

metropolitan

LONDON
PART OF THE COMO GROUP

PRESS RELEASE: June 2008

Wellbeing at COMO COMO Shambhala Cuisine at The Met

The interest in food and its impact on lifestyles has become an important focus for many. People are increasingly conscious as to what goes into their shopping baskets and want dining out options to reflect these choices.

The Met, always at the forefront of cutting edge lifestyle trends, has launched a new set of menus featuring 'COMO Shambhala Cuisine'.

This style of cooking was pioneered at Parrot Cay, as part of the award-winning holistic health concept, established at the COMO Shambhala Retreat. It combines a healthful, balanced menu, where all the dishes are made from raw ingredients and cooked using methods that reduce the fat, preserve the nutrients that promote healthy living whilst not compromising on taste.

Brunches and lunches are synonymous with relaxing in London and the new COMO Shambhala Cuisine menu available in the Met Bar and Lobby Lounge is sure to become the hot new gossip for social get-togethers. Equally for informal business meetings, the menu is a great alternative from the ever-indulgent Club Sandwich.

The new menu will feature dishes such as the 'Big Raw Salad' (as pictured) and 'Wild Rice Salad with Seared Tuna and Roast Pumpkin'.

For more formal meetings, The Met has launched a new 'COMO Shambhala Vitality Business Package' that includes 'Super-charged Berry Shots', a range of healthy snacks and new 'Vitality Lunch Trays' (as pictured) to ensure that delegates are invigorated and remain focused throughout their meetings.

Even guests staying at the hotel can benefit from this new healthful approach as the COMO Shambhala Cuisine is also available on the In-Room Dining Menu.

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Big Raw Salad

This image can be downloaded at:

http://www.como.bz/download/met-london/Big_Raw_Salad.jpg



Vitality Lunch Tray

This image can be downloaded at:

http://www.como.bz/download/met-london/Vitality_Tray.jpg

EDITOR'S NOTE

UNDERSTANDING COMO HOTELS AND RESORTS: COMO Hotels and Resorts' first property opened in 1991 – the Halkin in London's Belgravia. The winning combination of smooth and accurate service, healthy Michelin-starred food and contemporary, understated style has since led to the creation of further properties, each different from the other while respecting COMO's core commitments – to indulge every guest's sense of respite, be it on a private island or a city hotel in the world's most dynamic capitals. Currently the COMO portfolio consists of two properties in London: the Halkin and Metropolitan, London. The resort product launched in 1998 with Parrot Cay in the Turks and Caicos. In 2002, Cocoa Island in the Maldives was born, followed in 2003 by the Metropolitan, Bangkok. In early 2004, COMO Hotels and Resorts assumed management of Begawan Giri Estate in Bali. That same year saw the opening of Uma Paro, Bhutan, and Uma Ubud, Bali. In 2005, Begawan Giri was relaunched with substantial new facilities as a top-end residential wellness retreat called COMO Shambhala Estate at Begawan Giri.

Website: [como.bz](http://www.como.bz)

UNDERSTANDING COMO SHAMBHALA: COMO Shambhala is the COMO Group's healthy living concept that spans environments, services and products, offering a full range of experiences that challenge and inspire us to greater wellbeing.

COMO Shambhala advocates proactive responsibility for individual holistic wellness. This entails balancing healthy eating with pleasurable gastronomy, self-directed exercise with expert instruction, massage with greater mental repose, and thought with action. COMO Shambhala embraces all modalities of wellbeing, from yoga's ancient system of self-development to other proven methods such as Ayurveda, aromatherapy, Pilates, Tai'Chi, and Qigong. Consultants take a consultative rather than prescriptive approach, working with guests on a one-by-one basis to define and achieve their goals. COMO Shambhala cuisine offers enzyme-rich, healthy and delicious cuisine. COMO Shambhala at Home, a lifestyle brand, creates skin and bodycare products developed to complement the environments and services available.

COMO Shambhala owns, designs and/or manages nine centres of wellbeing at properties worldwide.

Website: [comoshambhala.bz](http://www.comoshambhala.bz)