



## COMO SHAMBHALA

The afternoon tea at COMO The Halkin is inspired by COMO Shambhala holistic wellness concept which marries healthy eating, expert nutrition and pleasurable gastronomy.

COMO Shambhala advocates proactive holistic wellness, combining modern science with ancient healing. Complementing our wellness philosophy is COMO Kitchen, the enzyme-rich, healthy and delicious cuisine designed to boost concentration and energy, balance blood sugar levels and cleanse the body from the inside out. Each recipe of the afternoon tea draws on recipes from our COMO Shambhala book *The Pleasure of Eating Well*.

Cooking the COMO Shambhala way should be nothing but pure, unadulterated pleasure.

With this concept in mind, Chef Melchor Baltasar has developed an afternoon tea which is nearly guilt-free. Enjoy the journey.

# AFTERNOON TEA MENU

## SAVOURY

### **Chilled almond and green grape gazpacho**

COMO Castello Del Nero - Italy

### **Zucchini rösti with smoked salmon, dill and lemon-scented cottage cheese**

COMO Shambhala Estate - Bali

### **Green garden salad with ginger miso dressing**

COMO Point Yamu, Phuket - Thailand

### **Flaxseed cracker 'club' with avocado crush, dried tomatoes and sprouts**

COMO Uma Canggu - Bali

### **Tuna tartare with avocado, radish and a Japanese inspired Champagne dressing**

COMO Metropolitan Singapore - Singapore

## SWEET

### **Watermelon, pomegranate jelly with hibiscus flower sorbet**

COMO Uma Punakha - Bhutan

### **Sphere of coconut textures**

COMO Cocoa Island - Maldives

### **Zucchini, walnut and apple cake with lemon-scented yoghurt**

COMO Uma Paro - Bhutan

### **Strawberry illusion, vanilla and cashew tart with rose apple**

COMO The Treasury, Perth - Australia

### **Cacao mousse with fresh raspberries and pistachios**

COMO Maalifushi - Maldives

## COMO SHAMBHALA DRINKS

### **COMO Shambhala Iced Tea**

A fusion of ginger, honey and lemon blended with crushed ice

### **Berry Quencher**

Provides potent phytonutrients to repair oxidative damage and revitalise cells

Mixed berries, grapes and green apple

## TEA

Black Tea  
Assam English Breakfast, Earl Grey, Chai with Masala Spices,  
Darjeeling, Decaffeinated Ceylon

Green Tea  
Jasmine Pearls, Japanese Sencha, Jade Sword

White Tea  
White Peony, Jasmin Silver Needle  
Herbal Infusions  
Chamomile, Lemon Verbena, Rooibos, Hibiscus and Blackcurrant  
Fresh Herbs  
Mint, Lemongrass, Ginger  
COMO Shambhala Signature Ginger Tea

## DRINKS

Slow pressed vegetable juices

£14

Taittinger Brut, Reserve, France  
£15/glass

Borgoluce, Prosecco  
£14/glass

COMO Shambhala London is a place to enjoy award-winning wellness treatments in clean-lined, peaceful rooms at the centre of London. Facilities include a 24-hour fitness centre and steam rooms.

It is located in our sister property COMO Metropolitan, ten minutes walking from COMO The Halkin.

Following your experience of the COMO Shambhala Afternoon Tea, you are entitled to a £20 voucher to be spent at COMO Shambhala London.

### THE PLEASURE OF EATING WELL

Each dish of the afternoon tea at COMO The Halkin has been inspired by a recipe from The Pleasure of Eating Well, the COMO Shambhala Kitchen book. Ask our waiting staff for a copy of the book and find some inspiration from your COMO Shambhala Afternoon Tea experience.

