



# MANUD

**MENU**

FOOD & WINE



## OUR MEAT COMES FROM

PORK SWITZERLAND

CHICKEN SWITZERLAND

BEEF SWITZERLAND

## OUR FISH SWIM IN

SALMON NORTH-SEA

ZANDER SWITZERLAND – VALAIS



GLUTEN FREE



VEGETARIAN



LACTOSE FREE



ALCOHOL FREE

WE WILL HAPPILY INFORM YOU ABOUT ANY POSSIBLE ALLERGENS

## MANUD STYLE ASIAN TAPAS

Interested in our Dinner Menu?

Feel free to ask us

ALL PRICES ARE IN CHF – INCLUDING 8,1% VAT

**WIFI PASSWORD:**  
**Manud2021**

# OUR BEST HOUSE DRINKS



## APRICOT THYME SPRITZ

Homemade thyme syrup, apricot juice, lemon juice

13.5 CHF

## MULLED WINE

Homemade mulled wine  
with a kick

8 CHF

14 CHF

## AMOR FATI

Indian Pale Ale

8 CHF

## GOLDEN OAT MILK



Homemade curcuma- ginger mix,  
oat milk, honey

13 CHF

## MOCKTAIL



Apricot juice, homemade thyme  
syrup, lemon juice, tonic water

9.5 CHF

## CACAO RITUAL



Raw cacao, cinnamon, chili, cardamom

7.5 CHF

## MANUD CHOICE

Weekly-Special Drinks

Ask us!

# LUNCH

# MENU

12:00

## EDAMAME



Dressed in sesame-oil,  
soy sauce and crispy  
garlic

8.00 CHF

## MANUD STYLE

## BAHN MI

Baguette filled with salad,  
mayo, homemade sweet-chili  
sauce, red cabbage,  
fried onions, coriander

PULLED PORK OR TOFU 

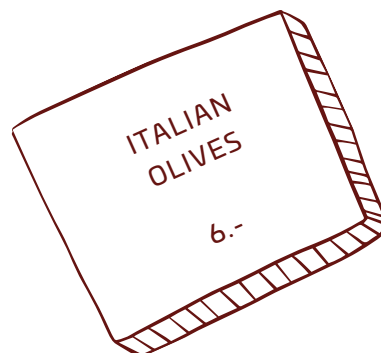
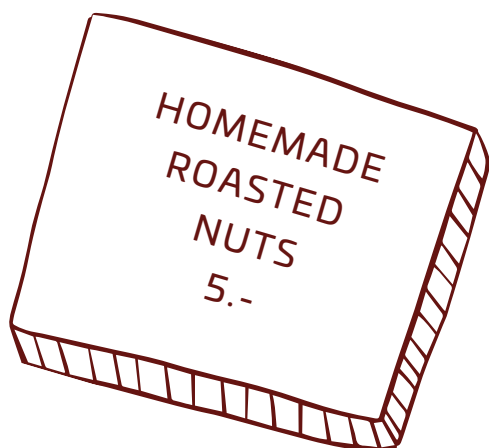
18 CHF

