



SHAMBALA  

---

JEDILNI LIST  
A LA CARTE  
MENU

## O Shambali

---

Stara tibetanska zgodba pripoveduje o mladeniču, ki se je odpravil na pot v iskanju Shambale. Ko je prehodil že mnogo gorskih prelazov, je naletel na starega puščavnika, ki ga je vprašal, kam ga nese pot v tako zapuščeni snežni pokrajini. "Shambalo iščem." je rekel mladenič. "Potem ti pa ni treba daleč," je odgovoril starec, "kraljestvo Shambale leži v tvojem srcu."

Shambala je legendarna budistična dežela. V antičnih besedilih je opisana kot dežela radosti, miru in razsvetljenstva, v njej pa prebivajo mojstri, ki se razlikujejo od ostalih ljudi po svoji modrosti in sposobnostih. Dosegli so najvišjo stopnjo duhovnega razvoja in se zato ne rojevajo več v stvarnem svetu.

Najbolj očitna lastnost Shambale je, da je skrita. Mnogi so jo iskali, tako daleč v tibetanskem gorovju kot v duhovnem izročilu, a nihče natančno ne ve, kje se nahaja, razen tistih seveda, ki so jo našli na Križevniški ulici v Ljubljani ;)

## Nagrade

---

Restavracija Shambala že od leta 2009 svojim zvestim gostom prinaša vrhunska doživetja azijske kulinarike v kombinaciji z lokalnimi sestavinami in slovenskimi vini.

Dokaz, da ostajamo na pravi poti, so številne domače nagrade, v zadnjih letih pa tudi priznanja iz tujine.

Michelin Guide - od leta 2020

Gault & Millau - od leta 2020

Falstaff - od leta 2022

## Degustacijski meni

---

<b>5-hodni meni</b>	70,00 €
<b>6-hodni meni</b>	78,50 €
<b>7-hodni meni</b>	87,00 €

### Pozdrav iz kuhinje

**Sveži vietnamski zavitek** (\*2,4,6,8)

**“Black Tiger” gamberi na žaru**

*marinirani v svežih zeliščih in čiliju, z mangovo omako* (\*2,4)

**Japonska miso juha s tofujem z wakame algami in svežo zelenjavo**

(\*2,4,6)

*ali*

**Tajska pekoča juha ‘Tom Yum’ z gamberi in gobami** (\*2,4,9)

**Rezine v limonski travi mariniranega goveda ‘Black Angus’**

*na žaru, z mladim grahom in taro ‘krompirjem’* (\*4,6)

*ali*

**V ingverju mariniran file lososa z limeto,**

*papriko in čilijem ter dimljenim pirejem iz sladkega krompirja* (\*4,6,7)

### Sladica po izbiri

#### Dodatne jedi pri 6 ali 7-hodnem meniju:

**Ceviche morskega lista s kokosovim mlekom**

*morski list mariniran v limoninem soku s koriandrovim oljem* (\*4,6,12)

**Solata z balijskim piščancem z limonsko travo,**

*svežim čilijem in dolgim azijskim fižolom* (\*2,4,8)

\*Alergeni v jedeh. Seznam je na zadnji strani jedilnega lista.

## Priporočamo

---

**Tris svežih vietnamskih zavitkov** (\*2,4,6,8) 15,70 €

**Izbor predjedi** 19,90 € / osebo  
degustacija petih različnih predjedi  
(minimalno naročilo: za dve osebi)  
(Za alergene povprašajte strežbo.)

**Rdeči tajski kari** 🍲 20,70 €  
pikantna jed iz doma pripravljene mešanice zelišč (\*4)

**File brancina na žaru** 🍷 28,90 €  
z ingverjem in pak choyem (\*4,6,12)

**Marinirani file goveda 'Black Angus' na žaru** 38,90 €  
z mladim grahom in taro 'krompirjem' (\*4,6)

**Čokoladni soufflé**  
z mangovim sladoledom in kokosovo peno (\*1,3,7,8) 9,70 €

## Hladne predjedi

---

**Sveži vietnamski zavitki** 9,70 €  
z zeleno papajo in kislim mangom,  
z gamberi (\*2, 4) ali s piščancem (\*6,8)

**Tris svežih vietnamskih zavitkov** 15,70 €  
z zeleno papajo in kislim mangom,  
z gamberi (\*2, 4) in s piščancem (\*6,8)

**Ceviche morskega lista s kokosovim mlekom** 17,40 €  
morski list mariniran v limoninem soku s  
koriandrovim oljem (\*4,6,12)

\*Alergeni v jedeh. Seznam je na zadnji strani jedilnega lista.

