



## COMO Shambhala Blends

\$17

### **Berry Quencher**

*Protects against early ageing by delivering a concentrated source of anti-oxidants and phytonutrients*

Green apple, grapes, blueberries, strawberries, raspberries

### **Cool Down**

*Reduces internal heat, hydrates, relieves headache*

Watermelon, cucumber and mint

### **Tropic Aid**

*Hydrates with natural electrolytes and provides fast fuel for active muscles*

Mango, papaya, orange, coconut water, lime

### **Culture Shock**

*Helps to balance the digestive tract and is great for the skin*

Orange, strawberries, banana, passion fruit, rambutan, yoghurt

### **Muscle Mylk**

*Speeds recovery by reducing inflammation and replenishing electrolytes and nutrients*

Banana, coconut, almond milk, cinnamon, flaxseeds, dates, cocoa beans



## COMO Shambhala Therapeutic Wellness Juices \$17

### **Vital Veg**

*Promotes circulation and protects brain and heart function*

Tomato, cucumber, celery, fennel, basil, red pepper, lemon, pumpkin, flaxseed oil

### **Blood of the Earth**

*Supports the liver in cleansing the blood*

Beetroot, apple, celery, ginger

### **Green Clean**

*Helps build lean muscles, boost energy and immunity, and aid detoxification*

Apple, fennel, cucumber, spinach, green bell pepper, celery, spirulina powder  
sunflower seeds, macadamia nuts

### **Liven Up Your Liver**

*Supports the liver detoxifying function and cleanses the blood*

Apple, spinach, cauliflower, broccoli, garlic, celery, ginger, turmeric

### **Waterfall**

*Relieves bloating and water retention, reduces blood pressure and supports kidney function*

Cucumber, parsley, celery, fennel, pear, mint

### **Stress Reliever**

*Calms the nervous system and balances hormones*

Carrot, red apple, red grape, ginger, spinach, fennel, beetroot, celery  
sweet potato

## To Start

<b>Chilled Green Goddess Soup V</b> Blended raw super green soup with avocado, hijiki seaweed	\$18
<b>Mezze N</b> Hummus, baba ganoush, muhammara, beetroot labneh, crudités crackers and flat bread	\$18
<b>Crisp 'bread' V GF N</b> Zucchini, chia crisp, cashew hummus, cauliflower, cherry tomato, cucumber	\$24
<b>Garden Greens V GF</b> Leaves and seed salad, avocado, sprouts, ginger miso dressing	\$26
<b>Baby Gem Salad V GF</b> Cherry tomatoes, cucumber and peppers vegan feta olives, capers, oregano	\$22
<b>Crispy Ocean Trout Belly Salad GF N</b> Green mango, jicama with lemongrass, cashew nuts, green chilli lime dressing	\$26
<b>Thai Rare Beef Salad</b> Wagyu beef, long beans, cherry tomato, mint and cucumber salad ground toast rice, tamarind and chilli dressing	\$34

## Sides

<b>Baby Gem</b> shaved fennel, radish and rocket, lemon dressing <b>V GF</b>	\$12
<b>Steamed Seasonal Greens</b> lemon and extra virgin olive oil <b>V GF</b>	\$12
<b>Wok-Fried Greens</b> mixed mushrooms, tofu and Thai sweet basil <b>V GF</b>	\$14

**V** Denotes vegan menu items **GF** Denotes gluten free menu items

**N** Denotes menu items containing nuts

For any dietary intolerance, please inform our IVD staff

All Prices are in USD and Subject to 10 per cent service charge and prevailing government taxes

## Main Plates

<b>Aztec Bowl V GF N</b> Quinoa, avocado, sweet corn, cherry tomatoes, black-eyed peas and pumpkin salad with oregano, tomato vinaigrette, spiced nuts and seeds	\$32
<b>Queen Pea V GF</b> Chickpea falafels, hummus, chunky curly kale, quinoa, tabbouleh, romaine, sauerkraut tahini sauce	\$32
<b>Poke Bowl GF</b> Diced yellowfin tuna, edamame, seaweed, avocado, pickled ginger and cucumber Chinese cabbage, Japanese inspired dressing, brown rice	\$32
<b>Steamed Fish of the Day GF</b> Fragrant ginger, shiitake and tamari broth, sesame oil, brown rice	\$42
<b>Cumin Spiced Ocean Trout GF</b> Cauliflower, pomegranate, quinoa salad, tomato and sumac dressing, eggplant purée	\$42
<b>Free-Range Chicken Kebab GF</b> Herbed and spiced chicken, peppers, fennel, chickpea, olive and mint salad, with hummus and orange blossom dressing	\$36

## Desserts

<b>Exotic Fruits V GF</b> Freshly sliced seasonal tropical fruits	\$18
<b>Orange Almond Cake GF N</b> Red grape, almond salad, orange blossom scented yogurt	\$22
<b>Mango and Passion Fruit 'Cheesecake' V N</b> Banana and macadamia crust	\$22
<b>COMO Shambhala Power Cookies V GF N</b> Raw nut, mixed seeds, dried fruit	\$20

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