

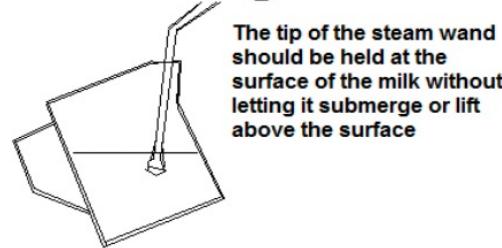


*Your Place to Connect*

# Recipe Book

# Steaming Milk

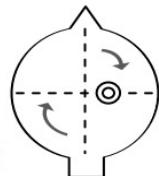
## Foaming Milk



Foaming, also known as 'stretching', is the process of injecting air into the milk. Air bonds with the protein molecules, creating 'microfoam' that is not visible to the human eye. Spinning is an

important part of steaming milk, where any large or visible bubbles are popped by the force of the spin. This leaves only creamy microfoam, and no visible bubbles. The ideal texture of steamed milk is like wet paint: dense, glossy, and creamy. Not like meringue that is **stiff** and foamy.

1. Measure milk into steaming pitcher
2. Purge steam wand to expel any standing water
3. Immerse the wand so just the tip is under the surface of the milk, positioning the wand just off centre (this positioning creates a whirlpool)



4. Turn the steam valve on full, and lower the pitcher so the wand tip is just below the surface to start injecting air into the milk. Listen for a slight hissing sound that indicates air is being injected into the milk (foaming). Keep the wand at this level for approximately 3 seconds for a latte or approximately 6 seconds for a cappuccino.
5. Submerge the wand slightly deeper into the milk to stop injecting air. Now concentrate on spinning the milk, to pop all the bubbles that were just introduced, leaving only the molecularly bonded microfoam.
6. Turn the valve off to stop steaming before the milk reaches the serving temperature of 160°F (the thermometer is slower to record temperature than milk is to heat up). Remove pitcher, wipe steam wand off and purge. Knock and swirl the milk to pop any bubbles and to make milk glossy.
7. Pour beverage with latte art.

# Milk Temperatures

Milk temperature is just as important as the texture and consistency of foam when making a latte. Always use a thermometer when steaming milk to ensure consistency and a correct temperature. Other indicators to use to ensure correct temperature:

When using a thermometer, the needle of the thermometer moves a bit slower than the actual temperature so it is important to stop steaming when the needle is 10-15 degrees from the desired temperature. Once steaming ends the thermometer will keep going until it comes to the final temperature.

## Steaming Temperatures

(Temperature continues 20–30 degrees after steaming stops)

Drink	Thermometer Temperature	Finished Temperature
Kid's	100°F	120°F
Latte	130°F	160°F
Mocha	140°F	165°F (before blending)
Alternative Milk	120°F	140°F (Do not overheat)

## Thermometer Calibration

Keeping your thermometer calibrated is also a key factor in ensuring that the temperatures are consistent and correct. Follow the steps below to regularly calibrate your thermometer.

1. Fill a cup full of ice and top it off with cold water
2. Place thermometer into ice water and leave it until the needle stops moving
3. If the needle stops at 0°C or 32°F then your thermometer is properly calibrated
4. If your thermometer does NOT come to a stop at 0°C or 32°F, then it will need to be adjusted
5. There is a nut on the back of the thermometer than will need to be turned using a wrench or pliers
6. Keeping the thermometer in the ice water as much as possible, turn the nut on the thermometer until the needle is moved to 0°C or 32°F and stays at this temperature when resting in the ice water
7. Check thermometers every 2 weeks and adjust if necessary

**\*\*Do not put thermometers through the dishwasher/sanitizer as this will affect the integrity and calibration of the thermometer\*\***

# Re-steaming Milk



**Instructions** on properly using milk leftover from the previous drink or re-steamed milk.

- The re-steamed milk should be used **ALWAYS** in a clean pitcher as you see in the picture. Do not leave it in the pitcher that you used for steaming. After pouring the leftover into the clean pitcher, store them in the fridge.
- That milk should be used first, even if it is a little warm. **Please do not accumulate re-steamed milk.**
- The most important part is that the amount of **re-steamed milk** in a new drink should be **30% or less**. That is the only way your drinks' taste will not change. If you use more, the taste will be altered.



Every ounce of milk costs around 6-7 cents, so the cost savings for this procedure could be significant. Not to mention the waste reduction.

## Pitchers

Pitchers have to be stored in the fridge for food safety and better milk texture purposes.

Use different coloured pitchers for different types of milk: green for regular milk and purple - for alternative.

**10 oz pitcher** - for macchiato and London Fog

**18 oz pitcher** - for all other drinks

Use the measurement scale inside the pitcher to ensure the correct amount of milk



# Latte Art

Latte art is the sign of a truly skilled barista and takes practice and education. Waves Head Office provides training sessions for all levels of staff should you wish to schedule a session to learn more.

- The key to latte art is properly steamed milk that is not too foamy and not too thin
- Latte art should be poured into the cup so that it is lined up straight within the cup so when the customer picks up the drink by the handle, the art is facing them
- Hold the latte cup at a 45° angle to begin pour and keep the pitcher at a 90° angle to the cup
- Hold the pitcher parallel to the body
- Practice the motions of the milk by holding the pitcher higher and lower to the latte cup, and pouring faster and slower
  - Pouring high will cause milk to dip under crema
  - Pouring low, close to the crema, will cause it to pool on top
  - Pouring slowly will also allow the milk to move under the crema with less circulation
  - Pouring quickly will cause lots of motion in the milk. Use quick pouring to move milk across the crema



# Special requests

## Half Caf

### La Marzocco Swift Grinder

Push both buttons together to get a portion of half caffeine and half decaffeinated in one portafilter.



### Mazzer Grinder

Take scales, tare portafilter, press the manual button and measure 9 g of regular Espresso. Then press the manual button on the decaf grinder and measure 9 g of decaffeinated coffee.



## Extra shots

### Extra Shot

All our shots are double, so 'Extra shot' means our regular 2.5 oz shot with a crema

### +2 Shots

This means **two** of our regular 2.5 oz shots with a crema

### Single shot

Extract a regular espresso shot (2.5 oz with crema within 25 to 29 sec) and use only half a shot (1.25 oz)

# Special requests

## Milk %

**2 %**

Take a pitcher and add half of the normal measurement of the milk homo and half of the skim milk, steam it

**1 %**

Take a pitcher and add 1/3 of the normal measurement of the homo milk and 2/3 of the skim milk, steam it



## Keto options

**Breve**

Steam a half&half cream 10% instead of milk

If a guest requests a 'heavy cream', steam a whipping cream 33% instead of milk (directly from the package)

**charge**

# Special requests

## Long and Super Long Espresso Shots



### •Long Shot:

If a guest requests a *long shot*, please pull the shot to **3.5 oz** with crema.

### •Super Long Shot:

For a *super long shot*, extract espresso up to the **top of the shot glass**, filling it completely with crema.



# Scoops and Spoons

Using the right scoop is important for consistency (drink quality and taste), and the correct drink cost. Please use approved scoops from approved vendors for this.



1/2 Tea Spoon

- Matcha



1/4 Tea Spoon

- Turmeric
- Blue spirulina
- Black carrot



1 Table Spoon

- Belgian chocolate
- Rooibos

**Cappuccino Foam Spoon**



- To scoop the foam for cappuccino

**Bar Spoon**



- For mixing sugar, syrups, or flavourings; to take out the smoothies and frappes

**GARDEN | TO | CUP Scoop**



- Teas

# Protein Drinks General Rules

## 1. What scoop should I use?

Use a scoop from the protein powder box

## 2. What drinks can I make with Protein?

If you see (Protein) close to the name of the drink, it means that this drink can be made with protein powder.

## 3. How much protein should I use?

	Regular 16 oz.	Waves 20 oz.
Protein powder	2 scoops	3 scoops

## 4. How much should I add for Extra Protein?

Use the same amount as for the drink size that was ordered.

We also have an option for +1 scoop only – always clarify request with the customer

## 5. How to Use Protein Powder in Beverages?

**•Steamed Milk Drinks:** Add the protein powder directly to the milk in the steaming pitcher and steam them together.

**•Frappes & Smoothies:** Add the protein powder straight into the blender along with the other ingredients.

**•Cold Foam Drinks:** Mix the protein powder into the cold foam maker along with the ingredients listed in the cold foam recipe.

Always follow the recipe to make drinks properly

**!!! Important:** Do NOT make drinks extra hot with protein powder, as excessive heat can damage the protein's structure.



# Whisking Powders

Whisking matcha is done a particular way to ensure that the matcha is fully dissolved and can be properly incorporated into a drink without leaving a grainy texture.

Scoop Matcha into whisking bowl, measure 1oz hot water

1. Break up the Matcha by gently moving the whisk in a figure 8 motion, with little to no downward pressure on the whisk.
2. Now move the whisk in a zig zag motion, slow at first and getting faster and faster, still with little to no downward pressure on the whisk. (Figure 1)
3. Gradually move a little higher, so by the end you are whisking the surface. This whole process should take 30 to 40 seconds. The Matcha should have foam on top with lots of bubbles. If there are minimal bubbles, you have not whisked vigorously enough. (Figure 3)



Figure 1

**PROPER STORAGE** – After each use, rinse whisk with HOT water and store in the upright position (Figure 2).

Do not store it on top of the espresso machine; the heat will dry out the whisk and cause it to wear out faster.



Figure 2

Do not use cold water; this causes the bamboo to become brittle (meaning, it could break and end up in a beverage!)



Figure 3



Your Place to Connect

# Ice for cold drinks



**Ice**



**Easy Ice**



**Milk level**



**Drink level**

Please, notice that our iced beverages are large in size to make up for the displacement of the ice



# Espresso

	<p><b>Ingredients:</b></p> <table border="1"><tr><td></td><td><b>Double</b></td></tr><tr><td><b>Espresso</b></td><td>2.5 oz. with crema</td></tr></table>		<b>Double</b>	<b>Espresso</b>	2.5 oz. with crema	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Pull espresso into a shot glass to measure</li><li>2. Pour espresso into a serving cup</li><li>3. Serve promptly according to WV-S-5</li></ol>
	<b>Double</b>					
<b>Espresso</b>	2.5 oz. with crema					

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar

PAIRS WITH: Chocolate, Brown Sugar, Cream

**Advanced Barista Education:** It is a European custom to drink espresso after meals. Notice how the flavours change as the espresso cools. Nuances will become noticeable at different temperature

# Espresso Macchiato



## Ingredients:

	<b>Double</b>
<b>Espresso</b>	2.5 oz. with crema
<b>Milk</b>	3 oz

## Instructions:

1. Pull espresso into shot glass to measure, pour into serving cup
2. Measure milk into the smallest pitcher and steam cappuccino style milk to 150°F (NOTE: more than 3 oz of milk will be required to properly steam)
  - For a **dry macchiato**, scoop one spoonful of foam over top
  - For a **wet macchiato**, pour a small portion of milk and foam with latte art into the espresso
3. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Maple Pecan Danish

PAIRS WITH: Dark Chocolate, Raw Sugar, Caramel, Butter

## Advanced Barista Education:

“Macchiato” means “marked” in Italian – this beverage is defined by the espresso “marking” the foam.

To serve a triple espresso macchiato, charge for an “extra shot” and pull a large 3 oz espresso, using the same amount of milk

# Espresso Con Panna

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Double</b></th></tr></thead><tbody><tr><td><b>Espresso</b></td><td>2.5 oz. with crema</td></tr><tr><td><b>Whipped Cream</b></td><td>2 oz</td></tr></tbody></table>		<b>Double</b>	<b>Espresso</b>	2.5 oz. with crema	<b>Whipped Cream</b>	2 oz	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Pull espresso into a shot glass to measure, pour into serving cup</li><li>2. Top with a dollop of whipped cream</li><li>5. Serve promptly according to WV-S-5</li></ol>
	<b>Double</b>							
<b>Espresso</b>	2.5 oz. with crema							
<b>Whipped Cream</b>	2 oz							

## Food Pairing Suggestions:

RECOMMENDATION: Brownie

PAIRS WITH: Dark Chocolate, Raw Sugar, Caramel

## Advanced Barista Education:

“Con panna” means “with cream” in Italian

To serve a triple espresso con panna, charge for an “extra shot” and pull a large 3 oz espresso, using the same amount of whip



# Canadiano

	<p><b>Ingredients:</b></p> <table border="1" data-bbox="704 352 1395 813"><thead><tr><th></th><th>Regular 12 oz.</th><th>Waves 16 oz.</th></tr></thead><tbody><tr><td><b>Espresso</b></td><td>2.5 oz with crema</td><td>Two double espresso shots</td></tr><tr><td><b>Hot Water</b></td><td>10 oz</td><td>11 oz.</td></tr><tr><td><b>Syrup (optional)</b></td><td>2 pumps</td><td>3 pumps</td></tr></tbody></table>		Regular 12 oz.	Waves 16 oz.	<b>Espresso</b>	2.5 oz with crema	Two double espresso shots	<b>Hot Water</b>	10 oz	11 oz.	<b>Syrup (optional)</b>	2 pumps	3 pumps	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Pull the espresso shot into a shot glass to measure. While espresso is extracting fill the serving cup 3/4 full with hot water from the Bunn Brewer. <i>Add syrup to the water if ordered.</i></li><li>2. Pour espresso gently onto hot water (it preserves the crema).</li><li>3. Serve promptly according to WV-S-5</li></ol>
	Regular 12 oz.	Waves 16 oz.												
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<b>Hot Water</b>	10 oz	11 oz.												
<b>Syrup (optional)</b>	2 pumps	3 pumps												

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Loaves

PAIRS WITH: Chocolate, White Chocolate, Caramel, Oats

## Advanced Barista Education:

When North American soldiers travelled to Europe during World War II, they were surprised to find that Europeans drink espresso shots instead of drip coffee. So, they asked for hot water to be added to their espresso as a substitute for drip coffee. This variation was jokingly referred to as an "Americano".



