



Recipe Book

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Serving Ware - For Here

Waves Mugs

House mugs are used for Fresh Coffee, Canadiano, Canadiano Misto, Waves Au Lait, Steamed Milk, London Fog, Apple Cider, Caramel Apple Cider, and Tea.

Mugs come in two sizes, Regular 12oz and Waves 16oz.



Latte Cups & Saucers

Cup and saucers are used for Cappuccino, Latte, Chai Latte, Belgian Mocha, Belgian Hot Chocolate, Macchiato, and Matcha Latte. Anything you can perform latte art on. Cup and saucers are served with a small spoon on the side.



Macchiato Cup

Macchiato cups are a 6oz cup used for serving Double Espresso, Espresso Macchiato, and Espresso Con Pana.

Demitasse Cup

Demitasse cups are 1.5oz for serving single shots of espresso.



Serving Ware – To Go

Paper Cups – Hot drinks

All hot drinks to go are served in these paper to go cups. Paper cups come in approximately 12oz and 16oz sizes. There may also occasionally be 10oz size cups for promotional periods.

Paper Cups – Espresso

Your location may also have a small 4oz size paper cup that can be used for espresso that is to go. These cups are also used for sampling drinks to customers.

Plastic Cups – Cold drinks

All blended and iced cold drinks go into the plastic cold cups that are approximately 16oz or 20oz with either a flat lid, or a dome lid if the drink has whip cream.



Waves' Fine Quality Ingredients

This section is an overview of the main ingredients for our hand-crafted beverages: coffee, espresso, milk, tea, Matcha, rooibos, and Belgian chocolate

We hope that this introduction whets your appetite for more knowledge about coffee and tea (and chocolate), and inspires you to find ways to share your passion and knowledge with customers

The following pages represent the heart of Waves Coffee as we continually strive to improve quality in our houses and expand the knowledge of our baristas.

Caffeine Content		
Beverage	Milligrams of Caffeine	
	Per Ounce (mg)	Per Serving - 10oz (mg)
Espresso	63.6	158 (2.5oz)
Coffee	16	140
Black Tea	5	40
Oolong	3.75	30
Matcha	3	30
Green	2.5	20
White	2	15
Herbal & Rooibos	0	0



Coffee

What is it?

- Coffee beans come from coffee cherries grown on trees.
- Mostly grown in equatorial regions.
- The harvesting, roasting and preparation of a great cup of coffee takes hundreds of steps with equal parts art, science, and passion.

Flavour Profile

- Different regions give wildly different flavour characteristics to coffee. Coffee from Sumatra, brewed beside a coffee from Kenya will have a dramatically different flavour. Even two coffees from a single farm in Costa Rica can taste noticeably different just from using different processing methods!
- This makes the “cupper” a very important person in the supply chain. Cuppers evaluate the “cup” from each harvest and each farm; they consider farming practices, processing methods and quality control when scoring. The score determines the coffee’s “grade”. Waves Coffee uses Specialty Grade coffee, the highest quality grade available.

Key Facts

- There is approximately 150mg of caffeine in a 10oz cup of drip coffee.
- The oil seen on the coffee beans are coaxed out of the bean during the roasting process. The darker the roast, the more oils will be visible on the bean.

Brewing

- Fresh grinding and fresh brewing are critical to preparing a great cup of coffee. The flavour depletes quickly as coffee is exposed to oxygen – this is why coffee should be ground immediately before brewing, not sooner.
- Drip coffee is a common and consistent method to brew coffee. Other popular methods are French Press, and Pour Over.
- There is optimal grind coarseness for each type of brew; this is part of the science of great coffee.



Espresso

At Waves, we take great measures to ensure our espresso is of outstanding quality and it is our passion that each customer receives a perfect espresso, every time. The following rules for baristas are the parameters for a perfect espresso, and must be followed strictly and consistently.

Waves espresso is always prepared as a 2.5 oz shot, using 18-19 grams of ground espresso, extracted within 23- 25 seconds.

Great espresso is the result of many variables, as shown below.

It takes a lot of experience and training to understand the intricacies of how each of these factors affects the quality of espresso.

To start, there are 2 measures every Waves barista must understand: **crema** and **extraction time**.



Crema

Crema is evidence of freshness and quality. With good crema comes good flavour. Good crema is a rich, marbled caramel colour, and will take up almost the whole shot during the extraction. Crema quickly settles to about 5-10mm thick. Extraction time, dose, grind, temperature, freshness, and bean quality all contribute to good crema. If you do not see thick crema or if it is too pale, do not serve the espresso!

Extraction Time

- **Double shot: between 25 - 27 seconds**

Extraction time, also referred to as water-coffee-contact-time is the single most important factor in great espresso (assuming of course that you're using great quality beans on great equipment).

Water-coffee-contact-time controls what flavour compounds are extracted from the espresso beans. If water touches coffee for too long, it will over extract undesirable flavour compounds, making the espresso taste stringent and flat. If the water moves through the coffee too quickly, not enough of the flavour compounds will be extracted, resulting in an unbalanced, bottom heavy espresso. (Counting starts as soon as the "brew" button is pressed on the machine).

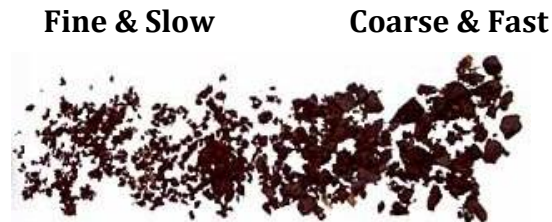
Extraction time is the result of 3 variables: **water volume**, **dose**, and **grind**, covered on the next page.

If the espresso extraction time is out of range, do not serve the espresso!

There are three main variables that affect extraction time: coarseness of the **grind**, **dose**, and **water volume**. Every Waves barista is required to understand these 3 factors.

Grind

Coarseness is the most common factor that will need to be adjusted. A coarse grind will extract quickly and a finer grind will extract slowly. Use these guidelines to adjust your grind to be within the 25-27 second extraction time.



Dose

The dose refers to how much ground coffee is used per espresso shot. The ratio of ground coffee to water is an integral part of the espresso recipe. The dose is portioned out differently depending on the grinder, but the parameter is always the same:

- Double shot: 18 - 19g of ground espresso

If the dose is out of range, refer to the Equipment Maintenance Manual.

Water Volume

The volume of water being pushed through the espresso affects the extraction time. If there is too much water, the extraction time will be long. The water volume does not change on its own, so should not need to be adjusted on a regular basis. Equipment Maintenance Manual for instructions.

- Double: 2.5 oz.

