

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, Manuka 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.

PEACH	12
GINGER AND LEMON	12
RASPBERRY LEMONADE	12

Pastries

OUR COCONUT CROISSANT Freshly baked	6
ENGLISH MUFFIN Peanut butter, home-made jam, passion fruit curd	8

Fruit, Grain and Cereal

AÇAÍ BERRY SMOOTHIE BOWL 🍵 Seasonal exotic fruits, berries, house-made granola	14
LEMON AND RICOTTA HOT CAKE Honey comb butter, maple syrup, fresh berries	20
REAL TOAST 🍵 Avocado crush, heirloom tomatoes, cucumber	18

Savoury

MASALA DOSA Toor dhal curry, potato masala, moringa, okra, coconut chutney	22
CROQUE MADAME Brioche, organic egg, parma ham, truffle cheese sauce	24
EGGS BENEDICT / ROYALE / FLORENTINE poached eggs, hollandaise sauce	24

Frenz Organic Eggs

to your liking	8
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ADD-ONS

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