# Canadiano Misto

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Regular 12 oz.</b></th><th><b>Waves 16 oz.</b></th></tr></thead><tbody><tr><td><b>Espresso</b></td><td>2.5 oz with crema</td><td>Two double espresso shots</td></tr><tr><td><b>Hot Water</b></td><td>4 oz</td><td>5 oz.</td></tr><tr><td><b>Milk</b></td><td>6 oz</td><td>8 oz.</td></tr><tr><td><b>Syrup (optional)</b></td><td>2 pumps</td><td>3 pumps</td></tr></tbody></table>		<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>	<b>Espresso</b>	2.5 oz with crema	Two double espresso shots	<b>Hot Water</b>	4 oz	5 oz.	<b>Milk</b>	6 oz	8 oz.	<b>Syrup (optional)</b>	2 pumps	3 pumps	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Pull the espresso shot into a shot glass to measure. While espresso is extracting fill the serving cup 1/3 full with hot water from the Bunn Brewer. <i>Add syrup to the water if ordered.</i></li><li>2. Pour espresso gently on top of the water to preserve crema</li><li>3. Measure and steam latte-type milk to 160°F</li><li>4. Knock and swirl the milk</li><li>5. Pour milk into Canadiano with latte art</li><li>6. Serve promptly according to WV-S-5</li></ol>
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>															
<b>Espresso</b>	2.5 oz with crema	Two double espresso shots															
<b>Hot Water</b>	4 oz	5 oz.															
<b>Milk</b>	6 oz	8 oz.															
<b>Syrup (optional)</b>	2 pumps	3 pumps															

## Food Pairing Suggestions:

RECOMMENDATION: Lemon Loaf, Lemon poppyseeds muffin

PAIRS WITH: Chocolate, Berries, Citrus Fruits

## Advanced Barista Education:

Misto refers to any water-based beverage with steamed milk added, such as coffee, tea, or a Canadiano.



# Waves au Lait

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Regular 12 oz.</b></th><th><b>Waves 16 oz.</b></th></tr></thead><tbody><tr><td>Drip Coffee</td><td>6 oz</td><td>8 oz.</td></tr><tr><td>Milk</td><td>6 oz</td><td>8 oz.</td></tr></tbody></table>		<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>	Drip Coffee	6 oz	8 oz.	Milk	6 oz	8 oz.	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Fill serving cup <math>\frac{1}{2}</math> full of dark drip coffee (unless customer requests a different roast)</li><li>2. Measure and steam latte type milk to 160°F</li><li>3. Knock and swirl milk</li><li>4. Pour milk over coffee with latte art</li><li>5. Serve promptly according to WV-S-5</li></ol>
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>									
Drip Coffee	6 oz	8 oz.									
Milk	6 oz	8 oz.									

## Food Pairing Suggestions:

RECOMMENDATION: Coconut Lemon Square, Berry square

PAIRS WITH: Chocolate, Berries, Citrus Fruits, Oats, Cinnamon

## Advanced Barista Education:

Traditionally called a Café au Lait, Coffee Misto or “coffee with steamed milk”

A good suggestion for someone who finds drip coffee too intense; the steamed milk breaks down the flavour more than cream from the condiment bar will.



# Keto Coffee

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Regular 12 oz.</b></th><th><b>Waves 16 oz.</b></th></tr></thead><tbody><tr><td><b>Coffee</b></td><td>10 oz</td><td>14 oz</td></tr><tr><td><b>MCT oil</b></td><td>1 tsp</td><td>1 tsp</td></tr><tr><td><b>Butter portion</b></td><td>1</td><td>1</td></tr></tbody></table>		<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>	<b>Coffee</b>	10 oz	14 oz	<b>MCT oil</b>	1 tsp	1 tsp	<b>Butter portion</b>	1	1	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Measure coffee in cup</li><li>2. Add MCT oil and butter to the malt cup</li><li>3. Pour coffee into the malt cup</li><li>4. Blend with hand blender</li><li>5. Serve promptly according to WV-S-5</li></ol>
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>												
<b>Coffee</b>	10 oz	14 oz												
<b>MCT oil</b>	1 tsp	1 tsp												
<b>Butter portion</b>	1	1												

## Food Pairing Suggestions:

RECOMMENDATION: Keto Breakfast Sandwich

## Advanced Barista Education:

MCT oil is very potent; although not harmful it can cause an upset stomach due to the high fat content. It is important to measure and follow the correct amounts of MCT oil.



# Latte (Protein)

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Regular 12 oz.</b></th><th><b>Waves 16 oz.</b></th></tr></thead><tbody><tr><td><b>Espresso</b></td><td>2.5 oz. with crema</td><td>2.5 oz. with crema</td></tr><tr><td><b>Milk</b></td><td>8 oz</td><td>11 oz.</td></tr><tr><td><b>Syrup (optional)</b></td><td>2 pumps</td><td>3 pumps</td></tr></tbody></table>		<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>	<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema	<b>Milk</b>	8 oz	11 oz.	<b>Syrup (optional)</b>	2 pumps	3 pumps	<p><b>Instructions:</b></p> <p><i>Add syrup to the serving cup if ordered</i></p> <ol style="list-style-type: none"><li>1. Measure cold milk into steam pitcher</li><li>2. Pull espresso into a shot glass to measure. While espresso is extracting steam latte-type milk to 160°F. Knock and swirl milk</li><li>3. Pour espresso into the serving cup</li><li>4. Pour steamed milk over espresso with latte art</li><li>5. Serve promptly according to WV-S-5</li></ol>
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>												
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<b>Milk</b>	8 oz	11 oz.												
<b>Syrup (optional)</b>	2 pumps	3 pumps												

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Scones, Loaves

PAIRS WITH: Chocolate, Berries, Citrus Fruits, Oats, Cinnamon

## Advanced Barista Education:

A well-prepared latte is the heart of Waves Coffee House; it is a test of true barista-ship.

# Cappuccino (Protein)

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Regular 12 oz.</b></th><th><b>Waves 16 oz.</b></th></tr></thead><tbody><tr><td><b>Espresso</b></td><td>2.5 oz. with crema</td><td>2.5 oz. with crema</td></tr><tr><td><b>Milk</b></td><td>7 oz</td><td>10 oz.</td></tr><tr><td><b>Syrup (optional)</b></td><td>2 pumps</td><td>3 pumps</td></tr></tbody></table>		<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>	<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema	<b>Milk</b>	7 oz	10 oz.	<b>Syrup (optional)</b>	2 pumps	3 pumps	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Measure cold milk into steam pitcher (Add syrup to the serving cup at this point if ordered)</li><li>2. Steam cappuccino-type milk to 160°F <u>(Steam before espresso to allow the foam to separate)</u></li><li>3. Pull espresso into a shot glass to measure and add to the serving cup</li><li>4. Knock and swirl milk</li><li>5. Pour steamed milk over espresso from the side of the pitcher and not the spout</li><li>5. Serve promptly according to WV-S-5</li></ol>
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>												
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema												
<b>Milk</b>	7 oz	10 oz.												
<b>Syrup (optional)</b>	2 pumps	3 pumps												

## Food Pairing Suggestions:

RECOMMENDATION: Berry Muffins, Berry Scones, Marshmallow bar

PAIRS WITH: Chocolate, Berries, Citrus Fruits, Oats, Cinnamon

## Advanced Barista Education:

“Dry” cappuccino means more foam and less milk. “Wet” cappuccino means slightly more foam than a latte.

There are many definitions of cappuccino foam ratios, so always ask customers how they like it.

The original cappuccino was a 6 oz beverage: 2 oz espresso, 2 oz milk, 2 oz foam

Revision date: July 2023

# Flat White (Protein)

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Regular 12 oz.</b></th><th><b>Waves 16 oz.</b></th></tr></thead><tbody><tr><td><b>Espresso</b></td><td>2.5 oz. with crema</td><td>2.5 oz. with crema</td></tr><tr><td><b>Milk</b></td><td>8 oz</td><td>11 oz.</td></tr><tr><td><b>Syrup (optional)</b></td><td>2 pumps</td><td>3 pumps</td></tr></tbody></table>		<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>	<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema	<b>Milk</b>	8 oz	11 oz.	<b>Syrup (optional)</b>	2 pumps	3 pumps	<p><b>Instructions:</b></p> <p><i>Add syrup to the serving cup if ordered</i></p> <ol style="list-style-type: none"><li>1. Measure cold milk into steam pitcher</li><li>2. Pull espresso into a shot glass to measure. While espresso is extracting steam <b>less foamy</b> latte-type milk to 160°F. Knock and swirl milk</li><li>3. Pour espresso into the serving cup</li><li>4. Pour steamed milk over espresso with latte art</li><li>5. Serve promptly according to WV-S-5</li></ol>
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>												
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema												
<b>Milk</b>	8 oz	11 oz.												
<b>Syrup (optional)</b>	2 pumps	3 pumps												

## Food Pairing Suggestions:

RECOMMENDATION: Croissants, Scones, Cookies

PAIRS WITH: Chocolate, Berries, Citrus Fruits, Oats, Cinnamon

## Advanced Barista Education:

A well-prepared latte is the heart of Waves Coffee House; it is a test of true barista-ship.



# Caramel Macchiato (Protein)

<b>Ingredients:</b>		
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema
<b>Milk</b>	8 oz	11 oz.
<b>Vanilla Syrup</b>	1 pump	1 pump
<b>Caramel Sauce</b>	1 pump	1.5 pumps

 **Instructions:** |  |  || 1. Measure cold milk into steam pitcher 2. Pump vanilla syrup and caramel sauce into a serving cup 3. Pull espresso into a shot glass to measure. While espresso is extracting steam latte-type milk to 160°F. Knock and swirl the milk. 4. Stir espresso and caramel together in a serving cup 5. Pour steamed milk over espresso with latte art 6. Top with swirls of caramel sauce 7. Serve promptly according to WV-S-5 |  |  |

## Food Pairing Suggestions:

RECOMMENDATION: Brownies, Croissants, Muffins,  
PAIRS WITH: Chocolate, Berries, Citrus Fruits, Oats, Cinnamon

## Advanced Barista Education:

Macchiato means “marked” in Italian. The Waves recipe “marks” the espresso with caramel or maple. Competitors sometimes pour the espresso on top of the foam, saying it “marks” it. Some also add caramel drizzle. (It is essential to know the differences between our menu and competitor menus)

# Maple Macchiato (Protein)

<b>Ingredients:</b>		
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema
<b>Milk</b>	8 oz	11 oz.
<b>Vanilla Syrup</b>	1 pump	1 pump
<b>Maple Syrup</b>	2 pumps	3 pumps

**Instructions:**

1. Measure cold milk into steam pitcher
2. Pump vanilla syrup and maple syrup into a serving cup
3. Pull espresso into a shot glass to measure. While espresso is extracting steam latte-type milk to 160°F. Knock and swirl the milk.
4. Stir espresso and syrups together in a serving cup
5. Pour steamed milk over espresso with latte art
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Marshmallows, Croissants, Scones

PAIRS WITH: Berries, Citrus Fruits, Oats, Cinnamon

## Advanced Barista Education:

Only 3 of 13 species of maple trees native to Canada are used to create maple syrup and two thirds of the world's maple syrup is produced in Quebec.

# Belgian Mocha (Protein)



## Ingredients:

	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema
<b>Milk</b>	8 oz	11 oz.
<b>Chocolate (dark, milk or white)</b>	2 scoops	3 scoops

Chocolate scoop: 1 scoop = ~14 g

## Instructions:

1. Scoop chocolate into malt pitcher
2. Pull espresso into a shot glass to measure. Add it to the malt pitcher
3. Blend espresso and chocolate for about 7 – 10 seconds. The desired texture is smooth and air bubble free.
4. Measure and steam latte-type milk to 160°F. Texture it
5. Pour the espresso-chocolate blend into the serving cup. Add cocoa powder for the decoration
6. Pour the milk over espresso with latte art.
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Butter croissants, Loaves

PAIRS WITH: Berries, Nuts, Pepper, Mint

## Advanced Barista Education:

A well-prepared latte is the heart of Waves Coffee House; it is a test of true barista-ship.

Revision date: July 2023

# Belgian Chocolate (Protein)

	<p><b>Ingredients:</b></p> <table border="1" data-bbox="622 385 1512 731"><thead><tr><th></th><th>Kids <b>10 oz.</b></th><th>Regular <b>12 oz.</b></th><th>Waves <b>16 oz.</b></th></tr></thead><tbody><tr><td>Milk</td><td>7 oz</td><td>9 oz</td><td>12 oz.</td></tr><tr><td>Chocolate (dark, milk or white)</td><td>2 scoops</td><td>3 scoops</td><td>4 scoops</td></tr></tbody></table> <p>Chocolate scoop: 1 scoop = ~14 g</p> <ul style="list-style-type: none"><li>Steam Kids drinks up to 120°F finished temperature only!</li><li>Give kids beverages to parents/guardians first and advise to check the temperature first</li></ul>		Kids <b>10 oz.</b>	Regular <b>12 oz.</b>	Waves <b>16 oz.</b>	Milk	7 oz	9 oz	12 oz.	Chocolate (dark, milk or white)	2 scoops	3 scoops	4 scoops	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Scoop chocolate into malt pitcher</li><li>2. Measure and steam latte-type milk to 165°F (Hotter than a regular latte because heat is lost during blending)</li><li>3. Pour enough steamed milk into the malt pitcher to cover the chocolate. Blend for about 7 – 10 seconds. The desired texture is smooth and air bubble free.</li><li>4. Pour blended chocolate into the serving cup</li><li>5. Swirl the milk (it has been sitting for a few moments, so swirling will help reincorporate the foam). Pour it over with latte art.</li><li>6. Serve promptly according to WV-S-5</li></ol>
	Kids <b>10 oz.</b>	Regular <b>12 oz.</b>	Waves <b>16 oz.</b>											
Milk	7 oz	9 oz	12 oz.											
Chocolate (dark, milk or white)	2 scoops	3 scoops	4 scoops											

## Food Pairing Suggestions:

RECOMMENDATION: Banana loaf, Lemon Loaf

PAIRS WITH: Nuts, Berries, Citrus Fruits

## Advanced Barista Education:

White chocolate contains no cocoa mass; it is made from a by-product of the cocoa process (i.e. it's not 'real' chocolate, but a delicious benefit from the chocolate-making process). See the Ingredients section for more information on Waves Belgian chocolate.

