

SWEET TREATS

MANGO 'CHEESECAKE' - 18 **V N GF LF**

Young coconut, mango, cashew, passion fruit sauce

YOUNG COCONUT JELLY - 16 **V GF LF**

Mangosteen sorbet, fresh fruits

CACAO MOUSSE - 16 **V N GF LF**

Raspberries, pistachio

SUGAR-FREE SORBET - 16 **V GF LF**

Fresh seasonal selection

JUICES AND BLENDS

Vegan, gluten- and lactose-free

LEAN AND CLEAN GREENS - 14

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 - 14

Apple, beetroot, carrot, turmeric

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

VITAL VEG - 14

Tomato, cucumber, celery, fennel, basil, red pepper, lemon, pumpkin, flaxseed oil

Promotes circulation, and protects brain and heart health

BERRY QUENCHER - 14

Black-skinned grapes, strawberries, frozen blueberries

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

COOL DOWN - 14

Watermelon, cucumber, mint

Hydrates, reduces internal heat and relieves headaches

MUSCLE MYLK - 14

Banana, coconut water, coconut meat, flaxseed, Medjool dates, cocoa powder, almond milk

Speeds recovery by reducing inflammation, and replenishing electrolytes and nutrients

Please inform our staff if you have any dietary intolerances.

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



COMO
SHAMBHALA
KITCHEN



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

APPETISERS

SEASONAL VEGETABLE MINISTRONE - 16 **V GF LF**

Roast tomatoes, vegetables, herb pistou

HEIRLOOM TOMATO AND ZUCCHINI CHIA CRISPBREAD - 18 **V N GF LF**

Zucchini and chia seed crispbread, cherry tomatoes, cashew cream, cauliflower

BLUEFIN TUNA TATAKI - 38 **GF LF**

Mixed leaves, seaweed, radish, avocado and soybean salad, Japanese-inspired dressing

FREE-RANGE SESAME CHICKEN SALAD - 32 **GF LF**

Shredded chicken, nashi pear, Chinese cabbage, cucumber and radish salad, sesame dressing

BOWLS

CHOPPED SALAD - 30 **V GF LF**

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

WILD RICE SALAD - 30 **V GF LF**

Roast butternut squash, sweet corn, peppers, tahini dressing, beetroot and apple relish, sunflower seeds

Add free-range chicken +10 or grilled fish of the day +12

MAIN PLATES

PASTA PRIMAVERA - 32 **N**

Whole wheat spaghetti, seasonal greens, roast Campari tomatoes, kale and pistachio pesto

STEAMED RED GROUPER - 36 **GF LF**

Fragrant hot and sour lemongrass broth, mushrooms, cherry tomatoes, brown rice

GRILLED WILD SCOTTISH SALMON - 42 **GF LF**

Chopped cauliflower, quinoa and pomegranate tabbouleh, eggplant purée

SPICED MAIMOIA LAMB CUTLETS | SPICED FREE-RANGE CHICKEN - 58 | 38 **N GF**

Barley, grapes, celery and kale walnut salad, tahini yoghurt sauce