Temperature & freshness

A good espresso must be served immediately while it is hot and fresh. The Waves standard is that espresso must be served immediately after brewing, at no time is espresso allowed to sit. Baristas are therefore responsible for managing the work flow so that espresso is ready at the same time as the milk, and both are served at maximum freshness.

The espresso machine temperature must be between 198 and 202 °F.

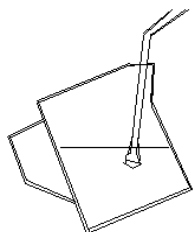
Preventative Maintenance

To ensure quality espresso, it is critical that the espresso machine be maintained every day. Follow the daily and weekly instructions provided in the Quick Reference Guide.



Steaming Milk

Foaming Milk

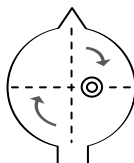


The tip of the steam wand should be held at the surface of the milk without letting it submerge or lift above the surface

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.

Cold Milk Measurements		
	Regular	Waves
Latte, and Belgian Hot Chocolate	8 oz.	11 oz.
Cappuccino and Mocha	7 oz.	10 oz.
Misto, Fog and Waves au Lait	4 oz.	6 oz.

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)

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****

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 t 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



More Barista Tips

Being a great barista means always expanding your skills and knowledge through education and practice. Here are some helpful tips to ensure drinks are made quickly, correctly, and beautifully!

- As a beginner barista, the many drink recipes may seem daunting but don't worry, with practice and experience, you will quickly realize that most drinks are variations of the same thing, espresso and milk.
- Communicate with customers while you make their drink. This is a good customer service habit you will need to have but you can also let them know you are new and learning and it may take you a bit longer to make their drink.
- Learn from your mistakes. If you may a drink wrong for a customer, apologize and let them know you'd like to make it right and give them what they ordered.

Always prepare your materials for a drink first. This means getting chocolate or milk measured out, adding syrup to cups and having the cups you're pouring into ready. Once all ingredients are ready, this is when espresso should be pulled and milk should be steamed simultaneously so the espresso and milk finish at the same time and neither loses flavour or heat before being combined and served.



- Do not panic over large orders, they will all get done eventually and the calmer and more organized you stay, the easier it will be to get through the order quickly.
- Read through this manual to prepare yourself as much as possible. There is a step-by-step guide for every drink that has been designed to allow for the most efficient and proper way to create a drink.
- Communicate with your team members. If more than one person is in the bar area making drinks, make sure to establish which order or drink you are working on so they can effectively assist you.
- Always practice your latte art. It takes repetition to get the motions down so try it on every drink, even if you are going to cover it up with whip cream.
- Be open to learning more and have fun with creating drinks, your customers, and your team members!

Tea

What is it?

- White, green, oolong, and black tea are vastly different from each other, but all come from the same plant: *camellia sinensis*
- Differences between these types of tea comes from the part of the plant used, the time of harvest, and the processing method
- Herbal tea is classified as a “tisane” (ti-zan), a beverage made from plants other than camellia sinensis such as Rooibos, peppermint, and rose hips. (Though modern vocabulary often refers to herbal tisane as tea)
- Most teas are blended with other plants giving an amazing array of flavour combinations

Brewing

- Each tea classification has an ideal brewing time, ranging from 2 – 6 minutes
- Over-brewing tea causes the tannin (a natural compound found in tea) to over extract, giving a bitter, heavy taste

Caffeine

- White, green, oolong, and black teas all have caffeine in varying amounts. The variations are a result of the different parts of the plant and harvest times

- Herbals and rooibos are naturally caffeine-free



Harney & Son's

Founded in 1983, Harney & Sons started as a tea purveyor and blender back when the North American tea industry was mostly dominated by British tea. Tea was straight forward, black, and perfect for milk and sugar. Since then, our taste for tea has grown to include all sorts of flavours from all over the world, from exotic Pomegranate Oolong to spices reminiscent of an African Autumn.

Harney & Sons' passion for great tea has been rewarded by long standing customers such as the Waldorf Astoria hotel in New York, Williams-Sonoma department stores and even the Queen of England (Harney & Sons is the only tea blender from North America that has that honor)

Type of Tea	Steep Time (minutes)
Black	2-3
Green	2-3
Herbal	4-5
Rooibos	4-6

Matcha

What is it?

- 100% ground green tea leaves
- Waves Matcha is made from only the unopened bud and top 2 leaves from the green tea plant *camellia sinensis* from Kyoto, Japan



- The bud and leaves are ground in a slow mill into a fine powder. Slow grinding prevents friction based heat from 'burning' the nutrients out of the tea and altering the flavour.
- That's it! There are no added preservatives, colourants or fillers.

Flavour Profile

- Mild but distinct earthy "green" flavour similar to green tea
- Full mouthfeel
- Waves Matcha is unsweetened

Key Facts

- EXTREMELY high in antioxidants – about 8 times the amount in a steeped green tea
- Pairs well with lots of fruits; try adding fruit flavours to Matcha Lattes & Frappes!
- Often used as a cooking ingredient because it has such a versatile flavour

Caffeine content

- A small or regular sized Matcha latte has approximately 30mg of caffeine (A double espresso has around 150mg of caffeine)
- There is more caffeine in Matcha than steeped green tea, again because the entire tea leaf is consumed

Is there a difference between Matcha and regular green tea?

- Yes and no. Matcha and green tea come from the same plant (*camellia sinensis*), but are prepared and consumed differently. A green tea drinker only consumes what gets extracted during steeping. A Matcha drinker ingests the entire tea leaf, thereby getting 100% of the nutrients.

What does the perfect Matcha latte look like?

- Matcha's most distinguishing feature is its dark green colour, and it's totally natural! The vibrant green colour is an indication of freshness and quality
- There will be bubbles in a Matcha latte; this comes from the vigorous whisking (though milk foam should still be glossy and smooth)
- Latte art is very striking with Matcha because of the strong colour contrast, but is challenging because of the frothy texture

Whisking Matcha

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.

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



Figure 2



Figure 3

Rooibos

What is it?

- A herbal tea, grown only in South Africa
- Also known as Red Bush tea, (rooibos is Afrikaans for “red bush”), though it doesn’t grow on a red bush. The distinct red colour in rooibos leaves come during the oxidization process.

Key Facts

- High in antioxidants. One rooibos espresso can have up to 120mg of flavonoid antioxidants.
- Naturally caffeine free
- Lower tannins than black tea

WHAT'S SO GREAT ABOUT ANTIOXIDANTS?