**Mladi grah s svilenim tofujem** 16,10 €  
*z indijskimi oreščki in sladko-kislo omako (\*4,6,8)*

**Balijski piščanec z limonsko travo, 🌿🌿** 14,60 €  
*svežim čilijem in dolgim azijskim fižolom (\*2,6,8,12)*

## Tople predjedi

---

**Piščanec v Teriyaki omaki,** 13,90 €  
*s porom in arašidovo omako (\*6,5,11)*

**“Black Tiger” gamberi na žaru** 16,30 €  
*marinirani v svežih zeliščih in čiliju, z mangovo omako (\*2,4)*

**Japonska tempura** 17,80 €  
*z zelenjavo (\*1,4,6)*

**Japonska tempura** 20,70 €  
*z zelenjavo in gamberi (\*1,2,4,6)*

**Popečene rezine tune** 17,50 €  
*z vasabi majonezo (\*3,4,6)*

**Jakobove pokrovače** 16,40 €  
*s pestom iz tajske bazilike in mandljev (\*7,8,14)*

**Izbor predjedi** 19,90 € / na osebo  
*degustacija petih različnih predjedi (minimalno naročilo: za dve osebi)*  
*(Za alergene povprašajte strežbo.)*

\*Alergeni v jedeh. Seznam je na zadnji strani jedilnega lista.

## Juhe

---

<b>Japonska miso juha</b> <i>z zelenjavo (*4,6)</i>	6,00 €
<b>Japonska miso juha</b> <i>s tofujem, gamberi ali ribo (*2,4,6)</i>	7,30 €
<b>Tajska kokosova juha 'Tom Ka'</b> <i>s piščancem (*4)</i>	8,60 €
<b>Tajska kokosova juha 'Tom Ka'</b> <i>z gamberi (*2,4)</i>	9,60 €
<b>Tajska pekoča juha 'Tom Yum'</b> 🍄🍄 <i>s piščancem (*4,9)</i>	8,30 €
<b>Tajska pekoča juha 'Tom Yum'</b> 🍄🍄 <i>z gamberi (*2,4,9)</i>	9,30 €

## Solatni krožniki

---

<b>Solata s kislim mangom</b> <i>listnata solata, kislina in sladki mango, papaja, korenje, sojini kalčki, sveža zelišča, mandlji, ananasov preliv. (*8,12)</i>	18,50 €
<b>Solata z gamberi in steklenimi rezanci</b> 🍄 <i>listnata solata, stekleni rezanci, na žaru popečeni gamberi, mango, korenje, sveža zelišča, indijski oreščki, češnjev paradiznik, vietnamski preliv. (*2,4,8)</i>	19,50 €
<b>Indonezijska solata z mariniranim piščancem</b> 🍄🍄 <i>listnata solata, piščanec mariniran v limonski travi s čilijem, papaja, korenje, češnjev paradiznik, sveža zelišča, indijski oreščki, vietnamski preliv. (*2, 4, 8)</i>	18,40 €

\*Alergeni v jedeh. Seznam je na zadnji strani jedilnega lista.

## Sklede in jedi z rezanci in rižem

---

**Velika miso juha s tofujem** 14,50 €  
z riževimi rezanci, wakame algami in svežo zelenjavo  
(\*4,6,11)

**Velika miso juha z gamberi** 15,80 €  
z riževimi rezanci, wakame algami in svežo zelenjavo  
(\*2,4,6,11)

**Miso ramen s kimchijem, 🍜** 17,80 €  
udon rezanci in gobami shitake (\*1,2,4,6,11)

s tofujem, piščancem ali gamberi (\*1,2,4,6,11) 19,80 €

**Zelenjava iz voka 🍜** 19,60 €  
sezonska azijska in domača zelenjava, z rižem (\*4,6,11)

s tofujem ali piščancem (\*4,6,11) 21,30 €

z gamberi (\*2,4,6,11) 22,00 €

**Rdeči (ali zeleni) tajski kari 🍜🍜** 20,70 €  
pikantna jed iz doma pripravljene mešanice zelišč in  
začimb (kari pasta), z obilico tajske zelenjave in  
kokosovim mlekom, postreženo s skodelico riža. (\*4)

