

# *In Residence Dining*

## *Daily breakfast menu*

Available from 6.30am to 11.00am

### *Fresh Pressed Juice*

Fresh pressed local tangerine, cold pressed juice of the day, blend of the day or young coconut water IDR 85

### *Medicinal Shots*

Kimchi Juice, naturally fermented cabbage, apple, carrot, red pepper, radish, ginger, garlic and coconut kefir 50

Golden jamu, turmeric, tamarind and coconut nectar 50

Green chum chum, pennywort, tamarind, chilli and coconut nectar 50

Wheatgrass shot, ginger or mint

### *Coffee and Tea*

Our ingredients have been locally-sourced from the farms and suppliers in our destination to ensure seasonal relevance, freshness and reduce carbon footprint

Espresso 50

Locally sourced Arabica beans harvested in the heritage Nusantara regions

Bali Coffee 50

Locally sourced blend of Robusta and Arabica beans from Pupuan and Kintamani

Keto coffee; espresso, butter, coconut cream, coconut oil 50

Brew Me Teas; locally sourced fine black and herbal tea infusions from the Angseri Valley in Bali 50

Our COMO Shambhala signature ginger tea with lemon and honey 50

Turmeric Latte; turmeric, cardamom, cinnamon and honey 50

### *From Our Bakery*

An assortment of house made pastries and breads served with nut butter and preserves

Your choice of whole wheat croissants plain or almond, fruit danishes and muffins 60

Your choice of wholegrain, wheat or black rice bread *LF* 60

# *In Residence Dining*

## *Cereals and Grains*

IDR

Selection of cereals served with your choice of milk; full cream, light, soy, almond or coconut

Nut, seed and dried fruit muesli <small>V R N</small>	60
House made honey granola <small>N</small>	60
Young coconut, almond and cinnamon scented porridge, papaya and banana <small>V G F R N</small>	80
Very Berry frozen smoothie bowl, dragon fruit, banana, strawberry, young coconut, chia, granola <small>G F R</small>	80
Oatmeal; plain or with pear, raisins and LSA <small>V N</small>	80

## *Tropical Fruit, Yogurt and Puddings*

Seasonal tropical fruit plate or tropical fruit salad <small>R</small>	100
Yogurt pots, natural, honey, dried fruit and nut, seasonal tropical fruit	45
Coconut Yogurt Pots, natural, honey, dried fruit and nut, seasonal tropical fruit <small>LF GF</small>	45
Chia pudding with mango, passionfruit and coconut <small>V G F R</small>	45

## *Prepared to order*

Young coconut, flax seed crêpes, apple, walnut filling, cinnamon, maple, cashew and young coconut cream <small>V G F R N</small>	150
Real Toast, vegetable, almond and flax seed "toast", avocado crush, tomato and cucumber salad <small>V G F R N</small>	150
Monk Soup, miso broth with shiitakes, vegetables from land and sea, tofu and soft egg boiled <small>LF GF</small>	150
French toast with gluten free banana bread, whipped coconut tahini and coffee scented honey <small>GF</small>	150
Whole meal pancakes with fresh mango, coconut yoghurt and passionfruit syrup	150
Chickpea flour pancake, baby zucchini, lemon, mint, avocado, cherry tomato salsa, arugula salad, cashew cream <small>V GF</small>	150
Scrambled tofu with peppers, sweet corn, avocado, tomato and coriander salad <small>V GF</small>	150
Quinoa with poached egg, marinated mushrooms, avocado, kimchi, grilled broccoli and sesame nori sprinkle	150
Kichadi moong dahl, quinoa porridge, cauliflower, baby carrot, beans, ginger, curry leaf, coriander <small>V GF</small>	150
Wok fried red rice with tempeh, vegetables, sambal and julienned egg crepe <small>LF</small>	150
Zucchini waffles, smoked salmon, lemon scented ricotta, shaved zucchini, lemon, dill salad	150
Two egg or fluffy egg white omelette with your choice of filling mushrooms, leek, spinach, peppers, tomato, cheese, onion, smoked salmon	150
Eggs your way with your choice of accompaniments sweet corn cake, roast tomato, mushrooms, curly kale, avocado, chicken sausage or smoked salmon	150

# *In Residence Dining*

<i>Daily special</i>	IDR
<b>Monday</b>	
Bubur Injin, black rice porridge with young coconut, peanuts and banana <sup>V GF N</sup>	150
<b>Tuesday</b>	
Jaje Kukus, sticky rice wrapped in banana leaf, caramelised banana, toasted coconut and palm sugar syrup <sup>V GF</sup>	150
<b>Wednesday</b>	
Bakso Ayam, clear chicken broth with chicken meatball, soft egg, beansprouts, rice noodles and celery <sup>LF</sup>	150
<b>Thursday</b>	
Bubur Beras Merah, Balinese red rice porridge with shredded chicken, egg crêpe, sprouts and coriander <sup>LF</sup>	150
<b>Friday</b>	
Laksa, fragrant coconut soup with prawn, fried tofu, rice noodles and sprouts <sup>LF</sup>	150
<b>Saturday</b>	
Bubur Moreng, thick white rice porridge with mince fish, roasted coconut, peanuts and spring onion <sup>LF N</sup>	150
<b>Sunday</b>	
Nasi Lemak, fragrant coconut rice with beef rendang, spiced chicken, long bean salad, crispy fish, egg and sambal <sup>LF</sup>	150