# Chai Latte



<b>Ingredients:</b>		
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>
<b>Chai (concentrate)</b>	5 oz.	6.5 oz.
<b>Milk</b>	7 oz.	9.5 oz.
<b>Cinnamon</b>	dash	dash
<b>or</b>		
<b>Chai Premix</b>	12 oz.	16 oz.
<b>Cinnamon</b>	dash	dash

## Instructions:

1. Measure Chai concentrate and milk (or use pre-mix, page 75) into steaming pitcher, steam to 160°F
2. Knock and swirl milk
3. Pour into serving cup
4. Sprinkle with cinnamon on top
5. Serve promptly according to WV-S-5

See the Premix Recipe section at the end of the recipe book

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Loaves, Brownies

PAIRS WITH: Butter, Berries, Citrus Fruits, Oats, Cinnamon

## Advanced Barista Education:

Waves Chai concentrate is brewed from certified organic, Fair Trade black tea with a select assortment of delicious whole spices. There are no preservatives or artificial flavors. Each batch is micro-brewed and distilled down to concentrate.

There are hundreds of chai recipes, like your mum's spaghetti sauce. Ours is one variation of a spicy chai.

# London Fog

Ingredients:		
	Regular 12 oz.	Waves 16 oz.
<b>Earl Grey Tea</b>	1 tea bag	1 tea bag
<b>Milk</b>	7 oz	9 oz.
<b>Hot Water</b>	5 oz.	7 oz.
<b>Vanilla Syrup</b>	2 pumps	3 pumps

**Instructions:**

1. Place the tea bag in the serving cup
2. Fill serving cup to ½ full with hot water from the **Bunn Brewer** (doing this first allows tea to steep while steaming milk). *Allow the tea to steep for approx. 3 minutes or stir till the water turns dark*
3. Add vanilla syrup to the serving cup
4. Measure and steam latte-type milk to 160°F
5. Knock and swirl milk
6. Pour steamed milk to fill up the cup, leaving the tea bag in the cup
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Scones, Nanaimo Bar

PAIRS WITH: Caramel, Nuts, Oats, Cinnamon

## Advanced Barista Education:

A West coast original, the London Fog can be modified by changing syrup, or even using different teas!

Customers may want to remove the tea bag if they want, to prevent over-steeping, but the milk temperature drops the water temperature significantly so the tea does not steep as much after the milk is added.



# Matcha Tea

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Regular 12 oz.</b></th><th><b>Waves 16 oz.</b></th></tr></thead><tbody><tr><td><b>Matcha powder</b></td><td>2 scoops</td><td>3 scoops</td></tr><tr><td><b>Hot water</b></td><td>12 oz.</td><td>16 oz.</td></tr></tbody></table>		<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>	<b>Matcha powder</b>	2 scoops	3 scoops	<b>Hot water</b>	12 oz.	16 oz.	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Scoop matcha into matcha cup and add 1 oz hot water from espresso machine</li><li>2. Whisk matcha according to the guide on page 9</li><li>3. Pour into a serving cup</li><li>4. Fill the rest of the cup with hot water</li><li>5. Serve promptly according to WV-S-5</li></ol>
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>									
<b>Matcha powder</b>	2 scoops	3 scoops									
<b>Hot water</b>	12 oz.	16 oz.									

## Food Pairing Suggestions:

RECOMMENDATION: Dates square, Lemon Scone, Lemon poppyseed muffin

PAIRS WITH: White chocolate, Berries, Nuts, Vanilla

## Advanced Barista Education:

The natural bright green colour of Matcha powder is a sign of quality & freshness; there are absolutely no enhancing additives. Matcha is a better source of antioxidants than green tea because the whole green tea leaf is consumed. With green tea, only the antioxidants that are extracted to the water are consumed. See the Ingredients section for more details on Matcha.



# Matcha Latte (Protein)

Ingredients:			Instructions:
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>	
<b>Matcha powder</b>	2 scoops	3 scoops	1. Scoop matcha into matcha cup and add hot water from espresso machine
<b>Milk</b>	8 oz.	11 oz.	2. Whisk matcha according to the guide on page 9
<b>Hot Water</b>	2 oz.	2 oz.	3. Pour into a serving cup <i>Add syrup to the serving cup if it was requested</i>
<b>Simple Syrup (optional)</b>	2 pumps	3 pumps	4. Measure and steam latte-type milk to 160°F 5. Knock and swirl the milk 6. Pour steamed milk over matcha with latte art 7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Berry square, Date square, Nanaimo Bar

PAIRS WITH: White chocolate, Pecan, Citrus Fruits, Dates, Cinnamon

## Advanced Barista Education:

The natural bright green colour of Matcha powder is a sign of quality & freshness; there are absolutely no enhancing additives. Matcha is a better source of antioxidants than green tea because the whole green tea leaf is consumed. With green tea, only the antioxidants that are extracted into the water are consumed. See the Ingredients section for more details on Matcha.

# White Matcha (Protein)



Ingredients:		
	Regular 12 oz.	Waves 16 oz.
<b>Matcha powder</b>	2 scoops	3 scoops
<b>Milk</b>	8 oz.	11 oz.
<b>Hot Water</b>	2 oz.	2 oz.
<b>White Belgian Chocolate</b>	1 scoop	2 scoops

Matcha scoop: 1 scoop = ~1 g

 Instructions: |  |  |

**Food Pairing Suggestions:**

RECOMMENDATION: Muffins, Loaves, Scones

PAIRS WITH: Lemon, Berries, Citrus Fruits, Ice Cream

**Advanced Barista Education:**

The natural bright green colour of Matcha powder is a sign of quality & freshness; there are absolutely no enhancing additives. Matcha is a better source of antioxidants than green tea because the whole green tea leaf is consumed. With green tea, only the antioxidants that are extracted into the water are consumed. See the Ingredients section for more details on Matcha.

\* It is a good practice to have a designated portafilter just for rooibos

# Rooibos Espresso

	<p><b>Ingredients:</b></p> <table border="1" data-bbox="778 390 1538 548"><tr><td></td><td><b>Double</b></td></tr><tr><td><b>Rooibos Espresso</b></td><td>3 oz.</td></tr></table>		<b>Double</b>	<b>Rooibos Espresso</b>	3 oz.	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Dry designated rooibos portafilter with clean dry rag</li><li>2. Scoop loose Rooibos into portafilter up to the line in the basket (~17g)</li><li>3. Pull Rooibos espresso into shot glass to measure</li><li>4. Pour Rooibos espresso into serving cup</li><li>5. Serve promptly according to WV-S-5</li></ol>
	<b>Double</b>					
<b>Rooibos Espresso</b>	3 oz.					

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Brownies

PAIRS WITH: Chocolate, Brown Sugar, Cinnamon

## Advanced Barista Education:

Red Rooibos Espresso is a healthy alternative for people who prefer to avoid caffeine

\* It is a good practice to have a designated portafilter just for rooibos

# Rooibos Canadiano

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Regular 12 oz.</b></th><th><b>Waves 16 oz.</b></th></tr></thead><tbody><tr><td><b>Rooibos Espresso</b></td><td>3 oz.</td><td>4 oz.</td></tr><tr><td><b>Hot Water</b></td><td>9 oz.</td><td>12 oz.</td></tr></tbody></table>		<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>	<b>Rooibos Espresso</b>	3 oz.	4 oz.	<b>Hot Water</b>	9 oz.	12 oz.	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Pour hot water from Bunn Brewer into a serving cup. Clean portafilter with a clean dry rag</li><li>2. Pull Rooibos espresso into a shot glass to measure</li><li>3. Pour Rooibos espresso gently over water to preserve any crema</li><li>4. Serve promptly according to WV-S-5</li></ol>
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>									
<b>Rooibos Espresso</b>	3 oz.	4 oz.									
<b>Hot Water</b>	9 oz.	12 oz.									

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Brownies

PAIRS WITH: Chocolate, Brown Sugar, Cinnamon

## Advanced Barista Education:

Full of antioxidants, this drink is great with a tea bag added in for an excellent cold remedy.



\* It is a good practice to have a designated portafilter just for rooibos

# Rooibos Latte



## Ingredients:

	Regular 12 oz.	Waves 16 oz.
<b>Rooibos Espresso</b>	3 oz.	4 oz.
<b>Milk</b>	8 oz.	11 oz.
<b>Syrup (optional)</b>	2 pumps	3 pumps

## Instructions:

*Add syrup to the serving cup if ordered*

1. Measure cold milk into a steam pitcher
2. Pull Rooibos espresso into a shot glass to measure. While espresso is extracting steam latte-type milk to 160°F. Knock and swirl milk
3. Pour Rooibos espresso into the serving cup
4. Pour steamed milk over Rooibos espresso with latte art
5. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Cinnamon Bun

PAIRS WITH: Chocolate, Brown Sugar, Ice Cream

## Advanced Barista Education:

Red Rooibos is a delicious alternative for those who want to avoid caffeine and get a dose of antioxidants too!



\* It is a good practice to have a designated portafilter just for rooibos

# Rooibos Cappuccino

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Regular 12 oz.</b></th><th><b>Waves 16 oz.</b></th></tr></thead><tbody><tr><td><b>Rooibos Espresso</b></td><td>3 oz.</td><td>4 oz.</td></tr><tr><td><b>Milk</b></td><td>7 oz.</td><td>10 oz.</td></tr><tr><td><b>Syrup (optional)</b></td><td>2 pumps</td><td>3 pumps</td></tr></tbody></table>		<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>	<b>Rooibos Espresso</b>	3 oz.	4 oz.	<b>Milk</b>	7 oz.	10 oz.	<b>Syrup (optional)</b>	2 pumps	3 pumps	<p><b>Instructions:</b></p> <p><i>Add syrup to the serving cup if ordered</i></p> <ol style="list-style-type: none"><li>1. Measure cold milk into a steam pitcher</li><li>2. Pull Rooibos espresso into a shot glass to measure. Pour it into the serving cup</li><li>3. Steam cappuccino-type milk to 140°F. Knock and swirl milk</li><li>4. Pour steamed milk over Rooibos espresso from side of pitcher instead of spout</li><li>5. Serve promptly according to WV-S-5</li></ol>
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>												
<b>Rooibos Espresso</b>	3 oz.	4 oz.												
<b>Milk</b>	7 oz.	10 oz.												
<b>Syrup (optional)</b>	2 pumps	3 pumps												

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Marshmallows

PAIRS WITH: White chocolate, Brown Sugar, Ice Cream

## Advanced Barista Education:

Red Rooibos is a delicious alternative for those who want to avoid caffeine and get a dose of antioxidants too!



\* It is a good practice to have a designated portafilter just for rooibos

# Rooibos Symphony



## Ingredients:

	Regular 12 oz.	Waves 16 oz.
Rooibos Espresso	3 oz.	4 oz.
Milk	7 oz.	10 oz.
White Chocolate	1 scoop	2 scoops

Chocolate scoop: 1 scoop = ~14 g

## Instructions:

1. Scoop white chocolate into a malt pitcher
2. Measure and steam latte-type milk to 165°F (Hotter than a regular latte because heat is lost during blending)
3. Pull Rooibos espresso into a shot glass to measure. Add to a malt pitcher
4. Blend chocolate-rooibos for 7-10 seconds and pour into a serving cup
5. Knock and swirl the steamed milk and pour over rooibos-chocolate with latte art
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Scones, Lemon loaf

PAIRS WITH: Cinnamon, Citrus, Nuts, Ice Cream

## Advanced Barista Education:

This is a beverage unique to Waves. Try it with Milk Belgian Chocolate for a fun twist!

# Spirulina Coconut Leche

<b>Ingredients:</b>		
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>
<b>Spirulina powder</b>	1 scoop	2 scoops
<b>Milk</b>	8 oz.	11 oz.
<b>Hot Water</b>	2 oz.	2 oz.
<b>Coconut Syrup</b>	2 pumps	3 pumps

**Instructions:**

1. Scoop spirulina into a cup and add hot water from the espresso machine
2. Whisk spirulina according to the guide on page 9
3. Pour into a serving cup
4. Measure and steam latte-type milk to 160°F
5. Knock and swirl the steamed milk
6. Pour the steamed milk over spirulina with latte art
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Cookies, Cheesecake

PAIRS WITH: Berries, Nuts, Citrus Fruits

## Advanced Barista Education:

The natural bright blue colour of Spirulina powder is a sign of quality & freshness; there are absolutely no enhancing additives. High in nutrients, and antioxidant, anti-inflammatory, and anti-cancer properties, reduces blood pressure, is effective against anemia, improves muscle strength, and controls blood sugars.



