



## 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 till 3pm

Served with a lush salad.

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

## for the kids till 4pm

<b>toasties</b> <sup>(gf option)</sup>	
Cheese	8.5
Cheese & Tomato	8.5
Cheese & Vegemite	8.5
Vegemite	8
<b>samosa &amp; beetroot relish</b>	8

## fruit fusions

### Watermelon Wonder

Fresh watermelon, pineapple & mint

### Green Ginger

Banana, spinach, fresh ginger & coconut water

regular

12

12

## iced

Latte

8

Long Black

7

Chai Latte

9

Matcha Latte

9

Turmeric Latte

9

Coffee with cream & ice cream

9.5

Chocolate with cream & ice cream

9.5

Adaptogenic Iced Chocolate

10

Iced Tea (Peach, Lemon, Cucumber Mint)

8

## milkshakes

Chocolate/Strawberry/Vanilla/Caramel

regular

11

kids size

9

## hot

Latte

5

6

Cappuccino

5

6

Flat White

5

6

Piccolo

4.7

5

Macchiato

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

## teas

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

6

Loose leaf chai served on your choice of milk

7