

## Shambala Bakery Take - Out ~ Tue. – Sat. 7A - 4P

ALL our delicious menu items are Vegetarian, +Gluten, Soy & Peanut FREE.  
Vegan items (V), Vegan Options (VO) with substitution, (XG/O) is NO Garlic/Onion.

**SO GOOD YOU'LL NEVER MISS THE WHEAT OR THE MEAT!**

## Shambala Gluten Free Bakery & Vegetarian Bistro

~ Enjoy our Farm-Fresh Garden or Kale Salads with any item! Just \$3

### Sandwiches Complex. Layered. Robust.

**Sunrise (XGO) \$5**  
Our simply-perfect sandwich, 2 slices bread grilled with Tillamook Cheese and a cracked over-medium egg complete this gourmet combination! **(VO) Red pepper + /Daiya +\$1**

#### **Grilled Cheese & Tomato**

Whole *Sunshine* baguette with Tillamook Cheddar (or Daiya VO) w/grilled tomato! **\$6**  
**Cheesebread** –Half baguette open-face with Cheese & *our Pesto!* (VO Daiya) **\$4**

#### **Sunshiner (XG)**

**\$7**  
Two scrambled farm fresh eggs, served on a large, toasted *Sunshine* bun, with melted cheddar, grilled onion & sliced tomato with fresh Sunflower Shoots and our own *Chipotle Aioli* - A local favorite! **(VO) Sub roasted red pepper half + Daiya Cheese +\$1**

#### **Cheddar-Pepper Reuben (XG)**

**\$8**  
This sandwich takes the classic to the next level, with our large grilled *Sunset* bun, add half roasted red pepper, sauerkraut & secret sauce...now you can enjoy a satisfying *NEW twist on the Classic Deli Phenom!* **(VO) Daiya Cheese**

#### **Veggie-Fresh Slammer (XG)**

**\$7**  
Lettuce, tomato, red onion, red pepper ring, and cheddar cheese served on a toasted *Sunshine* bun with our house-made *Spicy Mustard* and Veganaise, then finished with clover sprouts and balsamic glaze...WOW! **(VO) Daiya Cheese**

#### **Shamburger Deluxe w/Pop Chips (V)**

**\$8.5 or w/Cheddar \$9.5**

Our renowned housemade veg-burger is in a class by itself: buckwheat, sprouted black bean, sunflower seeds and oats, nestled on fresh lettuce, tomato, onion & pickles on toasted *Sunshine Bun*, with *Spicy Mustard*, Veganaise, ketchup + Pop Chips!**YUM!!!**

#### **Shitake Teriyaki**

**\$10**

A local favorite, hot and crispy baguette sandwich topped with melted swiss, marinated Shitake mushrooms, pineapple rounds, Thai basil and our Srirach-aioli, finished with cold clover-sprouts! This one is a real gossip-getter!

### Breakfast ALL DAY ..Flavorful. Nutritious. Energizing.

#### **Herb Roasted Potatoes & Red Peppers with Garlic-Kale Omelet**

**\$11**

With cheese= farm-fresh omelet (or (VO) MORE sauteed Kale with Garlic and Daiya) with a slice GFree toast w/ butter (or Earth Balance) completes your entrée.

#### **2 Eggs any style with Herbed Home Fries and 2 slices Toast~**

**\$11**

Farm-sourced ingredients w/famed fresh bread make this classic both hearty & Sublime!

**Veggie Hash~ (V) Seasonal veggies, herbed potatoes & Nacho sauce, toast-WOW! \$10**

**Side potatoes-peppers \$5.50 Toast \$1.5/slice Farm-sourced egg any style \$2**

*There is a possibility of cross contamination, however great efforts are in place to avoid allergen risks. Menu has potential undercooked/raw ingredients.*

313 Pine St. Square \* Mount Vernon, WA 98273 \* 360 588-6600

[www.ShambalaBakery.com](http://www.ShambalaBakery.com) \* [facebook.com/ShambalaBakery](https://www.facebook.com/ShambalaBakery) \* *Instagram*

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**Nacho's Deluxe** with our 'World-Famous' **Vegan Nacho Sauce** **\$10**  
*Blue Non GMO Organic corn tortillas topped with our ridiculously tasty, nutritional veg-based 'cheese' sauce that kids & adults devour, topped with chopped lettuce, red onion & tomatoes, black olives and finished with our spicy Taco Sauce~ Ole' !!*

### **Soups and Salads Seasonal. Local. Sensational**

**Soup Du jour** –Local and in season, heated to serve. **Bowl w/toasted Sunset roll \$7**  
**Cup w/toasted Sunset roll \$5.5**

**Cup (no roll) \$4**

**Quiche du jour & Salad** - AMAZING crust & local veggies pair perfectly with greens! **\$8**  
**al a carte Quiche \$5**

**Kale Deluxe w/Sunflower Seeds & Craisins (V)** **a la carte \$4 Entree \$8**

Tossed in our Sweet-Sour Asian Dressing & topped with our Herbed Crumble Croutons.

**Option: Hot Kale Salad with Toasted Sunflower Seeds & Balsamic reduction**

**Local-Garden Salad (V)** paired with our baked *Sunset roll* **a la carte \$4 Entree \$8**  
Mixed local Greens, herbs, and sprouts with chopped tomatoes, red onion & black olives topped with our seasoned crouton crumbles!

#### **Homemade (egg & soy FREE) Dressings**

Wasabi-Chive Ranch (XG/O) Sweet-Sour Asian (V) Zesty Italian (V)

### **12" Thin Crust Cheese PIZZA Simple. Fresh. Hearty.**

**Sauce options Green Pesto(V), Wasabi Chive Ranch, Red Pepper POW (V)**  
**Mozzarella & Provolone OR sub Daiya (vegan soy free 'cheese'c) + \$2**

**Hot To-Go Slice (Options below) \$ 4.5 or w/side salad \$7.5**

**Build your own w/toppings (Euro-style w/egg + \$2 ea- delicious!) \$20**

**Take and Bake w/toppings \$18**

**The Veg-Fresh (V) \$20**

Garlic + Vegan Nacho Sauce with cooked or fresh chopped seasonal veggies, finished with Wasabi-Chive Ranch (V), this one is amazing!

**Feta Garden \$20**

Our own Pesto w/spinach, sweet pepper, mushrooms & feta finished with fresh sprouts and tomato slices. Simply Perfection, this one is a shocker!

**The Undeniable Italian \$20**

Our famed *Pepper Pow* sauce with olives & mushrooms in copious quantities with mozzarella and provolone make this International Classic a local favorite!

#### **Regular Toppings (VO) Daiya Cheese substitutions available**

sliced mushroom	fresh sprout finish	Thai basil
sliced olives	red onion	roasted garlic
spinach &/or cilantro	red peppers	kale/chard
pineapple tidbits	zucchini	tomato cold or hot

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