



COMO SHAMBHALA

## Entrees

Cucumber & pineapple gazpacho with flax seed crackers-R	\$18
Nut, seed & vegetable nori rolls with tamari soy-R	\$20
Trio of dips, vegetable crudités, flat bread & flax seed crackers-R	\$22
Raw beetroot, avocado, bean & seaweed salad with sesame, miso dressing-R	\$18
Bluefin Jack ceviche salad with spiced tomato & coriander dressing -R	\$24
Poached prawn, pomelo & lemongrass salad, red chilli dressing & Thai herbs	\$26

## Main Courses

Our "Big" salad with raw apple cider vinaigrette-R	\$20
Raw cauliflower, rocket & pomegranate tabbouleh salad with avocado & sumac dressing-R	\$20
Raw tuna , seaweed, avocado & spirulina noodle salad with Japanese dressing	\$24
Vegetables braised in tomato, turmeric & coconut curry with garam masala, sweet basil & brown rice	\$28
Steamed Grouper with fragrant mushroom, ginger & shallot broth & brown rice	\$32
Spiced chicken skewers with quinoa, dried fruit & nuts, orange salad & tahini sauce	\$30

## Side Dishes

Garden greens & leaf salad, seeds & ginger miso dressing-R	\$12
Steamed seasonal greens with lemon & extra virgin olive oil	\$12

## Desserts

Tropical fruit chat, pomegranate jelly & almond milk granita	\$14
Pear & ginger sorbet, melon salad & watermelon, rosewater soup	\$14
Flourless orange & almond cake, medjool date & strawberry salad, saffron soy sorbet	\$16

Prices are subject to a 10% service charge  
Dishes denoted with an "R" adhere to raw food preparation principles