Shambhala Wellness Juice

CITRUS OF THE DAY 8

WELLNESS JUICE OF THE DAY 12

GREEN AND CLEAN 12
Apple, fennel, spinach,
spirulina, seeds, nuts
Boosts energy, immunity and detoxifies.

Blends

MUSCLE MILK 12
Banana, dates, flaxseed, cinnamon,
young coconut, almond milk
Builds muscle, vitamin, energy rich.

CULTURE SHOCK 12
Strawberry, passion fruit, orange, yoghurt
Gluten free, aids digestion, supports healthy heart.

Therapeutic Brews

BODY GUARD (Long Black) 7
Ginger, manuka honey,
cold-pressed coconut oil
Tangy - bolsters innate immune defenses

ALARM CLOCK (Espresso) 8
Mct oil, ghee, maca root, coconut cream
Smooth and earthy - energises
and supports brain function.

SWEET RELIEF (Latte) 8
Cocoa, cinnamon, date sugar, nut milk
Creamy and sweet - calms and
promotes hormone and blood sugar balance.

Coffee

FRENCH PRESS 10

ESPRESSO 6

MACCHIATO 7

LONG BLACK 7

PICCOLO 7

FLAT WHITE 7

CAFFÈ LATTE 7

CAPPUCCINO 7

Tea and Herbal Tisanes

EARL GREY 7

ENGLISH BREAKFAST 7

SENCHA 7

MILKY OOLONG 7

COMO SHAMBHALA GINGER TEA 7

CHAMOMILE 7

PEPPERMINT 7

SWISS BERRY HERB 7

Kombucha

Organic Fermented Tea
Stabilise blood sugar levels, regulate cholesterol.

PEACH 10

GINGER AND LEMON 10

RASPBERRY LEMONADE 10

Fruit, Grain and Cereal

SEASONAL FRUIT 10
Tropical fruits of the moment

JASMIN SCENTED CHIA TRIFFLE 12
Açai, ginger pear, kiwi, coconut yoghurt,
granola

VANILLA FRENCH TOAST 20
Seasonal stone fruits, cherry jam,
chantilly cream, maple syrup

LEMON AND RICOTTA HOT CAKE 20
Blueberry butter, maple syrup,
honey comb

REAL TOAST 18
Avocado crush,
heirloom tomatoes, cucumber

Savoury

MASALA DOSA 22
Toor dhal curry, potato masala,
moringa, okra, coconut chutney

7-GRAIN WAFFLE 20
Smoked trout, crème fraîche,
zucchini, fine herbs

CROQUE MADAME 20
Brioche, organic egg,
parma ham, truffle cheese sauce

SPICY BAKED EGGS 22
Pepper relish, feta cheese,
chickpeas, yoghurt.

EGGS BENEDICT 24
Sourdough, poached eggs,
parma ham, hollandaise sauce

COMO Shambhala Cuisine uses ingredients that are nutritious, seasonal and pure in delicious nourishing combinations

Cake Table

Indulge in our daily selection of pastries and cakes

Organic Eggs

to your liking 8

ADD-ONS

NUT AND SEED BREAD 6

SOURDOUGH TOAST 4

MUSHROOM 4

SWEET CORN CAKE 4

POTATO CAKE 4

AVOCADO WEDGES 4

SLAB BACON 6

PORK SAUSAGE 6

SMOKED SALMON 6

Prices are subject to 10% service charge and 7% GST.