

FREE FLOW

BRUNCH

\$48++ for 90 minutes

Saturday, Sunday and Public Holidays

11am – 3pm

PIZZOLATO, PROSECCO

NV, Veneto, Italy

APEROL SPRITZ

Prosecco, Aperol, soda

PEACH BELLINI

Prosecco, peach

G&T

Tanqueray gin, tonic water

MIMOSA

Prosecco, fresh squeezed orange juice

Champagne Upgrade (additional \$30++)

TAITTINGER, BRUT

NV, France

To Start

NUT AND SEED CRISPbread 🍯 16
Cauliflower, heirloom tomato, cashew hummus, sumac

SCOTCH EGG 14
Soft Frenz organic egg, chicken sausage, chilli sambal

TRUFFLE STRACCIATELLA 22
Fresh naan bread, wildflower honey

Salads

TANDOOR CAULIFLOWER 🍯 28
Kale, pomegranate, almonds, nigella yoghurt

KALE CAESAR 18
Chopped curly kale, bacon, soft Frenz organic egg anchovy dressing

SPICY PRAWN SALAD 22
Pomelo, sweet basil, fried shallots coconut and tamarind dressing

YELLOW FIN TUNA TATAKI BOWL 🍯 32
Organic brown rice, marinated shiitake, seaweed edamame, avocado, Japanese inspired dressing

Add Ons

SPICED CHICKEN 10 / GRILLED PRAWNS 12 / MARKET FISH 12

Frenz Organic Eggs

EGGS ROYALE 26
Smoked salmon, poached Frenz organic egg hollandaise

STIR-FRIED CRAB OMELETTE 24
Sprout, garlic, chives, oyster sauce

THAI BACON AND EGG 20
Slab bacon, fried Frenz organic egg, sticky rice, chilli jam

COMO BREAKFAST 32
Eggs to your liking, avocado crush, roast tomato slab bacon, pork sausage, sweet corn cake

COMO CUISINE

Sandwiches And Burgers

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| OUR LOBSTER ROLL | 45 |
| Tomato, celery, chives, aioli, crisp, salad | |
| REAL TOAST 🍷 | 20 |
| Avocado crush, heirloom tomato, cucumber | |
| BRUNCH BURGER | 28 |
| Wagyu beef, tomato chilli relish, Frenz organic egg gruyere, bacon, French fries | |
| D.I.Y. SMOKED SALMON BAGEL | 24 |
| Cream cheese, tomato, sliced onion capers, dill | |
| CROQUE MONSIEUR | 26 |
| Shaved Virginia ham, mustard, sourdough toast béchamel sauce | |

Savoury

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| SPICED LENTILS 🍷 | 20 |
| Moong dhal curry, spinach, rice cake | |
| BUTTERMILK FRIED CHICKEN | 24 |
| Corn waffle, chilli maple | |
| STEAMED FISH | 34 |
| Shiitake mushroom, napa cabbage cherry tomato, brown rice | |
| STEAK AND EGG | 50 |
| Black onyx striploin, café de Paris butter, truffle French fries | |

Sweet Treats

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| CEREAL MILK SUNDAE | 12 |
| Crunchy cereal topping, fresh berries | |
| COCONUT WAFFLE | 20 |
| Fresh mango, blueberries, vanilla ice cream, maple | |
| LEMON AND RICOTTA HOT CAKE | 20 |
| Banana, raspberry, chocolate sauce | |
| FRESHLY BAKED PASTRY | 6 |
| Coconut croissant | |

🍷 COMO Shambhala Cuisine uses ingredients that are nutritious, seasonal and pure in delicious nourishing combinations

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

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|---|---|
| COMO SHAMBHALA GINGER TEA  | 7 |
| CHAMOMILE | 7 |
| PEPPERMINT | 7 |
| SWISS BERRY HERB | 7 |

Coffee Free


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

Kombucha

Organic Fermented Tea

Stabilise blood sugar levels, regulate cholesterol.

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

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