HOURS/ PRICES
Hours for delivery and prices are chosen by the restaurant and may differ from in-house pricing and hours.

DISTANCE CHARGES
We happily deliver to surrounding areas! The $3.99 delivery fee covers the first 4 miles from the restaurant. A $1 pro-rated distance fee will apply for each additional mile. 15 mile limit.

Dedicated Gluten, Soy & Peanut Free Facility
Recipes are fully Vegan except for fish, cheese and egg choices.

HEALEO
Organic, Northwest Crafted, cold pressed juices

Green Drink $9.60
apple, kale, cucumber, celery, lime, spinach, parsley

Apple Ginger $9.60
Apple Ginger

Liver Detox $9.60
beet, apple, lemon, aloe vera juice, ginger

Palm Springs $9.60
orange, grapefruit, turmeric, cayenne

BREAKFAST ALL DAY
Flavorful Nutritious Energizing

Bagel Breakfast Sandwich ($15.00
vegan jalapeno cheddar bagel with 2 scrambled local eggs, vegan shallot cream cheese, melted cheddar cheese (VO), fresh greens and house made chimi.

Biscuits and Country Gravy($15.00
Creamy, herbaceous mushroom gravy and yes dairy and egg free; served up hot on our powder biscuits!

Sunshiner Sandwich (VO) $15.00
Two scrambled organic local-farm fresh eggs, on a Sunshine bun, with melted cheddar or Vegan Cheez, roasted onion &; tomato, Sprouts and our Chipotle Aioli - a local favorite!

Rainbow Omelet (VO) $16.20
A perfect blend of sauteed mushrooms, red peppers and tender spinach, with a blend of cheeses folded into a fluffy three egg omelet, served with our buttered, toasted slice of Sourdough.

French Toast (VO) $17.40
3 slices of our freshly baked bread, soaked in a mixture of farm fresh eggs, coconut milk, real vanilla and Saigon Cinnamon, grilled slowly to a golden brown. With aronia berry

SOUPS, SALADS & SIDES
Seasonal. Local. Sensational.

Soup Du Jour (V) $7.20
Soup Du Jour (V) Local, house made and in season, heated to serve. CHOICE OF CUP OR BOWL

Local-Garden Side Salad (V) $7.20
Spring greens, clover sprouts, chopped tomato, seasonal veggies, choice of house made dressing and seasoned crouton crumbles

Fresh Zesty Asian Coleslaw (V) $7.20
with scallions and black sesame

Kimchi (V) $6.00
Vegan, Gourmet Kimchi

Fresh Fries (V) $7.20
(V) served with our Secret Fry Sauce (V).

Herb Roasted Potatoes (V) $7.20
Hand cut fingerlings and yams with our own herb blend

Grab n Go (V) $7.20
Herbed, garlic bun w/ house Pesto & Vegan Cheez. Served hot w/ choice of butter (VO).

Toasted Bagel (V) $7.80
(V) served hot w/ raspberry jam &/or choice of butter.

Cinnamon Roll w/ Coconut $7.80

Cream Frosting (V) $7.80
(V) scrumptious variation with cardamom, served hot.

12 PIZZA
Famous Thin Crusted Handcrafted

Cheese Pizza (VO) $24.00

Margherita (VO) $26.40

2 Toppings (VO) $26.40

Build your own w/ 3 topping (VO) $28.80

Italian (VO) $31.20

mushroom, black olive, kalamata olive, sweet pepper, red onion, provolone mozzarella blend (VO)

Veg Fresh (V) $28.80
Fresh garlic and our famous vegan cheese sauce fresh chopped seasonal veggies, finished with house made chive ranch

Feta Garden (VO) $28.80
Our own pesto, topped with spinach, sweet red pepper, mushrooms, and feta or vegan cheese finished with fresh sprouts and tomato slices

The Mediterranean (VO) $31.20
Garlic Hummus, spinach, kale, mushrooms, onion, red pepper, pineapple, kalamata, Feta or Vegan Cheez with sprouts, tomato, ranch, taco sauce.

DESSERTS
Sweet. Wholesome. Decadent.
Deep Chocolate Hot Lava Cake $7.80 (V)*

SHAMBA BARISTA
ORGANIC COFFEE
Espresso
White Shots
Gourmet Drip
Americano
Latte
Cappuccino
Macchiato
Mocha

LOCAL TEAS & SPECIALTY DRINKS

SHAMAN SHACK HERB ADAPTOGEN DRINKS

HERBAL EXTRACT TEA 12oz $4.80
Hot water with 1/2 teaspoon Cordyceps, Reishi, Chaga, Matcha, or Lions Mane

HERBAL EXTRACT LATTE 12oz $4.80
Steamed milk with 1/2 teaspoon Cordyceps, Reishi, Chaga, Matcha, or Lions Mane

HERBAL EXTRACT TEA 16oz $6.00

MATCHA LATTE 12oz $5.40
matcha, agave choice of milk

MATCHA LATTE 16oz $6.00

IMMUNITY COCOA 12oz $7.02

Reishi, Chaga, Organic Cocoa Powder, Agave choice of milk

IMMUNITY COCOA 16oz $7.20

HERBAL EXTRACT LATTE 16oz $6.00

MOON GODDESS 12oz $7.02

Womens Complete, Cinnamon, Organic Cocoa Powder, Agave

MOON GODDESS 16oz $7.20

YUMMY TUMMY 12oz $7.02

Shapeshifter, Chamomile Tea, Agave

YUMMY TUMMY 16oz $7.20

CHAGA CHAI LATTE 12oz $7.02

organic hemp milk, Chaga, orcas, chai concentrate

CHAGA CHAI LATTE 16oz $7.20

SUPER HUMAN 12oz $7.02

Grooveyard, CACOCO Drinking Chocolate

SUPER HUMAN 16oz $7.20

SODA/JUICE

Fountain Drinks $3.00
Milk $3.60

http://www.munchiedude.com
compote, butter of choice and Maple Syrup THE best French Toast ever!

