



daily specials

See our display fridge for fresh wraps, homemade cakes, chia cups, and much more!

Enjoy these quick bites as you explore the beautiful Shambhala Gardens.

Check our specials board for more options.

All served in compostable containers, and most include fresh ingredients from our organic veggie garden. All of our cakes are served with cream or coconut cream.

from the kitchen till 3pm

Served with a lush salad.

indian plate

27.5

Dahl, rice, samosa served with beetroot relish & salad

green frittata^(gf)

27.5

Roasted broccoli, zucchini & feta frittata served with beetroot relish & salad

ricotta & spinach lasagna^(gf)

27.5

With bechamel sauce & served with salad

teriyaki tofu plate^(vegan)

27.5

Rice, marinated tofu, salad, chilli & pickled ginger

for the kids till 4pm

toasties^(gf option)

Cheese

8.7

Cheese & Tomato

8.7

Cheese & Vegemite

8.7

Vegemite

8.5

samosa & beetroot relish

8

fruit fusions

Watermelon Wonder

Fresh watermelon, pineapple & mint

Green Ginger

Banana, spinach, fresh ginger & coconut water

iced

Latte	8.5
Long Black	7
Chai Latte	9
Matcha Latte	9
Turmeric Latte	9
Coffee with cream & ice cream	9.8
Chocolate with cream & ice cream	9.8
Adaptogenic Iced Chocolate	10.5
Iced Tea (Peach, Lemon, Cucumber Mint)	8

milkshakes

Chocolate/Strawberry/Vanilla/Caramel

hot

Latte	5.2	6.2
Cappuccino	5.2	6.2
Flat White	5.2	6.2
Piccolo	4.8	5.2
Macchiato	4.8	5.2
Mocha	5.3	6.3
Affogato - shot with ice cream	6.5	7.5
Espresso	4.2	4.7
Long Black	5	5.5

Extras

Alternative milks, shot of caramel/vanilla/hazelnut, decaf

Hot Chocolate	5.5	6.5
Chai Latte	5.5	6.5
Turmeric Latte	5.5	6.5
Matcha Latte	5.5	6.5
Baby Chino	2.5	

Adaptogenic Hot Chocolate

Cacao & medicinal mushrooms served on oat milk with maple syrup

teas

English Breakfast/Earl Grey/Peppermint/Ginger Zing/Green	6
Loose leaf chai served on your choice of milk	7

regular

12.5

12.5

regular

11.5

small

5.2

5.2

5.2

4.8

4.8

5.3

6.5

4.2

5

1

5.5

5.5

5.5

5.5

2.5

kids size

9

large

6.2

6.2

6.2

5.2

5.2

6.3

7.5

4.7

5.5

6.5

6.5

6.5

6.5

7.7

6

7

