



WHOLESOME MEAT-FREE MEALS



*Unbelievably
Delicious*





Eating less meat is
the best way to keep your body,
and our planet,
healthy and happy.

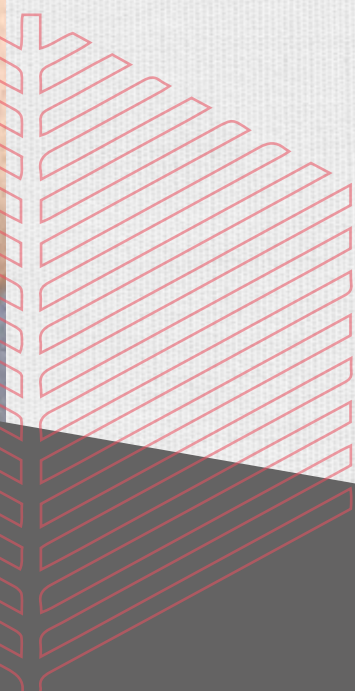




Fuel your body and mind with nutritious food. Your daily nutrition forms your foundation. Nourish yourself with the benefits of a nutrient dense diet - not artificial flavourings or additives.

Our nutritional philosophy is based around simplicity, an unrestricted diet that is rich in carefully prepared whole food.

Our approach to eating is nourishing, honest and **UNBELIEVABLY DELICIOUS.**



APPETIZERS

Wholesome Trio

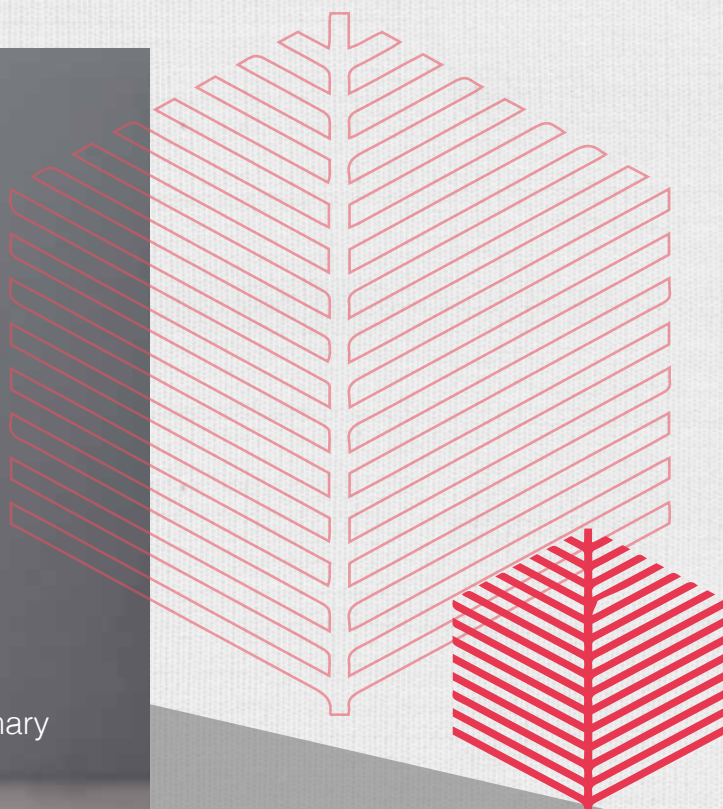
(Cherry Tomato Jelly, White Water Snowflake with Red Pepper, Japanese Yuca Root with Blueberry Sauce)

\$4.90



Handmade Rosemary Breadstick

\$1.00/pc (min. 2 pcs)



Our rosemary breadstick is handcrafted by our chefs, freshly baked daily and served with a sweet mustard dip!

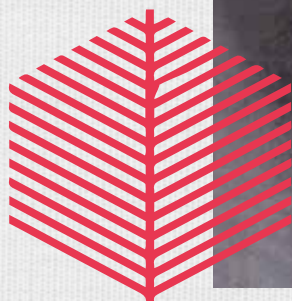
Warning: It's addictive!

