



SWEET TREATS

Raw Choc Brownie with Cashew Fudge Frosting - \$6.50 (GF, V, N)

Choco Date (GF, N, V) \$6.50

Whole Medjool date, filled with peanut butter & covered in chocolate. Super delicious!

Lemon Myrtle, Macadamia, Mango & White Chocolate Brownie (GF, N) \$6.50

Served with berry coulis & whipped cream.

Banana, Berry & Coconut Loaf \$10.50

Toasted & served with cinnamon spread, walnuts, berries & local honey. N, GF, DF (V avail)

Organic Berry & Chia Muffin (GF, DF, V, N) \$6.50

Healthy and yummy.

Carrot Cake (V) \$9

Served with berry coulis & whipped cream. N, (V ice cream avail)

Chocolate Fudge Brownie (GF, N) \$9

House made. Scattered with walnuts & choc chips. Served warm with vanilla ice cream, chocolate sauce & strawberries. To die for!

Baked Passionfruit Cheesecake (GF, N) \$9

Served with whipped cream. Simply divine!

Spiced Orange & Almond Cake (GF, N) \$9

House made & served warm with orange syrup & vanilla ice cream. A beautiful treat!

Hemp Tahini & Chocolate Bar (N, GF, DF, V) \$6

Kids Spotty Cookie \$4.50

DRINKS

Hot Cold

Amber Organic Coffee:

Espresso, Piccolo, Macchiato \$4
Capp, Latte, Flat White, Long Black, Mocha
Sml \$4.50 Med \$5 Large \$5.50
Affogato (espresso with ice cream) \$5
Babyccino \$2

Specialty Lattes:

Sml \$5 Med \$5.50 Large \$6.00
Chai (ground spices)
Dandelion
Matcha
Turmeric
Autumn Latte

Hot Chocolate:

Sml \$4.50 Med \$5.00 Large \$5.50

Dairy Free:

Dark Choc / French Mint / Cinnamon / Orange (V)

Pot of Tea: For 1 \$5 or for 2 \$8

Black: English Breakfast, French Earl Grey
Chai: Malabar Chai, Dandelion Chai
Green: Honeydew Green, Spring Green
Herbal: Chamomile, Dandelion, Lemongrass & Ginger, Peppermint.

Pot of Infused Chai with Local Honey:

For 1 - \$6 or for 2 - \$10

Alternate Milk – 80c

Bonsoy, almond, lactose-free, oat or coconut.
Extras 60c – Decaf, coffee shot or flavours

Milkshakes (V avail): Kids \$5.50 Regular \$7

Chocolate, Caramel, Vanilla or Berry.

Iced Drinks (V avail):

Iced Long Black \$5
Iced Latte \$6
Iced Chocolate \$7.50
Iced Mocha \$8
Iced Chai \$8
Iced Coffee \$8
Coconut Chai Frappe \$8.50
Coffee Frappe \$8.50

Green Machine (V) \$9.50

Banana, mango, fresh spinach, coconut yoghurt & coconut water.

Sunshine (V) \$9.50

Mango, pineapple, passionfruit & coconut water

Kids Smoothies: Mango, Banana or Berries \$6

Frozen fruit blended with milk, yoghurt & local honey. (V avail)

Fresh Juices: \$8

Choice of 4: apple, beetroot, carrot, celery, cucumber, ginger, lemon, lime, orange, pineapple.

Fresh Local Kombucha on Tap:

Check today's flavours from Zentient Culture.

Large glass: \$6.50

Bottled Drinks:

Iced Tea, Juices & Sparkling Drinks: \$4.80

Kombucha (various flavours): \$5

Bottled Water (still/sparkling): Small \$4 / Large \$7.50

Add vegan ice cream – 60c · Extra whipped cream or ice cream – 60c

V – Vegan · GF – Gluten free ingredients · DF – Dairy free ingredients · N – Contains nuts

Dishes are prepared in a kitchen that contains allergens including nuts and wheat.

Please let us know of any food allergies.



Vegetarian & Vegan Cafe

Our aim is to nourish, nurture & inspire.
We use local, seasonal & organic produce where possible.
Our meals are cooked to order and we appreciate your patience during peak times.
We hope you enjoy the Bamboo Buddha experience!
Please visit us at the counter to order.

