

Mano del Sol

B R E A K F A S T

BEACH BREAKFAST 1250 **(FOR 2 PERSON)**

CHEESE TYPES, CUCUMBER, CHERRY TOMATO,
FRESH GARDEN GREENS, TIRIL OLIVES,
MENEMEN, FRIED SAUSAGE, POTATOES
FRYING, PLAIN OMELETTE, NUTELLA, JAMS,
HONEY CREAM, STUFFED DONUT, RAISIN BUN,
THREE CHEESE BUNS, OLIVE AND THYME RUSTIC,
RUSTIC WITH SUN-DRIED TOMATOES

EMMANTEL WITH CHEESE 310

CROQUE MADAME
SMOKED MEAT, MAPLE SAUCE, EYE EGGS,
EMMANTEL CHEESE, MOZZARELLA,
HOLLANDAISE SAUCE, MORNAY

CHEDDAR TOAST 290

FRENCH FRIES, CHIPOTLE SAUCE

MIXED TOAST 310

FRENCH FRIES, CHIPOTLE SAUCE

AVOCADO EGGS BENEDICT 320

AVOCADO, ROASTED MUSHROOMS,
POACHED EGGS, HOLLANDAISE SAUCE

AVOCADO SCRAMBLED 320

AVOCADO, CREAM CHEESE, BASIL,
FRESH MINT, SCRAMBLED OMELETTE, HONEY

O M E L E T T E S

PLAIN OMELETTE 210

CHEDDAR OMELETTE 225

DELI OMELETTE 245

WITH DELI PRODUCTS

B E G I N N I N G S

BURATTA 410

AVOCADO, STRAWBERRY, BASIL,
YOUNG ARUGULA,
CHERRY TOMATOES, TIRIL OLIVE OIL

CRISPY CHICKEN 360

FRESH SPICED YOGHURT — HONEY MUSTARD

FRIED POTATOES 260

FRESH SPICED YOGHURT — HONEY MUSTARD

SHRIMP BOMP 390

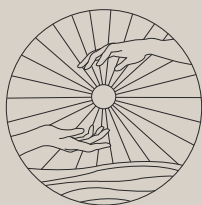
POPCORN, CRISPY SHRIMP,
WITH BOMP SAUCE,

SHRIMP AVOCADO 345

BRUSCHETTA
CREAM CHEESE, SHRIMP,
AVOCADO, WITH CRISPY GREEN,
PINEAPPLE SAUCE, CHERRY SAUCE

SMOKED MEAT BRUSCHETTA 345

SMOKED MEAT, TOMATO, AVOCADO,
ARUGULA, RICOTTA CHEESE



Mano del Sol

S M O O T H I E B O W L

ACAI SMOOTHIE 410
BLACKBERRY, BLUEBERRY,
STRAWBERRY, ACAI BERRY, HONEY, OAT, GRANOLA

BANANA 410
BANANA, AVOCADO, RASPBERRY,
OAT, HONEY,
STRAWBERRY YOGURT, PISTACHIO, STRAWBERRY

PINEAPPLE CHOCOLATE SMOOTHIE 410
PINEAPPLE, DARK CHOCOLATE, CINNAMON,
CHIA SEEDS, STRAWBERRY, OAT,
GRANOLA, ALMOND FILET

S A L A D B O W L

SHRIMP BOWL 345
ASPARAGUS, CHERRIES, TOMATOES,
SKIES, ARGENTINA APPLE, BLACKBERRY,
LEMON VINAIGRETTE

FOOD BOWL 345
GRILLED TENDERLOIN SLICES,
RICE STICK NOODLES,
CROCUS, ROASTED MUSHROOMS,
SCALLOPS, SWEET SAUCE, LEMON VINAIGRETTE

CHICKEN BOWL 340
BUCKWHEAT, WALNUT, PINEAPPLE,
ZUCCHINI SPAGHETTI, GRILLED CHICKEN THIGH,
TRUFFLE MAYONNAISE SAUCE

FIT BOWL 340
BUCKWHEAT, QUINOA, CHIA SEEDS,
CHICKPEAS, STRAWBERRY, ASPARAGUS,
AVOCADO, GRANA PADANO CHEESE,
LEMON VINAIGRETTE

