

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**

### **Breakfast All Day**

Flavorful. Nutritious. Energizing.

**Sunrise Sandwich (XG/O) \$ 5**

A fried, farm fresh egg, placed inside a golden brown grilled cheddar cheese sandwich, on our famous sliced *Sunshine* bread.

**Sunshiner (XG) \$ 7**

Two scrambled farm fresh eggs, served on a large, toasted *Sunshine* bun, with melted cheddar, grilled onion and sliced tomato with our own *Chipotle Aioli* - A local favorite! **(VO) Sub roasted red pepper half.**

**Country Biscuits and Gravy \$ 7**

Your choice of two freshly baked biscuits served up hot with our own *Mushroom Country-Cream Gravy*, garnished with parsley & paprika. **Half Order 1 biscuit/egg \$ 5**

**Country Breakfast Basket \$ 10**

Your choice of two freshly baked biscuits sliced and topped with our hearty mushroom-cream gravy, two cooked-to-order local eggs, with parsley and paprika.

**Half Order 1 biscuit/egg \$ 7**

**Herbed Potatoes (V) \$ 4**

Organic fried potatoes, tossed in a rosemary herb seasoning and garnished lightly with our zesty *Salsa Brava*.

**Camano-Cakes (V) \$ 6**

3 hearty pancakes are made from a wholesome ancient nut/seed/grain combination milled fresh locally, to bring an energy punch to your morning! Served with Earth Balance 'butter' and our molasses infused real-Maple Syrup. (Butter on request)

**Pancake Sandwich -add a fresh, local fried egg \$ 7.5**

**Frenchtastic Toast \$ 8**

3 slices of our freshly baked bread, soaked in a mixture of farm fresh eggs, organic milk, real vanilla and Saigon Cinnamon, grilled slowly to a golden brown. With real butter and molasses infused Maple Syrup, this is voted the best French Toast ever!

**Patatas con Huevos \$ 10**

A large portion of our herbed breakfast potatoes, topped by two eggs cooked to serve, garnished generously with our zesty *Salsa Brava*: a blended fresh, light & spicy tomato/pepper sauce with garlic and onion.

**Hearty (VO) substitutes sautéed fresh vegetables for eggs- YUM!**

**Rainbow Omelette (XG/O) \$ 9**

A perfect blend of sautéed mushrooms, red peppers and tender spinach, with a blend of cheeses folded into a fluffy three egg omelet, served with our buttered, toasted *Sunset* crumpet.

**With Herbed Potatoes \$ 11.50**

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

Shambala Bakery and Bistro ~ Tue. - Sun. 7A - 4P

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**Hakuna Frittata ! (XG/O) \$ 10**

Three eggs prepared with sautéed broccoli, diced tomatoes, zucchini, potatoes and fresh, savory braising greens combined to perfection. Served with a buttered *Sunset* crumpet and topped with sour cream and black olives. This entrée is a taste explosion you wont soon forget and **makes a great lunch~**

**Country Florentine Benedict (XG/O) \$ 10**

Two poached eggs laying on a bed of fresh sautéed spinach and our grilled 'crumpets', smothered with country style mushroom cream-gravy garnished with parsley and paprika. **(VO) sub roasted red pepper half with Nacho Sauce (with G/O)**

**Hot Breakfast-Salad**

This Shambala original is the Chef's Favorite! Tossed spring greens are lightly dressed with *Zesty Italian*, and topped with sautéed Herbed Potatoes, Marinated Roasted Veggies & an egg over-medium, then topped with *Greenest Goddess* aioli! **\$ 10**

**Purple Sunrise Hot Cereal (V) \$ 6**

A delicious hot and hearty blend of ground organic almonds, black and brown rice, buckwheat and other assorted ancient grains milled fresh on Camano Island. A hint of vanilla sweetness, comes with a cup of coconut milk (or whole milk on request).

**Shinola Granola (V) \$ 6**

Our own assortment of seeds, oats, coconut and fruits with tamarind and coconut oil toasted for a tropical awakening! Natures bounty shines on with side of coconut milk.

