



daily specials

See our display fridge for fresh wraps, homemade cakes, chia cups, and much more!

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

Check our specials board for more options.

All served in compostable containers, and most include fresh ingredients from our organic veggie garden. All of our cakes are served with cream or coconut cream.

from the kitchen

Served with a lush salad.

indian plate	27
Dahl, rice, samosa served with beetroot relish & salad	
green frittata ^(gf)	27
Roasted broccoli, zucchini & feta frittata served with beetroot relish & salad	
ricotta & spinach lasagna ^(gf)	27
With bechamel sauce & served with salad	
teriyaki tofu plate ^(vegan)	27
Rice, marinated tofu, salad, chilli & pickled ginger	

for the kids

toasties ^(gf option)	
Cheese	8.5
Cheese & Tomato	8.5
Cheese & Vegemite	8.5
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

Latte

8

Coffee with cream/ice cream

9

Long Black

7

Chai

9

Matcha

9

Chocolate

9

milkshakes

Chocolate/Strawberry/Vanilla/Caramel

regular

10

kids size

8

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

6

7

Espresso

4

4.5

Long Black

5

5.5

Extras

Alternative milks, shot of caramel/vanilla/hazelnut

1

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

2.5

Adaptogenic Hot Chocolate

Cacao & medicinal mushrooms served on oat milk with maple syrup

7.5

pot of tea

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

6

Monk Chai served on your choice of milk

7