



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 the COMO Cuisine, 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, Executive Chef Ruben Briones has developed an
afternoon tea which is nearly guilt-free. Enjoy the journey.

AFTERNOON TEA MENU

SAVOURY

Real toast

Seeds and nut bread, avocado, cucumber, heritage cherry tomato and rocket

Sweet corn and basil soup

Infused basil, corn powder and extra virgin olive oil

Big Raw Salad

Shredded vegetables, avocado and lemongrass dressing

Spiced crispy prawns

Orange blossom Purée, kaffir lime, coriander and citrus

Marinated chicken lolly

Wild rice salad, pomegranate seeds, pomegranate glaze

SWEETS

Cucumber Jelly, apple, avocado sorbet

Wholemeal banana waffle, peanuts and yoghurt sauce

Strawberry, infused watermelon, hibiscus, white chocolate

Mango and Passion fruit cheesecake

Coconut, coconut water, dark chocolate

COMO SHAMBHALA JUICES

Blood builder

Cleanses the blood, improves circulation, boosts immunity and lifts your mood with carrot, beetroot, pineapple, apple and ginger

Lean and Clean Greens

Builds lean muscle, boosts energy and immunity and bolsters the body's natural systems with cleansing juice. Contains apple, celery, cucumber, lettuce, lemon, fennel, spinach, sunflower seeds and macadamia

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

French Bloom

Organic French Bubbly, 0.0% Alcohol (Le Rosé/Le Blanc)

£12/glass

Blooming Boquet

Blackberry, Lavender, Lemongrass, Le Blanc French Bloom

£16

Roses & Peaches

Peach, Rose, Rosemary, Le Rosé/French Bloom

£16

Elder Bloom

Elderflower, Apricot, Lemon, Le Blanc French Bloom

£16

Our COMO Shambhala Urban Escape 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 Urban Escape.

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 cuisine book. Ask our waiting staff for a copy of the book and find some inspiration from your COMO Shambhala Afternoon Tea experience.

