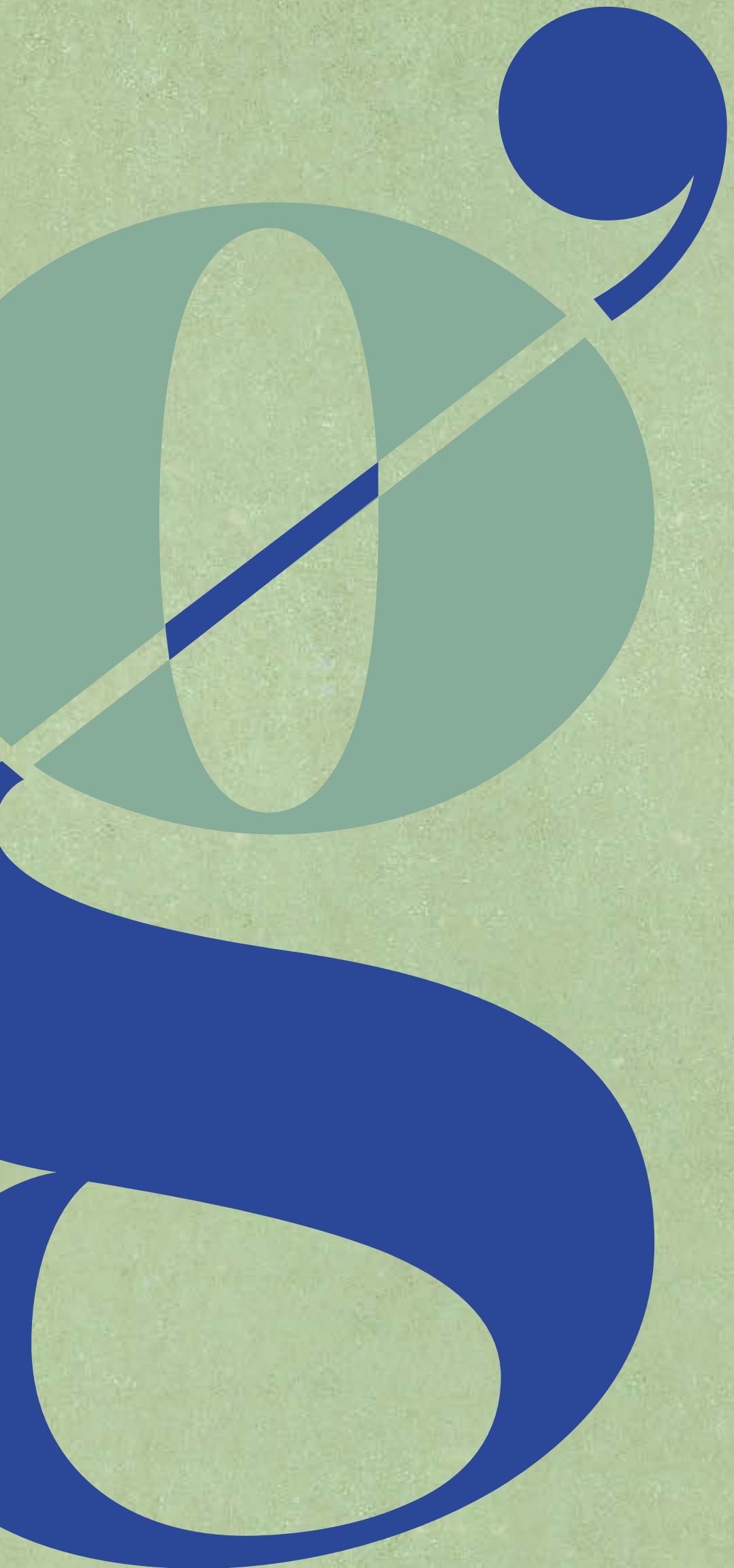


manguru

more than just food



implementing social integration since 2004

by eating here you are helping others

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Lettuce, cucumbers and tomatoes  
used in all dishes are from



**HOME MADE GRANOLA  
WITH YOGURT AND FRUITS** **3.50 EUR**

**PUDDING** **5.50 EUR**

Vegetable milk, chia seeds, honey, fruit

**TOASTS** **1.50 EUR**

- With avocado
- With mint cream and salted trout
- With ricotta and ham
- With jam