**Farm Fresh Egg**

Add a local, free range grass-fed egg cooked any-style you like. **\$ 1.5**

**Scones (V) \$ 4**

2 freshly baked shortcake biscuits served hot with Earth Balance 'butter', filled with seedless blackberry preserves. (Butter on request)

## Sandwiches

Complex. Layered. Robust.

**Pair our Soup du Jour, Garden Salad or Fresh Fries with any sandwich! \$ 3**

**Cheddar-Pepper Sliders (XG) \$ 6**

3 toasted Panini style *Sunset* mini-sandwiches, with red onion, roasted marinated-red pepper, Tillamook cheddar, & our sweet-hot mustard. **(VO) Daiya Cheese**

**Cheddar-Pepper Reuben (XG) \$ 8**

Take our sliders to the next level, with our large grilled *Sunshine* bun, add half roasted red pepper, sauerkraut & secret sauce...*you have a Classic Deli Phenom!*

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**Veggie-Fresh Slammer (XG) \$ 7**

Lettuce, tomato, red onion, red pepper ring, and cheddar cheese served on a toasted *Sunshine* bun with sweet and spicy mustard & chipotle aioli, then topped with clover sprouts and balsamic glaze. **(VO) Daiya Cheese**

**Roasted Veggie Panini (XG) \$ 8**

Our *Sunrise* bun toasted Panini style, stuffed with roasted marinated red pepper & zucchini, fresh red onion rings, *Pepper-POW* sauce & Mozzarella. **(VO) Daiya Cheese**

**Tuscan Tickler \$ 9**

A toasted Panini entrée sandwich, with one fried egg, sundried tomatoes, fresh basil & *Pomodora* sauce, with melted Italian cheese blend. **(VO) Roasted Red Pepper**

**Shamburger Deluxe (V) \$ 8.5**

Our grilled housemade veg-burger: buckwheat, sprouted black bean, sunflower seeds and oats, nestled on a bed of fresh lettuce, tomato, onion, \$ served on a toasted bun with our *Chipotle Aioli*. *SO GOOD you'll never miss the meat!* **w/Cheddar \$ 9.5**

**Double Grilled Cheddar (XG/O) \$ 6.5**

Four slices of grilled *Sunshine* bread and Tillamook cheddar cheese with warm *Pomodoro* sauce for dipping! **Half Order: \$ 5**

**Falafel Gyro with Marinated Veggies (XG/O) \$ 10.5**

Grilled flatbread served up with hot Falafel, our Marinated Vegetables, spring greens and fresh sprouts & our *Wasabi-Chive Ranch* dressing. **(VO) Greenest Goddess**

**Baked Groovy Grinder \$ 12**

Our housemade hearty "meatballs" in our spicy *Pepper-POW* Sauce with grilled mushrooms, baked with mozza cheese & red onions on our BIG *Sunshine* hoagie roll!

## Salads

Seasonal. Satisfying. Sensational.

**Pair with our daily Soup de Jour & baked *Sunset Roll!* \$4 small/ \$5.5 large**

**Garden Side Salad (V) \$ 5**

Mixed spring greens with chopped tomatoes, red onion rings & mushrooms topped with black olives & crouton crumbles, with choice of dressing.

**Soup and Salad Special:** Side salad and small bowl of soup and hot *Sunset* roll! **\$ 8.5**

**Shambala-Greek Salad \$ 11**

Our unique take on a classic includes spring greens, chopped kale, organic goat cheese, chopped red onion, tomato & zucchini, all tossed with Kalamata olives & our *Zesty Italian* vinaigrette.

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**Secret-Garden Salad Entrée** **\$ 11**

Broccoli florets, mushrooms, artichoke hearts, zucchini, diced tomatoes, red pepper rings and Italian cheese shreds over our special blend of mixed greens + fresh herbs. Topped with crouton crumbles, sliced olives & choice of dressing- simply WOW!

