

{ dining: manna java world café }



Manna Java World Café

700 Locust St., Suite 110, Dubuque, IA 52001
563-588-3105 MannaJava.com

HOURS: Bar: 8 am to Close, **Kitchen:** Mon – Fri, 7 am – 9 pm, Saturday 8 am – 9 pm, Sunday, 8 am – 2 pm

ATMOSPHERE: Contemporary Cosmopolitan, **NOISE LEVEL:** Quiet

RECOMMENDATIONS: Glorious Garden Pizza; Mushroom Gorgonzola or Green Chile Cheeseburger; Greek Salas; Garlicky Shrimp or Pancetta Stack Tapas; Artichoke Dip; Eggs Benedict

LIQUOR SERVICE: Full Bar; Premium Scotch, Margaritas & Martinis & Mimosa on Sundays

PRICES: Lunch: \$5 to \$8.50; Dinner: \$5 to \$19.50

RESERVATIONS: 6 or more only

PAYMENT OPTIONS: Cash, Debit, All Credit, Local Checks Only

ACCESSIBILITY: All entrances; rest rooms on Mezzanine with elevator access

KIDS POLICY: Food Deals for Kids; High Chair & Booster Seat

CATERING: Yes, **TAKE OUT:** Yes, **DELIVERY:** No, **PARKING:** On Street



MANNA JAVA WORLD CAFÉ

by Rich Belmont

Without a doubt Georgia Mihalakas has contributed greatly to the restoration of Roshek's Department Store in downtown Dubuque. To this day Roshek's holds the distinction as the largest department store ever built in Iowa. Located inside was the Packet Room which opened in 1939. It was a full service restaurant and it was considered "the best place to eat" by many Dubuquers at the time. You can still see a display of the Roshek's table service on the main floor.



So now the building is home to IBM's Dubuque Global Delivery Center. Georgia has seized the opportunity to reestablish the concept of providing high quality food to busy, sophisticated people on the go. To that end she closed her pizza, sandwich and espresso bar on South Main Street and reopened on the first floor of the Roshek Building as Manna Java World Café. The new name reflects her goal to provide more exotic foods from around the world. She says this is necessary because the IBM people have come here not only from all over the United States but also from India, China, Europe, Africa, South America and the Middle East.

The World Café has the look and feel of a big city's hotel bar. You can run in before work and grab an espresso or latte brewed from artisan gourmet roasted coffees and some European style pastries. At lunchtime stop by for a world class sandwich, salad or burger. If you are in a hurry there are Grab and Go sandwiches already prepared for take-out. After work relax with a drink and burger or pizza. Or engage in lively conversation with friends over some Tapas style appetizers.

Georgia has been involved with the restaurant business for a long time. A few years ago she received training from the San Francisco Baking Institute. Soon after opening Manna Java on South Main in 2002 she brought in Frankee Moore, a former restaurant owner and trainer of professional chefs. Together they developed a healthy and delightful menu dedicated to the principle of good food for good health. All of the menu items are carefully designed to be simple, varied, fresh and delicious.

A key reason for the restaurant's success is the bakery completely housed in a separate facility. It's located

in the Millwork District of Dubuque and is staffed by Georgia and three bakers. It is a very sanitary operation because the ovens are on wheels and can be moved around for cleaning. There are large drains in the floor and the entire space is hosed down frequently. The baking is labor intensive producing cookies, pastries, cakes, muffins and artisanal breads every day. The word artisanal tells the story: a craftmanslike approach to baking relying on the baker's skill and intuition, and the quality of raw ingredients, rather than on machines. This new facility has room for efficient setup and allows the bakers to work with their hands following precise recipes.

All ingredients are weighed to determine proper measures. Since temperature and humidity can affect the density of flour it is always poured into containers and not scooped so as to avoid packing it down. Then the containers are weighed to insure consistent quantities of ingredients for every pastry, cake, muffin or loaf of bread.

The pastries are European style. This means they are made from only the highest quality and most expensive ingredients. These include butter, heavy cream, milk, cream cheese and a minimum of sugar. Many of them contain pecans or walnuts. And I will bet you didn't know a

30 pound bag of walnuts can cost up to \$180 and pecans up to \$200!

The most popular pastries are:

Cinnabuns – croissant dough, brown sugar and cinnamon inside with white sugar and cinnamon on the outside.