Biscuit Breakfast Sandwich $12.60
Scramble egg, bacon or v. shamburger, with cheese of choice and chipotle aioli on a fluffy better milk biscuit

Better Milk Pancakes $11.40
Our fresh milled grains make the perfect chews, fluffy and delectable cakes, with butter of choice and maple syrup

SMALL PLATES
Cheese-Bread (VO) $9.60
Half sunshine baguette with our fresh nut free pesto and mozza-provolone or vegan cheese

Garlic Seasoned Flatbread (V)$11.40
Served with our own garbanzo and navy bean hummus and nut free pesto,

Avocado or Tuna Toast (VO) $11.40
Sliced Herbed Garlic Sourdough topped with choice of tuna salad or House Hummus, fresh avocado, Chipotle Aioli, fresh tomato and clover sprouts

Personal Quiche $12.00
Housemade GF crust w/ local, Organic, cage-free eggs, Vegan Cheez and veggies

Raw Local Seasonal Veggies$15.00
Served with house made ranch or dipping sauce of choice and grilled french bread slices

Cha Cha Chili Fries $18.60
Our hearty cha cha beans and famous vegan nacho sauce served atop our hand cut fresh fries or organic blue corn chips topped with cilantro

ENTREES
Healthy Complementary Savory
Falafel Gyro (V) $18.60
Grilled flatbread with our fried falafel marinated veggies and house made garlic hummus with arugula, fresh sprouts and house ranch dressing, choice of soup or salad

Rainbow Vegetables with $25.80
Salmon or Cod
Roasted wild caught sockeye/ true cod and local seasonal vegetables with house made vegan cheese sauce or vegan lemon hollandaise sauces, served over rice with grilled french sourdough bread

Wish n Chips (V) $19.80
Thick sliced cod-flower coated with our house made Panko and served up aside our famous Fresh Fries, Secret Fry Sauce, Caper-Tartar & fresh tossed Asian Coleslaw.

Fish n Chips $21.00
Three pieces of line-caught True Cod, with our house made Panko aside our Fresh Fries, Secret Fry Sauce, Caper-Tartar & fresh tossed Asian Coleslaw.

SANDWICH BASKETS
Complex. Layered. Robust. All baskets come with fries, side salad, coleslaw, potato salad, vegan kimchi or soup
Grilled Cheese (VO) $15.60
Signature sunshine bread grilled to perfection with cheddar and tomato slices

Cheddar-Pepper Rueben (VO)$18.60

FRESH PLANT BASED SMOOTHIES (V)
Blue Sunrise: $8.40
OJ, banana, blueberry, blackberry, greens

Chocolate Monkey $8.40
organic coconut milk, banana, sunbutter, chocolate protein powder

Greasy Monkey $8.40
organic coconut milk, banana, sunbutter, vanilla protein powder

No Moo Mocha $8.40
Shambala Barista coffee, banana, sunbutter, chocolate protein powder

Green Pineapple: $8.40
organic coconut milk, pineapple, cucumber, avocado, greens

Berry Ginger: $8.40
organic coconut milk, banana, berries, pineapple, ginger, lime juice

Berry Smoothie $8.40
avocado, berries, organic coconut milk, lime juice

Matcha Peach Smoothie $8.40
organic coconut milk, peach, SSH Matcha, avocado, agave

Green Smoothie $8.40
organic coconut milk, organic kale, mango, pineapple, banana, flax, chia seeds

Juice $3.60

(V) piping hot, gooey, chocolate goodness in a cup.
Baked Elephant Ear w/ $8.40
Coconut Creme Frosting (V)
(V) cinnamon sugar baked to perfection.
Sourdough Powdered Donut Holes (V) $7.20
with Coconut Creme Frosting
Grilled Sunshine bun, Tillamook Cheddar or Vegan Cheez, half roasted red pepper, sauerkraut & secret sauce.

Philly Shamsteak Grinder (V) $18.60
This crowd pleaser is loaded. House made seitan, sauteed peppers, onions and mushrooms, topped with our famous vegan cheese sauce on our crusty baguette

Shamburger Deluxe (VO) $19.80
House made veg-burger: buckwheat, black bean, sunflower seeds & oats, fresh lettuce, tomato, onion and pickles on Sunshine Bun, with Spicy Mustard, Veganaise, Smokey ketchup and choice of cheese

Grass fed/ finished Beef-burg $21.00
with Cheese
1/3 lb Local grass-fed, grass-finished beef patty, cheddar cheese (VO), lettuce, tomato, pickles, mustard, veganaise, and ketchup on sunshine bun

Patty Melt $21.00
1/3lb grass fed/finished beef patty, grilled onion, provolone (VO) on herb garlic sourdough with fry sauce for dipping

Chicknt Biscuit Sandwich (VO) $18.60
Chicken fried sham patty on vegan cheddar chive biscuit, melted cheddar cheese (VO), creamy vegan country gravy

Burma Banh Mi (V) $18.60
tempura- fried chickpea tofu, cucumber, fresh jalapeno, cilantro, pickled carrot and daikon with sriracha aioli on french roll

Hawaiian (V) $18.60
Toasty sunshine bun with coconut-bakin, red onion, red pepper, pineapple, arugula, sprouts, avocado with sriracha aioli and balsamic reduction

Pesto and Sockeye $21.00
Roasted sockeye salmon on a sunshine bun with housemade vegan pesto, 1000 island, yellow mustard, ketchup, sliced tomato, lettuce and red onion