



COMO
SHAMBHALA

WELLNESS BEGINS
WITHIN

COMO Shambhala is a global wellness brand that focuses on an integrated approach to holistic living. COMO Shambhala Kitchen is our healthy eating concept. Dishes help to boost concentration and energy, balance blood-sugar levels and satisfy cravings. We avoid over-processed ingredients. We are predominantly plant-based, using vegetables, fruits, nuts, seeds, grains, roots and herbs – local, seasonal foods low in sugar, salt and free of artificial ingredients.

For more, including our COMO Shambhala Cookbook, please see www.comoshambhala.com

SOUPS AND SALADS

DAILY SEASONAL VEGETABLE SOUP - 70 **V GF LF**

ZUCCHINI, WALNUT, CHIA 'BRUSCHETTA' - 90 **V N GF LF**

Cauliflower salad, cashew cream

SHAMBHALA CHOPPED - 120 **V GF LF**

Raw, cooked and grilled vegetables, salad leaves, avocado, spiced chickpeas, citrus, sesame dressing

POMELO SALAD - 120 **N GF LF**

Poached prawn, pomelo and green mango, lemongrass, red chilli, lime dressing

MAINS

AZTEC BOWL - 120 **V N GF LF**

Pumpkin, quinoa, black bean, kale salad, tomatoes, sweetcorn, avocado, tomato, oregano dressing, spiced nut and seed crumble

WOK-FRIED TEMPEH - 140 **V LF**

Marrow squash, long beans, green chilli, red rice

GROUPER BRAISED IN FRAGRANT CURRY - 150 **GF LF**

Raw, cooked and grilled vegetables, salad leaves, avocado, spiced chickpeas, citrus, sesame dressing

SPICED CHICKEN AND VEGETABLE SKEWER - 140

Pearl barley, cherry tomato, pomegranate salad, baby cucumber, dill yogurt

SIDES

MIXED LEAF SALAD - 50 **V GF LF**

With house vinaigrette

STEAMED SEASONAL GREENS - 50 **V GF LF**

Lemon and virgin olive oil

V Vegan **N** Contains Nuts **GF** Gluten-free **LF** Lactose-free **R** Raw

All prices are in thousands of rupiah and subject to 21 per cent service charge and government tax

SWEETS

'CHEESECAKE' - 75 **V N GF LF**

Mango, passion fruit, macadamia, coconut crust

YOUNG COCONUT JELLY - 75 **V GF LF**

Strawberry, pomelo salad, hibiscus sorbet

SEASONAL SUGAR-FREE SORBET - 35 **V GF LF**

DEHYDRATED TREATS

Three pieces

APRICOT BLISS BALLS - 50 **V N GF LFR**

Almond, vanilla, dried apricot, raw honey

SHAMBHALA POWER COOKIES - 50 **V N GF LFR**

Dried fruit, nut and seed cookies

TEA

'COMO SHAMBHALA GINGER TEA - 45

Brewed ginger, lemon, honey served hot or chilled

EXTRACTION-BASED JUICES

LEAN AND CLEAN GREENS - 75 **V N GF LF**

Apple, fennel, cucumber, spinach, green pepper, celery, sunflower seeds,
macadamia nuts, spirulina powder

Builds lean muscle, boosts energy and immunity, and bolsters detoxification

BLOOD BUILDER - 75 **V GF LF**

Apple, beetroot, carrot, turmeric

Cleanses the blood and improves circulatory flow, while boosting immunity and mood

V Vegan N Contains Nuts GF Gluten-free LF Lactose-free R Raw

All prices are in thousands of rupiah and subject to 21 per cent service charge and government tax

COOL DOWN - 75 **V GF LF**

Watermelon, cucumber, mint

Hydrates, reduces internal heat and relieves headaches

FROZEN BLENDS

BERRY QUENCHER - 75 **V GF LF**

Black-skinned grapes, apple, strawberries, frozen blueberries

Protects against premature ageing by delivering a concentrated source of antioxidants and phytonutrients

TROPIC-AID - 75 **V GF LF**

Mango, young coconut water, papaya, passionfruit, lime

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

MUSCLE MYLK - 75 **V N GF LF**

Banana, coconut water, flax seeds, coconut meat, flaxseeds, Medjool dates, cacao nibs, almond milk

Speeds recovery by reducing inflammation, and replenishing electrolytes and nutrient

V Vegan **N** Contains Nuts **GF** Gluten-free **LF** Lactose-free **R** Raw

All prices are in thousands of rupiah and subject to 21 per cent service charge and government tax