START YOUR DAY

Eggs your way \$11 – Until 11.00am

2 slices of sourdough toast, 2 free range eggs (poached, fried or scrambled) GF bread avail

Add: Spinach \$2.0

Tomatoes/Mushrooms/Roast Pumpkin \$2.5
Avocado \$4.0 Little Creek Cheese Haloumi \$5.0

Spicy Tofu Scramble \$19 – Until 11.00am

Organic tofu scrambled with Kasundi spices, baby spinach, mushrooms, potatoes, tomatoes & roasted peppers. Served with toasted sourdough (GF avail (V))

Chai-spiced Granola \$15 – Until 11.00am

Served with fresh fruit, yoghurt & milk. GF, N (V avail)

Brekky Roll \$15

A free-range fried egg with mushrooms, baby spinach & tomato relish. (GF avail)

Add: Roast Pumpkin \$2.5/ Haloumi \$5 or Avo \$4

Fig and Walnut Toast \$10

2 slices with butter / spread & house made jam. N

Homely Black Rice Pudding \$16

Topped with Poached pear & Fried banana, toasted coconut & maple nuts. V, N, GF.

LITE BITES

Avocado on Toast \$9

1 slice of sourdough with avocado & dukkha. V, N (GF avail)

Pea, Thyme & Pumpkin Arancini \$14

4 Arancini balls served with a pesto aioli & beetroot crisps. V, N (GF avail)

Banana, Berry and Coconut Loaf \$10

Toasted & served with cinnamon spread, walnuts, berry compote, & local honey. N, GF, DF (V avail)

Soulful Soup of the Day \$16

Warming soulful soups using seasonal & local veggies, spices & herbs, served with a complementary garnish & a fresh dinner roll to dip.
V, GF avail

Crispy Potato Wedges \$11

Served with sweet chilli sauce & sour cream.
(Vegan aioli or vegan sour cream avail - \$2)

SATISFY YOUR HUNGER

Mexican Bean Nachos \$21

Served with spiced guacamole, corn & capsicum salsa & a mint coriander dressing. GF, V

Add: Sour Cream \$3

Twice-Cooked Risotto \$22

Delicious & crispy risotto, cooked with pumpkin, mushroom, sun-dried tomatoes & herbs. Served with house pesto, beetroot chips, almond feta & rocket. GF, V, N.

Mixed Mushroom Pie \$22

Served with golden puff pastry, creamy mash potato, confit tomatoes & steamed greens. V, (GF avail)

(no onion or garlic) (contains leek)

Curry of the week \$21

Using seasonal & local veggies, spices & herbs.

All served with rice, papadums, fresh herb garnish & a slice of lime.
GF, V avail

Bamboo's Buddha Burger \$21

Our famous walnut patty on a damper roll with aioli, beetroot relish, dill pickle, caramelized onion & crispy wedges on the side.
N, V (GF avail) OR as a salad – everything but the bun - \$19

Add: Avo \$4 / Cheese for \$2

Pumpkin \$2.5 Haloumi \$5

Vegan "Sausage" Roll \$17

A walnut burger patty wrapped in delicious flaky pastry, served with a rocket & pear salad, relish & crispy wedges.

V, N, (GF \$1.50)

Loaded Sourdough \$19

Roasted pumpkin, eggplant, zucchini & cherry tomatoes on sourdough with house pesto, almond feta & balsamic glaze. V, N.
(GF avail)

Add: Avo \$4 Fried Egg \$4 Local Haloumi \$5

Winter Warmth Pancakes \$19

Fluffy stacked orange & cardamon pancakes, served with a brown sugar butter, apple & rhubarb compote, seasonal fruits & topped with ice cream. GF, V avail.

Additional Sides

Spinach \$2.0

Tomatoes/Mushrooms/Roast Pumpkin \$2.5

Avocado \$4 Little Creek Cheese Haloumi \$5.0

Mash Potato \$5.5

Rocket, Pear & Balsamic Salad \$7.0

Aioli/Relish/Balsamic/Pesto/Fresh chilli/Lime wedge - \$2

Sweet Chilli Sauce/Sour Cream \$3.0

Pesto Aioli \$2.0

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