**ENGLISH BREAKFAST** **7.00 EUR**

Pork sausages, fried eggs, beans, Champignons,  
cherry tomatoes, bacon, homemade croutons

**FRIED EGGS** **4.50 EUR**

Pickles, homemade croutons, bacon, rucola, mache

**FRENCH OMELETTE** **5.00 EUR**

- with hard cheese and herbs
- with salted trout
- with ham

**EGGS BENEDICT** **5.00 / 7.50 EUR**

- salted trout, peas cream, curd cream
- ham, fried tomato

With beetroot or Hollandaise sauce

**CREPES** **5.50 EUR**

- with Cheddar cheese and ham, mustard dressing
- with salted trout, avocado dressing
- with chicken and cheese, mustard dressing
- with curd and cinnamon
- with berries 4.50

**CURD PANCAKES** **5.00 EUR**

Forrest berry jelly, mint, cream mousse

**SANDWICH WITH TROUT** **5.50 EUR**

Salted trout, beetroot carpaccio, rucola, radish,  
olives, mache, fried egg, curd cream

**HOT SANDWICHES** **4.00 EUR**

- mozzarella, tomatoes, pesto
- ham, cheese, pickles

**PORRIDGE** **3.50 EUR**

- oat flakes with fruits
- buckwheat with vegetables French style, spinach
- four grain porridge

**BREAKFAST**



**„Kietaviškės“** GREENHOUSE IS PROUD OF

Coconut fiber, where vegetables were grown,  
is converted into heat energy

**ON MONDAYS****3.00 EUR**

Creamy vegetables soup

**ON TUESDAYS****4.50 EUR**

Coconut milk soup with chicken, shrimps, spinach, ginger and lemongrass

**ON WEDNESDAYS****4.50 EUR**

Beef soup with vegetables

**ON THURSDAYS****3.00 EUR**

Chicken broth with Kale cabbage and cherry tomatoes

**ON FRIDAYS****4.50 EUR**

Fish soup with oranges, tomatoes and basil

Homemade bread / bun – 0.10 / 0.30 EUR

**HOME MADE VEGETABLE CHIPS****5.00 EUR****TOASTS:****1.50 EUR**

- With avocado
- With mint cream and salted trout
- With ricotta and ham

**SUMMER ROLLS:****3 / 6 PC  
3.00 / 6.00 EUR**

- With vegetables
- With fish
- With poultry

SOUPS

SNACKS



„Kietaviškės“

GREENHOUSE IS PROUD OF

rainwater, which is collected and used for watering plants

Tomatoes are naturally fertilized by bumblebees, which can only live in unpolluted environments, that is why they like greenhouses so much.

**„MANO GURU“ DELICACY****4.00 EUR****CHEESE CAKE****3.50 EUR****CHOCOLATE PIE WITH ICE CREAM****3.50 EUR****ICE-CREAM WITH SAFFRON AND PISTACHIOS****3.00 EUR****VANILLA ICE-CREAM WITH BERRIES / CHOCOLATE FLAKES****2.50 EUR****PUDDING****5.50 EUR**

Vegetable milk, Chia seeds, honey, fruit

DESSERTS

**SEASON VEGETABLES POKE BOWL** 7.50 EUR

**FRIED VEGETABLES POKE BOWL** 7.50 EUR

Eggplants, zucchini, bell peppers, tomatoes, olives, lettuce leaves, beetroot mousse, Pesto

**CAESAR SALAD** 7.50 EUR

Anchovies, homemade croutons, bacon, Parmesan cheese, Iceberg lettuce, lemon juice, mustard and olive oil dressing

Extras

- Grilled salmon
- Salted trout
- Grilled chicken
- Tiger prawns
- Coddled eggs
- Chickpeas
- Grilled Halloumi

**BEANS AND AVOCADO SALAD** 4.50 EUR

Beans, avocados, fried eggplants, bell peppers, tomatoes, Iceberg lettuce, garlic dressing

**VARIOUS SALAD** 3.50 EUR

Zucchini, carrots, celery, Iceberg lettuce, pumpkin seeds, lemon and olive oil dressing

**WALDORF SALAD** 4.00 EUR

Celery roots, apples, roasted walnuts, Iceberg lettuce, lemon, honey, ginger and yogurt dressing

