

Please advise of any allergies.

We carefully accommodate allergies but cannot guarantee an allergen-free environment.

We are a Non-Smoking & Alcohol Free Space

ALL DAY MENU

KITCHEN CLOSSES 2:30PM

V – Vegan | VO – Vegan Option
GF – Gluten Free | GFO – Gluten Free Option
OGO – Onion & Garlic Free Option
N – Contains Nuts | DF – Dairy Free | GF Bread +1.5

FULL BELLY FAVES

Plant Powered Breakfast Feast (GFO, V) 32

A vibrant plant-based plate of tofu scramble, avocado, seasoned onion rings, roasted mushrooms and grilled tomato, served with warm house beans, a crispy hash brown and toasted sourdough.

Cauliflower Tacos (V, OGO) 29

Crispy seasoned cauliflower in three soft tortillas with fresh herbs, crunchy slaw, pickled onion, avocado, and smoky chipotle aioli.

The Farmer's Harvest (GFO) 31

Free range eggs made your way with grilled halloumi, avocado, roasted mushrooms and tomato, with house beans and a golden hash brown on toasted sourdough – a hearty harvest from the field.

PADDOCK TO PLATE

Middle Eastern Bowl (N) 30

A house-made specialty, falafels with poached eggs, grilled pita, beetroot hummus, tabouleh, pumpkin, grilled eggplant, heirloom tomatoes, tzatziki, baby spinach, and hazelnut dukkha.

Buddha Lentil Burger (V, N, GFO) 29

House-made lentil, carrot & coconut patty on a toasted turkish roll with cos lettuce, tomato, grated carrot, avocado, pickled onion, creamy cashew sauce & sweet chilli, served with seasoned fries.

Crispy Belly Bowl (V) 30

Crispy plant-based belly, tossed with rice noodles, shredded cabbage, heirloom tomatoes, cucumber, carrot, onion, fresh herbs, finished with toasted sesame, crunchy shallots and warm nam jim dressing.

SUNRISE CLASSICS

Golden Stacked Fritters (GF, N, DF) 28

Corn, zucchini & capsicum fritters, stacked with smashed avocado, beetroot hummus, cherry tomatoes, and hazelnut dukkha, finished with chilli & ginger jam.

add two poached eggs +8

Free Range Eggs Your Way (GFO, OGO) 19

Eggs your way on your choice of toast - white, chia & rye, sourdough, turkish, or gluten-free.

Chilli Scramble (GFO, OGO) 27

Folded scramble eggs with authentic Sichuan chilli oil, house-made labneh, pickled onion, and toasted chia and rye.

Smashed Avocado (N, GFO, VO, OGO) 26

Creamy smashed avocado on toasted turkish with heirloom tomatoes, crumbled feta, pine nuts, hazelnut dukkha, gremolata, and caramelised balsamic.

add two poached eggs +8

Breakfast Wrap (VO) 25

Warm spinach tortilla filled with scrambled eggs, smashed avocado, mushrooms, hash brown, baby spinach, cheese, and tomato relish.

vegan option: tofu scramble & vegan cheese +3

Gardener's Benedict (GFO, OGO) 27

Two poached eggs on toasted turkish with herbed mushrooms, semi-dried tomatoes and baby spinach, finished with hollandaise.

FIND YOUR MEAL BALANCE

Little Lifts – 5

Sauteed Spinach | Tomato Relish | Hollandaise | House Beans

Build it Up – 7

Two Hashbrowns | Roast Mushrooms
Grilled Tomatoes | Avo Smash

Sides to Savour – 8

Two Grilled Halloumi | Two Poached Eggs | Side of Fries

THE COMFORT CORNER

Granola Bowl (N, OGO) 20

House-made nut granola with whipped yoghurt, strawberry coulis, fresh berries, seasonal fruit, and toasted coconut.

Pancake Stack (V, N) 27

Three fluffy pancakes served with elderflower and strawberry gel, macadamia praline, and berry compote, finished with maple syrup and vanilla ice cream.

Classic Toast Selection (GFO) 10

Your choice of sourdough, chia & rye, turkish, white, or gluten-free toast. Served with a side spread of vegemite, peanut butter, honey, or jam.

Warm Fruit Toast (VO) 10

Fruit toast served warm with butter.
Add honey or jam for extra sweetness.