# *In Residence Dining*

## *All Day Dining*

Available from 11.00am to 11.00pm

### *Snacks*

	IDR
Mezze, hummus, baba ganoush, muhammara, crudités, flaxseed crackers, zucchini, chia crisps V GF	220
Jicama and pine nut maki roll, marinated shitake, asparagus, avocado, wasabi, tofu crème V GF R N	180
'Perkedel Jagung', sweetcorn and crab cake with red chilli vinegar dipping sauce LF	180
'Martabak', pan fried pastry with vegetable and tofu filling or minced lamb, mango, cucumber relish LF	260
'Sate Lilit Ikan', grilled minced fish on lemongrass serve with sweet vinegar pickled vegetables LF GF	260
'Sate Ayam', grilled spiced chicken skewer with light cashew nut sauce LF GF N	240

### *Soups*

Seasonal vegetable soup of the day raw or cooked V GF	160
'Kuah Be Pasih Lalah', hot and sour seafood soup with baby corn, cherry tomatoes and sprouts LF GF	180
'Soto Ayam', aromatic free range chicken soup with noodles, cabbage boiled egg and beansprouts LF G	180

### *Salads*

Shambhala Caesar, baby gem, avocado, coconut bacon, cashew 'cheese', creamy coconut dressing V GF R N	180
Our BIG Raw; crunchy raw vegetables, avocado, sprouts, nuts, seeds with mustard, apple cider vinaigrette V GF R N	220
Shambhala Chopped; cooked and raw vegetables, salad leaves, sesame, citrus dressing, spiced chickpeas V GF	220
Aztec Bowl; roast pumpkin, black bean and quinoa salad, red cabbage kraut, sweetcorn and avocado V LF GF	220
'Lawar Kelor'; minced fish coconut and turmeric salad with moringa leaf and long beans LF GF	220
'Selada Udang Bumbu Merica Hijau'; grilled prawn, green mango, cherry tomato and grated coconut, with lemongrass and green peppercorn dressing LF GF	320

### *Pasta, Noodles and Rice*

Choice of wholewheat or gluten free pasta with your choice of sauce;	
Tomato and basil LF GF	280
Prawn, garlic, chilli, lemon and arugula LF GF	320
Beef Bolognese	320
Buckwheat noodles with yellow fin tuna, olive, capers, garlic and chilli sauce LF	320
'Mie Goreng', wok fried fresh egg noodles with vegetables, seafood, egg, sambal and sweet soy LF	280
'Nasi Goreng', wok fried red rice with vegetables, tempeh, sambal, sweet soy and egg crepe LF	280

# *In Residence Dining*

## *Sandwiches and Pizza*

	IDR
Flaxseed club sandwich, avocado crush, semi dried tomatoes, cucumber, sprouts, watercress V GF R	260
Pumpkin, cashew nut crust "pizza", raw tomato sauce, avocado, mango and basil V GF R N	260
Grilled free range chicken sandwich, avocado crush, tomato and arugula on seven grain bread	320
Spelt flour pizza with grilled zucchini, mushrooms, arugula, ricotta, lemon and basil	280

## *Braised and Grilled*

Lightly spiced black bean, vegetable stew, avocado, lime and coriander guacamole, crispy sweetcorn polenta V GF	260
Flaked salmon with cauliflower, pomegranate and quinoa tabbouleh and smoky eggplant purée LF GF	320
'Kerapu Menyatnyat', light curry of grouper with marrow squash, eggplant, long beans and green chilli LF GF	320
'Ayam Taliwang', free range chicken braised and grilled in fragrant coconut, lemongrass and kaffir LF GF	300
'Rendang Sapi', braised organic beef short ribs in rich rendang curry sauce LF	400

## *Sides*

Mixed leaf and fine herb salad with house vinaigrette V LF GF	140
Stir fried kale with garlic and chilli V GF	140
Grilled Japanese eggplant with sambal, tamarind and coriander V GF	140
Tomato, jicama and radish salad with ponzu vinaigrette V LF GF	140
Steamed seasonal greens, lemon and virgin oil V GF	140
Baby zucchini, mint, lemon and sunflower seeds V GF	140
Work fried Asian green, garlic, tahini, sesame V LF GF	140

## *Desserts*

Estate grown tropical fruit plate V GF	140
Mango and passionfruit "cheesecake" with macadamia and coconut crust R V GF R N	150
Flourless chocolate cake with crispy coconut flakes and coconut sorbet GF	150
Fresh ginger and jackfruit pudding with banana, passionfruit sorbet and jackfruit syrup	150
Spiced Indonesian layer cake with sweet tamarind, pumpkin and cempaka ice cream	150