Antioxidants bond to *free radical* molecules. Free radicals are unstable molecules that have lost an electron. In a frenzied search to complete itself, a free radical can seriously damage DNA cells. Damaged DNA cells (not being able to properly reproduce themselves) lead to cancer and other serious health issues. So antioxidants help protect DNA strands. Drink up!

Flavour Profile

- Naturally sweet floral taste, rooibos has a complex flavour with syrupy notes and herbal undertones



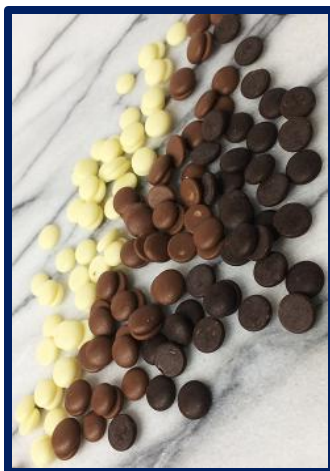
Rooibos Espresso

- A method of preparing rooibos tea similar to traditional espresso in a portafilter. The result is a freshly brewed, intense rooibos tea “shot”. The flavour is strong enough it can be used in beverages similar to espresso.
- One espresso shot takes 17 grams of loose rooibos
- Extraction time is not tracked. The lack of tannin means rooibos can steep for a long time without becoming bitter or astringent like black or green tea.

Belgian Chocolate

What is it?

- **Dark Chocolate** contains 56% cacao
- **Milk Chocolate** contains 35% cacao
- **White Chocolate** does not contain any cacao; it is made from cocoa mass, a delicious by-product of the chocolate manufacturing process



Key Facts

- *Theobroma* translates to “food of the gods”
- Chocolate has been around in various forms since before the Mayan civilization. Cocoa beans were often used as currency.

Freshly Blended

- Inspired by the genuine chocolatiers that manufacture our chocolate, we melt the chocolate fresh for each carefully crafted beverage.
- Competitors use powder or syrup, which is faster and easier to prepare but it is also often riddled with preservatives.

Where Does Chocolate Come From?

- Cocoa beans grow in pods (pictured below) on the *theobroma cacao* (cocoa tree) in tropical climates.
- Pods are often harvested by hand. After de-pulping and a short fermentation period, cocoa beans are dried in the sun. The cocoa is then evaluated and sorted into grades and shipped all over the world
- At the chocolatier, beans are crushed to reveal the “cocoa nib” which is roasted and finely ground at high temperature. The heat causes the cocoa butter to melt leaving “cocoa liquor liquid”, the first ingredient in chocolate. This liquor can be further processed into cocoa powder or cocoa butter.
- Dark chocolate is made from cocoa liquor, cocoa butter, and sugar. Milk chocolate adds milk powder. White chocolate is made from cocoa butter, sugar, and milk powder.



Recipes

This section includes recipes for all the handcrafted beverages offered at Waves Coffee House. Each page shows the list of ingredients and the measurements per size, as well as written instructions to properly, and efficiently, create each drink. Every drink also has a list of recommended complementary flavours and a food pairing from our menu.

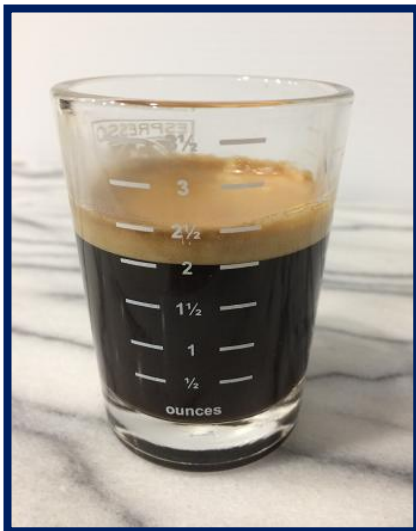
Each drink also has an advanced barista training education note that may be entertaining, educational, or both!

All of the following recipes are proprietary to Waves Coffee House and are not to be altered, deviated from, or shared with any party outside of Waves Coffee.



Espresso

Ingredients



Instructions

	Single	Double
Espresso	1.5oz	2.5 oz.

1. Pull espresso into serving cup directly
2. Pour into a ceramic or paper espresso cup
3. Serve promptly, with saucer and spoon if for here
4. For here cup type: Demitasse cup for Single shot, Macchiato cup for Double shot

Food Pairing Suggestions:

RECOMMENDATION: Triple Chocolate Chunk Brownie

PAIRS WITH: Chocolate, Raw Sugar, Caramel

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 temperatures

Espresso Macchiato



Ingredients

	Double
Espresso	2.5 oz.
Milk	3 oz.

Instructions

1. Pull espresso in to shot glass to measure and 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 3 spoons of foam over top
 - For a wet macchiato, pour a small portion of milk and foam with latte art into the espresso
3. Serve with saucer and spoon
4. For here cup type: Macchiato cup

Food Pairing Suggestions:

RECOMMENDATION: Maple Pecan Danish

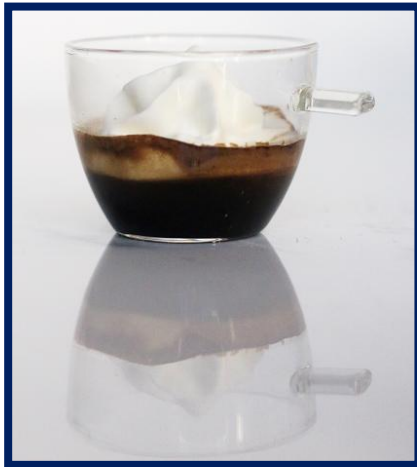
PAIRS WITH: Dark Chocolate, Raw Sugar, Caramel, Butter

Advanced Barista Education:

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

Espresso Con Panna

Ingredients



	Double
Espresso	2.5 oz.
Whipped Cream	2 oz.