**Add sliced hard boiled organic egg- \$12.5**

**Sweet and Tangy Spinach Entrée (V) (XG/O)** **\$ 11**

Fresh tender spinach tossed with toasted raw cashews, organic goat cheese, raisins in our own *Raspberry French* dressing, topped with our seasoned crouton crumbles.

**Add sliced hard boiled organic egg- \$12.5**

**Quinoa Pilaf ~ Marinated Vegetable Entrée (V)** **\$ 12**

A robust serving of our hot, organic quinoa pilaf infused with veggie broth and lime, topped with our marinated, roasted seasonal vegetables and fresh chopped arugula/basil/spinach greens tossed in *Zesty Italian*, garnished with toasted cashews!

**Homemade (egg & soy FREE) Dressings, Mustards, Sauces and Aioli's:**

Raspberry French (V, XG/O)	Chipotle Aioli (V, XG/O)
Wasabi-Chive Ranch (XG/O)	Salsa Bravas (V)
Zesty Italian (V)	Sweet & Spicy Mustard (V, XG/O)
Shambala Sesame (V, XO)	Pepper-POW Pizza (V, XG/O)
Greenest Goddess (V, XG/O)	Pomodoro Sauce (V)
Thousand/Secret Fry Sauce (V, XO)	Creamy Pesto (XG/O)
Olive Oil and Balsamic (V, XG/O)	Wasabi Pesto (V, XG/O)
Mushroom Country Gravy (XG/O)	Nacho Sauce (V) Caper Tartar (V, XO)

**12" Thin Crust PIZZA**

Simple. Fresh. Hearty.

**Cheese Pizza with Salsa Bravas or Pepper-POW sauce** **\$ 16**

**Build your own 1 topping** **\$ 17**

**Take and Bake 1 topping** **\$ 15**

**Classic Margherita** **\$ 18**

*Pomodoro* fresh sauce and our Italian cheese blend topped with tomato slices, finished with fresh basil....Bravo!

**Spicy Tahitian (XG/O)** **\$ 20**

Our *Pepper-POW Sauce* topped with roasted red bell peppers, artichoke hearts, pineapple tidbits, Italian cheese blend, topped with fresh parsley. Bula!

**Mushroom Madness** **\$ 20**

A double layer of thick sliced mushrooms atop our *Pomodoro Sauce*, chopped kale, and Italian cheese blend. Simply perfection.

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**¡Tac-Olé! (V) \$ 21**  
 Our *Nacho Sauce* is topped with chopped kale, diced *Shamburger*, red onion, *Cha-Cha Chili Beans*, and our cheese blend, served with fresh chopped cilantro & tomatoes, sliced olives. **Option small side of sour cream \$1**

**Tivoli Treasures (XG/O) \$ 21**  
*Housemade Pesto Sauce* hosts a layer of organic *Goatza*, sun-dried tomatoes, kalimata olives and artichoke hearts, sprinkled with Italian cheeses!

**Gaia's Garden (XG with Pepper-POW) \$ 22**  
 Fresh broccoli florets, thick sliced mushrooms, chopped kale, red peppers, zucchini, artichoke hearts, diced onion, Kalamata olives and our al fresco *Pomodora Sauce*, dried herbs, and our Italian pizza cheese blend....topped with our unique, *FRESH Pizza Greens* (basil/arugula/spinach) when served!

**Italian 'NoMeatball' Deluxe \$ 22**  
 Our *Pepper-POW Sauce* and Italian cheese blend, topped with halved "meatballs", diced red onion, Kalamata olives, chopped garlic and Italian herbs, garnished with our *FRESH Pizza Greens*.

