

COFFEE & TEA

Espresso	3.5
Filter, Long Black	4
Short Macchiato, Piccolo	3.5
Flat White, Latte, Cappuccino	4
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,

Squeezed Orange 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
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
Pineapple & Soursop Iced Tea	7

BREAKFAST UNTIL- 11:45AM

Freshly baked sweet/savoury muffin, cinnamon scroll	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
Porridge oats, almond milk, saffron pear, elderflower blackberries, macadamia	14
Seasonal fruit bowl, coconut sago & chia pudding, passionfruit, maple, puffed rice	17
Ricotta hotcakes, lemon curd, burnt meringue, raspberry sorbet, chocolate sauce, hazelnut	22
Kale, broccolini, freekeh, activated almond hummus, avocado, turmeric	18
Avocado, sweetcorn salsa, crispy polenta, queso fresco, coriander	17
Scrambled eggs, sourdough, dukkah, roquette	17
Poached or fried eggs, maple bacon, toast	18
add: taleggio, kale, truffle oil +3	
Baked eggs, rainbow chard, mushroom, quark, seeds, chilli, toast	21
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, mushroom, confit shallots, mustard jus	25

LUNCH/DINNER FROM 12 NOON

Marinated olives	7
Hummus, chilli, crispy pita	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, burnt honey dressing	9
Hand cut chips, tomato chutney	11
Heirloom winter squash salad, green hummus, beets, cashew cheese, pomegranate	18
Kale, broccolini, freekeh, activated almond hummus, avocado, turmeric	18
Gnocchi, butternut, smoked ricotta, burro cotto, sage, macadamia	26
Kingfish ceviche poké bowl, rice, pickled/raw vegetables, yuzu, wasabi	25
Tiger prawns, fettuccine, bisque butter, spigarello, courgette, chilli	27
BBQ salmon, buckwheat, fennel, orange, cos, sumac	28
Sesame crumbed barramundi, fermented kohlrabi, togarashi, miso	28
Crispy pork & squid salad, adjar pickles, candied chilli, thai basil, red nahm jim	26
Larder plate, house pastrami, mustard pickles, cheddar, chutney, bread	20
Buttermilk fried chicken, flat bread, slaw, pickled papaya, chilli jam	24
Beef burger, aged cheddar, pickles, lettuce, house brioche, ketchup	21
Angus sirloin steak, potato gratin, taleggio, rainbow chard, madeira jus	35

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%	15
Zenzero Ginger Beer	wa 3.5%	11
Custard & Co Vintage dry cider	wa 5.5%	11

COCKTAILS

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

DISTILLED

Hippocampus vodka	13
Hippocampus gin	13
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
Borgo Molino Prosecco '16	veneto, ita	13	56

ROSÉ

Howard Rosé '16	adelaide hills, sa	13	57
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WHITE

Lowboi Riesling '17	porongurup, wa	13	62
Pike & Joyce Sauvignon Blanc '15	adelaide hills, sa	13	58
Pipoli Bianco Fiano '13	basilicata, ita		52
Fairbrossen Verdehlo '17	perth hills, wa	11	49
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

Lights Out Pinot Noir '17	denmark, wa	15	68
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