s tofujem ali piščancem (\*4,6) 20,90 €

z gamberi (\*2,4) 22,40 €

**Tajski riževi rezanci Pad Thai** 19,70 €  
z gamberi, piščancem in tofujem (\*1,2,3,4,5,6)

**Udon rezanci z 'Black Angus' govedino 🍜** 21,70 €  
in kimčijem (\*1,2,4,6,11)

**Udon rezanci z okro in dimljeno ribo** 21,50 €  
začinjeni z japonskim 'Bonito flakes' (\*1,4,7,8)

\*Alergeni v jedeh. Seznam je na zadnji strani jedilnega lista.

## Morske jedi

---

- Gamberi v singapurski omaki** 🌙 22,40 €  
*s sakejem, ingverjem in čilijem, z rižem*  
(\*2,6,11)
- Klapavice v kokosovem mleku** 🌙 23,30 €  
*z limonsko travo in svežim koriandrom, z rižem*  
(\*4,14)
- V ingverju mariniran file lososa** 24,90 €  
*z limeto, papriko in čilijem ter dimljenim pirejem iz sladkega krompirja* (\*4,6,7)
- File brancina na žaru** 28,90 €  
*z ingverjem in pak choyem* (\*4,6,12)

## Mesne jedi

---

- V limonski travi mariniran piščančji file** 22,60 €  
*s pestom iz koriandra, čipsom sladkega krompirja in azijsko zelenjavo* (\*4,5,6,11)
- Račje prsi z omako kislega manga,** 32,60 €  
*popočenim sladkim krompirjem, brokolijem in mandlji*  
(\*7,8)
- Marinirani file goveda 'Black Angus' na žaru** 🌙 38,90 €  
*v limonski travi in svežem čiliju mariniran biftek z mladim grahom in taro 'krompirjem' (vrsta azijskega gomolja)* (\*4,6)

\*Alergeni v jedeh. Seznam je na zadnji strani jedilnega lista.



## Zelenjavne jedi

---

**Japonska zelenjavna tempura** 17,80 €  
(\*1,4,6)

**Zelenjava iz voka** 🌱 19,60 €  
sezonska azijska in domača zelenjava, z rižem  
(\*4,6,11)

s tofujem (\*4,6,11) 21,30 €

**Rdeči (ali zeleni) tajski kari** 🌶️🌶️ 20,70 €  
pikantna jed iz doma pripravljene mešanice zelišč in  
začimb (kari pasta), z obilico tajske zelenjave in  
kokosovim mlekom, postreženo s skodelico riža. (\*4)

s tofujem (\*4,6) 20,90 €

**Veganski Pad Thai riževi rezanci** 19,70 €  
s tofujem (\*1,5,6)

## Sladice

---

<b>Kokosova panna cotta</b> <i>s kislim mangom in datljevimi pirejem (*7)</i>	7,40 €
<b>Čokoladni soufflé</b> <i>z mangovim sladoledom in kokosovo peno (*1,3,7,8)</i>	9,70 €
<b>Pasijonkin sladoled</b> <i>z mandljevo kremo, drobljencem iz polnozrnate in kokosove moke ter kokosovo peno (*1,3,7,8)</i>	8,20 €
<b>Beli sladoled z vročim jagodnim prelivom,</b> <i>sladoled iz jogurta, bele čokolade in tofuja z vročim prelivom iz jagod, ingverja in svežega zelenega popra (*1,6,7,8)</i>	8,10 €
<b>Mousse temne čokolade in svilenega tofuja</b> <i>z ingverjevim sladoledom, Aperolovo peno in malinovim gelom (*6,7,12)</i>	9,10 €
<b>Kepica domačega sladoleda</b> <i>(mango, pasijonka ali jogurt &amp; tofu)</i>	4,60 €
<b>Kepica moussa temne čokolade</b> <i>(*6,7)</i>	4,80 €

\*Alergeni v jedeh. Seznam je na zadnji strani jedilnega lista.

