

# Glow

## To Start

	IDR
Seasonal vegetable soup of the day; raw or cooked V GF	160
Supercharged bone broth with baby potatoes, vegetables, turmeric and black pepper LF GF	220
Mezze; hummus, babaganoush, muhammara, crudités, flaxseed crackers, zucchini and chia crisps V GF N	220
Jicama and pine nut maki roll, marinated shiitakes, asparagus, avocado, wasabi, tofu crème V GF R N	180
Shambhala Caesar, baby gem, avocado, coconut bacon, cashew 'cheese', creamy coconut dressing V LF GF R N	180
Young coconut and vegetable noodle salad, tamarind, almond and chilli sauce V GF R N	180
Roast beetroot, baby bean, shaved cauliflower salad, lentil vinaigrette, sunflower seed 'cheese' V GF R N	180
Tuna crudo, cherry tomatoes, pickled black fungi, avocado, red rice crackers, tamari soy dressing LF GF	240
Cumin spiced tiger prawns, baby carrots and chickpea salad, orange blossom dressing LF GF	320
Shredded white cooked chicken and Asian slaw salad, pickled cucumbers, five-spice tofu LF GF	220

## Salad Bowls

Our BIG Raw; crunchy raw vegetables, avocado and sprouts with Dijon, apple cider vinaigrette V GF R	220
Shambhala Chopped; cooked and raw vegetables, salad leaves, sesame, citrus dressing, spiced chickpeas V GF	220
Aztec Bowl; roast pumpkin, black bean and quinoa salad, red cabbage kraut, sweetcorn and avocado V GF	220
Power House; chopped broccoli, cauliflower, kale, cabbage and shaved fennel with quinoa, almonds, dried cranberries, mint, ginger, miso dressing V LF GF N	220
* Additions; grilled fish of the day, tiger prawns, chicken skewers, haloumi cheese, falafels	140

## Main Plates

Zucchini noodles, semidried cherry tomatoes, olives, capers and torn basil, cashew nut cheese V GF R N	260
Shambhala pizza; pumpkin and cashew nut crust, raw tomato sauce, avocado, mango and basil V GF R N	260
Roast sweet potato, jewelled grain salad, sweet potato and ginger purée, tahini sauce V GF N	240
Lightly spiced black bean and vegetable stew served with guacamole, crisp sweetcorn polenta cake V GF	260
Southern Indian dhal with long beans and moringa leaf, rice cakes, kosambari salad V GF	260
Pearl barley risotto with asparagus, mushrooms, basil and lemon, cashew nut parmesan V N	260
Buckwheat noodles with diced yellow fin tuna tossed with olive, caper, garlic and dried chilli sauce LF	320
Grouper steamed in ginger, shallot and sauce, shiitakes, Chinese cabbage, red rice LF GF	300
Seared cumin spiced salmon, shaved cauliflower, barley, grape and celery salad with tarator sauce LF N	320
Aromatic poached free-range chicken with southern Indian-inspired tomato and coconut curry LF GF	320
Grilled Stockyard beef sirloin, grilled mushrooms, broccoli, white bean puree, mushroom ketchup LF GF	450

# *Glow*

## *Sides*

	IDR
Mixed leaf, fine herb salad with house-made vinaigrette V LF GF	140
Tomato, jicama and radish salad, tamari, lime vinaigrette V LF GF	140
Steamed seasonal greens, lemon and extra virgin olives oil V LF GF	140
Steamed baby zucchini with mint, lemon and sunflower seeds V LF GF	140
Wok-fried greens, garlic, tamari, sesame V LF GF	140

## *Desserts*

Estate-grown tropical fruit plate V LF GF R	140
Trio of tropical fruit sorbets, fresh tropical fruit, star fruit wafers V LF GF	140
Mango carpaccio, Indonesian vanilla and kaffir lime syrup, mango sorbet V LF GF	150
Beetroot, strawberry and cacao layer cake, beetroot sorbet and crisp cacao leaves V LF GF R N	150
Strawberry, young coconut and cashew nut mousse with strawberry sorbet V GF R N	150
Local honey flan with vanilla spiced pineapple GF	150
Mango and passionfruit 'cheesecake' with macadamia and coconut crust V GF R N	150
Flourless chocolate coconut cake with coconut sorbet GF	150