# Lavender Leche

Ingredients:		
	Regular 12 oz.	Waves 16 oz.
<b>Black Carrot Powder</b>	1 scoop	2 scoops
<b>Milk</b>	8 oz.	11 oz.
<b>Hot Water</b>	2 oz.	2 oz.
<b>Lavender Syrup</b>	2 pumps	3 pumps

 Instructions: |  |  |

1. Scoop black carrot powder into a cup and add hot water from the espresso machine
2. Whisk black carrot powder according to the guide on page 9
3. Pour into a serving cup
4. Measure and steam latte-type milk to 160°F
5. Knock and swirl the steamed milk
6. Pour the steamed milk over spirulina with latte art
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Croissants, Chocolate cake

PAIRS WITH: Chocolate, Butter, Nuts

## Advanced Barista Education:

Black carrots contain more beta-carotene than orange or red carrots which further contribute to the antioxidant properties. Anti-oxidants help in anti-aging by removal of oxidizing radicals in the body. Helps in Chemotherapy where it combats toxins that target healthy cells too

# Turmeric Latte

<b>Ingredients:</b>		
	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>
<b>Turmeric powder</b>	1 scoop	2 scoops
<b>Milk</b>	8 oz.	11 oz.
<b>Hot Water</b>	2 oz.	2 oz.

**Instructions:**

1. Scoop turmeric powder into a cup and add hot water from the espresso machine
2. Whisk turmeric powder according to the guide on page 9
3. Pour into a serving cup
4. Measure and steam latte-type milk to 160°F
5. Knock and swirl the steamed milk
6. Pour the steamed milk over the turmeric with latte art
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Cookies, Cheesecakes

PAIRS WITH: Chocolate, Berries, Cream

## Advanced Barista Education:

The natural bright purple colour of Black Carrot powder is a sign of quality & freshness; there are absolutely no enhancing additives. Promotes healthy eyes, inflammation, weight loss, and anti-cancer properties. See the Ingredients section for more details on Black Carrots.



# Steamed Milk

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th>Kids <b>10 oz</b></th><th>Regular <b>12 oz</b></th><th>Waves <b>16 oz</b></th></tr></thead><tbody><tr><td>Milk</td><td>9 oz</td><td>11 oz.</td><td>15 oz.</td></tr><tr><td>Syrup <b>(optional)</b></td><td>1 pump</td><td>2 pumps</td><td>3 pumps</td></tr></tbody></table> <ul style="list-style-type: none"><li>• Steam Kids drinks up to 120°F finished temperature only!</li><li>• Give kids' beverages to parents/guardians first and advise to check the temperature first</li></ul>		Kids <b>10 oz</b>	Regular <b>12 oz</b>	Waves <b>16 oz</b>	Milk	9 oz	11 oz.	15 oz.	Syrup <b>(optional)</b>	1 pump	2 pumps	3 pumps	<p><b>Instructions:</b></p> <p><i>Pump syrup into a serving cup if ordered</i></p> <ol style="list-style-type: none"><li>1. Measure and steam latte-type milk to 160°F</li><li>2. Knock and swirl the steamed milk</li><li>3. Pour the steamed milk into cup</li><li>4. Serve promptly according to WV-S-5</li></ol>
	Kids <b>10 oz</b>	Regular <b>12 oz</b>	Waves <b>16 oz</b>											
Milk	9 oz	11 oz.	15 oz.											
Syrup <b>(optional)</b>	1 pump	2 pumps	3 pumps											

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Cinnamon Bunn, Croissant

PAIRS WITH: Ginger, Cinnamon, Chocolate, Butter



# Loose Leaf Tea



Type of tea	Amount of scoops	Steep T	Steep time
Black and Mixed teas	1 GARDEN TO CUP Scoop = 3 g	205 °	5 min
Green	1 GARDEN TO CUP Scoop = 3 g	195 °	3 min
Chamomile	2 GARDEN TO CUP Scoop = 3 g	205 °	5 min
Rooibos	1 GARDEN TO CUP Scoop = 6.5 g	205 °	5 min

## Instructions:

1. Measure tea in a perfect tea steeper or tea bag (if it was requested by the guest)
2. Fill the steeper with the hot water from the BUNN brewer and steep it at the right time

## Instructions for green tea:

1. Measure tea in a perfect tea steeper or tea bag (if it was requested by the guest)
2. Fill a cup with the hot water from the BUNN brewer and then pour it into the steeper and steep it at the right time (it will let water to cool down to the right steeping temperature)

## Advanced Barista Education:

All our tea is organic from the World's most-awarded tea company

Revision date: July 2025

# Iced Canadiano

	<p><b>Ingredients:</b></p> <table border="1" data-bbox="704 357 1384 918"> <thead> <tr> <th></th><th>Regular 16 oz.</th><th>Waves 20 oz.</th></tr> </thead> <tbody> <tr> <td><b>Espresso</b></td><td>2.5 oz with crema</td><td>Two double espresso shots</td></tr> <tr> <td><b>Cold water</b></td><td>8 oz</td><td>11 oz.</td></tr> <tr> <td><b>Ice</b></td><td>¾ of Cup</td><td>¾ of Cup</td></tr> <tr> <td><b>Syrup (optional)</b></td><td>2 pumps</td><td>3 pumps</td></tr> </tbody> </table>		Regular 16 oz.	Waves 20 oz.	<b>Espresso</b>	2.5 oz with crema	Two double espresso shots	<b>Cold water</b>	8 oz	11 oz.	<b>Ice</b>	¾ of Cup	¾ of Cup	<b>Syrup (optional)</b>	2 pumps	3 pumps	<p><b>Instructions:</b></p> <p><i>Ask a customer if they require room for cream and leave space if requested</i></p> <ol style="list-style-type: none"> <li>1. Fill serving cup ¾ full with ice (top of the “Waves” logo)</li> <li>2. Pour cold water over ice, leaving room for espresso and room if requested</li> <li>3. Pull the espresso shot into a shot glass to measure</li> <li>4. Pour espresso gently on to water</li> <li>5. Serve promptly according to WV-S-5</li> </ol>
	Regular 16 oz.	Waves 20 oz.															
<b>Espresso</b>	2.5 oz with crema	Two double espresso shots															
<b>Cold water</b>	8 oz	11 oz.															
<b>Ice</b>	¾ of Cup	¾ of Cup															
<b>Syrup (optional)</b>	2 pumps	3 pumps															

## Food Pairing Suggestions:

RECOMMENDATION: Cinnamon Bun, Brownies, Nanaimo Bar  
PAIRS WITH: Chocolate, Berries, Citrus Fruits, Oats, Cinnamon

## Advanced Barista Education:

White Chocolate Canadiano is a popular variation; white chocolate acts as a creamer and sweetener in one!

# Iced Latte

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema
<b>Milk</b>	8 oz	11 oz.
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Syrup (optional)</b>	2 pumps	3 pumps

## Instructions:

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Pour cold milk over the ice  
*Add syrup at this point if ordered and mix*  
*Notice: if caramel sauce was ordered add it to espresso and stir*
3. Pull the espresso shot into a shot glass to measure
4. Pour espresso over ice and milk. Do not stir
5. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Dates Square, Cookies, Cheesecakes

PAIRS WITH: Chocolate, Nuts, Dates, Berries, Cinnamon

## Advanced Barista Education:

Top up the milk after the espresso has been added if necessary, but try to get perfect pours every time so the espresso can sit on top.

# Iced Caramel Macchiato



## Ingredients:

	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema
<b>Milk</b>	8 oz	11 oz.
<b>Vanilla syrup</b>	1 pump	1 pump
<b>Caramel Sauce</b>	1 pump	1.5 pumps
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

## Instructions:

1. Make a strip of caramel sauce with a squeezed bottle along the rim of the cup – 0.25 of caramel pump
2. Fill serving cup  $\frac{3}{4}$  full with ice (top of the “Waves” logo)
3. Pour cold milk over the ice
4. Pull the espresso shot into a shot glass to measure
5. Add vanilla syrup and remaining caramel sauce to espresso and stir
6. Pour espresso-caramel into a serving cup. Do not stir
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Scones, Muffins

PAIRS WITH: Chocolate, Brown Sugar, Cinnamon

## Advanced Barista Education:

Macchiato means “marked” in Italian. The Waves recipe “marks” the espresso with caramel or maple. Competitors sometimes pour the espresso on top of the foam, saying that it “marks” the foam.

# Iced Maple Macchiato

Ingredients:			Instructions:
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>	
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema	
<b>Milk</b>	8 oz	11 oz.	
<b>Vanilla syrup</b>	1 pump	1 pump	
<b>Maple Syrup</b>	2 pumps	3 pumps	
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup	<ol style="list-style-type: none"> <li>Fill serving cup <math>\frac{3}{4}</math> full with ice (top of the "Waves" logo)</li> <li>Pour cold milk over the ice</li> <li>Add Vanilla and Maple syrups to the cup and mix</li> <li>Pull the espresso shot into a shot glass to measure</li> <li>Pour espresso into a serving cup. Do not stir</li> <li>Serve promptly according to WV-S-5</li> </ol>

## Food Pairing Suggestions:

RECOMMENDATION: Lemon Loaf, Lemon Scone, Lemon poppyseed muffin

PAIRS WITH: Berries, Citrus Fruits, Cinnamon

## Advanced Barista Education:

Macchiato means “marked” in Italian. The Waves recipe “marks” the espresso with caramel or maple. Competitors sometimes pour the espresso on top of the foam, saying that it “marks” the foam.

# Iced London Fog

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
<b>Earl Grey Tea</b>	1 tea scoop	1 tea scoop
<b>Hot Water</b>	5 oz.	7 oz.
<b>Milk</b>	6 oz	8 oz.
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Vanilla Syrup</b>	2 pumps	3 pumps

 Instructions: |  |  || 1. Steep tea with hot water from the Bunn Brewer in a Perfect Steeping System for 2 mins. 2. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo) 3. Pour steeped tea over the ice 4. Add vanilla syrup to it 5. Pour milk to fill up the cup 6. Serve promptly according to WV-S-5 |  |  |

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Scones, Nanaimo Bar

PAIRS WITH: Caramel, Nuts, Oats, Cinnamon

## Advanced Barista Education:

A West coast original, the London Fog can be modified by changing syrup, or even using different teas!

Customers may want to remove the tea bag if they want, to prevent over-steeping, but the milk temperature drops the water temperature significantly so the tea does not steep as much after the milk is added.



# Iced Shakerato

## Ingredients:



	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Espresso</b>	2.5 oz with crema	2.5 oz with crema
<b>Simple Syrup</b>	2 pumps	3 pumps
<b>Milk</b>	8 oz	11 oz
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

## Instructions:

- 1 Pull a double shot of Espresso
  - 2 Pour a double shot of espresso into a shaker
  - 3 Pump syrup into the shaker
  - 4 Add 6-8 ice cubes into the shaker
  - 5 Shake in a shaker for 30 seconds or until foamy
  - 6 Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" in the logo)
  - 7 Add dairy to the cup
  - 8 Pour shaken espresso over dairy and ice into a cup
- Do not mix to achieve the ombre look**

## Food Pairing Suggestions:

RECOMMENDATION: Lemon Loaf

PAIRS WITH: White Chocolate, Black Chocolate, Cinnamon, Citrus Fruits, Grains, Oats

## Advanced Barista Education:

Shakerato is an Italian drink where the espresso is shaken to obtain a foamy consistency



# Iced Mocha

Ingredients:			Instructions:
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>	
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema	
<b>Milk</b>	8 oz	11 oz.	
<b>Chocolate (dark, milk, white)</b>	2 scoops	3 scoops	
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup	
			<ol style="list-style-type: none"> <li>Fill serving cup <math>\frac{3}{4}</math> full with ice (top of the "Waves" logo)</li> <li>Pour cold milk over the ice</li> <li>Scoop chocolate into malt pitcher</li> <li>Pull espresso into a shot glass to measure. Add it to the malt pitcher</li> <li>Blend espresso and chocolate for about 7 – 10 seconds. The desired texture is smooth and air bubble free.</li> <li>Pour the espresso-chocolate blend over the milk. Do not stir</li> <li>Serve promptly according to WV-S-5</li> </ol>

## Food Pairing Suggestions:

RECOMMENDATION: Banana loaf, Lemon Scone, Cheesecake

PAIRS WITH: Nuts, Berries, Citrus Fruits

## Advanced Barista Education:

Blending chocolate with espresso should only be done for cold mocha drinks as there is no other hot liquid required to make this drink.

# Iced Chocolate



## Ingredients:

	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Milk</b>	10 oz	12 oz
<b>Chocolate (dark, milk, white)</b>	3 scoops	4 scoops
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

## Instructions:

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the “Waves” logo)
2. Pour cold milk over the ice
3. Scoop chocolate into a malt pitcher
4. Steam 2 oz. milk, and pour enough into the malt pitcher to cover chocolate
5. Blend chocolate for 7 – 10 seconds
6. Pour chocolate over milk and stir it
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Banana loaf, Lemon Scone  
 PAIRS WITH: Nuts, Berries, Citrus Fruits

## Advanced Barista Education:

This is the gourmet version of chocolate milk that is great for both kids and adults alike!

# Iced Chai Latte



## Ingredients:

	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Chai (concentrate)</b>	5 oz.	6.5 oz.
<b>Milk</b>	7 oz.	9.5 oz.
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Cinnamon</b>	dash	dash
<b>or</b>		
<b>Chai Premix</b>	12 oz.	16 oz.
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Cinnamon</b>	dash	dash

## Instructions:

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Measure Chai concentrate and milk (or use pre-mix, page 75)
3. Pour over ice and stir
4. Add cinnamon on top unless other was requested by a customer
5. Serve promptly according to WV-S-5

See the Premix Recipe section at the end of the recipe book

## Advanced Barista Education:

Waves Chai concentrate is brewed from certified organic, Fair Trade black tea with a select assortment of delicious whole spices. There are no preservatives or artificial flavors. Each batch is micro-brewed and distilled down to concentrate. Revision date: 10/17  
There are hundreds of chai recipes, like your mum's spaghetti sauce. Ours is one variation of a spicy chai.

