



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

Dishes denoted with a "R" adhere to Raw Food preparation principles

Dishes with a "C" feature our Clean Food Menu - all are gluten-free, vegan, no sugar added

The COMO Shambhala Cuisine is Available for Lunch and Dinner

Kindly be advised that 10% Service Charge and 12% Government Tax will be added to your check



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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 soybeans, Japanese inspired dressing - C	
Shredded Organic Chicken	\$26
Green mango, cherry tomato and green beans with tamarind lemongrass dressing	



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Main Plates

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



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Desserts

Plantation Coconut Jelly Exotic fruits and lemongrass ice- R, C	\$16
Pink Delight Watermelon, strawberry and pomegranate salad with hibiscus flower sorbet - R, C	\$16
Berry Mock "Cheese Cake" Seasonal berries with coconut and macadamia nut crust - R, C	\$16
Cocoa Mousse Fresh raspberries and pistachio nuts - R, C	\$16
Tropical Fruit Plate Variety of the ripest fruit	\$14
Dehydrated Protein Treats - 6 pcs Coconut macaroons - R Medicine fruit, nut and seed cookies - R Carob and cranberry cookies - R	\$10
Tea and Coffee	
Como Shambhala Ginger Tea	\$8
Tea Infusions; peppermint, blackcurrant and hibiscus, lemongrass and ginger	\$9
Soy Latte	\$10