Instructions

1. Pull espresso into serving cup directly
2. Top with a dollop of whipped cream
3. Serve with saucer and spoon
4. For here cup type: Macchiato cup

Food Pairing Suggestions:

RECOMMENDATION: Triple Chocolate Brownie
PAIRS WITH: Dark Chocolate, Raw Sugar, Caramel

Advanced Barista Education:

“Con panna” means “with cream” in Italian

Canadiano



Ingredients

	Regular 12 oz.	Waves 16 oz.
Espresso	2.5 oz.	3.5 oz.
Hot Water	8 oz.	11 oz.
Syrup (Optional)	2 pumps	3 pumps

Instructions

1. Fill serving cup 3/4 full with hot water from the Bunn Brewer.
Add syrup at this point if ordered.
2. Pull espresso shot into shot glass to measure
3. Pour espresso gently on top of hot water (pouring on top preserves the crema)
4. Serve to customer and direct them to the condiment station
5. For here cup type: Mug

Food Pairing Suggestions:

FOOD PAIRING RECOMMENDATION: Berries & Oatmeal Muffin

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

Ingredients



	Regular 12 oz.	Waves 16 oz.
Espresso	2.5 oz.	3.5 oz.
Hot Water	4 oz.	5 oz.
Milk	4 oz.	5 oz.
Syrup (Optional)	2 pumps	3 pumps

Instructions

1. Fill serving cup ½ full with hot water from the Bunn Brewer
Add syrup at this point if ordered
2. Pull espresso into shot glass to measure
3. Pour espresso gently on top of water to preserve crema
4. Measure and steam latte type milk to 160°F
5. Knock and swirl milk
6. Pour milk into Canadiano with latte art
7. For here cup type: Mug

Food Pairing Suggestions:

FOOD PAIRING RECOMMENDATION: Lemon Loaf
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

Ingredients



	Regular 12 oz.	Waves 16 oz.
Drip Coffee	6 oz.	8 oz.
Milk	4 oz.	6 oz.

Instructions

1. Fill serving cup ½ full of dark drip coffee (unless customer requests a different roast)
2. Measure and steam latte type milk to 160°F
3. Knock and swirl milk
4. Pour over coffee
5. For here cup type: Mug

Food Pairing Suggestions:

RECOMMENDATION: Coconut Lemon 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

Steamed Milk

Ingredients



	Regular 12 oz.	Waves 16 oz.
Milk	10 oz.	13 oz.
Syrup (Optional)	2 pumps	3 pumps

Instructions

1. Pump syrup into a serving cup
2. Measure and steam latte type milk to 160°F
3. Knock and swirl milk
4. Pour steamed milk into cup
5. For here cup type: Mug

Food Pairing Suggestions:

RECOMMENDATION: Cinnamon Bun

PAIRS WITH: Ginger, Butter, Oats, Chocoalte, White Chocolate, Cinnamon, Berries, Nuts

Latte

Ingredients



	Regular 12 oz.	Waves 16 oz.
Espresso	2.5 oz.	2.5 oz.
Milk	8 oz.	11 oz.
Syrup (Optional)	2 pumps	3 pumps

Instructions

1. Measure cold milk
(Add syrup to serving cup at this point if ordered)
2. Pull espresso into shot glass to measure and add to serving cup
3. Steam latte type milk to 160°F
4. Knock and swirl milk
5. Pour over espresso with latte art
6. Serve with saucer and spoon
7. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Blueberry Almond Muffin

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

Ingredients



	Regular 12 oz.	Waves 16 oz.
Espresso	2.5 oz.	2.5 oz.
Milk	7 oz.	10 oz.
Syrup (Optional)	2 pumps	3 pumps

Instructions

1. Measure cold milk
(Add syrup to serving cup at this point if ordered)
2. Steam cappuccino type milk to 160°F
(Steam before espresso to allow foam to separate)
3. Pull espresso into shot glass to measure and add to serving cup
4. Knock and swirl milk
5. Pour over espresso from the side of the pitcher and not the spout
6. Serve with saucer and spoon
7. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Cranberry Orange Muffin

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

Caramel Macchiato

Ingredients



	Regular 12 oz.	Waves 16 oz.
Espresso	2.5 oz.	2.5 oz.
Milk	7 oz.	10oz.
Vanilla Syrup	1 pump	1 pump
Caramel Sauce	1 pump	1 ½ pumps

Caramel Sauce pump: 1 pump = ½ oz.

Instructions

1. Pump vanilla syrup and caramel sauce into serving cup
2. Pull espresso into shot glass to measure and add to serving cup.
3. Stir espresso caramel sauce together
4. Measure and steam latte type milk to 160°F
5. Knock and swirl milk
6. Pour over espresso with latte art
7. Top with a circular swirl of caramel sauce and pull into design with thermometer
8. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Brownie

PAIRS WITH: Chocolate, Oats, Nuts, Butter

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 “marks” the foam. Some also add caramel drizzle. (It is important to know the differences between our menu and competitor menus)

Maple Macchiato

Ingredients

Instructions



	Regular 12 oz.	Waves 16 oz.
Espresso	2.5 oz.	2.5 oz.
Milk	7 oz.	10 oz.
Vanilla Syrup	1 pump	1 pump
Maple Syrup	2 pumps	3 pumps

Syrup: 1 pump = ¼ oz.

1. Pump vanilla syrup and maple syrup into serving cup
2. Pull espresso into shot glass to measure and add to serving cup
3. Measure and steam latte type milk to 160°F
4. Knock and swirl milk
5. Pour over espresso with latte art
6. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Trail Mix Bar

PAIRS WITH: Nuts, Oats, Cream, Apple

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 (Dark, Milk, White)



Ingredients

	Regular 12 oz.	Waves 16 oz.
Espresso	2.5 oz.	2.5 oz.
Milk	7 oz.	10 oz.
Chocolate	2 scoop	3 scoop

Chocolate scoop: 1 tablespoon (tbsp.) = ~16g

Instructions

1. Scoop chocolate into malt pitcher
2. Measure and steam latte type milk to 165°F (Hotter than regular latte because heat is lost during blending)
3. Pour enough steamed milk into malt pitcher to cover the chocolate. Blend for about 7 – 10 seconds. Desired texture is smooth and air bubble free.
4. Pull espresso into shot glass to measure and add to serving cup.
5. Pour blended chocolate into serving cup
6. Swirl the milk (it has been sitting for a few moments, so swirling will help reincorporate the foam). Pour over espresso with latte art. Leave room for whipped cream & cocoa powder if requested
7. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Lemon Citrus Loaf

PAIRS WITH: Berries, Citrus Fruits, Oats, Cinnamon, Ginger, Pepper, Caramel

Advanced Barista Education

This is Waves' most signature drink. Using freshly melted real Belgian chocolate for each drink makes it a step above and beyond our competitors who use powders or syrups.

Hot Chocolate (Dark, Milk, White)

Ingredients



	Regular 12 oz.	Waves 16 oz.
Milk	8 oz.	10 oz.
Chocolate	3 scoops	4 scoops

Chocolate scoop is 1 tablespoon (tbsp.) = ~16g

Instructions

1. Scoop chocolate into malt pitcher
2. Measure and steam latte type milk to 165°F (Hotter than regular latte because heat is lost during blending)
3. Pour enough steamed milk into malt pitcher to cover the chocolate. Blend for about 7 - 10 seconds. Desired texture is smooth and air bubble free.
4. Pour blended chocolate into serving cup
5. Pour milk over with latte art
6. Leave room for whipped cream if requested. Top whip cream with circular chocolate drizzle
7. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Banana Loaf

PAIRS WITH: Berries, Cinnamon, Banana, Stone Fruits, Grains, Butter, Caramel

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.

