

HAPPINESS!



EN



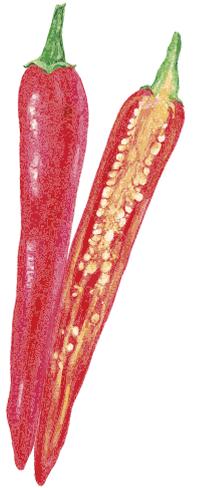
hello



MANÀ 75°



BARCELONA



Carpe diem

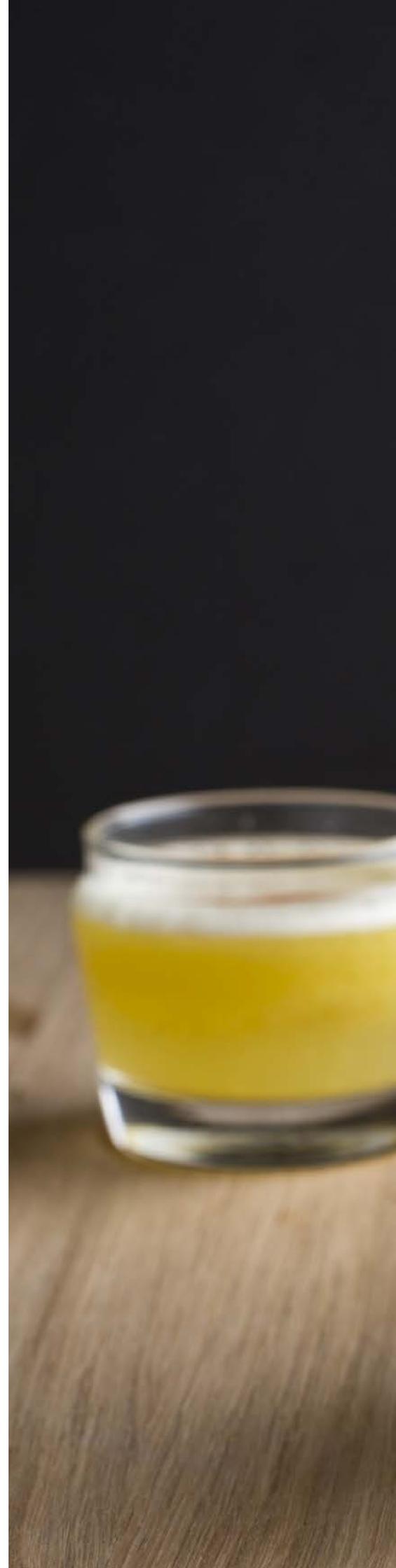


VIVE LA VIDA COMO SI ~~NO~~ HUBIERA UN MAÑANÁ

LIVE LIFE AS IF THERE WAS NO TOMORROW
LIVE LIFE AS IF THERE WAS MANÁ

A party is a place full of life, colour, hope and richness. Come into a magical, Mediterranean world. A party for your senses, full of beauty and suggestive flavours. Who could dare say no to such a celebration?

Maná is the centre where all sensations, flavours and tastes are born... explosion and magic. Welcome!