# Iced Matcha Tea

	<p><b>Ingredients:</b></p> <table border="1"><thead><tr><th></th><th><b>Regular 16 oz.</b></th><th><b>Waves 20 oz.</b></th></tr></thead><tbody><tr><td><b>Matcha powder</b></td><td>2 scoops</td><td>3 scoops</td></tr><tr><td><b>Hot water</b></td><td>2 oz.</td><td>2 oz.</td></tr><tr><td><b>Cold water</b></td><td>11 oz</td><td>15 oz</td></tr><tr><td><b>Ice</b></td><td><math>\frac{3}{4}</math> of Cup</td><td><math>\frac{3}{4}</math> of Cup</td></tr></tbody></table>		<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>	<b>Matcha powder</b>	2 scoops	3 scoops	<b>Hot water</b>	2 oz.	2 oz.	<b>Cold water</b>	11 oz	15 oz	<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Scoop matcha into matcha cup and add 1 oz hot water from espresso machine</li><li>2. Whisk matcha according to the guide on page 9</li><li>3. Fill serving cup <math>\frac{3}{4}</math> full with ice (top of the "Waves" logo)</li><li>4. Pour cold water over ice</li><li>5. Pour matcha into a serving cup</li><li>6. Serve promptly according to WV-S-5</li></ol>
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>															
<b>Matcha powder</b>	2 scoops	3 scoops															
<b>Hot water</b>	2 oz.	2 oz.															
<b>Cold water</b>	11 oz	15 oz															
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup															

## Food Pairing Suggestions:

RECOMMENDATION: Dates square, Lemon Scone, Lemon poppyseed muffin

PAIRS WITH: White chocolate, Berries, Nuts, Vanilla

## Advanced Barista Education:

The natural bright green colour of Matcha powder is a sign of quality & freshness; there are absolutely no enhancing additives. Matcha is a better source of antioxidants than green tea because the whole green tea leaf is consumed. With green tea, only the antioxidants that are extracted to the water are consumed. See the Ingredients section for more details on Matcha.



# Iced Matcha Latte

Ingredients:			Instructions:
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>	
<b>Matcha powder</b>	2 scoops	3 scoops	
<b>Cold Milk</b>	8 oz.	11 oz.	
<b>Hot Water</b>	2 oz.	2 oz.	
<b>Simple Syrup (optional)</b>	2 pumps	3 pumps	
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup	
			<ol style="list-style-type: none"> <li>Fill serving cup <math>\frac{3}{4}</math> full with ice (top of the "Waves" logo)</li> <li>Scoop matcha into matcha cup and add hot water from espresso machine</li> <li>Whisk matcha according to the guide on page 9</li> <li>Pour cold milk over ice</li> </ol> <p><i>Add syrup to the serving cup if it was requested and mix</i></p> <ol style="list-style-type: none"> <li>Pour matcha into a serving cup and stir</li> <li>Serve promptly according to WV-S-5</li> </ol>

## Food Pairing Suggestions:

RECOMMENDATION: Berry square, Date square, Cheesecake

PAIRS WITH: White chocolate, Pecan, Citrus Fruits, Dates, Cinnamon

## Advanced Barista Education:

After harvesting, Matcha tea leaves are slightly steamed to prevent oxidization before being ground in a slow mill. Slow grinding prevents friction based heat from 'burning' the nutrients out of the tea and altering the flavour.

# Iced White Matcha

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
<b>Matcha powder</b>	2 scoops	3 scoops
<b>Milk</b>	8 oz.	11 oz.
<b>Hot Water</b>	2 oz.	2 oz.
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>White Belgian Chocolate</b>	1 scoop	2 scoops

 Instructions: |  |  |

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Scoop white chocolate into a malt pitcher
2. Scoop matcha into matcha cup and add hot water from the espresso machine
3. Whisk matcha according to the guide on page 9
4. Add matcha to the chocolate into a malt pitcher and blend for 7 – 10 seconds
5. Pour milk over the ice
6. Pour chocolate-matcha into the serving cup
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Loaves, Scones

PAIRS WITH: Lemon, Berries, Citrus Fruits, Ice Cream

## Advanced Barista Education:

The natural bright green colour of Matcha powder is a sign of quality & freshness; there are absolutely no enhancing additives. Matcha is a better source of antioxidants than green tea because the whole green tea leaf is consumed. With green tea, only the antioxidants that are extracted into the water are consumed. See the Ingredients section for more details on Matcha.



# Matcha Lemonade



## Ingredients:

	Regular 16 oz.	Waves 20 oz.
<b>Matcha powder</b>	2 scoops	3 scoops
<b>Hot Water</b>	2 oz.	2 oz.
<b>Sliced Fresh Lemon</b>	2 slices	3 slices
<b>Lemonade premix</b>	11 oz	15 oz
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

## Instructions:

1. Place matcha powder in a bowl
  2. Add hot water from the espresso machine to matcha
  3. Whisk matcha according to the guide on page 66
  4. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" in the logo)
  5. Add sliced fresh lemon to the serving cup
  6. Add lemonade premix to cup
  7. Top with matcha to achieve an ombre look
- DO NOT MIX!**

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Loaves, Scones

PAIRS WITH: Lemon Loaf

See How to Cut Lemon on page 80

## Advanced Barista Education:

Matcha is loaded with health benefits and contains some caffeine



\* It is a good practice to have a designated portafilter just for rooibos

# Rooibos Shaken Iced Tea



## Ingredients:

	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Syrup of guest's choice	3 pumps	4 pumps
Ice	Full 16 oz cup	Full 20 oz cup
Cold water	Top-up	Top-up

## Instructions:

1. Fill a serving cup heaping full with ice and add to a shaker (There is more ice in this versus other iced drinks because ice melts when shaken with the Rooibos shot)
2. Pull Rooibos shot into a shot glass to measure it and pour rooibos espresso into the shaker
3. Pump syrup into the shaker
4. Put a lid on and shake for 7 – 10 seconds
5. Remove the lid, and pour it into the serving cup
6. Rinse the shaker with cold water and use it to top off the drink.
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Berry Muffin, Berry scone

PAIRS WITH: White chocolate, Berries, Citrus Fruits, Cinnamon

## Advanced Barista Education:

A caffeine-free and different alternative to the usual iced teas made with black tea.



\* It is a good practice to have a designated portafilter just for rooibos

# Iced Rooibos Canadiano

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Cold water	8 oz.	11 oz.
Ice	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
Syrup (optional)	2 pumps	3 pumps

**Instructions:**

*Ask a customer if they require room for cream and leave space if requested*

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Pour cold water over ice.  
*Add syrup if it was requested and mix*
3. Pull the rooibos espresso shot into a shot glass to measure
4. Pour rooibos espresso gently into water
5. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Brownies

PAIRS WITH: Chocolate, Brown Sugar, Cinnamon

## Advanced Barista Education:

White Chocolate Canadiano is a popular variation; white chocolate acts as a creamer and sweetener in one!



\* It is a good practice to have a designated portafilter just for rooibos

# Iced Rooibos Latte

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Milk	8 oz.	11 oz.
Ice	¾ of Cup	¾ of Cup
Syrup (optional)	2 pumps	3 pumps

 Instructions: |  |  || - Fill serving cup ¾ full with ice (top of the "Waves" logo) - Pour cold milk over the ice *Add syrup if it was requested and mix* - Pull Rooibos espresso into a shot glass to measure. - Pour Rooibos espresso into the serving cup - Serve promptly according to WV-S-5 |  |  |

## Food Pairing Suggestions:

RECOMMENDATION: Cinnamon Bun, Chocolate Cake

PAIRS WITH: Chocolate, Brown Sugar, Ice Cream

## Advanced Barista Education:

Red Rooibos is a delicious alternative for those who want to avoid caffeine and get a dose of antioxidants too!



\* It is a good practice to have a designated portafilter just for rooibos

# Iced Rooibos Symphony

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Milk	8 oz.	11 oz.
White Chocolate	1 scoops	2 scoops
Ice	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

 Instructions: |  |  |

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Pour cold milk over ice leaving room for rooibos and chocolate
3. Scoop white chocolate into a malt pitcher
4. Pull Rooibos espresso into a shot glass to measure it, pour it into a malt pitcher and blend for 7-10 seconds
5. Add rooibos-chocolate into the serving cup and stir
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Scones, Lemon loaf, Cheesecake

PAIRS WITH: Cinnamon, Citrus, Nuts, Ice Cream

## Advanced Barista Education:

This is a uniquely Waves beverage. Try it with Milk Belgian Chocolate for a fun twist!



# Iced Spirulina Coconut Leche

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Spirulina powder</b>	1 scoop	2 scoops
<b>Hot Water</b>	2 oz.	2 oz.
<b>Milk</b>	8 oz.	11 oz.
<b>Coconut Syrup</b>	2 pumps	3 pumps
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

**Instructions:**

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Scoop spirulina into a cup and hot water from the espresso machine and whisk them according to the instructions on page 9
3. Pour cold milk over the ice
4. Add coconut syrup and mix with milk and ice
5. Pour spirulina into a serving cup; do not stir
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Cookies, Cheesecake

PAIRS WITH: Berries, Nuts, Citrus Fruits

## Advanced Barista Education:

The natural bright blue colour of Spirulina powder is a sign of quality & freshness; there are absolutely no enhancing additives. High in nutrients, antioxidant, anti-inflammatory, anti-cancer properties, reduces blood pressure, effective against anemia, improves muscle strength, controls blood sugars



# Iced Lavender Leche



## Ingredients:

	Regular 16 oz.	Waves 20 oz.
<b>Black Carrot powder</b>	1 scoop	2 scoops
<b>Hot Water</b>	2 oz.	2 oz.
<b>Milk</b>	8 oz.	11 oz.
<b>Lavender Syrup</b>	2 pumps	3 pumps
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

## Instructions:

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Scoop black carrot into a cup and hot water from the espresso machine and whisk them according to the instructions on page 9
3. Pour cold milk over the ice
4. Add lavender syrup and mix with milk and ice
5. Pour black carrot into a serving cup; do not stir
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Croissants, Chocolate cake

PAIRS WITH: Chocolate, Butter, Nuts

## Advanced Barista Education:

The natural bright purple colour of Black Carrot powder is a sign of quality & freshness; there are absolutely no enhancing additives. Promotes healthy eyes, inflammation, weight loss, and anti-cancer properties. See the Ingredients section for more details on Black Carrots.



# Iced Turmeric Latte

Ingredients:		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Turmeric powder</b>	1 scoop	2 scoops
<b>Hot Water</b>	2 oz.	2 oz.
<b>Milk</b>	8 oz.	11 oz.
<b>Simple Syrup (upon request)</b>	2 pumps	3 pumps
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

**Instructions:**

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Scoop turmeric into a cup and hot water from the espresso machine and whisk them according to the instructions on page 9
3. Pour cold milk over the ice  
*Add vanilla syrup at this point if it was requested and mix with milk and ice*
4. Pour turmeric into a serving cup; do not stir
5. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Cookies, Cheesecakes

PAIRS WITH: Chocolate, Berries, Cream

## Advanced Barista Education:

The natural bright purple colour of Black Carrot powder is a sign of quality & freshness; there are absolutely no enhancing additives. Promotes healthy eyes, inflammation, weight loss, and anti-cancer properties. See the Ingredients section for more details on Black Carrots.



# Strawberry Iced Black Tea

Ingredients:			Instructions:
			<ol style="list-style-type: none"><li>1. Fill serving cup <math>\frac{3}{4}</math> full with ice (top of the "Waves" logo)</li><li>2. Add raspberry syrup</li><li>3. Top up with the Cold Brew Black Tea base</li></ol> <p><b>See the Cold Brew Tew Base Instruction, page 79</b></p>

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Brownie (GF), Chocolate

## Advanced Barista Education:

We use cold-brew tea for this drink. It contains much less caffeine and more active Vitamin C. Cold-brew tea is a lot smoother in taste since the flavour is slowly extracted over several hours. A good refreshing option, a great way to keep hydrated



# Lemon Iced Green Tea

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
<b>Sliced Fresh Lemon</b>	2 slices	3 slices
<b>Lemon Syrup</b>	2 pumps	3 pumps
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Cold Brew Green Tea base</b>	Top-up	Top-up

## Instructions:

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Add sliced fresh lemon to the serving cup
3. Add lemon syrup
4. Top up with the Cold Brew Green Tea base

See the Cold Brew Tew Base Instruction, page 79

See How to Cut Lemon on page 80



## Food Pairing Suggestions:

RECOMMENDATION: Mango Cheesecake, Strawberry Cake

## Advanced Barista Education:

We use cold-brew tea for this drink. It contains much less caffeine and more active Vitamin C. Cold-brew tea is a lot smoother in taste since the flavour is slowly extracted over several hours. A good refreshing option, a great way to keep hydrated



# Fruit Lemonade

Ingredients:			Instructions:
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>	
<b>Syrup of guest's choice</b>	2 pumps	3 pumps	
<b>Sliced Fresh Lemon</b>	2 slices	3 slices	
<b>Lemonade premix</b>	Top-up	Top-up	
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup	
			<ol style="list-style-type: none"><li>1 Fill serving cup <math>\frac{3}{4}</math> full with ice (top of the "Waves" logo)</li><li>2. Add sliced fresh lemon to the serving cup</li><li>3. Add a syrup of the guest's choice</li><li>4. Top with lemonade premix</li><li>5. STIR the drink before serving</li></ol>

## Food Pairing Suggestions:

RECOMMENDATION: Muffin, Raspberry Almond Cookie

## Advanced Barista Education:

Low-calorie option that is caffeine free



# Espresso Frapp-eh (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Espresso</b>	2.5 oz	2.5 oz
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>Vanilla Syrup</b>	1 pump	2 pumps
<b>Ice</b>	Full Cup	Full Cup

**Instructions:**

1. Measure ice cream or yogurt directly into a blender jug
2. Pump vanilla into a blender jug, add protein if it was requested
3. Pull espresso into a shot glass to measure and pour it into the blender
4. Fill serving cup heaping full with ice and add to blender
5. Blend. Pour into the serving cup
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffin, Croissants, Brownies

PAIRS WITH: Chocolate, Berries, Citrus Fruits, Oats, Cinnamon

## Advanced Barista Education:

The Waves Coffee Frappe is unique because we use fresh espresso, rather than a powdered instant coffee mix and can be made with any different type of syrup instead of vanilla.



