



COMO
SHAMBHALA

Kitchen



COMO Shambhala is a global wellness brand that focuses on an integrated approach to holistic living. COMO Shambhala Kitchen is our healthy eating concept. Dishes help to boost concentration and energy, balance blood-sugar levels and satisfy cravings. We avoid over-processed ingredients. We are predominantly plant-based, using vegetables, fruits, nuts, seeds, grains, roots and herbs – local, seasonal foods low in sugar, salt and free of artificial ingredients.

For more, including our COMO Shambhala Cookbook, please see www.comoshambhala.com

APPETISERS

GREEN GODDESS DIP - 14 **N G F L F**

Seasonal vegetables, crudités

NUT AND SEED CRISPBREAD - 18 **V N G F L F**

Zucchini and chia seed crispbread, heirloom tomato, cashew cream, cauliflower

VEGETABLE MINISTRONE - 14 **V G F L F**

Roasted tomato broth, vegetables, herb pistou

YELLOWFIN TUNA - 30 **L F**

Soba noodle salad, radish, soybean, Japanese-inspired dressing

SALAD BOWLS

GARDEN GREENS - 28 **V G F L F**

Seasonal green leaves, avocado, apple cider vinaigrette

ORANGE AND ARTICHOKE - 28 **V N G F L F**

Fennel, avocado, green bean, pistachio, almond, orange blossom dressing

POWERHOUSE - 28 **V N G F L F**

Chopped broccoli, cauliflower, kale, quinoa, dried cranberry, almond,
ginger miso dressing

QUEEN PEA FALAFEL - 28 **V L F**

Chickpea falafel, herb tabbouleh, hummus, pickled vegetables

Add free-range chicken +10 or grilled fish of the day +12

All prices are subject to 10% service charge and prevailing government taxes.

MAINS

GRILLED WILD SCOTTISH SALMON - 36 **GF LF N**

Lentils, tomato, zucchini, pistachio and lemon salsa

STEAMED FISH - 34 **LF**

Ginger and sour plum broth, tofu, mustard green, mushroom, tomato

SPICED CHICKEN - 36 **N**

Dried fruit and nut salad, fennel, orange, harissa yoghurt

GRILLED ANGUS BEEF FILLET - 48 **N**

Freekeh, celery and walnut salad, grape, tahini yoghurt dressing

SWEET TREATS

SUGAR-FREE HIBISCUS FLOWER SORBET - 14 **V GF LF**

Hibiscus sorbet, watermelon, strawberry and pomegranate salad

CACAO MOUSSE - 14 **V N GF LF**

Raspberry, pistachio

SUGAR-FREE SORBET - 8 **V GF LF**

Fresh seasonal selection

Please inform our staff if you have any dietary intolerances.

V Vegan **N** Contains Nuts **GF** Gluten-free **LF** Lactose-free

All prices are subject to 10% service charge and prevailing government taxes.

JUICES, BLENDS AND TEA

Vegan, gluten- and lactose-free

LEAN & CLEAN GREENS - 14

Apple, fennel, cucumber, spinach, celery, sunflower seeds,
macadamia, spirulina powder

Builds lean muscle, boosts energy and immunity, and bolsters detoxification

BLOOD BUILDER - 14

Apple, beetroot, carrot, turmeric

Cleanses the blood and improves circulatory flow, while boosting immunity and mood

BERRY QUENCHER - 14

Strawberry, blueberry, raspberry, apple

**Protects against premature ageing by delivering a concentrated source
of antioxidants and phytonutrients**

COOL DOWN - 14

Watermelon, cucumber, mint

Hydrates, reduces internal heat and relieves headaches

MUSCLE MYLK - 14

Banana, coconut, flaxseed, Medjool date, cocoa powder, cinnamon powder, almond milk

Speeds recovery by reducing inflammation, and replenishing electrolytes and nutrients

COMO SHAMBHALA GINGER TEA - 10

Wildflower honey, lemon

Boosts immunity while easing inflammation

All prices are subject to 10% service charge and prevailing government taxes.

