

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
Hand brew: V60 / AeroPress	6
House cold brew, Mediterranean tonic	6
House cold brew – single origin	4.5
English Breakfast, Earl Grey, Sencha Green, Rooibos	4
Peppermint, Lemongrass & Ginger, Chamomile	4
Alternative milk: Soy / Oat / Almond / Lactose free	0.5

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, 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, SHAKES

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, ice-cream	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/ savory muffin / plain croissant / almond croissant	4/6
Banana bread, butter	7
Organic breads from Bread in Common Fremantle:	
White, whole meal 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
Bacon brioche roll, fried egg, brown sauce	14
French toast, house brioche, crème anglaise, cinnamon sugar	14
Kale, broccolini, quinoa, red sauerkraut, tahini, almond	19
Avocado, heirloom tomato, toast, basil, lemon oil, vinno cotto	18
Shimeji & enoki mushrooms, toast, goats curd, garlic	18
Corn fritters, poached egg, sweet chilli, adjar cucumber, coriander	18
Scrambled eggs, sourdough, dukkha, roquette	17
Poached or fried eggs, streaky bacon, toast	18
Blue swimmer crab omelet, smoked nuoc cham, pickled daikon salad, house sriracha	23
House-made Italian sausage, braised butter beans, fried eggs, toast, pecorino	23
Eggs benedict, hot smoked salmon, hollandaise, spinach	23

MORNING COCKTAIL

Mimosa	13
Bloody Mary	13
Aperol Spritz	13

LUNCH/DINNER FROM 12 NOON

Marinated olives	7
Hummus, za'atar, wood-fired bread	7
Fig, ricotta, roasted grapes, salt bush, charred bread	14
Chorizo & manchego croquetas, smoked pimento mojo (4pc)	14
Salame piccante 70g, house pickles	15
Selection of 3 cheeses, peach chutney, honeycomb, lavosh	27
Kale, broccolini, quinoa, red sauerkraut, tahini, almond	19
Heirloom tomato, burrata, pickled nectarine, plum vinaigrette, sourdough crisp	21
Eggplant, paprika soffrito, pickled corn, black cabbage, ajo blanco	20
Snapper ceviche, tostadas, avocado, lime, chilli	26
Potato gnocchi, tomato & capsicum sugo, goats curd, chards	25
Orecchiette, pork & fennel sausage, broccoli, pecorino	26
Tagliatelle, tiger prawns, cherry tomato, garlic, chilli, lemon	29
BBQ salmon, buckwheat, fennel, orange, pomegranate, cos, sumac	28
Pan fried market fish, butter beans, confit cherry tomato, salmoriglio	35
Crispy skin chicken, israeli tabouli, labneh, preserved lemon, coriander	27
Beef burger, gruyère cheese, pickles, lettuce, brioche, house ketchup	21
Pork coteletta, apple & fennel slaw, saffron mayonnaise	34
Angus sirloin steak, crispy potatoes, charred spring onion, chimichurri, jus	36
Seasonal green leaves salad, vinaigrette	9
Hand cut chips, house ketchup	9
Peach melba sundae, raspberry sorbet, chantilly cream, hazelnut	12
Bread & butter pudding, brandy custard	12

BEER

Little Creatures Rogers	wa 3.8%	8
Swan Draught	wa 4.4%	8
Estrella Damm Lager	esp 4.6%	9
Trumer Pilsner	austria 4.9%	10
Lost & Grounded Keller Pils 440ml	uk 4.8%	13
Little Creatures Pale Ale	wa 5.2%	11
Feral Hop Hog IPA	wa 5.8%	11
La Sirene Citray Sour	vic 4.5%	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
Americano	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

Hey Diddle Rosé '19	barossa valley, sa	12	56
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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
LS Merchants Chenin Blanc '18	yallingup hills, wa	13	59
Range Life Soave '16	king valley, vic		56
Loimer 'Lois' Grüner Veltliner '17	kamptal, aust		57
Stormflower Chardonnay '18	margaret river, wa	15	68
Michael Hall 'Piccadilly' Chardonnay '13	adelaide hills, sa		98

RED

Yering Station Pinot Noir '17	yarra valley, vic	14	61
Shakey Bridge Pinot Noir '16	central otago, nz		80
Jericho GSM '16	mclaren vale, sa	12	54
Whicher Ridge 'Long Road' Shiraz '14	frankland river, wa	13	58
Hey Diddle Shiraz '17	hallett valley, sa		76
Unico Zelo Nero d'Avola	riverland, sa	13	58
Ochota Barrels 'Fugazi' Grenache '18	mclaren vale, sa		91
Somos Cabernet Franc '18	mclaren vale, sa		60
Lansdowne Cabernet Sauvignon '16	adelaide hills, sa	12	55