# Caramel Frapp-eh (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Espresso</b>	2.5 oz	2.5 oz
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>Caramel Sauce</b>	1 pump	1.5 pumps
<b>Ice</b>	Full Cup	Full Cup

**Instructions:**

1. Measure ice cream or yogurt directly into a blender jug
2. Pump caramel sauce into a blender jug, add protein if it was requested
3. Pull espresso into a shot glass to measure and pour it into the blender
4. Fill serving cup heaping full with ice and add to blender
5. Blend. Pour into the serving cup
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Berrie Muffin, Berries Scone, Oatmeal Raisin Cookie  
PAIRS WITH: Berries, Citrus Fruits, Oats

## Advanced Barista Education:

Caramel Frappe is one popular variation on the Coffee Frappe out of many possibilities.



# Mocha Frapp-eh (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Espresso</b>	2.5 oz	2.5 oz
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>Chocolate (dark, milk, white)</b>	2 scoops	3 scoops
<b>Ice</b>	Full Cup	Full Cup

**Instructions:**

1. Measure ice cream or yogurt directly into a blender jug
2. Scoop chocolate into a malt pitcher, add protein if it was requested
3. Pull espresso into a shot glass to measure it
4. Add espresso to the malt pitcher and blend with chocolate for 7-10 seconds
5. Add chocolate-espresso to a blender jug
6. Fill serving cup heaping full with ice and add to blender
7. Blend. Pour into the serving cup
8. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Croissants, Brownie, Chocolate muffin

PAIRS WITH: Berries, Citrus Fruits, Oats

## Advanced Barista Education:

Try adding a syrup to the Belgian Mocha Frappe – Caramel, Peppermint, or Raspberry pairs well



# Chocolate Frapp-eh (Protein)

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>Hot water</b>	2 oz	2 oz
<b>Chocolate (dark, milk, white)</b>	3 scoops	4 scoops
<b>Ice</b>	Full Cup	Full Cup

 Instructions: |  |  |

1. Measure ice cream or yogurt directly into a blender jug
2. Scoop chocolate into a malt pitcher, add hot water to the malt pitcher and blend with chocolate for 7-10 seconds
3. Add chocolate to a blender jug, add protein if It was requested
4. Fill serving cup heaping full with ice and add to blender
5. Blend. Pour into the serving cup
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Berrie Muffin, Berries Scone, Oatmeal Raisin Cookie

PAIRS WITH: Berries, Citrus Fruits, Oats

## Advanced Barista Education:

The Waves Coffee Frappe is unique because we use fresh espresso, rather than a powdered instant coffee mix and can be made with any different type of syrup instead of vanilla.



# Rooibos Frapp-eh (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Rooibos Espresso</b>	3 oz	4 oz
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>Vanilla Syrup</b>	2 pumps	3 pumps
<b>Ice</b>	Full Cup	Full Cup

## **Instructions:**

1. Measure ice cream or yogurt directly into a blender jug
2. Pump vanilla into a blender jug, add protein if it was requested
3. Pull rooibos espresso into a shot glass to measure and pour it into the blender
4. Fill serving cup heaping full with ice and add to blender
5. Blend. Pour into the serving cup
6. Serve promptly according to WV-S-5

## **Food Pairing Suggestions:**

RECOMMENDATION: Chocolate Cake, Brownies, Cheesecake

PAIRS WITH: Chocolate, Brown Sugar, Cinnamon

## **Advanced Barista Education:**

Just like the Coffee Frappe, the vanilla in this drink can be switched out for other flavours for a more custom creation.



# Rooibos Symphony Frapp-eh (Protein)

Ingredients:		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Rooibos Espresso</b>	3 oz	4 oz
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>White Chocolate</b>	1 scoop	2 scoopss
<b>Ice</b>	Full Cup	Full Cup

**Instructions:**

1. Measure ice cream or yogurt directly into a blender jug
2. Scoop white chocolate into a malt pitcher, add protein if it was requested
3. Pull rooibos espresso into a shot glass to measure and add it to the malt pitcher
4. Blend chocolate-rooibos for 7-10 seconds and pour into the blender jug
5. Fill serving cup heaping full with ice and add to the blender jug
6. Blend. Pour into the serving cup
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Scones, Lemon loaf

PAIRS WITH: Cinnamon, Citrus, Nuts, Ice Cream

## Advanced Barista Education:

Note that the ice cream / yogurt portion is lower because Rooibos Espresso is 1 oz larger than coffee espresso.



# Matcha Frapp-eh (Protein)

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
<b>Matcha powder</b>	2 scoops	3 scoops
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>Hot water</b>	2 oz	2 oz
<b>Simple Syrup (optional)</b>	2 pumps	3 pumps
<b>Ice</b>	Full Cup	Full Cup

**Instructions:**

1. Measure ice cream or yogurt directly into a blender jug  
*Add simple syrup if requested*
2. Scoop matcha into matcha cup and add hot water from espresso machine
3. Whisk matcha according to the guide on page 9
4. Pour matcha into a blender jug, add protein if it was requested
5. Fill serving cup heaping full with ice and add to blender
6. Blend. Pour into the serving cup
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Dates square, Lemon Scone, Lemon poppyseed muffin

PAIRS WITH: White chocolate, Berries, Nuts, Vanilla

## Advanced Barista Education:

Speaking of the whisk, what's the best practice to make it last longer? Rinse after each use with HOT WATER. Never use cold water – it makes the bamboo brittle. Store with bristles pointing up to prevent the bristles from losing their shape.



# White Matcha Frapp-eh (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Matcha powder</b>	2 scoops	3 scoops
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>Hot Water</b>	2 oz.	2 oz.
<b>White Belgian Chocolate</b>	1 scoop	2 scoops
<b>Ice</b>	Full Cup	Full Cup

## **Instructions:**

1. Measure ice cream or yogurt directly into a blender jug
2. Scoop white chocolate into a malt pitcher, add hot water and blend for 7 – 10 seconds
3. Scoop matcha into matcha cup and add hot water from the espresso machine
4. Whisk matcha according to the guide on page 9
5. Pour matcha and chocolate into a blender jug, add protein if it was requested
6. Fill serving cup heaping full with ice and add to blender
7. Blend. Pour into the serving cup
8. Serve promptly according to WV-S-5

## **Food Pairing Suggestions:**

RECOMMENDATION: Berry square, Date square, Cheesecake

PAIRS WITH: White chocolate, Pecan, Citrus Fruits, Dates, Cinnamon

## **Advanced Barista Education:**

The natural bright green colour of Matcha powder is a sign of quality & freshness; there are absolutely no enhancing additives. Matcha is a better source of antioxidants than green tea because the whole green tea leaf is consumed. With green tea, only the antioxidants that are extracted into the water are consumed. See the Ingredients section for more details on Matcha.

# Spirulina Frapp-eh (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Spirulina powder</b>	2 scoops	2 scoops
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>Coconut Syrup</b>	2 pumps	3 pumps
<b>Ice</b>	Full Cup	Full Cup

**Instructions:**

1. Measure ice cream or yogurt directly into a blender jug
2. Add coconut syrup
3. Add blue spirulina to a blender jug, add protein if it was requested
4. Fill serving cup with a heaping full of ice and add to blender
5. Blend and pour into a serving cup
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Cookies, Cheesecakes

PAIRS WITH: Coconut, Berries, Cream

## Advanced Barista Education:

Free caffeine option, rich in antioxidants



# Lavender Frapp-eh (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Black Carrot powder</b>	2 scoops	2 scoops
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>Lavender Syrup</b>	2 pumps	3 pumps
<b>Ice</b>	Full Cup	Full Cup

**Instructions:**

1. Measure ice cream or yogurt directly into a blender jug
2. Add lavender syrup
3. Add black carrot powder to a blender jug, add protein if it was requested
4. Fill serving cup with a heaping full of ice and add to blender
5. Blend and pour into a serving cup
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Croissants, Muffins

PAIRS WITH: Nuts, Berries

## Advanced Barista Education:

Free caffeine option, has calming effect



# Hazelnut Mocha Frapp-eh (Protein)

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
<b>Espresso</b>	2.5 oz	2.5 oz
<b>Ice Cream / Yogurt</b>	4 oz.	5 oz.
<b>Chocolate</b>	2 scoops	3 scoops
<b>Hazelnut Syrup</b>	1 pump	2 pumps
<b>Espresso beans</b>	1 tsp	1 tsp
<b>Ice</b>	Full Cup	Full Cup



## Instructions:

1. Measure ice cream or yogurt directly into a blender jug
2. Scoop chocolate into malt pitcher
3. Add hazelnut syrup to chocolate in a malt cup
4. Pull espresso into a shot glass, add to malt pitcher and blend chocolate-espresso for 7-10 seconds
5. Add chocolate-espresso to a blender jug, add protein if it was requested
6. Fill serving cup heaping full with ice and add to blender
7. Add espresso beans directly to the blender
8. Blend and pour into a serving cup
9. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Chocolate Cake, Cookies, Brownies

PAIRS WITH: Berries, Cream, Nuts

## Advanced Barista Education:

We blend coffee beans directly in the blender jug for this drink. This technique tends to create a different coffee texture that may be tantalizing to your tastebuds.

Revision date: July 2023

# Fruit Smoothie (Protein)



## Ingredients:

	Regular 16 oz.	Waves 18 oz.
<b>Ice Cream / Yogurt</b>	5 oz.	7 oz.
<b>Fruit smoothie base (for the base)</b>	3.5 oz.	4.5 oz.
<b>Fruit smoothie base (for marble effect)</b>	0.5 oz.	0.5 oz.
<b>Ice</b>	Full Cup	Full Cup
<b>Or Non-Dairy option</b>		
<b>Fruit smoothie base (for the base)</b>	6.5 oz.	9.5 oz.
<b>Fruit smoothie base (for marble effect)</b>	0.5 oz.	0.5 oz.
<b>Alternative Milk / Cold Water</b>	2 oz.	2 oz.
<b>Ice</b>	Full Cup	Full Cup

## Instructions:

1. Measure ice cream or yogurt directly into a blender jug
2. Measure the fruit smoothie base **for the base only** directly into the blender, and add protein if it was requested
3. Fill the serving cup full with ice and add it to the blender. Blend.
4. Take 1 spoon of the Fruit smoothie base and apply it to the walls of the serving cup, creating a marble effect. [See the video on WM](#)
5. Pour the base into the serving cup. Serve promptly according to WV-S-5



\*Use a Cappuccino Foam spoon for measuring a fruit smoothie for a marble effect. 1 spoon = 0.5 oz

**Food Pairing Suggestions:** Lemon Poppyseed Muffins, Blueberry Scone, Banana Bread

## Advanced Barista Education:

This drink tastes like a creamsicle and is very popular with kids and adults alike! The non-dairy version is a great recommendation for lactose-intolerant customers and an added shot of rooibos tastes great.

