



COMO SHAMBHALA

## **COMO Shambhala Wellness Juices**

### **Extraction-Based Juices**

**\$18**

#### **Lean & Clean Greens**

*Builds lean muscle, boosts energy and immunity, and bolsters the detoxification systems  
Apple, fennel, cucumber, spinach, green pepper, celery, sunflower seeds, macadamia nuts  
and spirulina powder*

#### **Liver & Gall Bladder Flush**

*Supports the cleansing of the liver and gall bladder, boosts brain function, protects heart  
and softens skin  
Orange, lime, ginger, flaxseed oil, turmeric root and cayenne*

#### **Blood Builder**

*Cleanses the blood, improved circulatory flow, boosts immunity and mood  
Apple, beetroot, carrot and turmeric*

#### **Vital Veg**

*Promotes circulation and protects brain and heart function  
Tomato, cucumber, celery, fennel, basil, red pepper, lemon, pumpkin and flaxseed oil*

### **Frozen Blended Juices**

#### **Berry Quencher**

*Protects against early ageing by delivering a concentrated source of anti-oxidants  
and phytonutrients  
Black skinned grapes, strawberries and frozen blueberries*

#### **Cool Down**

*Reduces internal heat, hydrates, relieves headache  
Watermelon, cucumber & mint*

#### **Digest**

*Assists digestion and alleviates abdominal bloating  
Papaya, pineapple, fennel, orange and mint*

#### **Muscle Mylk**

*Speeds recovery by reducing inflammation and replenishing electrolytes and nutrients  
Banana, young coconut water, coconut meat, cinnamon, almond milk, flax seeds,  
dates and cocoa beans*

#### **Tropic- Aid**

*Hydrates with nature-made electrolytes and provides fast fuel for active muscles  
Mango, young coconut water, papaya, orange and lime*



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## ***Small Plates***

- Summer Rolls*** \$18  
*Crunchy vegetable rice paper wraps, sprouts and herbs with tamarind dressing - C*
- Vegetable Maki*** \$18  
*Cauliflower and walnut seaweed rolls, avocado, cucumber, orange soy dipping sauce - C*
- Crudités and Dips*** \$16  
*Green goddess soybean humus, crunchy raw vegetables and flax seed crackers - C*

## ***Appetizers***

- Green Goddess*** \$16  
*Warm blended super green vegetable soup with seaweed and sunflower seeds - C*
- Kale Caesar*** \$24  
*Curley kale, macadamia nut cheese, avocado and creamy young coconut dressing - R, C*
- Our BIG Salad*** \$24  
*Rainbow of shaved raw vegetables with apple cider vinegar mustard dressing - R, C*
- Wild Rice and Rainbow Slaw*** \$24  
*Sweet corn, Avocado and crunchy vegetables with beetroot, tahini and tamari dressing - C*
- Chilled Raw Tuna Bowl*** \$26  
*Soba noodles, seaweed vegetables and avocado with soy beans, Japanese inspired dressing - C*
- Shredded Organic Chicken*** \$26  
*Green mango, cherry tomato and green beans with tamarind lemongrass dressing*

*Dishes denoted with an "R" adhere to Raw Food preparation principles  
Dishes with a "C" feature our Clean Food Menu - all are gluten-free, vegan, no sugar added*



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## ***Main Plates***

<b><i>Tiger Prawn</i></b>	<b>\$42</b>
<i>Coriander chutney with fresh coconut, mango, tomato and tempered spice dressing</i>	
<b><i>Moroccan Spiced Vegetable Curry</i></b>	<b>\$36</b>
<i>Quinoa "cous-cous" preserved lemon, almond and raisins - C</i>	
<b><i>Lentil Burger</i></b>	<b>\$26</b>
<i>7 grains and pulses, eggplant puree, cucumber yogurt, beetroot salad on iceberg lettuce - C</i>	
<b><i>Faroe Island Salmon</i></b>	<b>\$36</b>
<i>Cauliflower, quinoa and pomegranate tabbouleh with smoky eggplant puree</i>	
<b><i>Steamed Fish of the Day</i></b>	<b>\$38</b>
<i>Fragrant ginger, shiitake mushroom and tamari broth with bok choy, brown rice</i>	
<b><i>Spiced Chicken Skewers</i></b>	<b>\$38</b>
<i>Barley, dried fruit and nut salad, fennel, orange and olive salad, spiced yogurt</i>	
<b><i>Hormone Free Lamb Loin</i></b>	<b>\$48</b>
<i>Sprouted pulse, grapes, walnut and gem lettuce salad, tahini aioli</i>	

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## ***Desserts***

***Plantation Coconut Jelly*** \$16  
*Exotic fruits and lemongrass ice- R, C*

***Pink Delight*** \$16  
*Watermelon, strawberry and pomegranate salad with hibiscus flower sorbet - R, C*

***Berry Mock “Cheese Cake”*** \$16  
*Seasonal berries with coconut and macadamia nut crust - R, C*

***Cocoa Mousse*** \$16  
*Fresh raspberries and pistachio nuts - R, C*

***Tropical Fruit Plate*** \$14  
*Variety of the ripest fruit*

***Dehydrated Protein Treats - 6 pcs*** \$10  
*Coconut macaroons - R*  
*Medicine fruit, nut and seed cookies - R*  
*Carob and cranberry cookies - R*

***Tea and Coffee***

<i>Como Shambhala Ginger Tea</i>	\$8
<i>Tea Infusions; peppermint, blackcurrant and hibiscus, lemongrass and ginger</i>	\$9
<i>Soy Latte</i>	\$10

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