ALASKA SALMON BOWL 345
CROCUS, BEETROOT, PICKLED ONION,
SEA BEANS, PINEAPPLE,
ASPARAGUS, LEMON VINAIGRETTE

CRISPY SEA BASS BOWL 345
CRISPY SEA BASS, PINEAPPLE,
STRAWBERRY, TOMATO, HONEY MUSTARD SAUCE,
ASPARAGUS, ROCK GROUSE

FRIED VEGETABLE BOWL 340
BABY POTATOES, CARROTS, ZUCCHINI,
TOMATOES, CHICKPEAS, AMERICAN CELERY,
ASPARAGUS, MUSHROOMS, BRUSSELS CABBAGE,
PINEAPPLE

T A C O & N A C H O S

MEAT TACO 445
STEAK SLICES, GUICAMOLE SAUCE,
SOUR CREAM, SALSA TOMATO SAUCE

CHICKEN TACO 425
GRILLED CHICKEN HIP, GUICAMOLE SAUCE,
SOUR CREAM, SALSA TOMATO SAUCE

MEXICO NACHO 445
CHICKEN AND BEEF, MEXICAN BEANS,
CHEDDAR CHEESE, GUACAMOLE,
SOURCREAM, SALSA MEXICO SAUCE

S A L A D

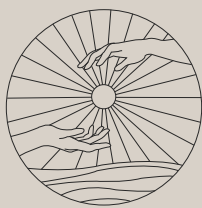
STRIPE SQUID SALAD 380
PURSLANE, STRAWBERRY, ZAHTER,
MARINATED STRIP SQUID,
WITH OIL LEMON SAUCE

CESAR SALAD 375
CRISPY BELLY LETTUCE,
GRILLED CHICKEN BREAST,
CROTON BREAD WITH CESAR SAUCE

PURSLANE QUINA STRAWBERRY SALAD 365
PURSLANE, STRAWBERRY, QUINOA,
ARGENTINE APPLE WITH TOMATO,
WALNUT, LEMON VINAIGRETTE SAUCE

FIT SALAD 365
MEDITERRANEAN GREENS,
CHERRY TOMATOES, QUINOA,
BUCKWHEAT, CHIA SEEDS,
FILET ALMONDS,
WALNUT, STRAWBERRY,
LEMON WITH VINEGRET SAUCE