Kid's Hot Chocolate (Dark, Milk, White)

Ingredients



	Serve in a regular size 12oz
Milk	6 oz.
Chocolate	2 scoops

Chocolate scoop: 1 tablespoon (tbsp.) = ~16g
Serve in a regular size cup

****Give kid's beverages to parents/guardians only and advise to check temperature****

Instructions

1. Scoop chocolate into malt pitcher
2. Measure and steam latte type milk to 120°F
3. Pour enough steamed milk into malt pitcher to cover the chocolate. Blend for about 7 – 10 seconds. Desired texture is smooth and air bubble free.
4. Pour blended chocolate into serving cup
5. Pour milk over with latte art leaving 2 inches of room (Kids drinks are 10oz)
6. Add whipped cream & cocoa powder if requested

Food Pairing Suggestions:

RECOMMENDATION: Banana Loaf

PAIRS WITH: Berries, Cinnamon, Banana, Stone Fruits, Grains, Butter, Caramel

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



Ingredients

	Regular 12 oz.	Waves 16 oz.
Chai Concentrate	5 oz.	7 oz.
Milk	5 oz.	7 oz.
Or		
Chai Premix	10 oz.	14 oz.

See Premix Recipes section for the Chai premix recipe

Instructions

1. Measure Chai concentrate and milk (or use pre-mix if made) into steaming pitcher, steam to 160°F
2. Knock and swirl milk
3. Pour into serving cup
4. Offer to sprinkle with cinnamon or nutmeg
5. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Triple Berry Bar

PAIRS WITH: Butter, Oats, Berries, Cinnamon, Cream

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 flavours. 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.
Earl Grey Tea	1 bag	1 bag
Milk	4 oz.	6 oz.
Hot Water	4 oz.	6 oz.
Vanilla Syrup	2 pumps	3 pumps

Instructions

1. Place 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)
3. Add vanilla syrup into 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. For here cup type: Mug

Food Pairing Suggestions:

RECOMMENDATION: Omega Loaf

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

Ingredients



	Regular 12 oz.	Waves 16 oz.
Matcha	2 scoops	3 scoops
Hot Water	11 oz	15 oz

Matcha scoop: 1/2 teaspoon (tsp.) = ~1g

Instructions

1. Scoop Matcha into matcha cup and add 1oz hot water from espresso machine
2. Whisk Matcha according to guide on page 15
 - If to-go, pour into paper serving cup after this step
3. Fill the rest of the cup with hot water
4. For here cup type: Mug

Food Pairing Suggestions:

RECOMMENDATION: Blueberry Muffin

PAIRS WITH: Dates, Lemon, Pecans, Blueberries, White Chocolate, Grains, 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 to the water are consumed. See the Ingredients section for more details on Matcha.

Matcha Latte

Ingredients



	Regular 12 oz.	Waves 16 oz.
Matcha	1.5 scoop	2 scoops
Milk	8 oz.	11 oz.
Hot Water	1 oz	2 oz
Cane Syrup (Optional)	2 pumps	3 pumps

Matcha scoop: 1/2 teaspoon (tsp.) = ~1g

Instructions

1. Scoop Matcha into latte cup (use as serving cup if for here) and add 1oz hot water from espresso machine
2. Whisk Matcha according to guide on page 15
 - If to-go, pour into paper serving cup after this step
 - Add cane syrup at this point if “sweetened”
3. Measure and steam latte type milk to 160°F
4. Knock and swirl milk
5. Pour over Matcha with latte art
6. Serve with saucer and spoon
7. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Date Square

PAIRS WITH: Dates, Lemon, Pecans, Blueberries, White Chocolate, Grains, 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 to the water are consumed. See the Ingredients section for more details on Matcha.

White Matcha Latte

Ingredients



	Regular 12 oz.	Waves 16 oz.
Matcha	1.5 scoop	2 scoops
Milk	7 oz.	10 oz.
Hot Water	1 oz	2 oz
White Belgian Chocolate	1 scoop	2 scoops

Matcha scoop: 1/2 teaspoon (tsp.) = ~1g
Chocolate scoop is 1 tablespoon (tbsp.) = ~16g

Instructions

1. Scoop white chocolate into malt pitcher
2. Scoop Matcha into latte cup (use as serving cup if for here)
3. Add hot water from espresso machine
4. Whisk Matcha according to guide on page 15
5. If to-go, pour into paper serving cup after this step
6. Measure and steam latte type milk to 160°F
7. Pour enough steamed milk into malt pitcher to cover the chocolate and blend for about 7 – 10 seconds.
8. Pour chocolate-milk over Matcha.
9. Knock and swirl remaining milk and finish drink with latte art
10. Serve with saucer and spoon

Food Pairing Suggestions:

RECOMMENDATION: Date Square

PAIRS WITH: Dates, Lemon, Pecans, Blueberries, White Chocolate, Grains, 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 to the water are consumed. See the Ingredients section for more details on Matcha.

Apple Cider

Ingredients



	Regular 12 oz.	Waves 16 oz.
Cold Water	10 oz.	14 oz.
Cider	1.5 pumps	2 pumps

Cider pump = 0.5 oz.

Instructions

1. Pump cider into steaming pitcher
2. Measure and pour the appropriate amount of cold water into steaming pitcher
3. Steam to 140°F, injecting air similar to steaming milk to create a frothy appearance
4. Pour into serving cup
5. For here cup type: Mug

Food Pairing Suggestions:

RECOMMENDATION: Oatmeal Raisin Cookie

PAIRS WITH: Apples, Oats, Grains, Butter, Cream, Caramel

Advanced Barista Education

Using cold water is not just to make life harder for baristas, but to completely release and mix the full array of spices in the concentrate. Steaming agitates the spices and fully infuses them with the water as they heat up together.

Caramel Apple Cider

Ingredients



	Regular 12 oz.	Waves 16 oz.
Cold Water	10 oz.	13 oz.
Cider	1.5 pumps	2 pumps
Caramel Sauce	1 pump	1.5 pumps

Cider pump = 0.5 oz.

