



COMO  
SHAMBHALA  
KITCHEN





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](http://www.comoshambhala.com)

## APPETISERS

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

Cherry tomatoes, vegetables, herb pistou

### NUTS AND SEEDS CRISPbread - 18 **V N GF LF**

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

### TUNA SALAD - 30 **GF LF**

Seaweed, radish, avocado and edamame salad, Japanese-inspired dressing

### CHICKEN SALAD - 32 **GF LF**

Chinese cabbage, nashi pear, carrot, pickled cucumber, mint, sesame, ginger dressing

## BOWLS

### POWERHOUSE SALAD - 30 **V GF LF N**

Chopped broccoli, cauliflower, kale, quinoa, mint, dried cranberries, almonds, ginger miso dressing

### OUR CHOPPED SALAD - 30 **V GF LF**

Raw, cooked and grilled vegetables, lettuce, avocado, chickpeas, citrus, sesame dressing

### AZTEC SALAD - 30 **V GF LF N**

Butternut squash, sweet corn, avocado, cherry tomatoes, red quinoa,  
black beans, spiced nuts and seeds

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

## MAIN PLATES

SAYUR LODEH - 32 **V GF LF**

Coconut curry, tofu, long beans, choy sum, cabbage, brown rice

STEAMED FISH - 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

GRILLED LAMB CUTLETS | GRILLED CHICKEN - 58 | 38 **N GF**

Freekeh, grape, celery and walnut salad, tahini, yoghurt sauce

## 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 - 8 **V GF LF**

Fresh seasonal selection

Please inform our staff if you have any dietary intolerances.

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

## JUICES, BLENDS AND TEA

Vegan, gluten- and lactose-free

### LEAN AND CLEAN GREENS - 14

Apple, fennel, cucumber, spinach, 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

### BERRY QUENCHER - 14

Strawberries, blueberries, raspberries, apple

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, flaxseed, Medjool dates, cocoa powder, cinnamon powder, almond milk

Speeds recovery by reducing inflammation, and replenishing electrolytes and nutrients

### COMO SHAMBHALA GINGER TEA - 10

Wildflower honey, lemon

Boosts immunity while easing inflammation