SALADS

If you are trying to lose weight, don't shy away from macadamia nuts. You'll get a hefty of healthy fats and also prevent oxidative stress, protecting your body from infections and diseases.

Energized Salad with Avocado & Macadamia

 \$6.80



Roasted Sweet Potato with Corn & Macadamia Salad

\$5.80 

10% Service Charge & Prevailing GST are applicable. Actual dish presentation may differ from photos shown.

SALADS

Our Creamy Blueberry dressing is made from real fresh blueberries - both delicious and good for you.

A salad full of fresh produce, which provides fiber, vitamins and antioxidants. What's not to love?





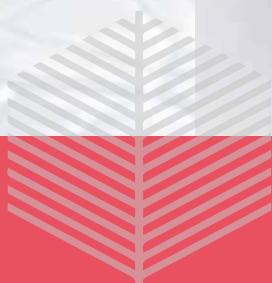
Revitalizing Fruits & Vegetable Salad

\$5.80



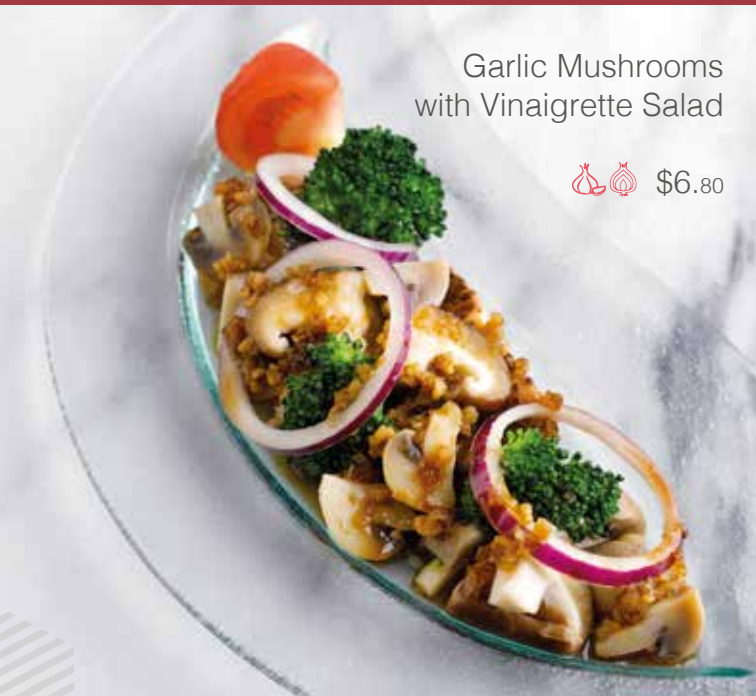
Baked Button Mushrooms with Garlic

\$8.80  



Garlic Mushrooms with Vinaigrette Salad

  \$6.80



SOUPS

Key Ingredient:
French Black Truffle

Low in calories but are packed with protein, iron, amino acids, vitamins and minerals. Used in soups to boost immunity and fight heart diseases.



Cream of Black Truffle Soup

  \$8.80



Purple Sweet Potato
Soup with Mushroom

 \$5.80



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SOUPS



Miso-Kombu Soup with
Shimeiji Mushrooms &
Lotus Seed

\$6.80



Burdock Root

Aids digestion, detoxify the
liver, improve skin health,
reduce inflammation and
lower blood pressure

Burdock Root &
Cashew Broth

\$5.80



MAINS



Power-up!

Multigrain foods will be high in complex carbohydrates and protein. Complex carbs are great for energy production, and this can help with exercise and losing weight.