## Seznam alergenov

---

1. ŽITO, KI VSEBUJE GLUTEN
2. RAKI
3. JAJCA
4. RIBE
5. ARAŠIDI
6. ZRNO SOJE
7. MLEKO
8. OREŠČKI
9. ZELENA
10. GORČIČNO SEME
11. SEZAMOVO SEME
12. ŽVEPLOV DIOKSID IN SULFITI
13. VOLČJI BOB
14. MEHKUŽCI

*Vsa živila v naših jedeh lahko v sledovih vsebujejo alergene. V kolikor imate težave z alergeni, vas prosimo, da se posvetujete z osebjem.*



SHAMBALA

Veljavnost cenika od: december 2024  
V cenah je vključen DDV. Vse cene so v evrih.

Shambala d.o.o., Križevniška 12, Ljubljana



SHAMBALA

---

ENGLISH  
A LA CARTE  
MENU

## About Shambala

---

*An old Tibetan story tells of a young man who set off in search of Shambala. Having traversed many mountain passes, he came across an old hermit, who asked him where he was headed in such a deserted, snowy landscape. "I am looking for Shambala", replied the young man. "In that case, look no further", said the hermit, "the kingdom of Shambala lies in your heart."*

*Shambala is a mythical Buddhist land. It is depicted in ancient texts as a land of joy, peace and enlightenment, inhabited by masters of great wisdom and ability who had reached the highest level of spiritual evolution and are therefore no longer reborn into the material world.*

*The most obvious feature of Shambala is that it lies hidden. Many have searched for it, be it in the faraway Tibetan mountains or within spiritual tradition, but no one knows exactly where it lies; apart from those, of course, who have found it on Križevniška street in Ljubljana ;)*

## Awards

---

*Since 2009, Shambala restaurant has been providing its loyal guests with top-notch Asian culinary experiences in combination with local ingredients and in company of Slovenian wines. The numerous awards we have received are proof that we are on the right track.*

*Michelin Guide - from 2020*

*Gault & Millau - from 2020*

*Falstaff - from 2022*

## Tasting menu

---

<b>5-course menu</b>	70,00 €
<b>6-course menu</b>	78,50 €
<b>7-course menu</b>	87,00 €

### Amouse bouche

**Vietnamese salad roll** (\*2,4,6,8)

**Grilled “Black Tiger” prawns**

*marinated in fresh herbs and chili, with mango sauce* (\*2,4)

**Japanese miso soup** *with wakame seaweed and vegetables* (\*2,4,6)

*or*

**Thai spicy soup ‘Tom Yum’** *with prawns and mushrooms* (\*2,4,9)

**Marinated grilled ‘Black Angus’ beef fillet tagliata**

*lemongrass and chili-marinated beef fillet with snow peas and taro.* (\*4,6)

*or*

**Ginger-marinated salmon fillet** *with lime, bell peppers, chili and smoked sweet potato puree* (\*4,6,7)

### Dessert of your choice

#### Additional course with 6 or 7-course menu:

**Sole ceviche with coconut milk**

*Sole marinated in lemon juice with coriander oil* (\*4,6,12)

**Bali-style chicken salad with lemongrass,**

*fresh chili and long beans* (\*2,4,8)

\* Allergens in dishes. The list is on the last page of the menu.

## Favourites

---

**Vietnamese salad rolls tris** (\*2,4,6,8) 15,70 €

**Selection of starters** 19,90 € / person  
*degustation of five starters*  
*(min. order: for two persons)*  
*(Ask the staff about allergens.)*

**Red Thai curry** 🌶️🌶️ 20,70 €  
*spicy dish from fresh home-made curry paste (\*4)*

**Grilled sea bass fillet** 28,90 €  
*with ginger and pak choy (\*4,6,12)*

**Lemongrass-marinated grilled beef fillet** 🌶️ 38,90 €  
*'Black Angus' with snow peas and taro root (\*4,6)*

**Chocolate souffle** 9,70 €  
*with mango ice cream and coconut foam (\*1,3,7,8)*

## Cold Starters

---

**Vietnamese salad rolls** 9,70 €  
*with green papaya and sour mango,*  
*with prawns (\*2, 4) or with chicken (\*6,8)*

**Vietnamese salad rolls tris** 15,70 €  
*with green papaya and sour mango,*  
*with prawns (\*2, 4) and with chicken (\*6,8)*

**Sole ceviche with coconut milk** 17,40 €  
*Sole marinated in lemon juice with coriander oil*  
*(\*4,6,12)*

\* Allergens in dishes. The list is on the last page of the menu.

