



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

ALL DAY MENU

EGGS YOUR WAY 15.90 (GF & VG available)

Two free-range eggs poached, fried, or scrambled with baby spinach, cherry tomatoes, mushrooms, and onions, cooked in our rosemary seasoning over two slices of toasted sourdough.

ADD ONS

House Made Wedges	\$6
Avocado	\$5
Little Creek Cheese Haloumi	\$6
Baby Spinach/Cherry Tomatoes/ Mushrooms/1 slice Toast	\$3.5
Relish/1 Free Range Egg/Aioli Pesto/BBQ Sauce/Kasundi	\$2.5

BREAKFAST MEETS BRUNCH 29 (GF & VG available)

Two free-range eggs poached, fried, or scrambled, with baby spinach, cherry tomato, mushroom, smashed chat potatoes, little creek BBQ halloumi, roasted smoky eggplant, roast pumpkin, tomato relish, two slices of toasted sourdough.

SPICY TOFU SCRAMBLE 21 (VG) (DF) (GF available)

Organic tofu scrambled with Kasundi spices, baby spinach, mushrooms, potatoes, cherry tomatoes, chargrilled capsicum & toasted sourdough.

AVO ON TOAST 17

Whole avocado, 2 pieces of sourdough, dukkha & balsamic reduction.

VEGAN PANCAKES 22.50 (GF) (VG) (DF)

Two fluffy pancakes topped with seasonal fruit, fresh berry compote, Canadian maple syrup & your choice of ice cream or cream.

SPECIALS

Check our menu boards
for our daily specials!

CHARGRILLED VEG STACK 26 (VG) (GF)

Roasted pumpkin, chargrilled eggplant, sundried tomatoes, chargrilled capsicum, rosemary herbed chat potato, balsamic reduction, dukkha & almond feta.

Add Little Creek Cheese Haloumi \$6

PUMPKIN & PESTO 22.50

LINGUINI (GF & VG available)

Roasted butternut pumpkin, kale & basil pesto, rocket, & peanuts topped with shaved parmesan cheese.

RED LENTIL & CHICKPEA STEW 24.60 (VG) (DF)

A red lentil & chickpea stew with mildly spiced crushed tomato, walnut, mint pearl couscous, coconut cream, & baby spinach.

MIDNIGHT LOTUS BURGER 26.50

A sunflower, beetroot & zucchini patty with chargrilled pineapple, sautéed mushroom, wilted baby spinach, caramelised onion, melted cheese, & a roasted beetroot relish on a charcoal bun. It comes with wedges & tomato relish on the side. Available in a bowl without the bun.

RISOTTO OF THE DAY

Made with seasonal ingredients. Check our menu board for the risotto of the day.

CRISPY POTATO WEDGES 11 House made wedges, sour cream & sweet chilli sauce (GF, V avail)

KIDS

PANCAKES 12 (GF) (GF)

One fluffy pancake with fruit, ice cream and maple syrup VE, GF

BETBALLS 12

Beetroot mince, Napoletana sauce and Linguini topped with Parmesan cheese.

All meals in our main menu can be made kid's size

10% Service Surcharge applies for Sundays and 15% for Public Holidays

(VG) - Vegan ♦ GF - Gluten-Free ♦ DF - Dairy Free ♦ N - Contains nuts
Dishes are prepared in a kitchen that contains allergens including nuts and wheat. Please let us know of any food allergies.

HOT DRINKS

AMBER ORGANIC COFFEE	
espresso, piccolo, macchiato	4
cappuccino, latte, flat white, long black	reg 4.80 lge 5.4
mocha	reg 4.90 lge 5.6
affogato (espresso w. ice cream)	5.5
babyccino	1.70

SPECIALTY LATTES	
	reg 4.90 lge 5.60

chai (ground spices)
matcha
turmeric
autumn Latte

HOT CHOCOLATE	
	reg 4.80 lge 5.80

milk choc
dark choc
french mint
cinnamon
orange (v)

POT OF TEA	
	for 1 \$5.2 for 2 \$7.80

English Breakfast, Malabar Chai, Honeydew Green, Sencha Green, Chamomile, Lemongrass & Ginger, Peppermint, Relax & Fruits of Eden

POT OF INFUSED CHAI with Local Honey	
	for 1 \$6 for 2 \$8.50

COLD DRINKS

FRESH JUICES	8.5
Choice of 4: Apple, Beetroot, Carrot, Celery, Cucumber, Ginger, Lemon, Lime, Orange, Pineapple (or choose from one of our cold pressed juices already made up specials in the fridge)	

ICED DRINKS (V Available)	
iced long black	5.5
iced latte	6.5
iced chocolate	7.50
iced mocha	8
iced coffee	8
iced chai	8
iced coconut chai frappe	8.50

GREEN MACHINE SMOOTHIE	9.90
banana, mango, fresh spinach, coconut yoghurt & coconut water.	

SUNSHINE SMOOTHIE	9.90
mango, pineapple, passionfruit & coconut water.	

FRUIT SMOOTHIES	9.90
mango banana berries	
frozen fruit blended with milk, yoghurt & local honey. (V avail)	

BOTTLED DRINKS	
cold pressed juice	S 4.50 L 5.50
kombucha (various flavours)	5
San Pelligrino sparkling mineral	sml 4.50 lge 7.50

SWEET TREATS

CARROT CAKE	9
Berry coulis & whipped cream (ice cream avail) V	

CHOCOLATE FUDGE BROWNIE	9
House Made. Scattered with walnuts & choc chips. Served warm with vanilla ice cream, chocolate sauce & strawberries GF, N, DF	

CHOCO DATE	7
Whole Medjool date covered in chocolate filled with peanut butter GF, V, N	

Add vegan ice cream 1 | Extra whipped cream or ice cream 80c

BAKED PASSIONFRUIT CHEESECAKE.	9
Served with whipped cream. N, GF	

SPICED ORANGE & ALMOND CAKE	9
House made & served warm with orange syrup & vanilla ice cream. N, GF, DF	

LEMON MYRTLE, MACADAMIA, MANGO & WHITE CHOCOLATE BROWNIE	7
Served with berry coulis and whipped cream N, GF	

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