ROKA GORGONZOLA SALAD 375
YOUNG ARUGULA LEAVES,
GORGONZOLA CHEESE, STRAWBERRY,
TOMATO, ALMOND FILLET, HOUSE VINEGRET



Mano del Sol

WRAPS

WRAP WITH MEATBALL

375

WITH PESTO SAUCE
BABY SPINACH, CIBEZ, CHARD,
PESTO SAUCE, GRILLED MEATBALLS

CALIFORNIA WRAP

375

BEEF STEAK, FRENCH FRIES,
MOZZARELLA AND CHEDDAR CHEESE,
SALSA SAUCE, GUACAMOLE SAUCE,
CHIPOTLE SAUCE

KING PRAWN SANDWICH

375

GARLIC BUTTER, SPICY MAYONNAISE,
SHRIMP, ARUGULA, BRIOCHE BREAD,
SMOKED MEAT

MAGIC WRAP

375

GRILLED CHICKEN HIPS,
FRESH AVOCADO,
ARGENTINE APPLE,
MEDITERRANEAN GREENS, TURF MAYONNAISE

SHRIMP BAO

375

SWEET SHRIMP, SPICY MAYONNAISE,
STRAW POTATOES

BAO WITH STEAK

375

BBQ SAUCE, TENDERLOIN SLICES,
SPICY MAYONNAISE, STRAW POTATOES

CLUP SANDWICH

375

CHEDDAR SLICE CHEESE,
CHEDDAR SLICE CHEESE, SMOKED RIBS,
GRILLED CHICKEN BREAST,
TOMATO, LETTUCE, TÜRF MAYONNAISE SAUCE

PASTAS

SEAFOOD NERO

450

VONGOLE, SHRIMP, KIDONIA, MUSSELS,
CHERRY TOMATOES, BASIL, BUTTER

FETTUCINE ALFREDO WITH CHICKEN

435

CHICKEN BREAST, CHICKEN THIGH,
ROASTED MUSHROOMS, FRESH BASIL,
WITH BUTTER, GRANA PADANO, ALFREDO SAUCE

AOLI SAUCE

435

LINGUUNIE WITH CRAB MEATBALL
CRAB MEATBALLS, TOMATO,
BASIL, AOLI SAUCE

SHRIMP LINGUNIE

435

PRAWNS, COLORFUL
CHERRY TOMATOES,
WITH BUTTER, AIOLI SAUCE

PAN FRIED GNOCCHI

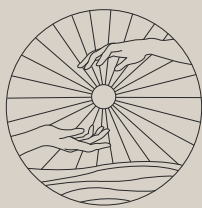
435

SPINACH, SAGE,
GORGONZOLA CREAM,
GNOCCHI, BUTTER, MICROGREENS

CHICKEN NAPOLITAN PENNE

435

NAPOLITAN TOMATO SAUCE,
CHERRY TOMATOES,
BASIL, HOT CHILI PEPPER,
CHICKEN BREAST, CHICKEN HIP



Mano del Sol

MAIN COURSE

SEA FOOD PAELLA (SEALS FOR TWO) 980

BOMB RICE, SHRIMP, SALMON, SEA BASS, VONGOLE, AEGEAN SHELL MUSSEL, CALAMARI WITH SEA SAUCE

CHICKEN AND BEEF PAELLA 980

BOMB RICE, CHICKEN THIGH, CHICKEN BREAST, BEEF RIBEYE, PEAS, CARROTS, PEANUTS

KING ROYAL STEAK 550

BEEF TENDERLOIN, ROYAL SOUSE, ASPARAGUS, INCENSE ROSEMARY BUTTER, BABY CRISPS, MICRO GREENS

SEA CREATURES 620

SEA BASS, VONGOLE, KIDONYA, MUSSELS, CALAMARI, FRIED TOMATOES, GREEN ONIONS, AOLIVONGOLE SAUCE

GRILLED SEA BASS WITH AEGEAN SEA 530

MIXED AEGEAN HERBS WITH CHIMICHURRI SAUCE

GRILLED MEAT BALLS 530

PICKLED ONIONS, FRIED POTATOES, CHERRY TOMATOES WITH ROSEMARY

RICHY CHICKEN 530

CHICKEN BREAST, TURF SHRIMP, CARROT, WITH ONION, HONEY, MUSHROOM GORGONZOLA SAUCE

PIZZA

BRESAOLA BRUTTA 460

NAPOLITAN TOMATO SAUCE, BRESAOLA, CUBED MOZZARELLA CHEESE, BRUTTA BABY ARUGULA, CHERRY TOMATOES

THREE CHEESE 420

ROSEMARY SAGE SAUCE, CUBED MOZZARELLA, DANISH BLUE, PARMESAN, BABY ARUGULA, CHERRY TOMATOES,

PESCARA 440

BEEF BACON, CUBED MOZZARELLA, NAPOLITAN SAUCE, ALMOND FILET, PESTO SAUCE, ARUGULA, CHERRY TOMATOES, PARMESAN CHEESE, RICOTTA CHEESE, PISTACHIO

DELICATESSEN 430

NAPOLITAN TOMATO SAUCE, CUBED MOZZARELLA, PEPPERONI, BEEF SAUSAGE, SMOKED RIBS, ROASTED MUSHROOMS, PARMESAN

ROASTED MEAT 435

NAPOLITAN TOMATO SAUCE, CUBED MOZZARELLA, ROAST BEEF, BABY ARUGULA, CHERRY TOMATOES, CHEDDAR CHEESE

MARGHERITA 420

NAPOLITAN TOMATO SAUCE, CUBED MOZZARELLA, BASIL, COLORFUL CHERRY TOMATOES

SMOKED RIB 435

NAPOLITAN TOMATO SAUCE, CUBED MOZZARELLA, SMOKED RIBS, BABY ARUGULA, PARMESAN

SHRIMP 445

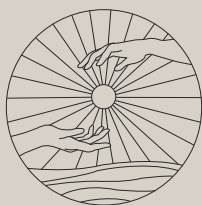
TURF MAYONNAISE SAUCE, CUBED MOZZARELLA, SHRIMP, CAPER FLOWER, CHERVIL, CHERRY TOMATOES

