



Shambhala

ESPRESSO

All Day Seasonal Menu

Date & Apricot Fruit Toast 8

w house made jam

House made Granola Bowl 10

Natural yoghurt & honey roasted peach

Avocado on Toast 14

Minty beetroot & ricotta spread on Quinoa and Soy Sourdough

House Made Corn Fritters 15

w smoked salmon, avocado & tomato salsa

Rueben 15

Corn beef, swiss cheese, house made Russian dressing, house made sauerkraut and house made pickles on toasted NY Rye.

Halloumi Stack 16

Roasted red capsicum, garlic & thyme mushrooms and eggplant on a bed of Minty beetroot & ricotta spread w a balsamic glaze

Bacon Eggs Benedict 17

Poached free range eggs and bacon on sourdough w mustard infused hollandaise.

Extras: Garlic & Thyme Mushrooms 4, Bacon 4, Eggs Poached/Fried 4, Avocado 5, Halloumi 5, Salmon 6

GF options available. Ask staff.

Check display cabinet for daily offerings.

Coffee

Flat white	4
Cappuccino	4
Latte	4
Piccolo	3.5
Long Black	4
Short Black	3
Doppio	3.5
Short Mac	3.5
Long Mac	4
Hot Choc	4
Chai Latte	4
Mocha	4.5
Affogato	5
Babyccino	1

All Mugs 4.5**All Extras 0.5**

Soy
Almond Milk
Lactose Free
Caramel
Vanilla
Extra Shot
Decaf

Planet Organic Loose Leaf Tea

English Breakfast	4.5
Earl Grey	4.5
Green	4.5
Peppermint	4.5
Chamomile	4.5

Prana Chai 5.5**Colds**

Cold Drip	5
Iced Coffee	5.5
Iced Latte	4
Iced Choc	5
Iced Mocha	5.5

Milkshakes 5.5

Chocolate	
Caramel	
Strawberry	
Vanilla	
Kids Milkshake	4

All Smoothies 7

Breakfast Banana	
Berry	
Green	
Kids Smoothie	5