

Shambhala Wellness Juice

CITRUS OF THE DAY	8
WELLNESS JUICE OF THE DAY	12
GREEN AND CLEAN	12
Apple, fennel, spinach, spirulina, seeds, nuts	
Boosts energy, immunity and detoxifies.	

Blends

MUSCLE MILK	12
Banana, dates, flaxseed, cinnamon, young coconut, almond milk	
Builds muscle, vitamin, energy rich.	
CULTURE SHOCK	12
Strawberry, passion fruit, orange, yoghurt	
Gluten free, aids digestion, supports healthy heart.	

Therapeutic Brews

BODY GUARD (Long Black)	7
Ginger, manuka honey, cold-pressed coconut oil	
Tangy - bolsters innate immune defenses	
ALARM CLOCK (Espresso)	8
Mct oil, ghee, maca root, coconut cream	
Smooth and earthy - energises and supports brain function.	
SWEET RELIEF (Latte)	8
Cocoa, cinnamon, date sugar, nut milk	
Creamy and sweet - calms and promotes hormone and blood sugar balance.	

Coffee

FRENCH PRESS	10
ESPRESSO	6
MACCHIATO	7
LONG BLACK	7
PICCOLO	7
FLAT WHITE	7
CAFFÈ LATTE	7
CAPPUCCINO	7

Tea and Herbal Tisanes

EARL GREY	7
ENGLISH BREAKFAST	7
SENCHA	7
MILKY OOLONG	7
COMO SHAMBHALA GINGER TEA	7
CHAMOMILE	7
PEPPERMINT	7
SWISS BERRY HERB	7

Kombucha

Organic Fermented Tea	
Stabilise blood sugar levels, regulate cholesterol.	
PEACH	10
GINGER AND LEMON	10
RASPBERRY LEMONADE	10

Fruit, Grain and Cereal

SEASONAL FRUIT	10
Tropical fruits of the moment	
JASMIN SCENTED CHIA TRIFLE	12
Açaí, ginger pear, kiwi, coconut yoghurt, granola	
VANILLA FRENCH TOAST	20
Seasonal stone fruits, cherry jam, chantilly cream, maple syrup	
LEMON AND RICOTTA HOT CAKE	20
Blueberry butter, maple syrup, honey comb	
REAL TOAST	18
Avocado crush, heirloom tomatoes, cucumber	

Savoury

MASALA DOSA	22
Toor dhal curry, potato masala, moringa, okra, coconut chutney	
7-GRAIN WAFFLE	20
Smoked trout, crème fraîche, zucchini, fine herbs	
CROQUE MADAME	20
Brioche, organic egg, parma ham, truffle cheese sauce	
SPICY BAKED EGGS	22
Pepper relish, feta cheese, chickpeas, yoghurt.	
EGGS BENEDICT	24
Sourdough, poached eggs, parma ham, hollandaise sauce	



Cake Table

Indulge in our daily selection of pastries and cakes

Organic Eggs

to your liking	8
ADD-ONS	
NUT AND SEED BREAD	6
SOURDOUGH TOAST	4
MUSHROOM	4
SWEET CORN CAKE	4
POTATO CAKE	4
AVOCADO WEDGES	4
SLAB BACON	6
PORK SAUSAGE	6
SMOKED SALMON	6