOMEMADE SPICED  
NUTS FOR  
APERO ?

5 CHF

**PINSA THE  
APERO**

olive oil,  
fresh  
rosemary,  
fleur de sel

8 CHF

# MANUD SWEETS

FROM 12:00

<b>WAFFLES</b>	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



<b>DAILY CAKE</b>	Homemade	6.5	CHF
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<b>ICE CREAM</b>	One scoop	3.5	CHF
	Two scoops	5.5	CHF

ANY PLANS FOR TONIGHT?  
ENJOY OUR FULL IZAKAYA  
MENU FROM 6PM.  
GET YOUR TABLE!

027 967 2020  
reservation@manud.ch

# MANUD DINNER

# IZAKAYA

## SNACKS/STARTER FROM 18:00

<b>EDAMAME</b>	✓ Dressed with sea salt and Shichimi	7 CHF
<b>HANDMADE GYOZA</b> 5 PCS	Pan fried dumplings filled with cabbage served with homemade crispy spicy dip PORK	
	✓ VEGETARIAN	16 CHF
<b>CHICKEN KARAAGE</b> 6 PCS	Crispy fried chicken leg bites with yuzu mayo	16 CHF
<b>SASHIMI MORIAWASE</b>	Daily selection of sashimi	30 CHF
<b>TROUT TOSAZU</b>	Swiss trout marinated in tosazu vinegar, trout eggs and crispy enoki	14 CHF

## SIDES

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**PICKLES**    ♡ Selection of homemade pickles  
8 CHF

**RICE**    ♡ Steamed Akitakomachi Rice from Japan  
6 CHF

ADD CURRY SAUCE    +5 CHF

**MISO EGGPLANT**    ♡ Baked eggplant with savoury miso sauce, sesame and chives  
14 CHF

**KINPIRA DAIKON**    ♡ Crunchy daikon skin, bamboo shoots, carrot and beansprouts dressed in a sweet soy reduction, topped with sesame and crushed walnuts  
11 CHF

**DAILY SPECIAL**    Ask our staff about specials

# IZAKAYA

**BIGGER**

**FROM 18:00**

**GYUTAN-DO** Rice bowl topped with  
roasted beef tongue,  
gochujang sauce,  
ramen egg 26 CHF

**UDON** ♡ Thick wheat noodles in  
**MUSHROOM** a konbu infused cream,  
nori, roasted  
mushrooms 28 CHF

**TERIYAKI** Roasted fillet of  
**TURBOT** Turbot, teriyaki glaze,  
sansho pepper,  
homemade pickled ginger 32 CHF

**TONKATSU** Panko crusted Swiss  
pork neck cutlet  
served with tonkatsu  
sauce,  
fresh side salad 32 CHF

## OUR APERO RECOMMENDATIONS



### SPRITZ

**GINGER APPLE** Ingwerer, apple  
juice, 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

### GIN

**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** apricot juice,  
lemon juice,  
sparkling water

8 CHF

**HOMEMADE  
KOMBUCHA** Homemade fermented  
tea

6 CHF

## HONOR TO OUR LOCAL PRODUCERS

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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
MATTHORN FLEISCH	ZERMATT
JUMI KÄSE	BERN

## OUR MEAT COMES FROM:

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PORK	SWITZERLAND
CHICKEN	SWITZERLAND / FRANCE
BEEF	SWITZERLAND / UK

## OUR FISH SWIM IN:

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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