



daily specials

See our display fridge for fresh wraps, sushi rolls, chia cups, and much more!

Enjoy these quick bites as you explore the beautiful Shambhala Gardens.

Check our specials board for vegan options.

All served in compostable containers, and most include fresh ingredients from our organic veggie garden.

from the kitchen

Served with a lush salad.

indian plate	26
Dahl, rice, samosa served with beetroot relish & salad	
green frittata ^(gf)	26
Roasted broccoli, zucchini & feta frittata served with beetroot relish & salad	
ricotta & spinach lasagna ^(gf)	26
With bechamel sauce & served with salad	
teriyaki tofu plate ^(gf & vegan)	26
Rice, marinated tofu, salad, chilli & pickled ginger	

kids meals

toasties	
Cheese	8
Cheese & Tomato	8
Cheese & Vegemite	8
Vegemite	8
samosa & beetroot relish	8

cold drinks

blended

Watermelon Wonder

Fresh watermelon, pineapple & mint

Green Ginger

Banana, spinach, fresh ginger & coconut water

regular

12

12

iced

Double shot with milk of your choice

Latte

7

Long Black

7

Chai

9

Matcha

9

Chocolate

9

milkshakes

Chocolate/Strawberry/Vanilla/Caramel

regular

9

kids size

7

hot drinks

coffee

Latte

5

6

Cappuccino

5

6

Flat White

5

6

Piccolo

4.7

5

Mocha

5.3

6.3

Affogato - shot with ice cream

5.5

6.5

non-milk

Espresso

4

4.5

Long Black

5

5.5

milk based

Hot Chocolate

5.2

6.2

Chai Latte

5.5

6.5

Turmeric Latte

5.5

6.5

Matcha Latte

5.5

6.5

Baby Chino

2.2

Adaptogenic Hot Chocolate

Cacao & medicinal mushrooms served on oat milk

7.2

pot of tea

English Breakfast/Earl Grey/Peppermint/Ginger Zing/Green

6

Monk Chai served on your choice of milk

9