Cinnamon Rolls – made from cinnamon dough and butter.

Chocolate Croissants – rich, buttery, flaky yeast dough filled with chocolate chips.

Scones – prepared from heavy cream, flour, salt, sugar and a little honey.

Sticky Buns – cinnamon dough with pecans and caramel on top.

Elephant Ears – my favorite; croissant dough, sugar, cinnamon and walnuts in the shape of big left and right elephant ears.

Any quantity of bakery goods can be ordered for takeout.

Lunch is a great time to visit the World Café. The salads are delicious and good for you. Frequently ordered ones include the Greek with salad mix, tomatoes, cucumber, green peppers, red onion, feta cheese, Kalamata olives and Greek dressing. Also the Cranberry Tuna Salad with cranberries, tuna, red onions and mayo and the Chicken Salad with chicken breast, celery, red sweet peppers and mayo. If you are looking for something Gluten-Free order the Quinoa Tabbouleh: tomatoes, cucumber,



mint and parsley.

The one third pound burgers are a very healthy choice. These are made from 100% organic grass fed Piedmontese beef. The cattle for this meat were first bred in the Piedmont Alpine region of Italy and have been raised in the US from the early 1980's. Italy's number one beef offers a combination of naturally lean meat with a tender texture and remarkable flavor considering it is relatively low in fat, cholesterol and caloric content. The buns are made in the bakery. The most popular choices are the Mushroom Gorgonzola Cheeseburger and the Green Chile Cheeseburger topped with mild green chilies, Asadero Cheese, lettuce, tomato and onion.



Pizzas are great both for lunch or dinner. The dough is prepared right in the restaurant to insure its freshness. The pizza ingredients are all the highest quality money can buy. The cheese is locally produced. Fresh mushrooms are baked and garlic is roasted right here. The pies are handmade and competitively priced. Each one has its own unique flavor. The Taco has cheddar/jack cheese, salsa, sausage and corn chips. The Greek has pesto sauce, mozzarella and feta cheese. The Margherita is made with olive oil, mozzarella, plum tomatoes and basil and the Florentine comes with pesto, garlic, mushrooms and spinach.

The most popular is the Glorious Garden. You might say this one has "the works": sausage, pepperoni, Canadian bacon, green olives, mushrooms, green peppers, red onions and Manna Java cheese blend.

The end of your day is a good time to visit with friends. You can sit and

talk with a few drinks prepared by the Bar Manager, Larry Parazine, who is an expert mixologist. He is especially good with Margaritas and Martinis. Order a few Tapas to munch on while you are engaged in conversation. These Tapas are small appetizer plates served with Baguette bread. The Smoked Salmon Crostini (a small Bruschetta) has salmon with cream cheese, red onion and capers. The Pancetta Stack is Italian bacon with tomato, mozzarella and olive oil and the Garlicky Shrimp is another good one: lightly seasoned spicy shrimp with a lot of garlic.

A primary reason for having a full bakery is the ability to serve fresh bread. Georgia and Frankee understand bread is half the sandwich. Of course sandwiches are all served on bread baked daily. You must try the Sofia: chicken, apple butter, white cheddar, Swiss cheese, cranberry sauce on Cranberry Walnut. Or perhaps the Apollonia with smoked turkey, prosciutto, provolone, mozzarella, tomato, basil and pesto on Crusty French. And my favorite, the Fresno made with mortadella, salami, olive tapenade and provolone on Olive Rosemary.

Mentioning one of my favorites reminded me I would be remiss if I did not describe my preferred week-end breakfast: The Eggs Benedict. This delicious dish has two eggs poached just right on Canadian bacon over toasted crunchy French bread instead of the usual English muffin. It is covered with a very delicate Hollandaise sauce that has just a touch of lemon.

Handmade bread is the signature of this fine restaurant. Every day the bakery is preparing Cranberry Walnut, Crusty French, Multi Grain, Baguette, Batard and Sourdough to name a few. Most of these loaves have a crusty outside with a soft center

because the Manna Java bakery is one of only two or three bakeries in the area equipped with steam ovens. The bread is so tasty you can make a meal of it all by itself.

Georgia, thank you so much for bringing continental cuisine to Dubuque. And as for the bread; there is an old German proverb – Whose bread I eat, her song I sing.

