

Wellness for the body

Fresh & light

Macadamia mozzarella 250
Vine tomatoes • basil • lemon oil • balsamic vinegar

Char grilled octopus & bulgur wheat 250
Dill • preserved lemon • parsley • tomato • coriander

Zucchini tartare 250
Avocado • lime • flax seed cracker

Poached prawns 250
Pickled cucumber • tomato • coriander • fennel •
ginger & ginseng dressing

Healthy & nutritious salads

Asian chicken salad 220
Salad greens • cherry tomatoes • beetroot • carrot •
sesame & ginger dressing

Sous vide prawn salad 220
Salad greens • kale • beetroot • carrots •
seaweed • sprouts • white miso dressing

Rocket & toasted walnuts salad 250
Rocket • thyme • lemon • goats cheese • olive oil

Living salad 220
Salad greens • kale • sprouts • cherry tomato • toasted
nuts • lemon dressing

Raw som tam salad 220
Green papaya • carrots • tomatoes • shallots • green
beans • spiced Thai soy dressing

Classic green salad 220
Salad greens • cucumber • asparagus • avocado •
sprouts • wheat grass dressing

Body cleansing soups & broth

Chilled carrot & ginger soup 220
coconut • macadamia • green mango • lime

Gazpacho & flax seed oil 220
tomato • basil • cucumber • red onion

Organic green 220
broccoli • baby spinach • kale • hemp seed oil

Bone broths 250
chicken • beef • pork [Ⓟ]
served with kale, mushrooms and gogi berries

1) add a healthy booster miso • grated turmeric & ginger

2) add a protein poached free range egg • chicken
breast • beef cheek • tofu

3) add some noodles brown rice noodle • buckwheat
soba • edamame noodles • soybean noodles

Simplicity from mother nature

Sous vide salmon 380
Cauliflower • beans salad • preserved lemon oil

Grilled spiced prawns 420
Zucchini noodles • lemon • cucumber mint raita

Free range chicken breast 380
Roasted mushrooms • pumpkin • garlic confit • roast jus

Living lasagna 380
Marinated vegetables • nut cheese • walnut • tomato

Braised grain fed beef cheek 400
Sweet potato • kale slaw • pickles

[Ⓟ] Denotes pork item

Prices are subject to service charge and prevailing taxes