

# Pastries, Fruits and Grains

Freshly baked	6
SEASONAL FRUITS Tropical fruits of the moment	13
<b>AÇAI BERRY SMOOTHIE BOWL 6</b> Seasonal fruits, berries, house-made granola	16
Toasts and Spreads	
REAL TOAST   Avocado crush, heirloom tomato, cucumber	20
KAYA FRENCH TOAST Brioche toast, coconut and pandan jam, fresh mango	26
<b>CROQUE MONSIEUR</b> Shaved Virginia ham, mustard, sourdough toast béchamel sauce	26
BACON & EGG BRIOCHE ROLL Sunny side organic egg, bacon, avocado, tomato relish	26
Savoury	
MASALA DOSA Toor dhal curry, potato masala, okra, coconut chutney	25
SOTO AYAM Golden chicken broth, boiled organic egg, tomato celery, rice noodles	20
SWEET CORN FRITTERS Crispy bacon, cherry tomatoes, avocado	26
Our Classics	
EGGS BENEDICT / ROYALE poached organic eggs, hollandaise sauce	26
RICOTTA HOTCAKE Blueberry, banana, honeycomb butter	24
COMO BREAKFAST Eggs your way, avocado crush, roast tomato slab bacon, pork sausage, sweet corn cake	32



## Frenz Organic Eggs

to your liking 10

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SOURDOUGH TOAST	5
ROASTED TOMATO	5
MUSHROOMS	5
DHAL CURRY	8
STEAMED GREENS	8
AVOCADO CRUSH	8
SLAB BACON	10
PORK SAUSAGE	10
SMOKED SALMON	10
CRISPY BACON	10

### Shambhala Wellness Juice

JUICE OF THE DAY	10
WELLNESS JUICE OF THE DAY	12
GREEN AND CLEAN   Apple, fennel, spinach, spirulina, seeds, nuts	12
Boosts energy, immunity and detoxifies.	

#### Blends

MUSCLE MILK 6	12
Banana, dates, flaxseed, cinnamon	
young coconut, almond milk	
Builds muscle, vitamin, energy rich.	
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CULTURE SHOCK 6	12
Strawberry, passion fruit, orange, yoghurt	

Gluten free, aids digestion, supports healthy heart.

#### Coffee Free

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



### Therapeutic Brews 7 BODY GUARD (Long Black) 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 Tea and Herbal Tisanes EARL GREY 7 **ENGLISH BREAKFAST** 7 **SENCHA** MILKY OOLONG 7 COMO SHAMBHALA GINGER TEA 7 **CHAMOMILE** 7 **PEPPERMINT** 7 SWISS BERRY HERB Kombucha Organic Fermented Tea Stabilise blood sugar levels, regulate cholesterol MANGO AND PASSION FRUIT 12

12

12

GINGER AND LEMON

WILD BERRY