

COMO CUISINE

Shambhala Wellness Juice

JUICE OF THE DAY 10

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, wildflower honey, cold-pressed coconut oil
Tangy – bolsters innate immune defences.

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 6

LONG BLACK 7

PICCOLO 7

FLAT WHITE 7

CAFFÈ LATTE 7

CAPPUCINO 7

Tea and Herbal Tisanes

EARL GREY 7

ENGLISH BREAKFAST 7

SENCHA 7

MILKY OOLONG 7

COMO CUISINE

COMO SHAMBHALA GINGER TEA 🍵	7
CHAMOMILE	7
PEPPERMINT	7
SWISS BERRY HERB	7

Kombucha

Organic Fermented Tea

Stabilise blood sugar levels, regulate cholesterol

MANGO AND PASSION FRUIT	12
GINGER AND LEMON	12
WILD BERRY	12

Coffee Free

HOT CHOCOLATE Cocoa, agave, toasted marshmallow	7
VEGAN MATCHA Matcha, moringa, agave, soy	7

Pastries, Fruit and Grain

OUR COCONUT CROISSANT Freshly baked	5
BRIOCHE TOAST Ricotta cheese, seasonal jam, passion fruit curd	14
SEASONAL FRUITS Tropical fruits of the moment	12
AÇAÍ BERRY SMOOTHIE BOWL 🍵 Seasonal exotic fruits, berries, house-made granola	14
FRENCH TOAST Seasonal fruits, chantilly crème, maple	20
RICOTTA HOT CAKE Banana, raspberry, chocolate sauce	20
REAL TOAST Avocado, heirloom tomatoes, cashew nut hummus	18

Savoury

SEASONAL GARDEN GREENS Frenz organic egg, green goddess sauce	22
MASALA DOSA Toor dhal curry, potato masala, okra, coconut chutney	22
CROQUE MADAME Brioche, Frenz organic egg, ham, truffle cheese sauce	24
AVOCADO AND KIMCHI ON TOAST Grilled sourdough toast, avocado, kimchi, coriander, sesame	18
EGGS BENEDICT / ROYALE poached Frenz organic eggs, hollandaise sauce	24

Frenz Organic Eggs

to your liking 8

ADD-ONS

SOURDOUGH TOAST	4
FRIED LITTLE POTATOES	4
VINE RIPE TOMATO	2
SAUTÉED SPINACH	4
DHAL CURRY	4
AVOCADO CRUSH	5
SLAB BACON	8
PORK SAUSAGE	6
SMOKED SALMON	8
CRISPY BACON	6