**Fruit Fantasia (XO) \$ 18**  
 This *Shambala* specialty can be dinner or desert, with olive oil and light garlic sprinkled with organic goat cheese, pineapple, pears & grapes, finished with a balsamic reduction drizzle. Oooohh la la~

**Regular Toppings +\$1 each (VO) Daiya Cheese substitutions available**

sliced mushroom  
 sliced olives  
 pineapple tidbits  
 chopped zucchini  
 diced red peppers  
 red pepper rings  
 black olive slices  
 broccoli florets  
 chopped kale  
 diced tomatoes  
 diced red onion

**Specialty Toppings/Substitutions +\$ 2 each**

*Goatza* (organic goat mozzarella)  
*Italian 'meatballs'*  
*Shamburger* crumbles  
 (V) Pesto/Nacho, Creamy Pesto, Savory Cream

**Pizza Sauce Options**

Pomodoro- fresh mild tomato flavor, light & savory  
 Pepper-POW(XG/O) -Full flavored, robustly spicy,  
 thick red sauce

pizza greens (chopped spinach, arugula and kale)

**Gourmet Toppings +\$1.5 each**

fresh basil leaves	chopped garlic	Kalamata olives
pizza greens (chopped spinach/arugula/basil)		artichoke hearts
Italian cheese blend (Mozz., Provolone, Cheddar)		sun-dried tomatoes in oil

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### **'Happy Hour' ALL DAY**

Healthy. Complimentary. Savory.

- Shambala Fresh-Fries (V)** **Regular \$ 4/ Large \$ 6**  
Basket of our local fresh-cut fries with our *Secret Fry Sauce*. Thin crisps are fried in our Non-GMO expeller pressed Safflower oil, trans fat FREE w/Omega 6 Fatty Acids.
- Cha-Cha-Chili Fries (V)** **\$ 7.5**  
This robust snack basket is a meal in itself, with our fresh cut fries, topped with our *Nacho-Sauce* and *Chili-Beans with Salsa Brava*, topped with fresh cilantro garnish.
- Wish'n Chips (V, XO)** **\$ 7.5**  
Vegan option with crunchy panko-crust fried Cauliflower florets and our *Fresh Fries*, with a side of our own onion-free *Caper-Tartar* sauce!
- Marinated Veggie Hot-Quinoa Salad (V, XG/O)** **\$ 6**  
Marinated salad, served atop hot *Quinoa Pilaf* with *Greenest Goddess* aioli.
- Shambala-Slaw side (V, X/O)** **\$ 4**  
Our own *Shambala Sesame* dressing is tossed fresh-to-order into shredded cabbage, scallions & carrots, garnished with organic black sesame seeds!
- Falafel Carrot-Dogs (V, XG/O)** 6 Falafel-fried carrot sticks & *Greenest Goddess*. **\$ 6**
- Veggie Dip-Cones! (XG/O)** **\$ 4**  
Sliced seasonal, crunchy vegetable sticks with choice of *Wasabi-Chive Ranch* dressing or *Greenest Goddess (VO)* in a sno-cone cup!
- Flatbread, Veggies and Hummus (V, XO)** **\$ 10**  
Our toasted pizza flatbread and fresh cut vegetables ready to dip in our own *garlic-ious* hummus, a traditional Greek recipe.
- Baja Tacos (V)** **\$ 7**  
2 Non GMO toasted corn tortillas, Cha-Cha Chili Beans in Salsa Bravas, topped with fresh cabbage in Chipotle aioli...tomatoes, cilantro and zesty taco sauce- *Ole!*
- Nachos Nuevo (V)** **\$ 12**  
You will never believe these hearty and tasty Nachos are Vegan! Organic, Non-GMO corn chips smothered in our *Nacho Sauce*, topped with *Cha-Cha Chili Beans*, diced tomatoes, sliced olives, red onion and cilantro! **Option small sour cream \$1**
- Cheesy Quesadilla (XG/O)** **\$ 5**  
Non-GMO corn tortillas generously filled with our cheese blend and cilantro, grilled to perfection w/side of our fresh *Salsa Bravas*. *Suggested to combine with:*
- +Cha-Cha Chili-Beans (V) No Garlic/onions** **\$ 3**  
A mild and simply-seasoned blend of mixed red beans and sunflower oil.

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