GATHER & GRAZE

Jalapeño Poppers (GF, OGO) 21

Crispy stuffed jalapeños filled with dill-infused cream cheese, served with tajín and lime aioli.

Bean and Veg Nachos (V, N, GF) 26

Crispy corn chips loaded with a seasoned mix of beans and vegetables, creamy cashew sauce, char corn salsa, smashed avocado, and jalapeños.

Bowl of Fries (GF) 12

Crispy fries served with a side of aioli.
sweet potato upgrade +3

Please advise of any allergies.
We carefully accommodate allergies but cannot guarantee an allergen-free environment.

We are a Non-Smoking & Alcohol Free Space

ALL DAY MENU

KITCHEN CLOSSES 2:30PM

V – Vegan | VO – Vegan Option
GF – Gluten Free | GFO – Gluten Free Option
OGO – Onion & Garlic Free Option
N – Contains Nuts | DF – Dairy Free | GF Bread +1.5

COFFEE & HOT DRINKS

House Coffee
“Legend - Gossy Blend”

Milk Coffee	
Cappuccino Latte Flat White	5.5
Babyccino	3.5
Piccolo	4.5
Black Coffee	
Espresso Macchiato	4.5
Long Black	5.5
Specialty Coffee	
Mocha Dirty Chai	6.5
Affogato (espresso with ice cream)	7

Hot Chocolate & Lattes

Hot Chocolate	6.5
Chai Latte	6.5
Matcha Latte	6.5
Turmeric Latte	6.5
Vegan Chai	6.5

Tea Pots

English Breakfast French Earl Grey Spring Green Peppermint Chamomile Malabar Chai Lemongrass & Ginger	
Pot for 1	7.5
Pot for 2	11
Honey Spiced Sticky Chai	
Pot for 1	9
Pot for 2	12
Milk Infusion	1

Hot Drink Extras

Make it a Large	1
Extra Shot Decaf Honey	1
Syrups <i>caramel vanilla hazelnut</i>	1
Alternative Milk <i>almond lactose free oat coconut soy</i>	1

COLD DRINKS

Iced Drinks

Iced Long Black	6.5
Iced Latte	7.5
Iced Coffee Iced Chocolate Iced Chai	9.5
Iced Matcha Iced Mocha Iced Dirty Chai	

Milkshakes

Chocolate Vanilla Caramel Strawberry	
Kids	7.5
Regular	9.5

Fruit Smoothies
blended with milk, ice cream and fruit

Banana Bliss Mixed Berry Tropical Mango	
Kids	9
Regular	11
Acai Boost	
Regular	11

Fresh Juices
made fresh and served with ice

Regular	11
---------	----

Green Dream – refreshing & hydrating
celery | apple | pear | cucumber | lemon

Ginger Ninja – zesty immune kick
apple | orange | lemon | ginger

Buddha Juice – smooth & balanced
apple | orange | carrot | ginger

Create Your Own – choose any 4 ingredients
apple | orange | carrot | ginger | lemon | celery | cucumber | pear

Cold Drink Extras

Extra Shot Decaf Honey	1
Vegan Ice Cream	3
Syrups <i>caramel vanilla hazelnut</i>	1
Alternative Milk <i>almond lactose free oat coconut soy</i>	1.5

LIGHTER DELIGHTS

- Cheese & Tomato Toastie (VO) 15**
On sourdough bread.
- Garden Goodness Melt (V, N, GFO) 18**
Sauteed mushrooms, pickled onion, and baby spinach, with plant-based cheese, house chutney and pesto aioli, in a toasted sourdough sandwich.
- Banana Bread 9**
Served fresh or toasted with a side of butter.
- Cheese Croissant 9**
add tomato +1
- Mushroom & Halloumi Toastie (N, GFO) 18**
Sauteed mushrooms, halloumi, baby spinach, Monterey Jack cheese, house chutney and pesto aioli, pressed and grilled to perfection on sourdough.
- Soup of the Week (V, GFO) 18**
A generous portion of our weekly rotating soup, made fresh-in-house, served with toasted chia & rye bread.
See the specials board for this week’s flavour.

Check out our weekly specials & cabinet display for more delicious options!
Please visit us at the counter to order.
We hope you enjoy the Bamboo Buddha Experience!

We accept cash and card. A 1.6% surcharge applies to card payments. All prices are inclusive of GST.