

COFFEE & TEA

Espresso	3.5
Filter, Long Black	4
Short Macchiato, Piccolo	4
Flat White, Latte, Cappuccino	4.5
Mocha, Hot Chocolate, Chai Latte	4.5
'Sidecar' - Espresso & Flat White	6.5
Handbrew - V60, Aeropress	6.5
English Breakfast, Earl Grey, Secha Green, Rooibos	4
Peppermint, Lemongrass & Ginger, Chamomile	4

Mano a Mano

COFFEE ROASTERS

Here at Mano a Mano, we believe great coffee begins on the other side of the world, where coffee farmers are hard at work cultivating, growing, picking, processing, and sorting each bean with care. This is where our journey begins, by selectively and ethically sourcing in-season micro-lots from farms, mills, and regions that share our dedication to quality, with the help of our trusted importers. Then, we patiently roast in small batches to showcase the unique botanical and geographical characteristics of each lot, and to represent the efforts of the farmers in the best way we can.

FRESH JUICE, SMOOTHIES,

Orange/Grapefruit juice	8
Beetroot, carrot, apple, ginger	8
Watermelon, apple, strawberry, mint	8
Banana smoothie, yoghurt, honey, cinnamon	8
Green: Kale, spinach, apple, banana, spirulina	8
Pineapple, mango, passionfruit, icecream	8
Milkshakes: chocolate, vanilla	7.5
Espresso Milkshake	7.5
Iced coffee/chocolate	6.5

SOFT

Mangiatorella Still/Sparkling Water	4.5/6.5
Fever Tree Ginger ale	5
Capi Ginger beer	5
Il Nostro Chinotto	5
Capi Sparkling Grapefruit	5
Strangelove Blood Orange & Chilli	5
Strangelove Smoked Cola	5
Lemonade Gassosa	5
Organic Coconut water	5.5
House Made Kombucha	6.5
House Made Pineapple & Soursop Iced Tea	7

BREAKFAST UNTIL- 11:45AM

Freshly baked sweet/savoury muffin	4.5
Croissant/ chocolate croissant/ almond croissant	4/6
Banana bread, butter	7
Organic breads from Bread in Common Fremantle:	
White, wholemeal sourdough, multigrain sourdough, butter & preserves	6
Fruit bread toast, butter	7
Granola, house coconut yoghurt, fresh berries, honey	14
Seasonal fruit bowl, coconut sago & chia pudding, passionfruit, maple	17
French toast, poached peach, cream, almond	16
Kale, broccolini, faro, pickled cabbage, turmeric, tahini	18
Avocado, heirloom tomato, basil, lemon oil, vinno cotto	17
Oyster & enoki mushrooms, toast, goats curd, garlic	16
Corn fritters, poached eggs, sweet chilli, adjar cucumber, coriander	18
Scrambled eggs, sourdough, dukkah, roquette	17
Poached or fried eggs, streaky bacon, toast add: taleggio, kale, truffle oil +3	18
Blue swimmer crab omelette, smoked nuoc cham, pickled daikon salad, house Sriracha	23
Eggs benedict, smoked ham hock, spinach	23
Steak, fried egg, hash brown, roasted cherry tomato, confit shallots, mustard jus	25
MORNING COCKTAIL	
Aperol Spritz	12
Bloody Mary	13
Espresso Martini	18

