

eat all day.

toast with stuff - choice of

fruit toast, woodfired ciabatta or gluten free bread served with butter, jam, peanut butter, vegemite or local honey | 7.50

free range eggs - anyway you like them

poached, fried or scrambled on woodfired ciabatta - add some sides | 13.95

shanti loaded croissant

grilled halloumi, wilted spinach, poached free range egg topped with both our delicious homemade beetroot relish and hollandaise sauce | 16.95

brekkie burrito

tortilla with folded free range eggs, cheese, bacon, tomato, spinach, onions, avocado and tomato relish | 18.95

eggs benedict

wilted spinach, bacon or ham off the bone, two poached free range eggs and our delicious homemade hollandaise sauce on woodfired ciabatta | 18.95 with smoked salmon | 21.95

vegan burrito

wholemeal tortilla with roasted tomato, avocado, onion, capsicum, eggplant, mushrooms and spinach | 18.95

toastie

bacon and free range egg | 12.00
ham off the bone, cheese, tomato, onion | 9.50
chicken and avocado | 12.00
croissants (add 2.00)

the roll

bacon, two fried free range eggs, tasty cheese and tomato relish on a toasted sourdough roll | 14.95

avo smash

avocado smashed on woodfired ciabatta with organic feta, cherry tomatoes, spanish onion and drizzled with balsamic vinegar - add some sides | 18.95

shanti mushies

our famous portobello mushrooms on a bed of rocket, ciabatta, finished with truffle oil and parmesan cheese - add some sides | 18.95

vego delight

roasted tomato, capsicum, eggplant, onion, mushrooms, wilted spinach on ciabatta with organic feta | 18.95

coco crunch (vegan)

organic coconut yoghurt, local banana, fresh berries and mixed seeds on toasted woodfired ciabatta and drizzled with maple syrup | 16.95

wraps or rolls

choice of grilled chicken, ham off the bone, tasty cheese with seeds or grilled halloumi served with tomato, red onion, mixed lettuce, carrot, cucumber, homemade beetroot relish and mayo | 14.95

burgers

with lettuce, tomato, onion, mayo, cheese and beetroot relish
beef patty | 17.95
sesame seed (vegan) | 17.95
grilled halloumi | 17.95
beef, bacon and free range egg | 21.95

blat

toasted ciabatta, bacon, lettuce, avocado, tomato with tomato relish | 17.95

sweetie

our take on french toast, caramelised banana, cream cheese, toasted coconut, local honey, fresh berries, finished with fresh organic cream | 17.95

salads

ask about our daily special

add some sides

free range egg | 4.00
sautéed mushrooms | 5.00
organic feta | 4.00
bacon | 4.00
grilled tomatoes | 4.00
crushed avocado | 5.00
wilted spinach | 3.00
gluten free bread | 2.00
smoked salmon | 6.00
halloumi | 5.00

flatbreads - choice of

spiced chicken, pesto, capsicum, onion, confit tomato, wild rocket | 20.00

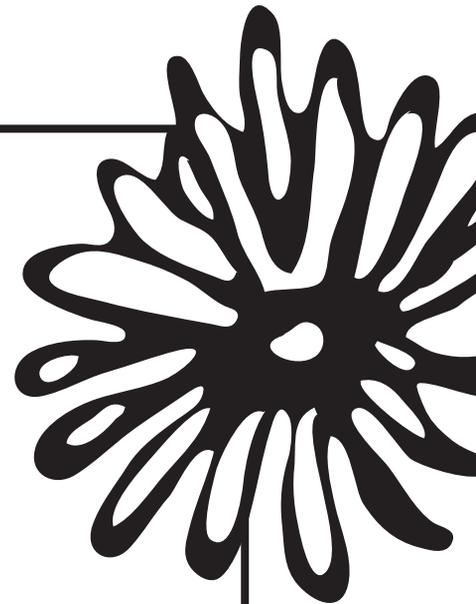
antipasto, onion, tomato, eggplant, olives, roasted capsicum | 20.00

curry chicken, roasted vegetables, spinach, yoghurt | 20.00

chorizo, hummus, organic feta, confit tomato, wild rocket | 20.00

roasted pumpkin, sweet potato, organic feta, confit tomato, baby spinach leaves | 20.00

Check our "cabinet of goodness" for delicious homemade cakes, pastries, muffins, croissants and daily specials. Please ask if you have any dietary requirements or allergies. Our kitchen serves varied products and we cannot guarantee meals to be free from certain ingredients.



drink.

freshly squeezed juices

feel the beets

beetroot, ginger, apple, carrot and lemon | 8.50

tropical sunrise

pineapple, orange, carrot and lemon | 8.50

refreshing greens

cucumber, celery, lime, parsley and pineapple | 8.50

shanti smoothies

mixed berries

mixed berries, yogurt and local honey | 9.50

strawberry mango

strawberry, mango, banana and yoghurt | 9.50

tropical smoothie (df)

pineapple, orange, banana and mango | 9.50

choco (df)

cacao, coconut yoghurt, coconut milk, dates and banana | 10.00

brekkie

banana, coffee, milk and yoghurt | 10.00

milkshakes

chocolate | 7.50

strawberry | 7.50

caramel | 7.50

banana | 8.50

oreo | 8.50

nutella | 8.50

smoothie bowls (df)

mango mission bowl

local mango, banana, non-dairy milk, coconut yoghurt, topped with fresh berries, coconut and seeds | 15.95

acai bowl

acai berries, banana, non-dairy milk, coconut yoghurt, topped with fresh berries, coconut and seeds | 15.95

green goddess bowl

avocado, spinach, banana, non-dairy milk, coconut yoghurt, topped with fresh berries, coconut and seeds | 17.95

granola

mixed granola with nuts, seeds, local banana, greek yoghurt and local honey | 14.95

coffee

4.50 (small) 5.00 (large)

we only use the best alternative milks | additional 1.00

flat white

cappuccino

latte

espresso

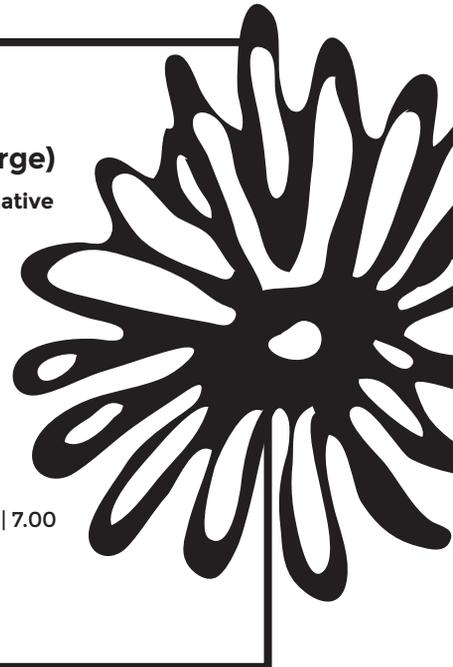
long black

chai | 5.00

prana chai "the good stuff" | 7.00

tea pot | 4.00

hot chocolate | 5.00



booze.

available after 10am everyday - ask us what we have available

corona beer | 7.50

specialty craft beer | 9.00

cider | 9.00

wine glass | 7.50, bottle | 35.00

booze juice

add gin or vodka to your favourite

fruit juice | 14.00

boozy affogato

vanilla ice-cream served with espresso and frangelico liqueur | 14.50

aperol spritz

aperol, prosecco and soda | 14.00

cocktails

ask us what we have available | 17.00

pitchers

special of the day | 20.00

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 [#shanticafe_missionbeach](https://www.instagram.com/shanticafe_missionbeach)

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