**Snow peas with silken tofu and cashew nuts** 16,10 €  
*with sweet and sour dressing (\*4,6,8)*

**Bali-style chicken with lemongrass, 🌶️🌶️** 14,60 €  
*fresh chili and long beans (\*2,6,8,12)*

## Hot Starters

---

**Chicken in Teriyaki sauce,** 13,90 €  
*with leeks and peanut sauce (\*6,5,11)*

**Grilled “Black Tiger” prawns** 16,30 €  
*marinated in fresh herbs and chili, with mango sauce  
(\*2,4)*

**Japanese tempura** 17,80 €  
*with vegetables (\*1,4,6)*

**Japanese vegetable tempura** 20,70 €  
*with prawns (\*1,2,4,6)*

**Grilled tuna slices** 17,50 €  
*with wasabi mayonnaise (\*3,4,6)*

**Scallops with Asian pesto** 16,40 €  
*pesto made with Thai basil and almonds  
(\*7,8,14)*

**Selection of Starters** 19,90 € / person  
*degustation of five starters  
(min. order: for two persons)*

*(Ask the staff about allergens.)*

*\* Allergens in dishes. The list is on the last page of the menu.*



## Soups

---

<b>Japanese miso soup</b> <i>with vegetables</i> (*4,6)	6,00 €
<b>Japanese miso soup</b> <i>with tofu, prawns or fish</i> (*2,4,6)	7,30 €
<b>Thai coconut soup 'Tom Ka'</b> <i>with chicken</i> (*4)	8,60 €
<b>Thai coconut soup 'Tom Ka'</b> <i>with prawns</i> (*2,4)	9,60 €
<b>Thai spicy soup 'Tom Yum'</b> 🌶️🌶️ <i>with chicken</i> (*4,9)	8,30 €
<b>Thai spicy soup 'Tom Yum'</b> 🌶️🌶️ <i>with prawns</i> (*2,4,9)	9,30 €

## Salad plates

---

<b>Sour mango salad</b> <i>lettuce, sour and sweet mango, papaya, carrots, soy bean sprouts, fresh herbs, almonds, pineapple dressing</i> (*8,12)	18,50 €
<b>Prawns and glass noodle salad</b> 🌶️ <i>lettuce, glass noodles, grilled prawns, mango, carrots, fresh herbs, cashew nuts, cherry tomatoes, vietnamese dressing</i> (*2,4,8)	19,50 €
<b>Indonesian salad with marinated chicken</b> 🌶️🌶️ <i>lettuce, lemongrass-marinated chicken with chili, papaya, carrots, cherry tomatoes, fresh herbs, cashew nuts, vietnamese dressing</i> (*2,4,8)	18,40 €

\* Allergens in dishes. The list is on the last page of the menu.

## Bowls & noodle and rice dishes

---

**Big Japanese noodle miso soup with tofu** 14,50 €  
*with rice noodles, wakame seaweed and vegetables*  
(\*4,6,11)

**Big Japanese noodle miso soup with prawns** 15,80 €  
*with rice noodles, wakame seaweed and vegetables*  
(\*2,4,6,11)

**Miso ramen with kimchi, 🍲** 17,80 €  
*udon noodles and shitake* (\*1,2,4,6,11)

*with tofu, chicken or prawns* (\*1,2,4,6,11) 19,80 €

**Vegetable stir fry 🍲** 19,60 €  
*seasonal asian and local vegetables , with rice* (\*4,6,11)

*with tofu or chicken* (\*4,6,11) 21,30 €

*with prawns* (\*2,4,6,11) 22,00 €

**Red (or green) Thai curry 🍲🍲** 20,70 €  
*spicy dish from fresh home-made curry paste with plenty of Thai vegetables, coconut milk and served with a bowl of rice* (\*4)