**AGED GOAT CHEESE** 6.50 EUR

Caramelized beetroots, oranges, goat cheese, pine nuts, orange dressing

**COTTAGE CHEESE WITH HERBS** 6.00 EUR

Peas, fried bell peppers, zucchini, cottage cheese with herbs, pear, olives, lettuce leaves, Kale cabbage chips, garlic dressing

**TOFU** 4.50 EUR

Chickpeas, spinach, cherry tomatoes, cucumbers, tofu, Iceberg lettuce, herbs dressing

**BRIE CHEESE** 5.00 EUR

Brie cheese, tomatoes, watermelons, red onions, lettuce leaves, Basil oil

**MOZZARELLA SALAD** 4.50 EUR

Tomatoes, cucumbers, sun dried tomatoes, basil, rucola, Basil oil

**RICOTTA CHEESE AND FRUIT SALAD** 5.00 EUR

ON YOUR CHOICE

VEGETABLES

CHEESE

**TIGER PRAWNS****7.50 EUR**

Grapefruit, almonds, cucumbers, soybean sprouts, quail eggs, tiger prawns, salad leaves, sweet and sour dressing s

**SALMON****7.00 EUR**

Grilled salmon, peas, cherry tomatoes, avocados, cucumbers, seaweed, lettuce leaves, mustard, honey and lemon dressing

**STERLLET****7.00 EUR**

Grilled sterllet, spinach, marinated ginger, lime, pearl couscous, lettuce leaves, ginger and soya dressing

**FISH AND SEAFOOD****„Kietaviškės“**

GREENHOUSE IS PROUD OF

lettuce that is grown in a modern hydroponic environment, where it receives right amounts of minerals, which creates ideal conditions for a healthy plant to grow. Wastes from this process, unlike fertilizers left after the vegetables grown outside, do not enter the environment and groundwater.

**FRIED CHICKEN****6.00 EUR**

Apples, celery, chicken, Iceberg lettuce, yogurt dressing

**CHICKEN LIVER AND BACON****5.50 EUR**

Fried onions, livers, bacon, cherry tomatoes, walnuts, Napa cabbage, lettuce leaves, lemon, French mustard and herbs dressing

**CHICKEN WITH FETA****6.50 EUR**

Grilled chicken, tomatoes, Feta, peas, red onions, sesame seeds, lettuce leaves, herbs dressing

**TURKEY WITH SUN-DRIED TOMATOES****7.00 EUR**

Zucchini, grapefruit, spinach, sun-dried tomatoes, grilled turkey, salad leaves, yogurt and anchovy dressing

**TURKEY WITH LENTILS****7.00 EUR**

Grilled turkey breast, lentils with leeks, cauliflower, cucumbers, sun-dried tomatoes, olives, lettuce leaves, Pesto

**DUCK****8.00 EUR**

Roasted duck breast, quinoa in beetroot juice, figs, broccoli, baked Kale cabbage, lettuce leaves, carrot puree, raspberries and blackberries dressing

**MEXICAN CHICKEN****6.50 EUR**

Hot salad with chicken, cheese, carrots, fried bell peppers, beans, onions, rice, Napa cabbage, tortilla, avocado and mayonnaise dressing

**POULTRY**

**PORTOBELLO MUSHROOM** **7.50 EUR**

Portobello mushroom baked with blue cheese, matured ham, chickpeas, cherry tomatoes, lettuce leaves, Pesto

**ROASTED BACON** **5.00 EUR**

Fried egg, Parmesan cheese, jalapeno, bacon, homemade croutons, lettuce leaves, herbs dressing

**BEEF WITH SUNFLOWER SEEDS** **8.00 EUR**

Grilled beef sirloin, peas, zucchini, carrots, Napa cabbage, bell peppers, soya beans, sunflower seeds, lettuce leaves, soya and honey dressing

**BEEF WITH SUN-DRIED TOMATOES** **8.00 EUR**

Grilled beef sirloin, sun-dried tomatoes, apples, tomatoes, red onions, rice, cucumbers, spinach, jalapeno, lettuce leaves, garlic dressing

**MEXICAN BEEF** **7.50 EUR**

Hot salad with beef, cheese, carrots, fried bell peppers, beans, onions, rice, Napa cabbage, tortilla, avocado and mayonnaise dressing