5-Grain Rice with Black Truffle & Mushrooms

\$15.80   





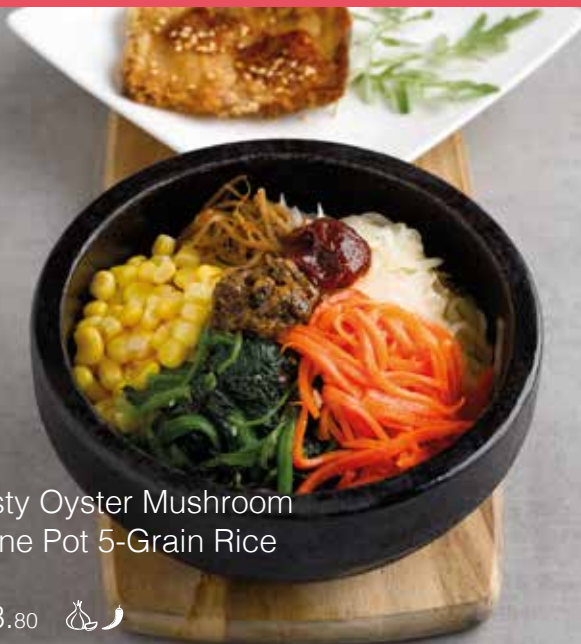
Broccoli & Pumpkin Curry Risotto

  \$15.80



Zesty Oyster Mushroom Stone Pot 5-Grain Rice

\$13.80  



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MAINS

Rice

Our rice burger consist of Dragon Fruit Flavoured Rice (Top) and Black Rice (Bottom)

Chickepea Rice Burger with Fries

   \$13.80



Baked Potato Ai Funghi

\$13.80




Lion's Mane Mushroom with Potato
(Choice of: Black Pepper Sauce or Sweet-Sour Sauce)

\$15.80  

MAINS



Star Pizza with
Cream Cheese &
Wasabi-Tomato Sauce

 \$15.80



Wild Mushroom Charcoal Tagliatelle

\$15.80 



White Ferula Pesto Pasta

\$13.80 

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MAINS

Broccoli has huge amounts of the vitamins and dietary fibre to help you have a balanced diet.




Broccoli & Mushroom
Pita Pockets

   \$15.80





Baked Shell Pasta
with Black Truffle

 \$15.80



Cheesy Pita Pockets
with Potato &
Carrot Curry (contains wine)

\$15.80  

DESSERTS

Earl Grey
Ice Cream Cookie
Sandwich

  \$8.80



Lava Chocolate Cake
with Ice Cream

  \$7.80



Roselle Plant

Effective in lowering cholesterol,
blood pressure and prevents aging.

Roselle Jelly Yogurt
with Almond Bits

 \$4.80



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DESSERTS

Matcha Brûlée with
Lemon Flavoured
Bubbles

🥚🥛 \$5.80



Snow Bird Nest (Xueyan) is the secretion of Tragalcanth Gum, which is rich in plant collagen. After being soaked, it will become crystal clear and look alike to bird's nest. Hence, it's named "Snow Bird's Nest" (Xueyan).

Benefits of Snow "Bird Nest"(Xue Yan)

Nourish Lung, Detox, Cooling Effect, Beauty, helps constipation and regulaties gastrointestinal function.

Snow "Bird's Nest"
(Xue Yan) Pudding

\$7.80

BEVERAGES

Mulberry Cider

(served in a small pot)

Rich in vitamins and antioxidants.
Promotes better vision and aids digestion.

\$3.80

The Lively

(Watermelon and Tomato)

Reduces risk of heart diseases.

\$4.80

The Very Berry

(Blend of Blackcurrants and Elderberries)

High in antioxidants and detoxifying

\$3.80

The Comfy

(Pear and Yucca Roots)

Improves immunity and aids digestion

\$4.80

Kunlun Snow Chrysanthemum Tea

High in amino acids, prevent high blood pressure, high cholesterol, high blood sugar, insomnia, inflammation.

\$2.00

Yuzu Chamomile Tea

Delicate and soothing tea with a hint of yuzu

\$3.80



Tropical Fruit Tea

\$4.80

Mint Herbal Tea

Aids in digestion, after-dinner tea with mint leaves, lemongrass and licorice root.

\$3.80

Distilled Water

\$0.50

Protein-Rich Black Soymilk (Iced/Warm)

(Choice: Sugar or Without Sugar)

Non-GMO black soy beans - naturally free from lactose, cholesterol and low in fat.

\$4.80

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