

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

SENGHA 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	7
Cocoa, agave, toasted marshmallow	
VEGAN MATCHA	7
Matcha, moringa, agave, soy	

Pastries, Fruit and Grain

OUR COCONUT CROISSANT	5
Freshly baked	
BRIOCHE TOAST	14
Ricotta cheese, seasonal jam, passion fruit curd	
SEASONAL FRUITS	12
Tropical fruits of the moment	
AÇAÍ BERRY SMOOTHIE BOWL 🍵	14
Seasonal exotic fruits, berries, house-made granola	
FRENCH TOAST	20
Seasonal fruits, chantilly crème, maple	
RICOTTA HOT CAKE	22
Banana, raspberry, chocolate sauce	
REAL TOAST	18
Avocado, heirloom tomatoes, cashew nut hummus, rocket	

Savoury

SEASONAL GARDEN GREENS	20
Frenz organic egg, green goddess sauce	
MASALA DOSA	22
Toor dhal curry, potato masala, okra, coconut chutney	
CROQUE MADAME	24
Brioche, Frenz organic egg, ham, truffle cheese sauce	
AVOCADO AND KIMCHI ON TOAST	18
Grilled sourdough toast, avocado, kimchi, coriander, sesame	
EGGS BENEDICT / ROYALE	24
poached Frenz organic eggs, hollandaise sauce	

COMO CUISINE

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