

# *In Resident Dining Menu*

## *Daily breakfast menu*

Available from 6.30am to 11.00am

## *Fresh Juices*

Cold-pressed juice of the day

Local tangerine

Young coconut water

Blend of the day

## *Medicinal Shots*

Golden jamu, turmeric, tamarind and organic palm sugar

Wheatgrass shot with ginger or mint

## *Coffee*

Bali Kintamani

French Press

Espresso

## *Tea*

A selection of fine black and herbal tea infusions tea by Brew Me

COMO Shambhala Ginger Tea - ginger, lemon and honey

## *From Our Bakery*

An assortment of house-made pastries and breads served with nut butter, preserves and seasonal curds

Your choice of plain or whole-wheat croissants, fruit danishes and muffins

Your choice of wholegrain, wheat or gluten-free black rice bread

## *Cereals and Grains*

Cereals served with your choice of milk - full cream, light, soy, almond or coconut

Nut, seed and dried fruit muesli - R

House-made honey granola

Young coconut, almond and cinnamon porridge with papaya and banana - R

Oatmeal – plain or with pear, raisins, linseeds, sunflower seeds and almonds

## *In Resident Dining Menu*

### *Tropical fruits, Yoghurt and Pudding*

Seasonal tropical fruit plate or fruit salad - R

Yoghurt pots – natural, honey, dried fruit and nut, seasonal tropical fruit or dairy-free coconut

Chia pudding with mango, passionfruit and coconut - R

### *Prepared to Order*

Young coconut and flax seed crepes – apple and walnut filling, cinnamon, maple, cashew and young coconut cream - R

'Real Toast' - vegetable, almond and flax seed "toast" with crushed avocado, tomato and cucumber salad - R

Wholemeal pancakes with fresh mango, coconut yoghurt and passionfruit syrup

Zucchini waffles with smoked salmon, lemon-scented ricotta, shaved zucchini, lemon and dill salad

Quinoa with poached egg, marinated mushrooms, avocado, kimchi, grilled broccoli and a sprinkle of sesame nori

Wok-fried red rice with tempeh, vegetables, sambal and julienned egg crepe

Two-egg or egg white omelet with your choice of filling - mushrooms, leek, spinach, peppers, tomato, cheese, onion, smoked salmon

Eggs cooked your way, with your choice of accompaniments - sweet corn cake, roast tomato, mushrooms, curly kale, avocado, chicken sausage, smoked salmon

Scrambled tofu with peppers, sweet corn, avocado, tomato and coriander salad

Seasonal greens with poached egg and green goddess sauce

# *In Resident Dining Menu*

## *All-Day Dining*

Available from 11.00am to 11.00pm

## *COMO Shambhala Wellness Juices*

Signature extractions and blends created here at our flagship wellness retreat.

Waterfall - Reduces internal heat, hydrates and relieves headaches Watermelon, cucumber and mint	85
Liver Flush - Supports detoxification, counteracts inflammation and cellular damage Orange, lemon, lime, turmeric, ginger, garlic, cayenne and coconut oil	85
Blood Builder - Oxygenates the blood, improves circulatory flow and boosts immunity Beetroot, carrot, apple, ginger and turmeric	85
Lean and Clean Greens - Nourishes lean body mass, energises and encourages the removal of impurities Apple, cucumber, spinach, celery, fennel, green pepper and spirulina powder	85

## *Blends*

Tropic Aid - Hydrates with nature-made electrolytes and provides fast fuel for active muscles Mango, papaya, passionfruit, young coconut water and lime	85
Culture Shock - Benefits gut flora and rejuvenates skin Strawberry, banana, pineapple and plain yoghurt	85

## *Coconut Tonics*

Coconut Water - Quenches thirst and restores fluid balance Available with or without flesh	85
Coconut Kefir - Promotes a healthy immune system and gut bacteria Available plain or with crushed fresh mint leaves	85

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## *All-Day Dinning*

Available from 11.00am to 11.00pm

### *Snacks*

'Perkedel Jagung' - sweet corn and prawn cakes with red chili sauce	160
'Sate Lilit' - grilled spiced minced fish on lemongrass, served with sweet vinegar and pickled vegetables	220
'Sate Ayam' - spiced chicken skewers with cashew nut sauce	200

### *Soup*

'Kuah Be Pasih Lalah' - hot and sour seafood soup with lemon basil, tomatoes, baby corn and mushrooms	180
'Soto Ayam' - aromatic free-range chicken soup with glass noodles, cabbage, boiled egg, bean sprouts	160

### *Salads*

'Karedok' - cucumber, palm heart and jicama with sprouts crushed cashew and kaffir lime	200
'Tuna Sambal Matah' - grilled spiced flaked tuna salad with apple eggplants, torch ginger and shallots	220
'Lawar Kelor' - minced fish, coconut and turmeric salad with moringa leaf and long beans	200
'Shambhala Caesar' - baby gem, avocado, coconut 'bacon', nut cheese, creamy coconut, cashew dressing	220
'Shambhala Chopped' - cooked and raw vegetables, salad greens and chickpeas with sesame, citrus dressing	220
'Queen Pea' - chickpea fritters, hummus, quinoa and curly kale tabbouleh, red cabbage sauerkraut, tahini sauce	220
'Aztec Bowl' - quinoa, kale, tomato, black beans, sweetcorn and avocado, cumin and spiced oregano, tomato dressing, spicy 'beans'	220

\*Additions: grilled fish of the day, tiger prawns, grilled chicken breast, falafels 140

## *In Resident Dining Menu*

### *Pasta, Noodles and Rice*

Nasi Goreng - wok-fried red rice with vegetables, tempeh, sambal, sweet soy and egg crepe	220
Mie Goreng - wok-fried fresh egg noodles with vegetables, seafood, egg, sambal and sweet soy sauce	240
Wholegrain or gluten free pasta of the day	240

### *Braised and Grilled*

Southern Indian dhal with local spinach, pumpkin and moringa leaf with rice cakes, kosambri salad	260
Steamed red snapper in ginger and shallot sauce with shiitake mushrooms, Chinese cabbage, red rice	280
Kerapu Menyatnyat - light curry of grouper with marrow squash, eggplant, long beans and green chilli	280
Seared spiced flaked salmon, chopped cauliflower, tomato and pomegranate salad, smoky eggplant puree	280
Grilled free-range chicken, braised puy lentils, fresh tomato and herb salad	260
Ayam Taliwang - free-range chicken braised and grilled in fragrant coconut, lemongrass and kaffir	260
Grilled Stockyard gold 200-day grain fed sirloin, barley, green grape, almond salad, tahini sauce Rendang	420
Sapi - braised organic beef short ribs in rich rendang curry sauce	380

### *Sides*

Mixed leaf and fine herb salad with house vinaigrette	140
Trio of tomatoes, cucumber, red onions and mint salad with Persian feta	140
Seasonal greens, steamed with lemon and virgin olive oil	140
Grilled baby zucchini, muhammara, mint and walnuts	140
'Tumis Pakis' - wok-fried fern tips with tomatoes, bean sprouts, chili, garlic and tamari soy	140
'Terong Bakar' - grilled Japanese eggplant with sambal, tamarind and coriander	140