LUNCH/DINNER FROM 12 NOON

Marinated olives	7
Hummus, za'atar, crispy pita bread	7
Chorizo & manchego, croquetas, smoked pimento mojo	12
Cured small goods, house pickles	19
Selection of 3 cheeses, fruit, honeycomb, crispbread	27
Seasonal green leaves salad, vinaigrette	9
Hand cut chips, house ketchup	11
Asparagus, new potatoes, crushed peas, pine nuts, tarragon	19
Kale, broccolini, faro, pickled cabbage, turmeric, tahini	18
Seared yellowfin tuna niçoise, soft boiled egg, beans, radish, croutons	26
Potato gnocchi, chards, goats curd, tomato & capsicum sugo	24
Orecchiette, pork & fennel sausage, broccoli, pecorino	24
Tagliatelle, tiger prawns, cherry tomato, garlic, chilli, lemon	27
BBQ salmon, buckwheat, fennel, orange, cos, sumac	28
Sesame crumbed barramundi, fermented kohlrabi, togarashi, miso	28
Souvlaki lamb rump, flatbread, yoghurt, pickled cucumber, mint	26
Buttermilk fried chicken, flat bread, slaw, pickled papaya, chilli jam	24
Beef burger, gruyère cheese, pickles, lettuce, house brioche, house ketchup	21
Angus sirloin steak, crispy potatoes, chimichurri, charred spring onion, jus	34
Cheesecake, strawberries, pomegranate, gingernut crumb	12
Churros, cinnamon sugar, chocolate sauce	12
Espresso chocolate cake, coffee caramel, amaretto ice cream	12

BEER

Little Creatures Rogers	wa 3.8%	8
Estrella Damm Lager	esp 4.6%	10
Trumer Pilsner	austria 4.9%	10
Boston Brewing Co. 'Boondie' Rye Pale Ale	wa 5.0%	12
Little Creatures Pale Ale	wa 5.2%	11
Feral Hop Hog IPA	wa 5.8%	11
Holgate Temptress Chocolate Porter	vic 6.0%	11
Boatrocker Saison du Bateau	vic 6.4%	14
Tingletop Ginger Beer	wa 3.5%	11
Custard & Co Vintage dry cider	wa 5.5%	11

COCKTAILS

Aperol Spritz	12
Americano	15
Negroni	15
Cold Drip Coffee Negroni	15
Mimosa	15
Bloody Mary	13
Summer Pimm's Cup	15
Gin & Grapefruit Fizz	15
Mojito	17
Espresso Martini	18
Passionfruit Punch	18
Pisco Sour	16

DISTILLED

Hippocampus vodka	12
Hippocampus gin	12
Goslings dark rum	12
Matusalem white rum	12
Dark matter spiced rum	12
Woodford reserve bourbon	12
Cragganmore 12yo whisky	12
Ocho blanco tequila	12
Averna	9
Amaro Montenegro	9
Galway Pipe Tawny Port 12yo	14

BUBBLES

GLASS | BOTTLE

Blind Corner Cremant '14	margaret river, wa		82
Harvest Blanc de Blancs '17	adelaide hills, sa		64
San Martino Prosecco DCG	veneto, ita	13	58

ROSÉ

Jericho Rosé '18	adelaide hills, sa	13	58
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WHITE

Two Tonne Tasmania 'Ziggurat' Riesling '18	tamar valley, tas	14	67
Harvest Sauvignon Blanc '17	adelaide hills, sa	13	58
Pipoli Bianco Fiano '13	basilicata, ita		52
La Violetta Pinot Gris & Amis	denmark, wa	11	54
Tripe. Iscariot 'Absolution' Chenin Blanc '15	margaret river, wa		68
Domain de la Grenaudière Muscadet '15	loire valley, fr	13	58
Zarephath Petit Chardonnay '16	porongurup, wa		61
Stormflower Chardonnay '17	margaret river, wa	15	68

RED

Denton Shed Pinot Noir '17	yarra valley, vic	14	61
Shaky Bridge Pinot Noir '16	central otago, nz		80
Unico Zelo Nero d'Avola '17	riverland, sa	12	55
Whicher Ridge Shiraz '13	frankland river, wa	13	58
Jamsheed Syrah '14	beechworth, vic		98
Pierre-Marie Chermette Cuvée '16	beaujolais, fr		65
Samuel's Gorge Graciano '16	mclaren vale, sa		89
Lansdowne Cabernet Sauvignon '15	adelaide hills, sa	13	55