*with tofu or chicken* (\*4,6) 20,90 €

*with prawns* (\*2,4) 22,40 €

**Thai rice noodles Pad Thai** 19,70 €  
*with prawns, chicken and tofu* (\*1,2,3,4,5,6)

**Udon noodles with 'Black Angus' beef 🍲** 21,70 €  
*and kimchi* (\*1,2,4,6,11)

**Udon noodles with okra and smoked fish** 21,50 €  
*seasoned with japanese 'Bonito' flakes* (\*1,4,7,8)

\* Allergens in dishes. The list is on the last page of the menu.

## Seafood dishes

---

- Prawns in Singaporean sauce** 🍤 22,40 €  
*with sake, ginger and chili, with rice*  
(\*2,6,11)
- Mussels in coconut milk** 🍤 23,30 €  
*with lemongrass and fresh coriander, with rice*  
(\*4,14)
- Ginger-marinated salmon fillet with lime,** 24,90 €  
*bell peppers, chili and smoked sweet potato puree*  
(\*4,6,7)
- Grilled sea bass fillet** 28,90 €  
*with ginger and pak choy* (\*4,6,12)

## Meat dishes

---

- Lemongrass-marinated chicken fillet** 22,60 €  
*with fresh coriander pesto, sweet potato chips and Asian vegetables* (\*4,5,6,11)
- Duck breasts with sour mango sauce,** 32,60 €  
*pan-seared sweet potatoes, broccoli and almonds*  
(\*7,8)
- Marinated 'Black Angus' beef fillet** 🍖 38,90 €  
*lemongrass and fresh chili-marinated beef fillet with snow peas and taro* (\*4,6)

\* Allergens in dishes. The list is on the last page of the menu.

## Vegetable dishes

---

<b>Japanese vegetable tempura</b> (*1,4,6)	17,80 €
<b>Vegetable stir fry</b> 🌱 <i>seasonal asian and local vegetables , with rice</i> (*4,6,11)	19,60 €
<i>with tofu</i> (*4,6,11)	21,30 €
<b>Red (or green) Thai curry</b> 🌶️🌶️ <i>spicy dish from fresh home-made curry paste with plenty of Thai vegetables, coconut milk and served with a bowl of rice</i> (*4)	20,70 €
<i>with tofu</i> (*4,6)	20,90 €
<b>Vegan Pad Thai rice noodles</b> <i>with tofu</i> (*1,5,6)	19,70 €

\* Allergens in dishes. The list is on the last page of the menu.

## Desserts

---

<b>Coconut panna cotta</b> <i>with sour mango and date purée (*7)</i>	7,40 €
<b>Chocolate soufflé</b> <i>with mango ice cream and coconut foam (*1,3,7,8)</i>	9,70 €
<b>Passion fruit ice cream</b> <i>with almond cream, wholegrain flour and coconut crumble and coconut foam (*1,3,7,8)</i>	8,20 €
<b>White ice cream with hot strawberry sauce,</b> <i>yogurt, white chocolate and tofu ice cream with hot strawberry, ginger and fresh green peppercorn sauce (*1,6,7,8)</i>	8,10 €
<b>Dark chocolate and silken tofu mousse</b> <i>with ginger ice cream, Aperol foam and raspberry gel (*6,7,12)</i>	9,10 €
<b>Scoop of home made ice cream</b> <i>mango, passion fruit or yogurt &amp; tofu</i>	4,60 €
<b>Scoop of dark chocolate mousse</b> <i>(*6,7)</i>	4,80 €

\* Allergens in dishes. The list is on the last page of the menu.

## Food allergens

---

1. GLUTEN
2. CRUSTACEANS
3. EGGS
4. FISH
5. PEANUTS
6. SOY
7. MILK
8. NUTS
9. CELERY
10. MUSTARD SEED
11. SESAME SEED
12. SULPHITES
13. LUPIN
14. MOLLUSCS

*All foods in our dishes may contain traces of allergens.  
If you have problems with allergens, please consult the staff.*



SHAMBALA

Price list validity from: December 2024.  
Prices include VAT. All prices are in eur.

Shambala d.o.o., Križevniška 12, Ljubljana