## SOUP OF THE DAY



HOMEMADE

14 CHF

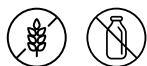


# LUNCH

# MENU

from 12:00

## TOM KHA CURRY



Thai curry soup with coconut milk,  
shiitake mushrooms,  
vegetables and

**PULLED CHICKEN OR TOFU** ♻️ 22 CHF

**ADD WHITE RICE** +6 CHF

## RICE BOWL



Steamed Japanese rice, soft-  
boiled egg, nori, salad,  
pickles

**TERIYAKI CHICKEN** 29 CHF

**SWEET TOFU** ♻️ 29 CHF

**OR SALMON SASHIMI** 29 CHF

## CHINESE NOODLES



Egg noodles with black bean-  
sauce and garlic oil ♻️ 21 CHF

**OR**

with Thai minced meat and  
soy sauce 24 CHF

## LOVE IT SPICY?

- **HOMEMADE SRIRACHA SAUCE** 2 CHF
- **CHILI OIL** 1.5 CHF

# MENU

from 12:00

## LUNCH



### PINSA THE APERO



Crispy sourdough foccacia,  
olive oil, fresh rosemary,  
maldon sea salt

8 CHF

**ADD HOMEMADE HUMMUS**

**+6 CHF**

### PINSA THE LOCAL

Crispy sourdough foccacia with  
homemade crème fraîche,  
Valais dried meat, caramelised  
pears, cironé hard cheese,  
rocket

22 CHF

### PINSA THE WINTER



Crispy sourdough foccacia with  
homemade crème fraîche, pumpkin,  
feta cheese, kale and  
sesame

20 CHF

## FOR THE KIDS



### MINI RICEBOWL

Rice, chicken, cucumber, carrots, curry sauce

10 CHF

### MINI NOODLE BOWL

Rice noodles & vegetables

8 CHF

# MENU

## SWEETS

DAILY CAKE      HOMEMADE      7.5 CHF

### WAFFLES



PLAIN      8 CHF  
CHOCOLATE SAUCE      + 2 CHF  
MAPLE SYRUP      + 2 CHF  
ICECREAM      + 4 CHF  
CINNAMON & SUGAR      + 0.5 CHF  
WHIPPED CREAM      + 1 CHF

ICE CREAM      1 SCOOP      4.00 CHF  
                         2 SCOOPS      6.00 CHF  
                         3 SCOOPS      8.00 CHF

CHOCOLATE - VANILLA  
★ STRAWBERRY- MATCHA ICE CREAM ★  
or APRICOT SORBET

# MENU

from 18:00

## DINNER

TO SHARE

SMALLER ASIAN TAPAS

### EDAMAME



Dressed in sesame-oil,  
soy sauce and crispy garlic

8 CHF

### ASIA TATAR



Asian inspired beef tatar with  
pickles and pinsabread

23 CHF

OR

Vegi tatar from smoked and baked  
cauliflower

19 CHF

### SILKYTOFU



Silky-Tofu with savory  
soy-chili dressing

15 CHF

### PUMPKIN



Spicy pumpkin with  
cashewnuts and sesame  
sauce

16 CHF

### SALMON

Baked salmon on spinach,  
oyster sauce and rice

24 CHF



# MENU

from 18:00

## DINNER

### BIGGER ASIAN TAPAS

#### SZECHUAN EGGPLANT



Braised eggplant with  
szechuan-tomato sugo and  
miso

16 CHF

#### CHICKEN TERIYAKI



Teriyaki chicken with a Thai  
coleslaw salad with coconut-  
chili dressing

25 CHF

#### BEEF CURRY <MANUD>



Inspired by the kitchen of  
Kashmir, homemade curry mix  
with tender beef and  
vegetables

34 CHF

#### SWISS ZANDER



Poached Zander on braised  
cabbage with shiitake and  
miso, ginger-scallion sauce  
and Shiro Dashi

36 CHF

ASK OUR STAFF FOR  
THE DAILY SPECIAL DISH

# MENU

from 18:00

## DINNER

### SIDES

STEAMED WHITE SUSHI RICE	6 CHF
STEAMED SUSHI RICE PERFUMED with lemongrass, ginger and kaffir	8 CHF
HOMEMADE KIMCHI	7 CHF

## SWEETS

CHAIFOGATO	Vanilla ice cream with homemade chai	8 CHF
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DESSERT SPECIAL	HOMEMADE SWEET TEMPTATION
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ICE CREAM	1 SCOOP	4 CHF
	2 SCOOPS	6 CHF
	3 SCOOPS	8 CHF

CHOCOLATE - VANILLA  
STRAWBERRY- MATCHA  
or APRICOT SORBET