



## 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, sweetcorn salsa, crispy polenta, queso fresco, coriander                  | 17  |
| Oyster & enoki mushrooms, toast, goats curd, garlic                                | 16  |
| Scrambled eggs, sourdough, dukkah, roquette                                        | 17  |
| Poached or fried eggs, maple bacon, toast                                          | 18  |
| add: taleggio, kale, truffle oil +3                                                |     |
| 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  |

# 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 paste, 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 |
| 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

---

|                 |                    |    |    |
|-----------------|--------------------|----|----|
| Howard Rosé '16 | adelaide hills, sa | 13 | 57 |
|-----------------|--------------------|----|----|

## 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 |

