



COMO  
SHAMBHALA

COMO Shambhala Kitchen uses ingredients  
that are nutritious, seasonal and pure delicious nourishing combinations

SOUPS AND SALADS		IDR
Daily seasonal vegetable soup	<b>V GF LF</b>	70
Zucchini, walnut, chia 'bruschetta', tomato, cauliflower salad, cashew cream	<b>V GF LF N</b>	90
Shambhala chopped salad <i>Raw, cooked and grilled vegetables, salad leaves, avocado, spiced chickpeas, citrus, sesame dressing</i>	<b>V GF LF</b>	120
Pomelo salad <i>Poached prawn, pomelo and green mango, lemongrass, red chilli, lime dressing</i>	<b>GF LF N</b>	120
<b>MAINS</b>		
Aztec Bowl <i>Pumpkin, quinoa, black bean, kale salad, tomatoes, sweetcorn, avocado, tomato, oregano dressing, spiced nut and seed crumble</i>	<b>V GF LF N</b>	120
Wok-fried tempeh <i>Shiitake mushrooms, Asian greens, soy, sesame</i>	<b>V LF</b>	140
Grouper braised in fragrant curry <i>Marrow squash, long beans, green chilli, red rice</i>	<b>GF LF</b>	150
Spiced chicken and vegetable skewer <i>Pearl barley, cherry tomato, pomegranate salad, baby cucumber, dill yogurt</i>	<b>GF</b>	140

**R** Raw   **V** vegan   **GF** gluten-free   **LF** lactose-free   **N** contains nuts

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

## SIDES

Mixed leaf salad with house vinaigrette	<b>V GF LF</b>	50
Steamed seasonal greens, lemon and virgin olive oil	<b>V GF LF</b>	50

IDR

## SWEETS

'Cheesecake' <i>Mango, passionfruit, macadamia, coconut crust</i>	<b>V GF LF N</b>	75
Young Coconut Jelly <i>Strawberry, pomelo salad, hibiscus sorbet</i>	<b>V GF LF</b>	75
Seasonal sugar-free sorbet	<b>V GF LF</b>	35

## DEHYDRATED TREATS

*Three pieces*

Apricot Bliss Balls <i>Almond, vanilla, dried apricot, raw honey</i>	<b>R V GF LF N</b>	50
Shambhala Power Cookies <i>Dried fruit, nut and seed cookies</i>	<b>R V GF LF N</b>	50

## TEA

Como Shambhala Ginger Tea <i>Brewed ginger, lemon, honey, served hot or chilled</i>		45
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## COMO SHAMBHALA KITCHEN WELLNESS BEVERAGES

### EXTRACTION-BASED JUICES

		IDR
<b>Lean and clean greens</b>	<b>V GF LF N</b>	75
<i>Apple, fennel, cucumber, spinach, green pepper, celery, sunflower seeds, macadamia nuts, spirulina powder</i>		
<i>Builds lean muscle, boosts energy and immunity, and bolsters detoxification</i>		
<b>Blood builder</b>	<b>V GF LF</b>	75
<i>Apple, beetroot, carrot, turmeric</i>		
<i>Cleanses the blood and improves circulatory flow, while boosting immunity and mood</i>		
<b>Cool down</b>	<b>V GF LF</b>	75
<i>Watermelon, cucumber, mint</i>		
<i>Hydrates, reduces internal heat and relieves headaches</i>		

### FROZEN BLENDS

<b>Berry quencher</b>	<b>V GF LF</b>	75
<i>Black-skinned grapes, apple, strawberries, frozen blueberries</i>		
<i>Protects against premature ageing by delivering a concentrated source of antioxidants and phytonutrients</i>		
<b>Tropic-aid</b>	<b>V GF LF</b>	75
<i>Mango, young coconut water, papaya, passionfruit, lime</i>		
<i>Hydrates with nature-made electrolytes and provides fast fuel for active muscles</i>		
<b>Muscle mylk</b>	<b>V GF LF N</b>	75
<i>Banana, coconut water, flax seeds, coconut meat, flaxseeds, Medjool dates, cacao nibs, almond milk</i>		
<i>Speeds recovery by reducing inflammation, and replenishing electrolytes and nutrient</i>		

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