Ceviches trio





TO START

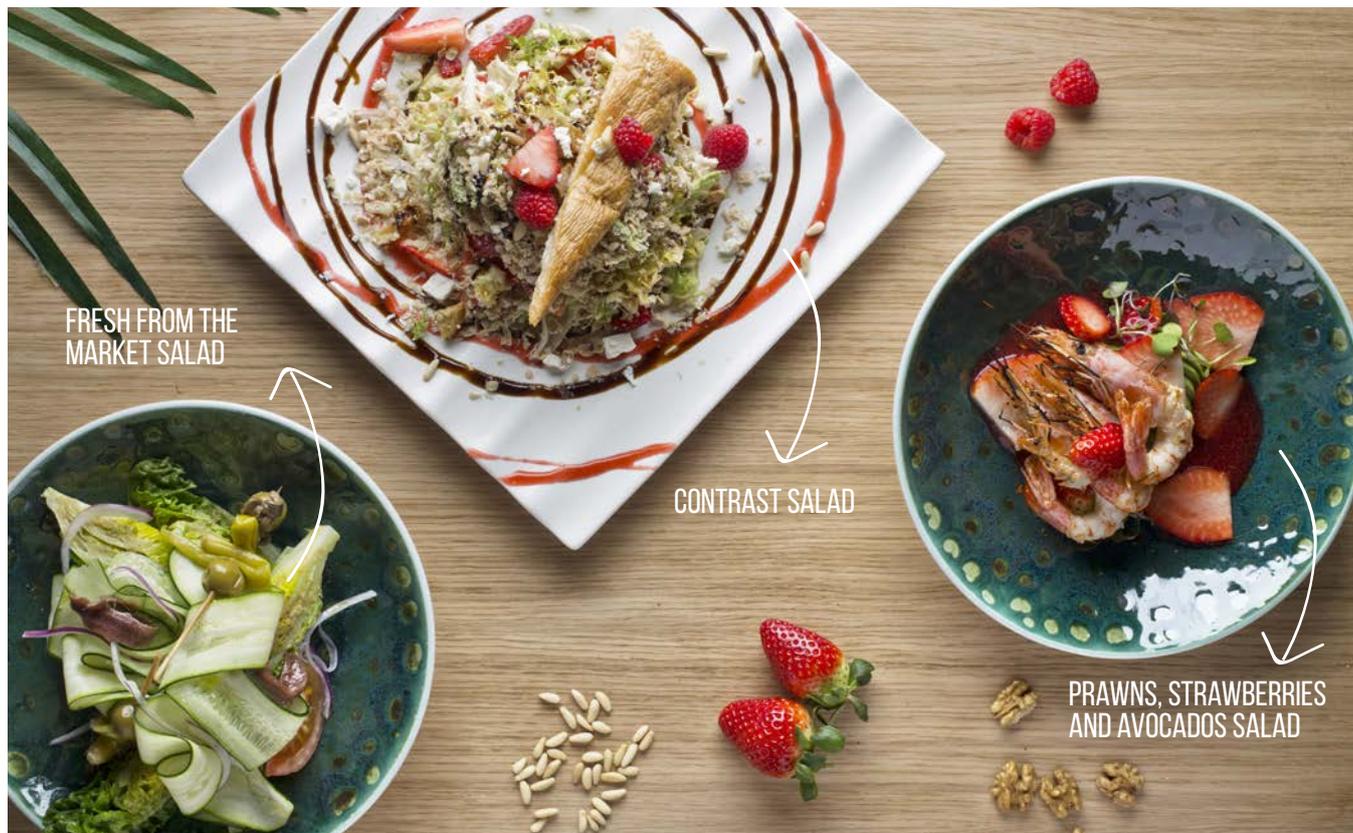
cold treats

**How about we start with
some cold treats to share?**

We love new flavours
that explode on our
palate... yummy....

To start | Salads and starters to enjoy

COLD TREATS



FRESH FROM THE MARKET SALAD (WITH ANCHOVIES VINAIGRETTE)

Tudela lettuce heart, parboiled tomato, courgette and cucumber sheets. Fresh product from the market with citrus fruit oil scented with Cantabric anchovies and gilda (olives and chilli) vinaigrette dressing.



8,50€



CEVICHERS TRIO

Prawn and passions fruit ceviche, tuna and ponzu ceviche and sea bass ceviche.

21,00€

Intense and exotic!



MANGO AND PARMESAN CLOUD SALAD

Bouquet of fresh salads and sprouts with Parmesan cloud, mango en rondelle and refined coulis. Flavoured with a gentle mustard vinaigrette.

12,50€



LANGOSTINES WITH ALMOND "AJOBLANCO" (COLD GARLIC SOUP)

Steamed langostines in marcona almonds "ajoblanco" (cold garlic soup) under a crunchy rice blanket, with plankton mayonnaise, wakame sprouts and a gentle shichimi fragrance.