MEAT

- Dressings could be changed
- Please ask waitress about the allergens

## Drinks

### SMOOTHIES WITH PLANT MILK

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**WILD BERRIES** **3.00 EUR**

**BANANA** **3.00 EUR**

**AVOCADOS, SPINACH, PEARS AND CHIA SEEDS** **3.00 EUR**

### MILKSHAKES

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**BANANA** **3.00 EUR**

**BERRIES** **3.00 EUR**

**FRUITS** **3.00 EUR**

### JUICE COCTAILS

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**CELERY – BEETROOT - LEMON** **2.50 EUR**

**GINGER – APPLES – CARROTS** **2.50 EUR**

### FRESHLY – SQUEEZED JUICE

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Apples, carrots, oranges, grapefruit, lemons, pears, tomatoes, beetroots, celery, ginger **3.00 EUR**

|                       |          |
|-----------------------|----------|
| COFFEE LAVAZZA TIERRA | 1.50 EUR |
| TIERRA ESPRESSO       | 1.50 EUR |
| TIERRA CAPPUCCINO     | 2.00 EUR |
| TIERRA LATTE          | 2.00 EUR |
| TIERRA WITH MILK      | 2.00 EUR |
| TIERRA DECAFFEINATED  | 2.00 EUR |
| ICED COFFEE           | 2.50 EUR |
| CACAO                 | 2.00 EUR |

COFFEE



„Kietaviškės“

GREENHOUSE IS PROUD OF

Being close to Lithuanian people, we can serve fresh vegetables the same day after they were picked. Vegetables transportation distances being short, we burn less fuel and pollute the environment less, compared to the pollution made by international transportation of vegetables.

|                         |          |
|-------------------------|----------|
| GREEN TEA MATCHA LATTE  | 3.00 EUR |
| TEA „ALTHAUS“           | 1.50 EUR |
| HERBS TEA<br>(IN A POT) | 1.80 EUR |
| ICED TEA                | 2.00 EUR |

TEA

|  |          |
|--|----------|
| HOME MADE LEMONADE                       | 2.00 EUR |
| OATS DRINK                               | 2.00 EUR |
| JUICE „PAGO“                             | 1.80 EUR |
| SPARKLING / STILL WATER<br>„AKVILĖ“ 0.33 | 1.50 EUR |
| SPARKLING WATER<br>„VYTAUTAS“ 0.33       | 1.50 EUR |
| SPARKLING WATER<br>„S. PELLEGRINO“ 0.25  | 2.00 EUR |
| STILL WATER<br>„ACQUA PANNA“ 0.25        | 2.00 EUR |
| FENTIMANS 0.275                          | 1.80 EUR |
| „GREEN COLA“                             | 1.80 EUR |

BEVERAGES

|   |          |
|---|----------|
| TORRES NATUREO<br>ROSE PINK WINE 0.150    | 3.20 EUR |
| DR. ZENZEN DORNFELDER<br>RED WINE 0.150   | 3.20 EUR |
| DR. ZENZEN DORNFELDER<br>WHITE WINE 0.150 | 3.20 EUR |
| „AMSTEL“ BEER                             | 2.20 EUR |
| „VYTAUTAS“ GINGER BEER 0.275              | 3.00 EUR |

NON – ALCOHOLIC



## „KIETAVIŠKĖS“ MENU

In the greenhouses of "Kietaviškės" we follow the principle of ZERO WASTE, therefore all vegetables of non-standard beauty but wonderful taste are given to MANO GURU. Here they are used to prepare delicious dishes for you.

**LITHUANIAN COLD BEET SOUP** **2.50 EUR**

**SALMOREJO** **2.50 EUR**

**“KIETAVIŠKĖS“ VEGETABLES SALAD  
WITH LIGHTLY SMOKED TURKEY BREAST** **4.50 EUR**

Tomatoes, lightly smoked turkey breast, rice noodles,  
cucumbers, Iceberg lettuce, herbs dressing

**“KIETAVIŠKĖS“ VEGAN SALAD** **3.50 EUR**

Various tomatoes, lettuce leaves, basil, pecan nuts,  
homemade croutons, garlic dressing

**STRAWBERRY – TOMATO GRANITA** **3.00 EUR**