Instructions

1. Pump Caramel Sauce into serving cup
2. Pump Cider Concentrate into steaming pitcher
3. Measure and pour the appropriate amount of cold water into steaming pitcher
4. Steam water and cider to 140°F, injecting air similar to steaming milk to create a frothy appearance
5. Pour into serving cup, stir to mix Caramel Sauce
6. Top with whip cream and circular drizzle of caramel sauce
7. For here cup type: Mug

Food Pairing Suggestions:

RECOMMENDATION: Berries and Oatmeal Muffin

PAIRS WITH: Apple, Banana, Oats, Grains, Butter, Cream, Caramel

Advanced Barista Education

Using cold water is not just to make life harder for baristas, but to completely release and mix the full array of spices in the concentrate. Steaming ``agitates`` the spices and fully infuses them with the water as they heat up together.

Rooibos Espresso

Ingredients



	Double
Rooibos Espresso	3 oz.

Instructions

1. Dry designated rooibos portafilter with clean dry rag
2. Scoop loose Rooibos into portafilter up to the line in the basket (~17g)
3. Pull Rooibos espresso into shot glass to measure
4. Pour into serving cup
5. Serve with saucer and spoon
6. For here cup type: Macchiato Cup

Food Pairing Suggestions:

RECOMMENDATION: Coconut Lemon Square

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

Advanced Barista Education:

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

Rooibos Canadiano

Ingredients



	Regular 12 oz.	Waves 16 oz.
Rooibos Espresso	3 oz.	4 oz.
Hot Water	7 oz.	10 oz.

Instructions

1. Pour hot water from Bunn Brewer into serving cup
2. Pull Rooibos espresso into shot glass to measure
3. Pour gently over water to preserve any crema
4. Serve and direct customer to condiment bar
5. For here cup type: Mug

Food Pairing Suggestions:

RECOMMENDATION: Coconut Lemon Square

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

Advanced Barista Education:

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

Rooibos Latte

Ingredients



	Regular 12 oz.	Waves 16 oz.
Rooibos Espresso	3 oz.	4 oz.
Milk	7 oz.	9 oz.

Instructions

1. Measure milk into steam pitcher
2. Pull Rooibos espresso into shot glass to measure and add to serving cup
3. Steam latte type milk to 160°F
4. Knock and swirl milk
5. Pour over rooibos espresso with latte art
6. Serve with saucer and spoon, and offer cinnamon and honey
7. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Cinnamon Bun

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

Advanced Barista Educaiton:

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

Rooibos Cappuccino

Ingredients



	Regular 12 oz.	Waves 16 oz.
Rooibos Espresso	3 oz.	4 oz.
Milk	6 oz.	8 oz.

Instructions

1. Measure milk into steaming pitcher
2. Pull Rooibos espresso into shot glass and pour into serving cup
3. Steam cappuccino type milk to 140°F
4. Knock and swirl milk
5. Pour over rooibos espresso from side of pitcher instead of spout
6. Serve with saucer and spoon, and offer cinnamon and honey
7. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Maple Danish

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

Advanced Barista Educaiton:

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

Rooibos Symphony

Ingredients



	Regular 12 oz.	Waves 16 oz.
Rooibos Espresso	3 oz.	4 oz.
Milk	6 oz.	8 oz.
White Choc	1 scoop	2 scoop

Chocolate scoop is 1 tablespoon (tbsp.) = 15ml

Instructions

1. Scoop white chocolate into malt pitcher
2. Pull Rooibos espresso into shot glass to measure, add to serving cup
3. Measure and steam latte type milk to 165°F (Hotter than regular latte because heat is lost during blending)
4. Blend chocolate-rooibos for 7 - 10 seconds and pour into serving cup
5. Pour over rooibos-chocolate with latte art
6. Offer whipped cream and cinnamon
7. Serve with saucer and spoon
8. For here cup type: Latte Cup

Food Pairing Suggestions:

RECOMMENDATION: Omega Loaf

PAIRS WITH: Cinnamon, Citrus Fruits, Chocolate

Advanced Barista Educaiton:

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

Iced Canadiano



Ingredients

	Regular 16 oz.	Waves 20 oz.
Espresso	2.5 oz.	3.5 oz.
Cold Water	8 oz.	11 oz.
Syrup (Optional)	2 pumps	3 pumps
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 water over ice, leaving room for espresso and room if requested
 3. Pull espresso shot into shot glass to measure
 4. Pour gently on to water
- Put flat lid on and serve with straw (if customer requested room for cream, leave lid on side)

Food Pairing Suggestions:

RECOMMENDATION: Chocolate Chunk Cookie

PAIRS WITH: Chocolate, White Chocolate, Caramel, Cream, Oats

Advanced Barista Education:

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

Iced Coffee



Ingredients

	Regular 16 oz.	Waves 20 oz.
Coffee	10 oz.	14 oz.
Cane Syrup (Optional)	2 pumps	3 pumps
Ice	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

Instructions

1. Fill servicing cup $\frac{3}{4}$ full with ice (top of the “Waves” in the logo)
2. Ask customer if they require room for cream and leave space if requested.
3. Fill remainder of cup with iced coffee brewed ahead of time (See recipe on page 64). Add Cane Syrup if sweetened.
4. Leave room for cream if requested and direct customer to condiment stand.

Food Pairing Suggestions:

RECOMMENDATION: Chocolate Chunk Cookie

PAIRS WITH: Chocolate, White Chocolate, Caramel, Cream, Oats

Advanced Barista Education:

Our method of creating iced coffee is referred to as “Japanese Cold Brew”. It keeps the flavour of our coffee since it is brewed hot but immediately chilled and does not require overnight brewing like other cold brew methods.

Rooibos Shaken Iced Tea



Ingredients

	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Syrup	3 pumps	4 pumps
Ice	Full 16oz Cup	Full 20oz Cup
Water	Top-up	Top-up

Instructions

1. Fill serving cup heaping full with ice and add to 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 shot glass to measure and pour into shaker
3. Pump syrup into shaker
4. Put lid on and shake for 7 – 10 seconds
5. Remove lid, pour into serving cup.
6. Rinse shaker with cold water and use to top off drink.
7. Put flat lid on and serve with a straw

Food Pairing Suggestions:

RECOMMENDATION: Cranberry Orange Muffin

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

Advanced Barista Education:

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

Iced Latte



Ingredients

	Regular 16 oz.	Waves 20 oz.
Espresso	2.5 oz.	2.5 oz.
Milk	6 oz.	9 oz.
Syrup (Optional)	2 pumps	3 pumps
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" in the logo)
2. Pour cold milk over ice

Add Syrup at this point if ordered (add caramel sauce to espresso and stir if ordered)
3. Pull espresso shot into a shot glass to measure and pour over ice and milk
4. Do not stir
5. Put flat lid on top and serve with a straw

Food Pairing Suggestions:

RECOMMENDATION: Granola Bar

PAIRS WITH: Apple, Banana, Oats, Grains, Butter, Cream, Caramel

Advanced Barista Education:

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

Iced Caramel Macchiato

Ingredients



	Regular 16 oz.	Waves 20 oz.
Espresso	2.5 oz.	2.5 oz.
Milk	6 oz.	9 oz.
Vanilla	1 pump	1 pump
Caramel Sauce	1 pump	1.5 pumps
Ice	¾ of Cup	¾ of Cup

Instructions

1. Fill serving cup $\frac{3}{4}$ full with ice (top of the “Waves” logo)
2. Pour cold milk over ice
3. Add Vanilla syrup to cup
4. Pull espresso shot into a shot glass to measure
5. Add caramel sauce to espresso and stir
6. Add espresso/caramel to serving cup and do not stir
7. Put flat lid on top and serve with a straw

Food Pairing Suggestions:

RECOMMENDATION: Brownie

PAIRS WITH: Chocolate, Oats, Nuts, Butter

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 “marks” the foam.