14,50€



PRAWNS, STRAWBERRIES AND AVOCADOS SALAD

Braised prawns with avocado of the day, strawberries and micromezclum. In a strawberry, sherry, moscavado and prawns dust vinaigrette.

9,90€



CONTRAST SALAD

Frisée escarole, with red berries brunoise and goats cheese, in a truffle and parmesan oil, caramelized apple and foie chips dressing.

18,50€



Shall we share? | Accompanied moments

APPETIZERS

BLACK RICE CRAKETS

Black rice croquettes, Deep fried in a batter of rice and chickpeas flour, with torreznos (crunchy pancetta bacon).

8,90€



IBERIAN AUBERGINE

Steamed Chinese aubergines, stir fried with Iberian aubergine sauce, oysters with an Iberian cover.

8,50€



MARINATED VEGETABLES

Seasonal vegetables, lightly marinated on the spot and katsuoboshi.

7,80 €



MANÁ PATATAS BRAVAS

Homemade potato wedges with our brava sauce and rosemary mayonnaise.

6,80€



BABY SQUID WITH UNDERBRUSH EMULSION

Fried baby squid with cep (mushroom) mayonnaise.

16,50€



CITRONELLA SQUIDS

Battered squid rings with citronella and lemon salt allioli (garlic Mayonnaise).

14,80€



SHALL WE SHARE?

