



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

<b>Summer Rolls</b> Crunchy vegetable rice paper wraps, sprouts and herbs with tamarind dressing - C	\$18
<b>Vegetable Maki</b> Cauliflower and walnut seaweed rolls, avocado, cucumber, orange soy dipping sauce - C	\$18
<b>Crudités and Dips</b> Green goddess soybean humus, crunchy raw vegetables and flax seed crackers - C	\$16

### Appetizers

<b>Green Goddess</b> Warm blended super green vegetable soup with seaweed and sunflower seeds - C	\$16
<b>Kale Caesar</b> Curley kale, macadamia nut cheese, avocado and creamy young coconut dressing - R, C	\$24
<b>Our BIG Salad</b> Rainbow of shaved raw vegetables with apple cider vinegar mustard dressing - R, C	\$24
<b>Wild Rice and Rainbow Slaw</b> Sweet corn, Avocado and crunchy vegetables with beetroot, tahini and tamari dressing - C	\$24
<b>Chilled Raw Tuna Bowl</b> Soba noodles, seaweed vegetables and avocado with soybeans, Japanese inspired dressing - C	\$26
<b>Shredded Organic Chicken</b> Green mango, cherry tomato and green beans with tamarind lemongrass dressing	\$26



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## Main Plates

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



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## Desserts

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