# Iced Protein Latte



## Ingredients:

	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema
<b>Milk</b>	8 oz	11 oz.
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Protein powder</b>	2 scoops	3 scoops

## Instructions:

1. Fill the serving cup with the milk up to the bottom of the 'WAVES'
2. Pour this milk to the malt pitcher and add protein powder to it.
3. Blend well with hand blender
4. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
5. Pour milk-protein mix over the ice
6. Pull the espresso shot into a shot glass to measure
7. Pour espresso over ice and milk-protein. Do not stir
8. Serve promptly according to WV-S-5



## Food Pairing Suggestions:

RECOMMENDATION: Mousse Cake, Cookies, Breakfast Wrap/ Bagel/Croissant

# Muscle Coffee



## Ingredients:

	<b>Regular 12 oz.</b>	<b>Waves 16 oz.</b>
Drip Coffee	10 oz	15 oz
Protein powder	2 scoops	3 scoops

## Instructions:

1. Pour a mug of freshly brewed coffee into a malt pitcher
2. Measure the protein powder and add to the pitcher
3. Blend well with hand blender
4. Pour the mix into a mug
5. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Yogurt Parfait, Spinach Ricotta Croissant, Breakfast Wrap/ Bagel/Croissant, Banana Chocolate Muffin

# Fuel Cold Brew



## Ingredients:

	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Cold Brew</b>	10 oz	14 oz.
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Protein powder</b>	2 scoops	3 scoops

## Instructions:

1. Fill the serving cup with the cold brew up to the top of the 'WAVES'
2. Pour this cold brew to the malt pitcher and add protein powder to it.
3. Blend well with hand blender
4. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
5. Pour cold brew-protein mixture over the ice
6. Serve promptly according to WV-S-5



## Food Pairing Suggestions:

RECOMMENDATION: Cinnamon Bun, Berry Oatmeal Muffin

# Cloud Brew (Protein)



## Ingredients:

	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Cold Brew</b>	6 oz.	9 oz.
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Cold Foam</b>	Top-up	Top-up

## Instructions:

1. Start making Cold Foam
2. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
3. Fill the serving cup with the cold brew up to the top of the 'WAVES'
4. Pour the cold foam on top; do not stir
5. Serve promptly according to WV-S-5



## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Croissants

# Cloud Iced Canadiano (Protein)

	<p><b>Ingredients:</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th><th><b>Regular 16 oz.</b></th><th><b>Waves 20 oz.</b></th></tr> </thead> <tbody> <tr> <td><b>Espresso</b></td><td>2.5 oz with crema</td><td>Two double espresso shots</td></tr> <tr> <td><b>Cold water</b></td><td>2.5 oz</td><td>5.5 oz.</td></tr> <tr> <td><b>Ice</b></td><td>¾ of Cup</td><td>¾ of Cup</td></tr> <tr> <td><b>Syrup (optional)</b></td><td>2 pumps</td><td>3 pumps</td></tr> <tr> <td><b>Cold Foam</b></td><td>Top-up</td><td>Top-up</td></tr> </tbody> </table>		<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>	<b>Espresso</b>	2.5 oz with crema	Two double espresso shots	<b>Cold water</b>	2.5 oz	5.5 oz.	<b>Ice</b>	¾ of Cup	¾ of Cup	<b>Syrup (optional)</b>	2 pumps	3 pumps	<b>Cold Foam</b>	Top-up	Top-up	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Fill serving cup ¾ full with ice (top of the “Waves” logo)</li> <li>2. Pour cold water over ice</li> <li>3. Pull the espresso shot into a shot glass to measure</li> <li>4. Pour espresso gently on to water</li> <li>5. Pour the cold foam on top; do not stir</li> <li>5. Serve promptly according to WV-S-5</li> </ol>
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>																		
<b>Espresso</b>	2.5 oz with crema	Two double espresso shots																		
<b>Cold water</b>	2.5 oz	5.5 oz.																		
<b>Ice</b>	¾ of Cup	¾ of Cup																		
<b>Syrup (optional)</b>	2 pumps	3 pumps																		
<b>Cold Foam</b>	Top-up	Top-up																		

## Food Pairing Suggestions:

RECOMMENDATION: Cinnamon Bun, Brownies, Nanaimo Bar  
 PAIRS WITH: Chocolate, Berries, Citrus Fruits, Oats, Cinnamon

## Advanced Barista Education:

White Chocolate Canadiano is a popular variation; white chocolate acts as a creamer and sweetener in one!

Revision date: July 2025

# Cloud Iced Latte (Protein)

	<p><b>Ingredients:</b></p> <table border="1" data-bbox="711 371 1402 990"> <thead> <tr> <th></th><th>Regular 16 oz.</th><th>Waves 20 oz.</th></tr> </thead> <tbody> <tr> <td><b>Espresso</b></td><td>2.5 oz. with crema</td><td>2.5 oz. with crema</td></tr> <tr> <td><b>Milk</b></td><td>2.5 oz</td><td>5.5 oz.</td></tr> <tr> <td><b>Ice</b></td><td><math>\frac{3}{4}</math> of Cup</td><td><math>\frac{3}{4}</math> of Cup</td></tr> <tr> <td><b>Syrup (optional)</b></td><td>2 pumps</td><td>3 pumps</td></tr> <tr> <td><b>Cold Foam</b></td><td>Top-up</td><td>Top-up</td></tr> </tbody> </table>		Regular 16 oz.	Waves 20 oz.	<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema	<b>Milk</b>	2.5 oz	5.5 oz.	<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup	<b>Syrup (optional)</b>	2 pumps	3 pumps	<b>Cold Foam</b>	Top-up	Top-up	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>Fill serving cup <math>\frac{3}{4}</math> full with ice (top of the "Waves" logo)</li> <li>Pour cold milk over the ice <i>Add syrup at this point if ordered and mix</i> <i>Notice: if caramel sauce was ordered add it to espresso and stir</i></li> <li>Pull the espresso shot into a shot glass to measure</li> <li>Pour espresso over ice and milk.</li> <li>Pour the cold foam on top; do not stir</li> <li>Serve promptly according to WV-S-5</li> </ol>
	Regular 16 oz.	Waves 20 oz.																		
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema																		
<b>Milk</b>	2.5 oz	5.5 oz.																		
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup																		
<b>Syrup (optional)</b>	2 pumps	3 pumps																		
<b>Cold Foam</b>	Top-up	Top-up																		

## Food Pairing Suggestions:

RECOMMENDATION: Dates Square, Cookies, Cheesecakes

PAIRS WITH: Chocolate, Nuts, Dates, Berries, Cinnamon

## Advanced Barista Education:

Top up the milk after the espresso has been added if necessary, but try to get perfect pours every time so the espresso can sit on top.

# Cloud Iced Caramel Macchiato (Protein)



## Ingredients:

	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema
<b>Milk</b>	2.5 oz	5.5 oz.
<b>Vanilla syrup</b>	1 pump	1 pump
<b>Caramel Sauce</b>	1 pump	1.5 pumps
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Cold Foam</b>	Top-up	Top-up

## Instructions:

1. Make a strip of caramel sauce with a squeezed bottle along the rim of the cup – 0.25 of caramel pump
2. Fill serving cup  $\frac{3}{4}$  full with ice (top of the “Waves” logo)
3. Pour cold milk over the ice
4. Add Vanilla syrup to the cup and mix
4. Pull the espresso shot into a shot glass to measure
5. Add remaining caramel sauce to espresso and stir
6. Pour espresso-caramel into a serving cup.
7. Pour the cold foam on top; do not stir
8. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Scones, Muffins

PAIRS WITH: Chocolate, Brown Sugar, Cinnamon

## Advanced Barista Education:

Macchiato means “marked” in Italian. The Waves recipe “marks” the espresso with caramel or maple. Competitors sometimes pour the espresso on top of the foam, saying that it “marks” the foam.

# Cloud Iced Maple Macchiato (Protein)

	<b>Ingredients:</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th><b>Regular 16 oz.</b></th> <th><b>Waves 20 oz.</b></th> </tr> </thead> <tbody> <tr> <td><b>Espresso</b></td> <td>2.5 oz. with crema</td> <td>2.5 oz. with crema</td> </tr> <tr> <td><b>Milk</b></td> <td>2.5 oz</td> <td>5.5 oz.</td> </tr> <tr> <td><b>Vanilla syrup</b></td> <td>1 pump</td> <td>1 pump</td> </tr> <tr> <td><b>Maple Syrup</b></td> <td>2 pumps</td> <td>3 pumps</td> </tr> <tr> <td><b>Ice</b></td> <td><math>\frac{3}{4}</math> of Cup</td> <td><math>\frac{3}{4}</math> of Cup</td> </tr> <tr> <td><b>Cold Foam</b></td> <td>Top-up</td> <td>Top-up</td> </tr> </tbody> </table>		<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>	<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema	<b>Milk</b>	2.5 oz	5.5 oz.	<b>Vanilla syrup</b>	1 pump	1 pump	<b>Maple Syrup</b>	2 pumps	3 pumps	<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup	<b>Cold Foam</b>	Top-up	Top-up	<b>Instructions:</b> <ol style="list-style-type: none"> <li>1. Fill serving cup <math>\frac{3}{4}</math> full with ice (top of the “Waves” logo)</li> <li>2. Pour cold milk over the ice</li> <li>3. Add Vanilla and Maple syrups to the cup and mix</li> <li>4. Pull the espresso shot into a shot glass to measure</li> <li>5. Pour espresso into a serving cup.</li> <li>6. Pour the cold foam on top; do not stir</li> <li>7. Serve promptly according to WV-S-5</li> </ol>
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>																					
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema																					
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<b>Vanilla syrup</b>	1 pump	1 pump																					
<b>Maple Syrup</b>	2 pumps	3 pumps																					
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup																					
<b>Cold Foam</b>	Top-up	Top-up																					

## Food Pairing Suggestions:

RECOMMENDATION: Lemon Loaf, Lemon Scone, Lemon poppyseed muffin

PAIRS WITH: Berries, Citrus Fruits, Cinnamon

## Advanced Barista Education:

Macchiato means “marked” in Italian. The Waves recipe “marks” the espresso with caramel or maple. Competitors sometimes pour the espresso on top of the foam, saying that it “marks” the foam.

# Cloud Iced Mocha (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Espresso</b>	2.5 oz. with crema	2.5 oz. with crema
<b>Milk</b>	2.5 oz	5.5 oz.
<b>Chocolate (dark, milk, white)</b>	2 scoops	3 scoops
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Cold Foam</b>	Top-up	Top-up



## Instructions:

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the “Waves” logo)
2. Pour cold milk over the ice
3. Scoop chocolate into malt pitcher
4. Pull espresso into a shot glass to measure. Add it to the malt pitcher
5. Blend espresso and chocolate for about 7 – 10 seconds. The desired texture is smooth and air bubble free.
6. Pour the espresso-chocolate blend over the milk.
7. Pour the cold foam on top; do not stir
8. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Banana loaf, Lemon Scone, Cheesecake

PAIRS WITH: Nuts, Berries, Citrus Fruits

## Advanced Barista Education:

Blending chocolate with espresso should only be done for cold mocha drinks as there is no other hot liquid required to make this drink.

# Cloud Iced Chocolate (Protein)

	<p><b>Ingredients:</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;"><b>Regular 16 oz.</b></th> <th style="text-align: center;"><b>Waves 20 oz.</b></th> </tr> </thead> <tbody> <tr> <td><b>Milk</b></td> <td style="text-align: center;">2.5 oz</td> <td style="text-align: center;">5.5 oz.</td> </tr> <tr> <td><b>Chocolate (dark, milk, white)</b></td> <td style="text-align: center;">3 scoops</td> <td style="text-align: center;">4 scoops</td> </tr> <tr> <td><b>Ice</b></td> <td style="text-align: center;"><math>\frac{3}{4}</math> of Cup</td> <td style="text-align: center;"><math>\frac{3}{4}</math> of Cup</td> </tr> <tr> <td><b>Cold Foam</b></td> <td style="text-align: center;">Top-up</td> <td style="text-align: center;">Top-up</td> </tr> </tbody> </table>		<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>	<b>Milk</b>	2.5 oz	5.5 oz.	<b>Chocolate (dark, milk, white)</b>	3 scoops	4 scoops	<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup	<b>Cold Foam</b>	Top-up	Top-up	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Fill serving cup <math>\frac{3}{4}</math> full with ice (top of the “Waves” logo)</li> <li>2. Pour cold milk over the ice</li> <li>3. Scoop chocolate into a malt pitcher</li> <li>4. Steam 2 oz. milk, and pour enough into the malt pitcher to cover chocolate</li> <li>5. Blend chocolate for 7 – 10 seconds</li> <li>6. Pour chocolate over milk</li> <li>7. Pour the cold foam on top; do not stir</li> <li>8. Serve promptly according to WV-S-5</li> </ol>
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>															
<b>Milk</b>	2.5 oz	5.5 oz.															
<b>Chocolate (dark, milk, white)</b>	3 scoops	4 scoops															
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup															
<b>Cold Foam</b>	Top-up	Top-up															

## Food Pairing Suggestions:

RECOMMENDATION: Banana loaf, Lemon Scone

PAIRS WITH: Nuts, Berries, Citrus Fruits

## Advanced Barista Education:

This is the gourmet version of chocolate milk that is great for both kids and adults alike!

# Cloud Iced Emerald (Protein)



## Ingredients:

	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Matcha powder</b>	1 scoop	2 scoops
<b>Hot Water</b>	2 oz.	2 oz.
<b>Milk</b>	2.5 oz	5.5 oz.
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Cold Foam</b>	Top-up	Top-up

## Instructions:

1. Start making Cold Foam
2. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
3. Fill the serving cup with the milk up to the bottom of the logo
4. Scoop matcha into matcha cup and add hot water from espresso machine
5. Whisk matcha according to the guide
6. Pour matcha over the milk
7. Pour the cold foam on top; do not stir
8. Serve promptly according to WV-S-5



## Food Pairing Suggestions:

RECOMMENDATION: Lemon Scone, Raspberry Almond Cookie Made-In-House, Almond Croissant

# Cloud Iced White Matcha (Protein)

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
<b>Matcha powder</b>	2 scoops	3 scoops
<b>Milk</b>	2.5 oz	5.5 oz.
<b>Hot Water</b>	2 oz	2 oz
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>White Belgian Chocolate</b>	1 scoop	2 scoops
<b>Cold Foam</b>	Top-up	Top-up

**Instructions:**

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Scoop white chocolate into a malt pitcher
2. Scoop matcha into matcha cup and add hot water from the espresso machine
3. Whisk matcha according to the guide on page 9
4. Add matcha to the chocolate into a malt pitcher and blend for 7 – 10 seconds
5. Pour milk over the ice
6. Pour chocolate-matcha into the serving cup
7. Pour the cold foam on top; do not stir
8. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Loaves, Scones

PAIRS WITH: Lemon, Berries, Citrus Fruits, Ice Cream

## Advanced Barista Education:

The natural bright green colour of Matcha powder is a sign of quality & freshness; there are absolutely no enhancing additives. Matcha is a better source of antioxidants than green tea because the whole green tea leaf is consumed. With green tea, only the antioxidants that are extracted into the water are consumed. See the Ingredients section for more details on Matcha.