BBQ CHICKEN 435

NAPOLITAN SAUCE, BBQ CHICKEN GRILL, RED MEXICAN PEPPERS, CHERRY TOMATOES,

PIZZA WITH TIRE SUJUK 435

NAPOLITANA SAUCE, CUBED MOZZARELLA, DASH SUJUK, RED PEPPER,



Mano del Sol

B U R G E R S

TRUFF BURGER 465

BEEF BURGER MEAT,
TRUFFLE MAYONNAISE SAUCE,
ROASTED MUSHROOMS, CHEDDAR CHEESE,
STRAW POTATOES

BACON CHEESE BURGER 465

BEEF BACON, BEEF BURGER MEAT,
GRILLED TOMATOES,
CHEDDAR CHEESE, MUSHROOMS,
CARAMELIZED ONIONS,
BUFFALO SAUCE WITH SUN-DRIED TOMATOES
WITH FRENCH FRIES

SHRIMP BEEF BURGER 465

BEEF BURGER MEAT, SHRIMP,
CARAMELIZED ONIONS,
MUSHROOMS, GRILLED TOMATOES,
CHEDDAR CHEESE,
WITH TURF MAYONNAISE SAUCE, FRENCH FRIES

COLORADO BURGER 465

BEEF BURGER MEAT,
CARAMELIZED ONIONS,
MUSHROOM POTATOES,
GRILLED TOMATOES,
CHEDDAR CHEESE, MEAT COLORADO SAUCE,
WITH FRENCH FRIES

P I T A B R E A D

CHEESE 280

MEAT 330

WITH MEAT AND CHEESE 350

ROASTED MEAT WITH 420

ROASTED MEAT 420

BEEF FISHED 420

BEEF SHEETS WITH CHEESE 425

GRASSY 280

SPINACH, CHARD, PARSLEY,
SWEET CURD, CHEDDAR CHEESE

CHICKEN 330

CHICKEN WITH CHEESE 350

I C E C R E A M

WALNUT ICE CREAM 265

STRAWBERRY ICE CREAM 265

ESPRESSO ICE CREAM 265

SWITZERLAND 265

HONEY ALMOND ICE CREAM

MINT CHOCOLATE 265

ICE CREAM

VANILLA DREAM 265

ICE CREAM

S W E E T

CARAMEL MILANO 350

WITH VANILLA CREAM

CHOCOLATE BEE WING 350

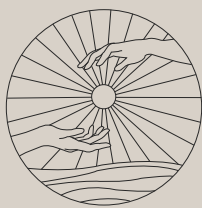
COLD BAKLAVA 350

SERVED WITH ICE CREAM

F R U I T

FRUIT FOR TWO 460

FRUIT FOR FOUR 580



Mano del Sol

S U S H I M E N U

ROLLS

| | |
|------------------------------|-----|
| EBI CALIFORNIA ROLL | 410 |
| CALIFORNIA ROLL | 410 |
| VEGGIE ROLL | 410 |
| UNAGI JUNGLE | 425 |
| SPICY CALIFORNIA ROLL | 425 |
| ISTANBUL ROLL | 425 |
| DRAGON ROLL | 425 |
| PHILADELPHIA ROLL | 425 |
| CANADIAN ROLL | 425 |
| EBI TEN ROLL (COOKED) | 425 |
| CRUNCHY ROLL | 425 |
| GEISHA ROLL | 425 |

MAKİ ROLLS

| | |
|----------------------------|-----|
| AVOCADO TAKUAN MAKİ | 310 |
| KAPPA MAKİ | 310 |
| EBİ MAKİ | 320 |
| SAKE MAKİ | 330 |

NİGİRİ

| | |
|----------------------|-----|
| SAKE NİGİRİ | 245 |
| EBİ NİGİRİ | 245 |
| SUZİKİ NİGİRİ | 245 |
| KANİ NİGİRİ | 245 |

SASHIMI

| | |
|-----------------------------|-----|
| SAKE, SUZİKİ SASHİMİ | 260 |
|-----------------------------|-----|