appetizers

MANÁ
PATATAS
BRAVAS

BABY SQUID
WITH UNDERBRUSH
EMULSION

CITRONELLA
SQUIDS



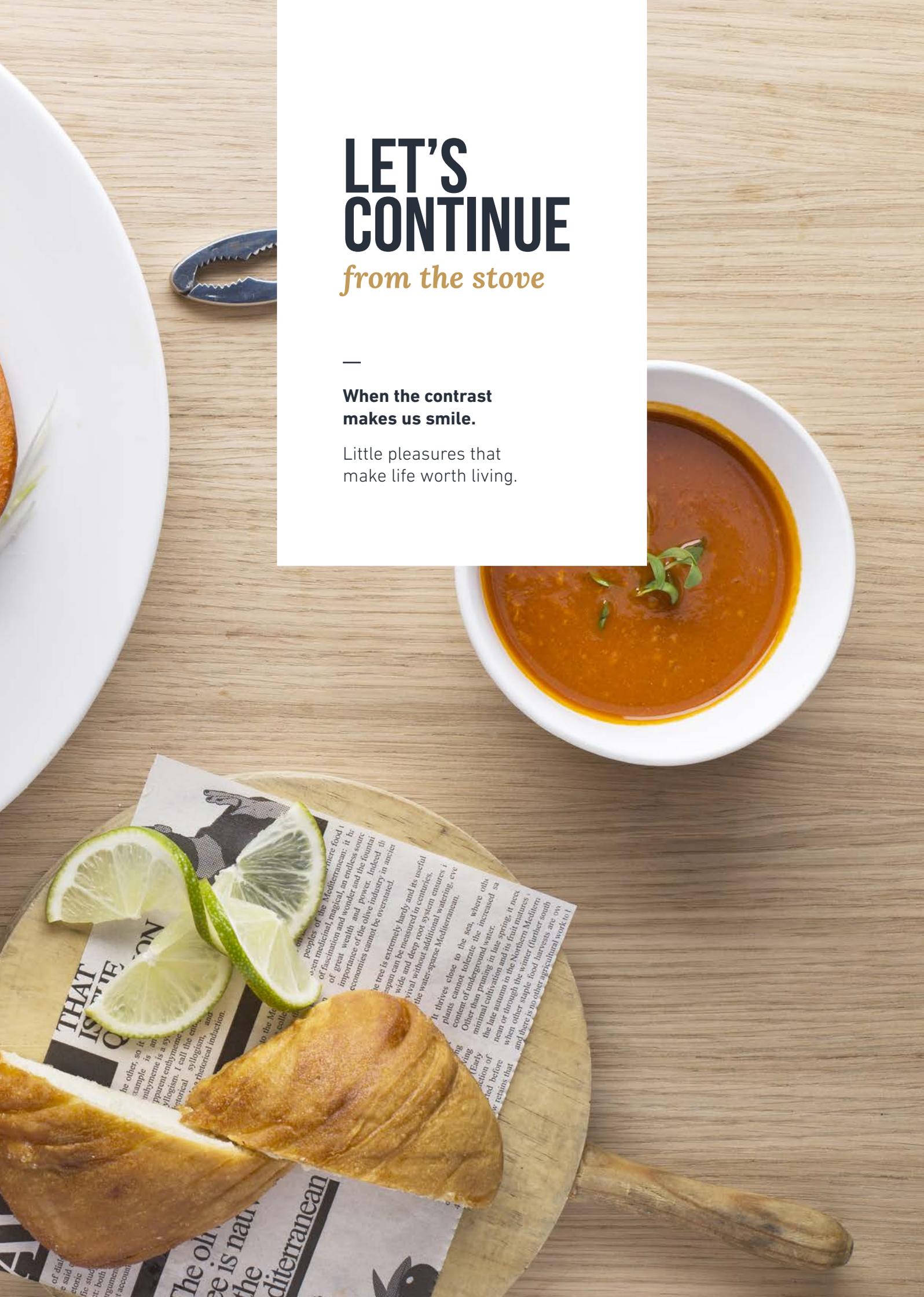


LET'S CONTINUE

from the stove

—
**When the contrast
makes us smile.**

Little pleasures that
make life worth living.



FROM THE STOVE



1. Braised mussels, clams and razorfish, with olive oil, salt and pepper.

19,80€



2. Mussels with a hint of aromatic Mediterranean herbs.

11,00€



3. Slightly braised mussels, with the freshness of coriander, onion and ginger oil.

11,00€



TURBOT, FISH & CHIPS, COLOUR SAVOIRS

Fried turbot with platillo potato, strawberry, lime and green mojo (garlic and coriander sauce) hoisin.

17,50€



SINGAPUR DAY

Eating, enjoying, devouring. Everything is allowed for one of our top dishes. Lick your fingers, dip the Chinese bread, enjoy the lobster, the braised mussels, the flavour explosion of our Singapore sauce, the freshness of the coriander and the mild onion.

Cross the frontier into new worlds!

32,50€ (bodies)

58,00€ (bodies and lobsters)



Top dish!

MANÀ LOBSTER

Lobster with egg, cooked on a low temperature, and seasoned with orange and fried onion sauce.

36,50€



OCTOPUS 75°

Braised octopus with potatoes, marinade oil and prawn mayonnaise. 250-300gr.

21,50€



SEA AND MOUNTAIN (FISH & MEAT) 7H, WITH TRUMPET OF DEATH MUSHROOM SAUCE

Braised calamari on a low temperature for 7h, covered with meat and trumpet of death mushroom juice.

12,00€



Mykonos-Capri
Lamb



Egg and bacon
temptation



Teriyaki
chops

ENJOY

grill or barbecue

—
Let yourself go, discover new
flavours, don't be afraid to be
surprised, dare yourself.

**But above all, live
every moment!**

Carnivorus 850gr

Enjoy | Fish and meat
GRILL OR BARBECUE

Meat



MYKONOS-CAPRI LAMB

Roast lamb caré, served with our tzatziki sauce and a pistachio pesto.

23,50€



SOLOTUYO SIRLOIN

Rare grilled sirloin served with seasonal vegetables and béarnaise sauce.

23,00€



CARNIVORUS 850GR

Low loin of veal from the North, aged for 30 days. Selected, cut and aged by our butcher. Grilled and served with artichokes, rustic purée and our own Poblet romesco sauce.*

58,00€



TERIYAKI CHOPS

Teriyaki veal chop, with mango chutney and coriander leaves.