Iced Belgian Mocha (Dark, Milk, White)

Ingredients



	Regular 16 oz.	Waves 20 oz.
Espresso	2.5 oz.	2.5 oz.
Milk	6 oz.	9 oz.
Chocolate	2 scoops	3 scoops
Ice	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

Chocolate scoop: 1 tablespoon (tbsp.) = ~16g

Instructions

1. Fill serving cup $\frac{3}{4}$ full with ice (top of the "Waves" logo)
2. Pour cold milk over ice
3. Scoop chocolate into malt pitcher
4. Pull espresso shot into a shot glass to measure, add to malt cup
5. Blend chocolate and espresso together for 7-10 seconds
6. Pour chocolate-espresso over milk, do not stir
7. Add whip cream and circular swirl of chocolate sauce if requested, put lid on and serve with straw.

Food Pairing Suggestions:

RECOMMENDATION: Sticky Toffee Pudding

PAIRS WITH: Berries, Citrus Fruits, Oats, Cinnamon, Ginger, Pepper, Caramel

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 (Dark, Milk, White)

Ingredients



	Regular 16 oz.	Waves 20 oz.
Milk	8 oz.	10 oz.
Chocolate	3 scoops	4 scoops
Ice	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

Chocolate scoop: 1 tablespoon (tbsp.) = ~16g

Instructions

1. Fill serving cup $\frac{3}{4}$ full with ice (top of the "Waves" in the logo)
2. Pour cold milk over ice
3. Scoop chocolate into malt pitcher
4. Steam 2oz milk, and pour enough into malt pitcher to cover chocolate
5. Blend chocolate for 7-10 seconds
6. Pour chocolate over milk and stir
7. Add whip cream and circular swirl of chocolate sauce if requested, put lid on and serve with straw

Food Pairing Suggestions:

RECOMMENDATION: Date Square

PAIRS WITH: Coconut, Berries, Citrus Fruits, Oats, Cinnamon, Ginger, Pepper, Caramel

Advanced Barista Education:

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

Iced Chai Latte

Ingredients

See Premix Recipes section for Chai premix



	Regular 16 oz.	Waves 20 oz.
Chai Concentrate	5 oz.	7 oz.
Milk	5 oz.	7 oz.
Ice	¾ of Cup	¾ of Cup

Or

Chai Premix	10 oz.	14 oz.
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Instructions

1. Fill serving cup ¾ full with ice (top of the “WAVES” in the logo)
2. Measure chai concentrate and milk (or use premix)
3. Pour over ice and stir
4. Put flat lid on and serve with straw

Food Pairing Suggestions:

RECOMMENDATION: New York Cheesecake

PAIRS WITH: Butter, Oats, Berries, Cinnamon, Cream

Advanced Barista Education:

Waves Chai concentrate is brewed from certified organic, Fair Trade, ingredients. There are no preservatives or artificial flavours. 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.

Iced Matcha Latte



Ingredients

	Regular 16 oz.	Waves 20 oz.
Matcha	2 scoops	3 scoops
Cold Milk	6 oz.	8 oz.
Hot Water	1 oz	2 oz
Cane Syrup (Optional)	3 pumps	4 pumps
Ice	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

Matcha scoop: 1/2 teaspoon (tsp.) = 1g

Instructions

1. Fill serving cup $\frac{3}{4}$ full with ice (top of the “Waves” logo)
2. Measure Matcha and 1oz hot water and whisk according to instructions on page 15.
3. Whisk Matcha quickly & vigorously, without pressing down on the whisk. The texture must be foamy and airy.
4. Pour cold milk over ice

Add cane syrup at this point if “sweetened”
5. Pour in Matcha and stir
6. Put flat lid on and serve with straw

Food Pairing Suggestions:

RECOMMENDATION: Maple Pecan Danish

PAIRS WITH: Dates, Lemon, Pecans, Blueberries, White Chocolate, Grains, Ice Cream

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 Rooibos Symphony

Ingredients



	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Milk	4 oz.	5 oz.
White Choc	2 scoop	3 scoop
Ice	$\frac{3}{4}$ of Cup	$\frac{3}{4}$ of Cup

Chocolate scoop is 1 tablespoon (tbsp.) = ~16g

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 malt pitcher
4. Pull Rooibos espresso into shot glass, add to malt pitcher and blend
5. Add Rooibos & chocolate mixture to cup and stir
6. Offer whipped cream and cinnamon
7. Place appropriate lid on and serve with a straw

Food Pairing Suggestions:

RECOMMENDATION: Triple Chocolate Brownie

PAIRS WITH: Cinnamon, Citrus Fruits, Chocolate

Advanced Barista Educaiton:

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

Espresso Frappe

Ingredients



	Regular 16 oz.	Waves 20 oz.
Espresso	2.5 oz.	2.5 oz.
Ice Cream/ Yogurt	5 oz.	7 oz.
Vanilla Syrup	1 pumps	2 pumps
Ice	Full Cup	Full Cup

Instructions

1. Measure ice cream or yogurt directly into blender jug
2. Pump vanilla into blender jug
3. Pull espresso into a shot glass to measure
4. Pour espresso into blender jug
5. Assure all liquid in the blender comes to 8oz for regular and 10oz for a Waves size.
6. Fill serving cup heaping full with ice and add to blender
7. Blend. Pour into serving cup and offer whipped cream.
8. Place appropriate lid on and serve with a straw

Food Pairing Suggestions:

RECOMMENDATION: Sticky Toffee Pudding

PAIRS WITH: Chocolate, Berries, Caramel, 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 Frappe

Ingredients



	Regular 16 oz.	Waves 20 oz.
Espresso	2.5 oz.	2.5 oz.
Ice Cream/ Yogurt	5 oz.	7 oz.
Caramel Sauce	1.5 pumps	2 pumps
Ice	Full Cup	Full Cup

