

COFFEE & TEA

Espresso	3.5
Filter, Long Black	3.5/4
Short Macchiato, Piccolo	3.5
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, 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, mill 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,

Organic coconut water	5
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/ chai/ chocolate	6.5

SOFT

Mangiatorella still/ sparkling water	4.5
Fever tree ginger ale	5
Capi ginger beer	5
Polara chinotto	5
Capi sparkling grapefruit	5
Strangelove smoked cola	5
Lemonade gassosa	5
Organic coconut water	5
House made kombucha	6
Pineapple & soursop iced tea	7

BREAKFAST UNTIL- 11:45AM

Freshly baked sweet/ savoury muffin	4.5
Croissant/ chocolate croissant/ almond croissant/ cinnamon scroll	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, rhubarb & strawberry compote, coco nibs	14
Seasonal fruit bowl, coconut sago & chia pudding, passionfruit, maple	17
Waffle, banana, butterscotch sauce, vanilla ice cream	15
Kale, broccolini, quinoa, red sauerkraut, tahini	19
Avocado, heirloom tomato, toast, basil, lemon oil, vinno cotto	17
Shimeji & enoki mushrooms, toast, goats curd, garlic	17
Corn fritters, poached egg, sweet chilli, adjar cucumber, coriander	18
Scrambled eggs, sourdough, dukkah, roquette	17
Poached or fried eggs, streaky bacon, toast	18
Blue swimmer crab omelette, smoked nuoc cham, pickled daikon salad, house Sriracha	23
Eggs benedict, smoked ham hock, spinach	23
Organic rump steak, fried egg, hash brown, mushroom, charred kale, jus	25

MORNING COCKTAIL

Mimosa	13
Bloody Mary	13
Aperol Spritz	13
Elderflower Spritz	15

LUNCH/DINNER FROM 12 NOON

Marinated olives	7
Hummus, za'atar, crispy pita bread	7
Chorizo & manchego croquetas, smoked pimento mojo	12
Lonza 70g, house pickles	15
Selection of 3 cheeses, fruit paste, honeycomb, lavosh	27
Seasonal green leaves salad, vinaigrette	9
Hand cut chips, house ketchup	11
Kale, broccolini, quinoa, red sauerkraut, tahini, almond	19
Stir fried eggplant, whipped tofu, pickled corn, sambal	19
Snapper ceviche, tostadas, avocado, lime, chilli	25
Potato gnocchi, butternut pumpkin, cavolo nero, ricotta, sage	24
Orecchiette, pork & fennel sausage, broccoli, pecorino	25
Tagliatelle, tiger prawns, cherry tomato, garlic, chilli, lemon	28
BBQ salmon, buckwheat, fennel, orange, cos, sumac	28
Grilled market fish, zucchini, charred squash, olives, sauce vierge	32
Lamb tajine, couscous, roasted parsnips, lemon yoghurt, almonds	27
Buttermilk fried chicken, flat bread, slaw, pickled papaya, chilli jam	24
Beef burger, gruyère cheese, pickles, lettuce, brioche, house ketchup	21
Angus sirloin steak, crispy potatoes, charred spring onion, chimichurri, jus	35
Cinnamon scroll ice cream sundae, roasted quince	10
Chocolate cake, boozy custard	12
Bread & butter pudding, mulled pear, spiced 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
Boston Brewing Co. Nut Brown Ale	wa 5.7%	12
Custard & Co Vintage Dry Apple Cider	wa 5.5%	11
Matso's Ginger Beer	wa 3.5%	10

COCKTAILS

Aperol Spritz	13
Elderflower Spritz	15
Americanos	15
Negroni	15
Cold Drip Coffee Negroni	15
Mimosa	13
Bloody Mary	13
Summer Pimm's Cup	15
Gin & Grapefruit Fizz	15
Mojito	17
Espresso Martini	18
Passionfruit Punch	18

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	10

BUBBLES

GLASS | BOTTLE

Blind Corner Cremant '14	margaret river, wa		82
Harvest Blanc de Blancs '18	adelaide hills, sa		64
San Martino Prosecco DOCG	veneto, ita	13	58

ROSÉ

Jericho Rosé '18	adelaide hills, sa	13	58
LS Merchants 'DaBois' Vin Gris '18	margaret river, wa		57

WHITE

Two Tonne Tasmania 'Ziggurat' Riesling '18	tamar valley, tas	14	67
Harvest Sauvignon Blanc '18	adelaide hills, sa	13	58
Puiattino Pinot Grigio '17	fruili, it	10	50
Tripe Iscariot Chenin Blanc '17	margaret river, wa	11	55
Range Life Garganega '16	king valley, vic		56
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
Eastern Peak Pinot Noir '15	ballarat, vic		85
Unico Zelo Barbera Nebbiolo '17	riverland, sa	13	59
Mojo Shiraz '18	barossa valley, sa	9	49
Hey Diddle Shiraz '17	hallett valley, sa		76
Si.N 'The Sauce' Cabernet '18	margaret river, wa	12	55
Ochota Barrels 'Fugazi' Grenache '18	mclaren vale, sa		91
Somos Cabernet Franc '18	mclaren vale, sa		60
Lansdowne Cabernet Sauvignon '16	adelaide hills, sa	13	55

