

COMO Shambhala Wellness Juices

Vegetable Based

\$15

Blood of the Earth

Supports the liver in cleansing the blood

Beetroot, apple, celery, ginger

Green Clean

Helps build lean muscles, boosts energy and immunity, and aid detoxification

Apple, fennel, cucumber, spinach, green bell pepper, celery, spirulina powder

Liven up your Liver

Supports the liver detoxifying function and cleanses the blood

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

Stress Reliever

Calms the nervous system and balances hormones

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

Sweeter Varieties

\$15

Berry Quencher

Protects against early aging by delivering a concentrated source of

Anti-oxidants and phytonutrients

Green apple, grapes, blueberries, strawberries, raspberries

Cool Down

Reduces internal heat, hydrates and relieves headaches

Watermelon, cucumber, mint

Tropic Aid

Hydrates with nature-made electrolytes and provides fast fuel for active muscles

Mango, papaya, orange, coconut water, lime

Muscle Mylk

Speeds recovery by reducing inflammation and replenishing electrolytes and nutrients

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



Snack Plates

Mezze hummus, baba ganoush, muhammara, beetroot labneh, crudités, zaatar spiced bread 🥜 CN	\$18
Smoked Fish Dip celery, cucumber, radish, house made crackers	\$22
Reef Fish Ceviche charred sweet corn, avocado, coconut, chili, lime GF	\$24
Chili Fried Squid green chilli, lime dressing dipping sauce	\$20

Appetizer Plates

Persian Salad cucumber, watermelon, cherry tomato and pomegranate with dates and soft feta GF	\$26
Buffalo Mozzarella vine tomatoes, olives, caper, basil, red onion, lemon GF	\$26
Island Caesar romaine, avocado, mango, bacon, capers, Parmesan crisps, Caesar dressing GF	\$26
Ocean Trout Salad crispy belly, green mango, jicama salad with lemongrass, cashews green chilli and lime dressing 🥜 CN GF	\$32
Thai Rare Beef Salad grilled Wagyu beef, long bean, cherry tomato mint and cucumber salad, ground roast rice, tamarind and chilli dressing GF	\$34

Bowls

Aztec quinoa, avocado, sweet corn, cherry tomatoes, black-eyed peas, pumpkin oregano tomato vinaigrette 🥜 CN GF VG	\$32
Queen Pea crispy chickpea falafels, hummus, chunky tabbouleh, romaine, sauerkraut tahini sauce 🥜 GF VG	\$32
Poke diced yellowfin tuna, edamame, seaweed, avocado, pickled ginger and cucumber Chinese cabbage, Japanese inspired dressing, brown rice 🥜	\$32
Simply Grilled Extras Reef Fish, Tiger prawns, grilled chicken	\$12
Wagyu beef	\$22

Tacos, Rolls, and Burgers

Crisp 'Bread' zucchini, walnut, chia crisp, cashew hummus, cauliflower, cherry tomato cucumber salad, shaved fennel and rocket salad 🥜 CN GF VG	\$24
Crispy Fish Tacos red cabbage, pickled onion, mojo verde, tomato salsa, spicy mayonnaise	\$28
Lobster Roll island lobster, celery, tomato, avocado, mayonnaise, lemon, dill	\$28
Chicken Wrap masala-spiced chicken tikka, mint chutney, chaat salad, mango chutney	\$26
Thila Burger Wagyu beef, tomato, cheddar cheese, pickles, tomato relish, lettuce	\$28

Pizza

Margherita tomato passata, fresh mozzarella, torn basil	\$25
Frutti di Mare seafood, tomato passata, garlic, oregano, fresh mozzarella, grilled red chilli relish	\$26
Prosciutto di Parma tomato passata, fresh mozzarella, balsamic onions, shaved Parmesan	\$30
Tandoor Chicken tomato, cardamom and cashew sauce, paneer, mint raita, onion chaat CN	\$28

Pasta

Linguine Lobster garlic, chilli, cherry tomato, arugula, lemon	\$38
Spaghetti Carbonara smoked pancetta, Parmesan, egg, black pepper	\$30
Rigatoni Bolognese classic slow cooked beef ragù	\$34

Main Plates

Lobster Tail garlic, chilli, parsley butter, mixed leaf, fine herbs, fennel, lemon and caper salad GF	\$48
Catch of the Day cherry tomato, cauliflower and pomegranate salad, smoky eggplant purée 🥜 GF	\$48
Riviera flaked yellowfin tuna, baby beans, artichokes, peppers, tomato and potato salad soft-cooked egg, olives, capers and anchovy GF	\$48
Island Fried Fish beer batter reef fish, hand cut thrice-cooked chips, yogurt tartar sauce, lemon	\$45
Free Range Chicken Skewers herb and spice crust, fennel, chickpea, orange, olive mint salad 🥜 GF	\$42
Angus Beef Sirloin charred onion, piquillo pepper salad, mojo verde GF	\$48

On the Side

Romaine Salad shaved fennel, radish and fine herb salad, palm sugar vinaigrette GF VG	\$12
Tomato Salad cucumber, red onion, mint olives capers, red wine vinaigrette GF VG	\$14
French Fries aioli and ketchup GF	\$9

Sweet Treats

Ice cream and Sorbet flavour of the day GF	per scoop \$6
Exotic Fruits seasonal selection of the ripest variety GF VG	\$18
Coconut Panna Cotta citrus and pomegranate salad GF	\$20
Rocky Road white chocolate parfait, marshmallow, cherries and macadamia CN GF	\$20

🥜 Denotes Shambhala Cuisine **VG** Denotes vegan menu items **GF** Denotes gluten free menu items
CN Denotes menu items containing nuts

For any dietary intolerance, please inform our wait staff

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