



COMO  
SHAMBHALA

## THERAPEUTIC WELLNESS JUICES

\$17

### VEGETABLE BASED VARIETIES

#### Vital Veg

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

#### Liver Flush

Supports the liver detoxifying function, enriches body with antioxidants  
Orange, lemon, lime, ginger, garlic, cayenne pepper, extra virgin olive oil

#### Blood Builder

Oxygenates the blood, improves circulatory flow and boosts immunity  
Apple, beetroot, carrot, ginger, and turmeric

#### Green Clean

Helps build lean muscles, boost energy and immunity, and aid detoxification  
Apple, fennel, cucumber, spinach, green bell pepper, celery, spirulina powder

#### Lymph Purifier

Supports the detoxifying processes of the liver and lymphatic system  
Cucumber, celery, kale, fennel, ginger, lime



For any dietary intolerance, please inform our IVD staff  
All Prices are Subject to 10 per cent service charge and prevailing government taxes



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## TO START

- Chilled Green Goddess Soup**      \$22  
Blended raw super green soup with avocado, hijiki seaweed
- Mezze**   \$32  
Hummus, baba ganoush, muhammara, beetroot labneh, crudités za'atar s and flat bread
- Crisp 'bread'**      \$24  
Zucchini, chia crisp, cashew hummus, cauliflower, cherry tomato, cucumber
- Garden Greens**     \$26  
Leaves and seed salad, avocado, sprouts, ginger miso dressing
- Baby Gem Salad**     \$22  
Cherry tomatoes, cucumber and peppers, vegan feta olives, capers, oregano
- Crispy Ocean Trout Belly Salad**     \$32  
Green mango, jicama with lemongrass, cashew nuts, green chilli lime dressing
- Thai Rare Beef Salad**  \$36  
Wagyu beef, long beans, cherry tomato, mint and cucumber salad ground toast rice, tamarind and chilli dressing

## MAIN PLATES

- Aztec Bowl**      \$32  
Quinoa, avocado, sweet corn, cherry tomatoes, black-eyed peas and pumpkin salad with oregano, tomato vinaigrette, spiced nuts and seeds
- Queen Pea**      \$32  
Chickpea falafels, hummus, chunky curly kale, quinoa, tabbouleh, romaine, sauerkraut tahini sauce



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## MAIN PLATES

- Poke Bowl**      \$38  
Diced yellowfin tuna, edamame, seaweed, avocado, pickled ginger and cucumber, Chinese cabbage, Japanese inspired dressing, brown rice
- Steamed Fish of the Day**      \$42  
Fragrant ginger, shiitake and tamari broth, sesame oil, brown rice
- Cumin Spiced Ocean Trout**    \$42  
Cauliflower, pomegranate, quinoa salad, tomato and sumac dressing, eggplant purée
- Free-Range Chicken Kebab**    \$42  
Herbed and spiced chicken, peppers, fennel, chickpea, olive and mint salad with hummus and orange blossom dressing

## SIDES

- Baby Gem** shaved fennel, radish and rocket, lemon dressing     \$12
- Steamed Seasonal Greens** lemon and extra virgin olive oil     \$12
- Wok-Fried Greens** mixed mushrooms, tofu and Thai sweet basil     \$14

## DESSERTS

- Exotic Fruits**     \$18  
Freshly sliced seasonal tropical fruits
- Orange Almond Cake**     \$22  
Red grape, almond salad, orange blossom scented yogurt
- Mango and Passion Fruit 'Cheesecake'**     \$22  
Banana and macadamia crust
- COMO Shambhala Power Cookies**      \$22  
Raw nut, mixed seeds, dried fruit

 Vegan or vegetarian     Gluten-free     Lactose-free  
 Contains nuts     Contains pork     COMO Shambhala Kitchen  
 Sustainably-sourced     Locally-sourced

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### SWEET VARIETIES

#### Berry Quencher

Protects against early ageing by delivering a concentrated source of Anti-oxidants and phytonutrients  
Green apple, grapes, blueberries, strawberries, raspberries

#### Cool Down

Reduces internal heat, hydrates, relieves headache  
Watermelon, cucumber and mint

#### Tropic Aid

Hydrates with natural electrolytes and provides fast fuel for active muscles  
Mango, papaya, orange, coconut water, lime

#### Culture Shock

Helps to balance the digestive tract and is great for the skin  
Orange, strawberries, banana, passion fruit, rambutan, yoghurt

#### Muscle Mylk

Speeds recovery by reducing inflammation and replenishing electrolytes and nutrients  
Banana, coconut, almond milk, cinnamon, flaxseeds, dates, cocoa beans



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