



## COMO SHAMBHALA

The afternoon tea at COMO The Halkin is inspired by  
COMO Shambhala holistic wellness concept which marries healthy  
eating, expert nutrition and pleasurable gastronomy.

COMO Shambhala advocates proactive holistic wellness, combining  
modern science with ancient healing. Complementing our wellness philosophy  
is the COMO Cuisine, the enzyme-rich, healthy and delicious cuisine  
designed to boost concentration and energy, balance blood sugar levels  
and cleanse the body from the inside out. Each recipe of the afternoon tea draws  
on recipes from our COMO Shambhala book *The Pleasure of Eating Well*.

Cooking the COMO Shambhala way should be nothing but pure,  
unadulterated pleasure.

With this concept in mind, Executive Chef Ruben Briones has developed an  
afternoon tea which is nearly guilt-free. Enjoy the journey.

# AFTERNOON TEA MENU

## SAVOURY

Real toast

*Seeds and nut bread, avocado, cucumber, heritage cherry tomato and rocket*

Sweet corn and basil soup

*Infused basil, corn powder and extra virgin olive oil*

Big Raw Salad

*Shredded vegetables, avocado and lemongrass dressing*

Spiced crispy prawns

*Orange blossom Purée, kaffir lime, coriander and citrus*

Marinated chicken lolly

*Wild rice salad, pomegranate seeds, pomegranate glaze*

## SWEETS

Cucumber Jelly, apple, avocado sorbet

Wholemeal banana waffle, peanuts and yoghurt sauce

Strawberry, infused watermelon, hibiscus, white chocolate

Mango and Passion fruit cheesecake

Coconut, coconut water, dark chocolate

## COMO SHAMBHALA JUICES

Blood builder

*Cleanses the blood, improves circulation, boosts immunity and lifts your mood with carrot, beetroot, pineapple, apple and ginger*

Lean and Clean Greens

*Builds lean muscle, boosts energy and immunity and bolsters the body's natural systems with cleansing juice. Contains apple, celery, cucumber, lettuce, lemon, fennel, spinach, sunflower seeds and macadamia*

## TEA

Black Tea

*Assam English Breakfast, Earl Grey, Chai with Masala Spices,  
Darjeeling, Decaffeinated Ceylon*

Green Tea

*Jasmine Pearls, Japanese Sencha, Jade Sword*

White Tea

*White Peony, Jasmin Silver Needle*

Herbal Infusions

*Chamomile, Lemon Verbena, Rooibos, Hibiscus and Blackcurrant*

Fresh Herbs

*Mint, Lemongrass, Ginger*

COMO Shambhala Signature Ginger Tea

## DRINKS

Slow pressed vegetable juices

£14

Taittinger Brut, Reserve, France

£15/glass

Borgoluce, Prosecco

£14/glass

French Bloom

*Organic French Bubbly, 0.0% Alcohol (Le Rosé/Le Blanc)*

£12/glass

Blooming Boquet

*Blackberry, Lavender, Lemongrass, Blonde French Bloom*

£16

Roses & Peaches

*Peach, Rose, Rosemary, Rose French Bloom*

£16

Elder Bloom

*Elderflower, Apricot, Lemon, Blonde French Bloom*

£16

Our COMO Shambhala Urban Escape is a place to enjoy award-winning wellness treatments in clean-lined, peaceful rooms at the centre of London. Facilities include a 24-hour fitness centre and steam rooms.

It is located in our sister property COMO Metropolitan, ten minutes walking from COMO The Halkin.

Following your experience of the COMO Shambhala Afternoon Tea, you are entitled to a £20 voucher to be spent at COMO Shambhala Urban Escape.

### THE PLEASURE OF EATING WELL

Each dish of the afternoon tea at COMO The Halkin has been inspired by a recipe from *The Pleasure of Eating Well*, the COMO Shambhala cuisine book. Ask our waiting staff for a copy of the book and find some inspiration from your COMO Shambhala Afternoon Tea experience.

