

## PROSECCO SPECIAL

Saturday and Sunday  
9am – 3.30pm

	gls	btl
<b>RUGGERI, PROSECCO</b> NV, Veneto, Italy	12	50
<b>MIMOSA</b> Prosecco, fresh squeezed orange juice		14
<b>COMO BELLINI</b> Prosecco, dragon fruit and grape purée		14
<b>CITRUS SPRITZ</b> Prosecco, Campari, Aperol, Soda		14

### To Start

**NUT AND SEED CRISPREAD** 🌱 14  
Cauliflower, heirloom tomato, cashew hummus, sumac

**SCOTCH EGG** 14  
Soft Frenz organic egg, chicken sausage, chilli sambal

**TRUFFLE STRACCIATELLA** 24  
Fresh naan bread, wildflower honey

### Salad

**TANDOOR CAULIFLOWER** 🌱 22  
Kale, pomegranate, farro, almonds, nigella yoghurt

**KALE CAESAR** 18  
Chopped curly kale, bacon, soft Frenz organic egg, anchovy dressing

**SPICY PRAWN SALAD** 22  
Pomelo, sweet basil, fried shallots, coconut and tamarind dressing

**YELLOW FIN TUNA BOWL** 🌱 26  
Organic brown rice, marinated shiitake, seaweed edamame, avocado, Japanese inspired dressing

### Add Ons

SPICED CHICKEN 8 / TIGER PRAWNS 10 / MARKET FISH 10

### Frenz Organic Eggs

**TRUFFLE CROQUE MADAME** 24  
Ham, fried Frenz organic egg, béchamel, fries

**STIR-FRIED CRAB OMELETTE** 24  
Sprout, garlic, chives, oyster sauce, ginger-scented rice

**EGGS ROYALE** 24  
Smoked salmon, poached Frenz organic egg, hollandaise

**COMO BREAKFAST** 24  
Eggs to your liking, roasted tomato, slab bacon mushroom, potato

# COMO CUISINE

## Sandwiches And Burgers

<b>OUR LOBSTER ROLL</b>	35
Tomato, celery, chives, aioli	
<b>REAL TOAST</b> 🍯	18
Avocado crush, heirloom tomato, cucumber	
<b>BRUNCH BURGER</b>	28
Wagyu beef, tomato chilli relish, Frenz organic egg gruyere, bacon	
<b>SESAME BAGEL</b>	24
Smoked salmon, cream cheese, vine ripe tomato, capers	

## Savoury

<b>SPICED LENTILS</b> 🍯	20
Moong dhal curry, moringa, spinach rice cake	
<b>BUTTERMILK FRIED CHICKEN</b>	24
Spicy watermelon, maple syrup	
<b>FRAGRANT STEAMED FISH</b>	40
Tofu, asparagus, tomato, black bean, chilli sauce	
<b>STEAK AND EGG</b>	48
Black onyx beef fillet, fried Frenz organic egg watercress, café de Paris butter, truffle french fries	

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## Sweet Treats

<b>CEREAL MILK SUNDAE</b>	12
Crunchy cereal topping, fresh berries	
<b>COCONUT WAFFLE</b>	20
Fresh mango, blueberries, vanilla ice cream, maple	
<b>LEMON AND RICOTTA HOT CAKE</b>	20
Caramelized banana, raspberry, chocolate sauce	
<b>FRESHLY BAKED PASTRY</b>	6
Coconut croissant	

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🍯 COMO Shambhala Cuisine uses ingredients that are nutritious, seasonal and pure in delicious nourishing combinations

# COMO CUISINE

## Shambhala Wellness Juice

**JUICE OF THE DAY** 10

**WELLNESS JUICE OF THE DAY** 🍯 12

**GREEN AND CLEAN** 🍯 12

Apple, fennel, spinach, spirulina, seeds, nuts  
Boosts energy, immunity and detoxifies.

## Blends

**MUSCLE MILK** 🍯 12

Banana, dates, flaxseed, cinnamon, young coconut, almond milk  
Builds muscle, vitamin, energy rich.

**CULTURE SHOCK** 🍯 12

Strawberry, passion fruit, orange, yoghurt  
Gluten free, aids digestion, supports healthy heart.

## Therapeutic Brews

**BODY GUARD (Long Black)** 🍯 7

Ginger, Manuka honey, cold-pressed coconut oil  
Tangy – bolsters innate immune defences.

**ALARM CLOCK (Espresso)** 🍯 8

Mct oil, ghee, maca root, coconut cream  
Smooth and earthy – energises and supports brain function.

**SWEET RELIEF (Latte)** 🍯 8

Cocoa, cinnamon, date sugar, nut milk  
Creamy and sweet – calms and promotes hormone and blood sugar balance.

## Coffee

FRENCH PRESS 10

ESPRESSO 6

MACCHIATO 6

LONG BLACK 7

PICCOLO 7

FLAT WHITE 7

CAFFÈ LATTE 7

CAPPUCINO 7

## Tea and Herbal Tisanes

EARL GREY 7

ENGLISH BREAKFAST 7

SENCHA 7

MILKY OOLONG 7

# COMO CUISINE


COMO SHAMBHALA GINGER TEA 	7
CHAMOMILE	7
PEPPERMINT	7
SWISS BERRY HERB	7

## **Kombucha**

Organic Fermented Tea

Stabilise blood sugar levels, regulate cholesterol.

PEACH	12
GINGER AND LEMON	12
RASPBERRY LEMONADE	12

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