Instructions

1. Measure ice cream or yogurt directly into blender jug
2. Pump caramel sauce into blender jug
3. Pull espresso into a shot glass to measure
4. Pour espresso into blender jug
5. Assure all liquid in the blender comes to 8oz for regular and 10oz for a Waves size.
6. Fill serving cup heaping full with ice and add to blender
7. Blend. Pour into serving cup and offer whipped cream and circular caramel drizzle
8. Place appropriate lid on and serve with a straw

Food Pairing Suggestions:

RECOMMENDATION: Cinnamon Bun

PAIRS WITH: Chocolate, Cream, Berries, Cinnamon

Advanced Barista Education

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

Mocha Frappe

Ingredients



	Regular 16 oz.	Waves 20 oz.
Espresso	2.5 oz.	2.5 oz.
Ice Cream/ Yogurt	5 oz.	7 oz.
Milk/Dark/White Chocolate	2 scoops	3 scoops
Ice	Full Cup	Full Cup

Chocolate scoop: 1 tablespoon (tbsp.) = ~16g

Instructions

1. Measure ice cream or yogurt directly into blender jug
2. Scoop chocolate into malt pitcher
3. Pull espresso into a shot glass, add to malt pitcher and blend chocolate-espresso for 7-10 seconds
4. Add chocolate-espresso to blender jug
5. Assure all liquid in the blender comes to 8oz for regular and 10oz for a Waves size.
6. Fill serving cup heaping full with ice and add to blender
7. Blend. Pour into serving cup and offer whipped cream and circular chocolate drizzle
8. Place appropriate lid on and serve with a straw

Food Pairing Suggestions:

RECOMMENDATION: Oatmeal Raisin Cookie

PAIRS WITH: Berries, Caramel, Cinnamon, Grains

Advanced Barista Education

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

Matcha Frappe

Ingredients



	Regular 16 oz.	Waves 20 oz.
Matcha	2 scoops	3 scoops
Ice Cream/ Yogurt	6 oz.	7 oz.
Hot Water	1 oz.	2 oz.
Cane Syrup (Optional)	2 pumps	3 pumps
Ice	Full Cup	Full Cup

Matcha scoop: 1/2 teaspoon (tsp.) = 1g

Instructions

1. Measure ice cream or yogurt directly into blender jug
2. Add Cane Syrup if requested
3. Measure Matcha and hot water into latte cup
4. Whisk Matcha according to instructions on page 15
5. Pour Matcha into blender jug
6. Assure all liquid in the blender comes to 8oz for regular and 10oz for a Waves size.
7. Fill serving cup heaping full with ice and add to blender
8. Blend and pour into serving cup and offer whipped cream
9. Put appropriate lid on and serve with straw

Food Pairing Suggestions:

RECOMMENDATION: Blueberry Muffins

PAIRS WITH: White Chocolate, Dates, Lemon, Pecans, Grains, Ice Cream, Blueberries

Advanced Barista Education:

Speaking of the whisk, what's 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

Rooibos Frappe



Ingredients

	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Ice Cream/ Yogurt	5 oz.	6 oz.
Vanilla Syrup	2 pumps	3 pumps
Ice	Full Cup	Full Cup

Instructions

1. Measure ice cream directly into blender jug
2. Pump vanilla into blender jug
3. Pull Rooibos shot into shot glass, add to blender jug
4. Assure all liquid in the blender comes to 8oz for regular and 10oz for a Waves size.
5. Fill serving cup heaping full with ice and add to blender
6. Blend. Pour into serving cup and whipped cream if requested
7. Place appropriate lid on and serve with a straw

Food Pairing Suggestions:

RECOMMENDATION: Coconut Lemon Square

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

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 Frappe

Ingredients



	Regular 16 oz.	Waves 20 oz.
Rooibos Espresso	3 oz.	4 oz.
Ice Cream/ Yogurt	4 oz.	5 oz.
White Chocolate	2 scoop	3 scoop
Ice	Full Cup	Full Cup

Chocolate scoop is 1 tablespoon (tbsp.) = ~16g

Instructions

1. Measure ice cream directly into blender jug
2. Scoop white chocolate into malt pitcher
3. Pull Rooibos espresso into shot glass to measure, add to malt pitcher
4. Blend chocolate-rooibos for 7 - 10 seconds and pour into blender jug
5. Assure all liquid in the blender comes to 8oz for regular and 10oz for a Waves size.
6. Fill serving cup heaping full with ice and add to blender jug
7. Blend. Pour into serving cup and add whipped cream if requested
8. Place appropriate lid on and serve with a straw

Food Pairing Suggestions:

RECOMMENDATION: Silk Chocolate Truffle Bar
PAIRS WITH: Cinnamon, Citrus Fruits, Chocolate

Advanced Barista Education:

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

Fruit Frappe



Ingredients

	Regular 16 oz.	Waves 20 oz.
Ice Cream or Yogurt	4 oz.	5 oz.
Fruit Smoothie	4 oz	5 oz.
Ice	Full Cup	Full Cup

Or Non-Dairy option

Fruit Smoothie	6 oz	8 oz.
Cold Water	2 oz	2 oz
Ice	Full Cup	Full Cup

Instructions

1. Measure ice cream or yogurt directly into blender jug
2. Measure fruit compote directly into to go cup according to size (watch for measurements marks) then add it into the blender jug
3. Assure all liquid in the blender comes to 8oz for regular and 10oz for a Waves size.
4. Fill serving cup heaping full of ice and add to blender
5. Blend and pour into serving cup
6. Top with whip cream if requested
7. Place appropriate lid on and serve with straw

Food Pairing Suggestions:

RECOMMENDATION: Trail Mix Bar, Trail Mix Cookie

PAIRS WITH: Varies per flavour

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 intolerate customers and an added shot of rooibos tastes great.

Brewing Iced Coffee

Batch Size	Coffee (g) Costa Rica	Ice (g)
Half	100	450
Full	190	900

1. Weigh out ice into a large pitcher
2. Weigh and grind coffee on usual grind setting
3. Brew Coffee on to pitcher of ice using pre-programmed "Iced" button on brewer
4. Once coffee finishes, pour coffee into easy to serve pitcher with a lid
5. Label iced coffee with an expiration time for 48 hours (2 days) from the brew time
6. For Serving instructions see page 48

Chai Pre-Mix

Whip Cream

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

1. 1L (34oz) of chai concentrate
2. 1L (34oz) of whole milk
3. Label the container with the expiration date for the milk used

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