\* It is a good practice to have a designated portafilter just for rooibos

# Cloud Iced Rooibos Canadiano (Protein)

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Cold water	2.5 oz	5.5 oz.
Ice	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
Syrup (optional)	2 pumps	3 pumps
Cold Foam	Top-up	Top-up

**Instructions:**

*Ask a customer if they require room for cream and leave space if requested*

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Pour cold water over ice.  
*Add syrup if it was requested and mix*
3. Pull the rooibos espresso shot into a shot glass to measure
4. Pour rooibos espresso gently into water
5. Pour the cold foam on top; do not stir
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Brownies

PAIRS WITH: Chocolate, Brown Sugar, Cinnamon

## Advanced Barista Education:

White Chocolate Canadiano is a popular variation; white chocolate acts as a creamer and sweetener in one!



\* It is a good practice to have a designated portafilter just for rooibos

# Cloud Iced Rooibos Latte (Protein)

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Milk	2.5 oz	5.5 oz.
Ice	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
Syrup (optional)	2 pumps	3 pumps
Cold Foam	Top-up	Top-up

**Instructions:**

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Pour cold milk over the ice  
*Add syrup if it was requested and mix*
- 3 . Pull Rooibos espresso into a shot glass to measure.
4. Pour Rooibos espresso into the serving cup
5. Pour the cold foam on top; do not stir
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Cinnamon Bunn, Chocolate Cake

PAIRS WITH: Chocolate, Brown Sugar, Ice Cream

## Advanced Barista Education:

Red Rooibos is a delicious alternative for those who want to avoid caffeine and get a dose of antioxidants too!



\* It is a good practice to have a designated portafilter just for rooibos

# Cloud Iced Rooibos Symphony (Protein)

Ingredients:		
	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Milk	2.5 oz	5.5 oz.
White Chocolate	1 scoops	2 scoops
Ice	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
Cold Foam	Top-up	Top-up

**Instructions:**

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Pour cold milk over ice leaving room for rooibos and chocolate
3. Scoop white chocolate into a malt pitcher
4. Pull Rooibos espresso into a shot glass to measure it, pour it into a malt pitcher and blend for 7-10 seconds
5. Add rooibos-chocolate into the serving cup and stir
6. Pour the cold foam on top; do not stir
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Scones, Lemon loaf, Cheesecake

PAIRS WITH: Cinnamon, Citrus, Nuts, Ice Cream

## Advanced Barista Education:

This is a uniquely Waves beverage. Try it with Milk Belgian Chocolate for a fun twist!



# Cloud Iced Spirulina Coconut Leche (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Spirulina powder</b>	1 scoop	2 scoops
<b>Hot Water</b>	2 oz.	2 oz.
<b>Milk</b>	2.5 oz	5.5 oz.
<b>Coconut Syrup</b>	2 pumps	3 pumps
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Cold Foam</b>	Top-up	Top-up

**Instructions:**

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Scoop spirulina into a cup and hot water from the espresso machine and whisk them according to the instructions on page 9
3. Pour cold milk over the ice
4. Add coconut syrup and mix with milk and ice
5. Pour spirulina into a serving cup
6. Pour the cold foam on top; do not stir
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Cookies, Cheesecake

PAIRS WITH: Berries, Nuts, Citrus Fruits

## Advanced Barista Education:

The natural bright blue colour of Spirulina powder is a sign of quality & freshness; there are absolutely no enhancing additives. High in nutrients, antioxidant, anti-inflammatory, anti-cancer properties, reduces blood pressure, effective against anemia, improves muscle strength, controls blood sugars



# Cloud Iced Lavender Leche (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Black Carrot powder</b>	1 scoop	2 scoops
<b>Hot Water</b>	2 oz.	2 oz.
<b>Milk</b>	2.5 oz	5.5 oz.
<b>Lavender Syrup</b>	2 pumps	3 pumps
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Cold Foam</b>	Top-up	Top-up

**Instructions:**

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Scoop black carrot into a cup and hot water from the espresso machine and whisk them according to the instructions on page 9
3. Pour cold milk over the ice
4. Add lavender syrup and mix with milk and ice
5. Pour black carrot into a serving cup
6. Pour the cold foam on top; do not stir
7. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Muffins, Croissants, Chocolate cake

## Advanced Barista Education:

The natural bright purple colour of Black Carrot powder is a sign of quality & freshness; there are absolutely no enhancing additives. Promotes healthy eyes, inflammation, weight loss, and anti-cancer properties. See the Ingredients section for more details on Black Carrots.



# Cloud Iced Turmeric Latte (Protein)

<b>Ingredients:</b>		
	<b>Regular 16 oz.</b>	<b>Waves 20 oz.</b>
<b>Turmeric powder</b>	1 scoop	2 scoops
<b>Hot Water</b>	2 oz.	2 oz.
<b>Milk</b>	2.5 oz	5.5 oz.
<b>Simple Syrup (upon request)</b>	2 pumps	3 pumps
<b>Ice</b>	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup
<b>Cold Foam</b>	Top-up	Top-up

**Instructions:**

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Scoop turmeric into a cup and hot water from the espresso machine and whisk them according to the instructions on page 9
3. Pour cold milk over the ice  
*Add vanilla syrup at this point if it was requested and mix with milk and ice*
4. Pour turmeric into a serving cup
5. Pour the cold foam on top; do not stir
6. Serve promptly according to WV-S-5

## Food Pairing Suggestions:

RECOMMENDATION: Nanaimo Bar, Cookies, Cheesecakes

PAIRS WITH: Chocolate, Berries, Cream

## Advanced Barista Education:

The natural bright purple colour of Black Carrot powder is a sign of quality & freshness; there are absolutely no enhancing additives. Promotes healthy eyes, inflammation, weight loss, and anti-cancer properties. See the Ingredients section for more details on Black Carrots.



# Cold Foam Recipe (Protein)

## Ingredients:

	For 1 drink
Skim Milk	2.5 oz
Half&Half Cream	1.7 oz
Icing Sugar	1 scoop
Vanilla Syrup	1 pump

## Icing sugar scoop:



## Instructions:

1. Measure the cold milk up to the bottom of 'min' in the milk frother



2. Add cold Half&Half Cream up to the top of 'min' in the milk frother

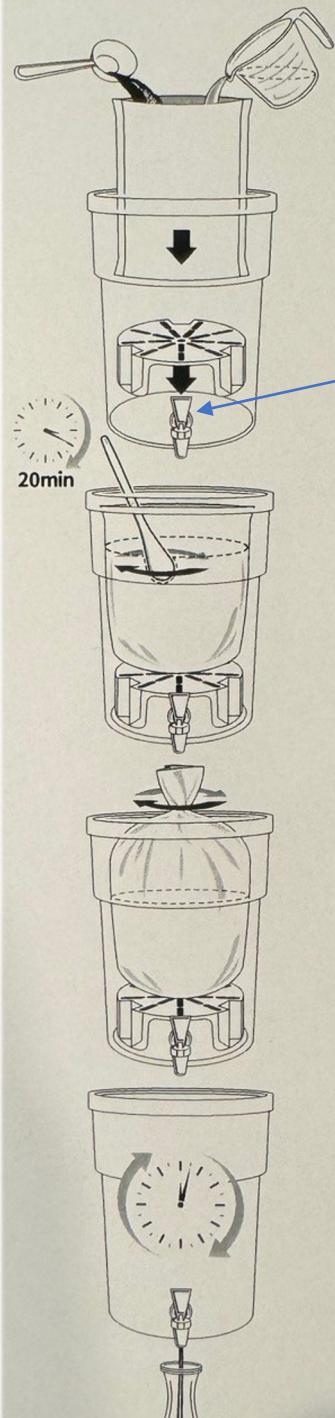


3. Add syrup according to the guest's taste preference, icing sugar and protein (if it was requested)
4. Push the start button on the milk frother and keep for 2 seconds while the color gets blue
5. When the foam is ready, pour it on top of the drink

## Flavor options:

The original cold foam is made with **vanilla syrup**. If a customer asks for another flavour, please substitute it with one of the suggested options: coconut, lavender, maple, lemon, or caramel sauce (use 1 pump caramel sauce only!)

Revision date: July 2025



# Cold brew

## 1. Cold Brew Extract (concentrate) Instructions:

1. Insert the lift (feet down), into the brewing jug, making sure that the spout is not obstructed.
2. Insert 1 new filter into the brewing jug with the open end facing up. The filter should rest on top of the lift.
3. Take **900 g of Medium Roast** and grind it (in portions) in a **BUNN grinder** at the '**Regular**' settings, pour it into the filter. Change the settings back to the Drip Coffee!!!
4. Slowly pour 6.3 L of cold tap water, making sure to cover all the coffee grounds. Let bloom for 20 minutes.
5. After blooming, take a spoon and gently fully mix the coffee with water.
6. Tie the filter closed with the included string or fold the top of the filter. The string should be tied approximately 8 cm from the top of the filter bag. Leave plenty of room for the coffee to move around.
7. Cover with a lid and let brew on the countertop for **20 hours!**
8. Drain all the extract (you are supposed to get 4.5-4.6 l) into pitchers, close them with a lid and refrigerate the cold brew extract for up to **14 days**.



## 2. Ready-to-serve cold brew Instructions:

Amount of the ready-to-serve cold brew, l	1 l	2 l
Cold brew extract, l	0.7 l	1.4 l
Cold water, l	0.3 l	0.6 l

1. Take a pitcher (for 1 or 2 l)
2. Put it on the scale and TARE
3. Weight the necessary amount of Cold Brew Extract and TARE
4. Weigh the necessary amount of water according to the table and stir it.
5. Keep it in the refrigerator, the shelf-life is within the Cold Brew Extract shelf-life



## Serving to customers Instructions:

1. Fill serving cup  $\frac{3}{4}$  full with ice (top of the "Waves" logo)
2. Pour ready-to-serve cold brew over the ice
3. Serve promptly according to WV-S-5

# Chai Pre-Mix

# Whip Cream

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For a 2L pitcher of Chai mix, measure out the following:

1. 0.8 L of chai concentrate
2. 1.2 L of whole milk
3. Label the container with the expiration date for the milk used

Shelf life - 3 days

1. Pump 6 pumps of vanilla syrup into the whip cream container
2. Pour one carton (1L) of whipped cream into container
3. Check that rubber seal is in the lid
4. Screw on lid
5. Use two chargers to 'whip' the cream, shaking in-between charges
6. Shake very well, and test before serving for the first time
7. Label with expiry date from whip cream carton, refrigerate
8. Clean nozzle after every use, especially when returning whip cream to the fridge

Shelf life - 3 days



# Cold Brew Tea Base preparation

+



Step #	Cold Brew <u>Black tea</u> base	Cold Brew <u>Green Tea</u> base
1	Take a clean 2 L pitcher with a lid	
2	Take a clean and dry cotton tea-stepper	
3	Measure <b>7 g per 1 liter of London Breakfast tea</b> into the cotton tea-stepper	Measure <b>7 g per 1 liter of Jasmin Green tea</b> into the cotton tea-stepper
4	Put it in a clean 2 L pitcher for cold brew tea base	
5	Pour the necessary amount of cold water into the pitcher and cover it with a lid. Don't worry if the tea steeper is on top of the water, it will sink with time, just make sure that all steeper is wet	
6	Leave it to brew for <b>at least 8 hours preferably overnight (but no longer than 12 hours)</b> , on the countertop in the kitchen (write down on the pitcher the date and time when you start to brew it)	
7	After the tea is brewed, <b>remove the cotton tea stepper bag</b> . Write down the expiration date on the pitcher and store the ready-to-use base in the refrigerator in the front.	

Please, notice, in order not to be out of the tea base start to brew a new tea base when you have just 2 pitchers left of one kind base.

**Shelf-life for cold brewed tea is 4 days in the refrigerator after brewing**

**\*Cotton tea-stepper bags must be washed after each use (hand wash with dish soap in warm water (not hot!)) and dry before the next use. Always use a dry bag for the preparation.**

## How to cut and store fresh lemon

For our summer drinks both the fruit lemonades and matcha lemonades contain 2 fresh slices of lemons. Below you will find a step-by-step guide on how to cut and store these fresh lemons.

The shelf life for fresh cut lemons when stored properly is 2 days

### **How should the lemons be cut?**

Wash your hands and wear gloves

Wash lemons with water

Roll the lemon on the table by hand to soften it a little

Cut off both ends

Slice the lemons widthwise into 3/16 In

Stored in cambro food safe container and lid (GFS #7103387 & #7103477)



Step 1: Wash lemons with water



Step 2: Roll the lemon on the table by hand



Step 3: cut off the ends of the lemon



Step 4: Slice the lemon width wise into ...



Step 5: Place lemon slices into sealed Cambro to ensure shelf life of 4 days  
Revision date: July 2025

# Simple Syrup (new)



## Ingredients

	<b>1 L</b>
<b>White Sugar or Brown Sugar</b>	500 grams
<b>Hot Water</b>	500 ml

## Instructions

1. Measure the sugar and put into a stainless-steel bowl.
2. Measure the hot water (from the coffee brewer).  
*Tip: not during the coffee brewing process.*
3. Add the hot water on top of the sugar.
4. Mix until all the sugar is dissolved.
5. Allow the syrup to cool to room temperature.
6. Pour into an empty 1 L syrup bottle and insert the pump.

## Handling Cold Water for Iced Drinks

Do not serve water directly from the tap.

Instead, pour cold water into a clean pitcher and store it in the bar fridge. Use this chilled water when preparing iced drinks like (Iced Canadiano, Iced Roibos Canadiano, etc).

Please ensure the water is changed frequently—**do not keep water in the pitcher for more than one day.**

At the end of each day, discard any remaining water and thoroughly clean the pitcher before refilling.