29,00€



EGG AND BACON TEMPTATION

Egg cooked at low temperature with pork roasted in its juices.

12,50€



Fish



GRILLED VENTRESCA TUNA XL

Grilled marinated ventresca tuna to share.*

35,00€



CATALUNYA COD

Braised cod, served with raspberry sauce, hazelnut allioli (garlic mayonnaise) au gratin and baby leave spinach.

18,00€



TOMATO, ROCKET AND SEA BASS

Delicious grilled sea bass with tomato and rocket.

16,80€



JUNIPER TURBOT

Slightly grilled turbot with roast celery and asparagus.

19,90€



*Tip: plate to be shared in the middle of the table, minimum two people.





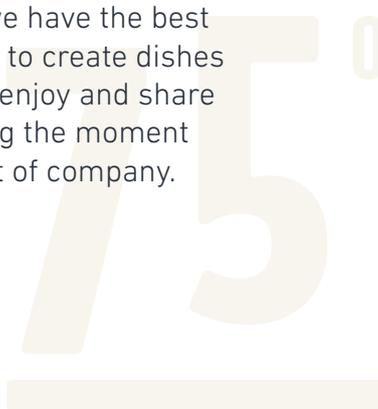
LIVE LIFE

paellas and rice



**Would you like to know
why we call it 75°?**

In Maná, our stocks and broths are slow cooked at 75°. As a result, we have the best ingredient to create dishes for you to enjoy and share while living the moment in the best of company.





Live life | The essence of Maná

PAELLAS AND RICE

Served in the middle of the table, as tradition dictates. To be eaten directly from the paella pan in order to savor its whole essence, or plated up by yourselves.



1. BLACK RICE

Black rice with calamari, squid, prawns, mussels and clams.

19,50€ |       

2. VEGETABLE PAELLA

Vegetable paella, mix of mushrooms with a bouquet of layered asparagus.

16,40€ |    

3. SARANDONGA

Paella rice with cod and mushrooms.

22,50€ |     

4. SEA BASS PAELLA

Explosion of fresh flavours with sea bass, vegetables, fresh onion, coriander, lime and ginger oil.

23,40€ |      

5. BABY CUTTLIFISH AND CLAM PAELLA

Rice with grilled baby cuttlefish, squid and clams.

23,00€ |       

6. SEAFOOD PAELLA OR "FIDEUA"

Rice or noodle paella with calamari, squid, langoustines, prawns, mussels and clams.

21,80€ |      

7. FOIE AND MUSHROOM PAELLA

Bomba rice from the Delta paella with mushrooms and grilled foie.

23,50€ |   

8. SEA AND MOUNTAIN PAELLA

Seafood, free range chicken, chops and Iberian pork cheeks.

23,00€ |      

9. FREE RANGE CHICKEN PAELLA

Free range filleted chicken breast with and roasted artichokes.

19,80€ |   

10. CAVIAR AND SCALLOPS PAELLA

Rice paella with scallops and caviar, with kafir, liquorice and lemon fragrance and mullet or beluga eggs.

S.M.* |      

11. LOBSTER AND MONKFISH PAELLA

Lobster paella with monkfish and seafood.

29,00€ |       

12. LOBSTER IN SOFT RICE

Soft rice, with lobster stock, cooked in the traditional style of Menorca.

29,00€ |      

* Availability according to season.

Price per person, minimum two people. If you wish, we are happy to plate up for you, please, just ask our waiter, thank you.



MANÀ 75^o
BARCELONA



AND FINALLY...
THE SWEETEST
MOMENT!

Dessert 6,50€

*Check availability with your waiter.





GLUTEN



CRUSTACEANS



EGGS



FISH



PEANUTS



SOYA



DAIRY PRODUCTS



NUTS



MUSTARD



CELERY



SESAME



SULFUR DIOXIDE AND SULPHITES



MOLLUSCS

MANÀ 75⁰
BARCELONA

WWW.MANA75.ES

