

Shambala

FARM TO TABLE

BAKERY  BISTRO  BREW

Dedicated Gluten, Soy & Peanut Free Facility

 *Recipes are fully Vegan except for cheese and egg choices.*

Nuts are not used in our recipes, they are occasionally offered in icing/baked good options and are well announced in the descriptions on display.

At *Shambala Bakery & Bistro*, your whole family can enjoy delicious options! Our expansive, allergen-smart menu is dedicated to accommodating folks with variety in our scrumptious, primarily vegan menu, with also cheese, egg options. The farm-to-table recipes are all made from scratch, and our *fresh breads and pastries are baked in house with our own ancient grain blends at our dedicated gluten, soy and peanut free facility and restaurant.*

We also serve fresh-roasted, organic *Shambala Barista* coffees with organic milks, plus fruit smoothies and fresh pressed juices. Enjoy fine food in a casual boutique setting at *Shambala Bakery & Bistro*, in historic Downtown Mount Vernon. Our *Shambala Farm & Events* location on Camano Island supplies our own organic produce for our farm fresh restaurant menu and catering.

We offer private meeting and event accommodations. Ask for details!

614 S. 1st Ave. Mount Vernon, WA 98273

Phone: 360-588-6600

ShambalaBakery.com

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APPETIZERS

Healthy. Complementary. Savory.

Cheesebread (VO) Half <i>Sunshine</i> baguette w/ Mozza-Provolone or Vegan Cheez & our <i>Fresh (V) Pesto!</i>	\$5.50
Garlic Seasoned Flatbread (V) served w/ our own Hummus and Pesto.	\$7.50

HOUSE SPECIALTIES

Creative. Delectable. Satisfying.

Quiche du jour Our famous crust w/ local Organic cage-free eggs, Vegan Cheez & veg's! (<i>Dairy free</i>)	\$8
Falafel Gyro w/ Marinated Veggies (V) Grilled flatbread served up w/ hot Falafel, our <i>Marinated Vegetables</i> & house-made <i>Garlicious Hummus</i> w/ spring greens, fresh sprouts & our <i>Chive Ranch</i> dressing.	\$13
Wish'n Chips (V) Thick sliced 'cod-iflower' coated with our house made Panko and served up aside our famous <i>Fresh Fries</i> , <i>Secret Fry Sauce</i> & our <i>Caper-Tartar</i> , fresh tossed Asian slaw.	\$16

✓ Recipes are fully Vegan except for cheese and egg choices.
 Vegan Options (VO) available with substitution

SANDWICHES

Complex. Layered. Robust.

- Toasted Sunbutter & Jelly Sandwich (V)**
Toasted *Sourdough* slices w/ sunflower butter and raspberry jam.

\$7
- Grilled Cheese w/ Tomato slices (VO)**
Grilled *Sunshine* baguette with Tillamook Cheddar or Vegan Cheez, and roasted tomato slices!

\$9
- Sunshiner Sandwich (VO)**
Two scrambled organic local-farm fresh eggs, on a *Sunshine* bun, with melted cheddar or Vegan Cheez, roasted onion & sliced tomato, Sprouts and our *Chipotle Aioli* - A local favorite!

\$10.50
- (VO) Sub roasted red pepper half + Vegan Cheez**
- The Hawaiian (V)**
Toasty *Sunshine* Bun with Coconut-Bakin', red onion, red pepper, pineapple, arugula, sprouts, avocado with Siracha Aioli and pomegranate reduction. Komoniwannaeatya!

\$10.50
- Shamburger Deluxe (V)**
House made veg-burger: buckwheat, black bean, sunflower seeds & oats, fresh lettuce, tomato, onion & pickles on *Sunshine Bun*, with our *Spicy Mustard*, Veganaise, Smokey ketchup!

\$11
- w/cheese of choice (VO)**

+\$1
- Make it a meal! (V)**
Add a bowl of house made soup or a side of fresh fries with *Secret Fry Sauce*.

+\$4

SOUPS, SALADS & SIDES

Seasonal. Local. Sensational.

- Fresh Asian Coleslaw (V)**
with scallions and black sesame.

\$5
- Fresh Fries (V)**
served with our *Secret Fry Sauce (V)*.

\$5.50
- Soup Du jour (V)**
Local, house made and in season, heated to serve.

Cup \$4
Bowl \$5.50
- Add Hot Sunset Roll (V) w/ choice of butter (VO)**

+\$1.50
- Cinn-ful Danish w/ Coconut Crème Frosting (V)**
scrumptious variation with cardamom, served hot.

\$5
- Grab 'n Go (V)**
herbed, garlic bun w/ house *Pesto* & Vegan Cheez. Served hot w/ choice of butter (VO).

\$5
- Toasted Bagel (V)**
served hot w/ raspberry jam &/or choice of butter. Ask server for bagel varieties.

\$5.50
- Add Cream Cheese**

+\$0.50
- Add Sunbutter**

+\$1

12" PIZZA

Famous. Thin Crust. Handcrafted.

This crust will blow your mind...applauded as the "Best Crust Ever"!

- House made sauce options (V):**
Pesto, Ranch, Marinara, Hummus, Nacho Sauce
- Cheese Options (VO):**
Mozzarella & Provolone blend or Vegan Cheez
- Cheese Pizza**

\$18
- Margherita (or 2 toppings)**

\$21
- Build your own w/ 3 toppings**

\$22
- The Undeniable Italian (VO)**
Our famed *Pepper-Pow Marinara* sauce with copious quantities of olives & mushrooms with Mozza-Provolone or Vegan Cheez.

\$22
- Feta Garden (VO)**
House made Pesto w/spinach, sweet pepper, mushrooms & feta or Vegan Cheez finished with fresh sprouts and tomato slices.

\$22
- The Veg-Fresh (V)**
Garlic + our Famous *Nacho Sauce* w/ seasonal mixed veggies, finished w/ *Chive Ranch*!

\$23
- The Mediterranean Supreme (VO)**
Garlicious *Hummus*, spinach, kale, mushrooms, onion, red pepper, pineapple, kalamata, Feta or Vegan Cheez with sprouts, tomato, ranch, taco sauce.

\$24

Extra-ordinary Toppings (\$1 each)

Sliced Mushroom	Red Onion	Green Onions	Cauliflower
Black Olives	Red Peppers	Fresh Thai Basil	Broccoli
Kalamata Olives	Hot or Cold Tomato	Fresh Garlic	Sprout Finish
Jalapenos	Pineapple	Kale	Arugula Finish
Artichoke Hearts	Zucchini	Spinach	Add Shamburger (V) +\$4

DESSERTS

Sweet. Wholesome. Decadent.

- Yeast Donut (V)**
Glazed, powdered, or sugared (ask server).

\$4
- Deep Chocolate Hot Lava Cake (V)**
piping hot, gooey, chocolate goodness in a cup.

\$6
- Baked Elephant Ear w/ Coconut Crème Frosting (V)**
cinnamon sugar baked to perfection.

\$6.50

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