



KOSHER

JOALI BEING



peanuts



gluten



lupin



dairy / milk



soybeans



tree nuts



eggs

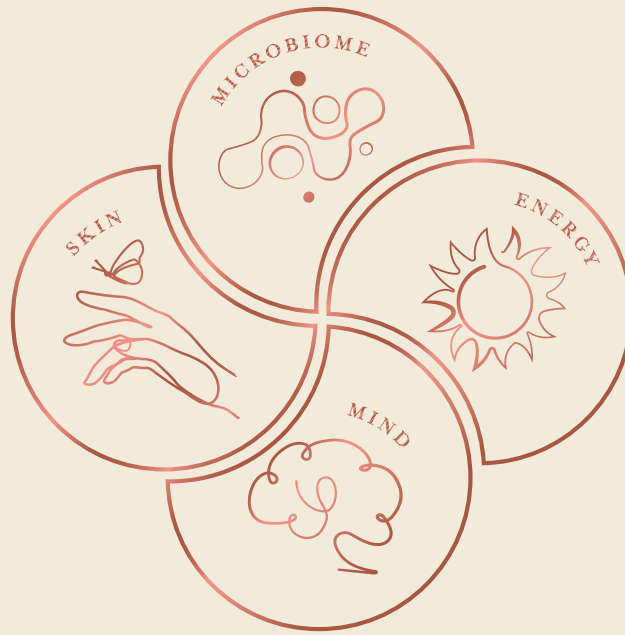


fish



shellfish

Although all due care is taken,
some allergens may still be present in dishes.
Please inform our hosts if you have any severe
allergies or intolerances before placing orders. Kindly
note that any bespoke orders cannot be guaranteed
as entirely allergen free.



The Four Pillars

Whilst each recipe has been curated to nourish all of the four pillars, highlighted icons indicate those that contain elements to enhance specific pillars.

MIND

The Mind is responsible for thinking, feeling, and making choices, as well as directing our emotional, psychological, and social wellbeing.

Our mind is the gravitational field that determines how we express ourselves, handle stress and relate to others.

MICROBIOME

Referred to as the second brain, the gut's Microbiome plays a key role in human health by breaking down and absorbing nutrients and strengthening the immune system.

When the gut is healthy, the other pillars thrive.

SKIN

Skin is the largest body organ with its own microbiome. By focusing on the skin health, we nurture the body, restore natural beauty and reverse ageing, impacting many areas of life, including self-confidence.

ENERGY

Energy is a journey of the body, expanding through conscious movement. This pillar reflects how we sustain and renew physical energy to have the capacity to keep thriving. Regular intervals of self-care, restoration, and recovery help to re-energise ourselves, even during high-paced periods.

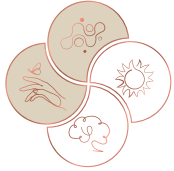
HORS D'OEUVRE



GARDEN

22

Mix Mesclun | Roasted Apple | Citrus Garlic Dressing
130 Kcal | 7 g carbs | 2 g protein | 11 g fat



FATTOUSH

24

Cucumber | Radish | Bell Peppers | Gluten Free Crisp
140 Kcal | carb 12 g | protein 1 g | fat 11 g



ROASTED PUMPKIN SALAD

26

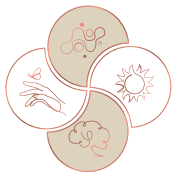
Farro | Feta | Sunflower Seeds
190 Kcal | carb 19 g | protein 7 g | fat 11 g



PERUVIAN CEVICHE

34

Red Snapper | Thai Chilli | Sweet Potato | Coconut
230 Kcal | carb 19 | protein 16 | fat 11 g



MOSAIC' SALMON & TUNA

36

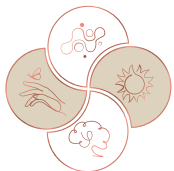
Flash Cooked Salmon & Maldivian Tuna
Sustainable Caviar | Aji Amarillo
160 Kcal | 10 g carbs | 15 g protein | 7 g fat



CHICKEN COBB SALAD

34

Avocado | Grilled Corn | Feta Cheese Dressing
280 Kcal | 37 g Carb | 6 g Fat | 35 g Protein

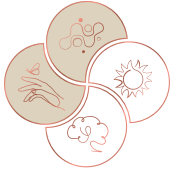


THAI BEEF SALAD

37

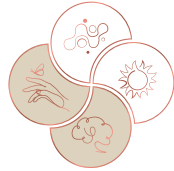
Grilled Sher Wagyu Striploin | Vermicelli | Nam Jim
320 Kcal | 26 g Carb | 21 g Fat | 11 g Protein

BOUILLON



ASPARAGUS & SPINACH CRÈME SOUP 25

Wilted Spinach | Vegetable Broth | Pickled Ginger
170 Kcal | 25 g Carb | 9 g Fat | 3 g Protein



SPICED PUMPKIN SOUP 23

Methi Thepla | Pumpkin Gnocchi | Seeds of Origin
240 Kcal | 27 g carbs | 9 g protein | 13 g fat



STEAMED WILD MUSHROOM GYOZA 28

Choice of Chicken or Vegetable Soup | Kimchi Jus
110 Kcal | 10 g carbs | 4 g protein | 7 g fat

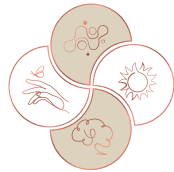


ENTRÉE



FETTUCCINE OF SEASONAL VEGETABLES 30

Tomato & Macadamia Pesto | Edible Mud Stone | Celery leaves
150 Kcal | 9 g carbs | 4 g protein | 13 g fat



GLUTEN FREE OAT BROCCOLI RISOTTO 36

Mushroom | Reggiano Foam | Basil Oil
270 Kcal | 40 g carbs | 12 g protein | 9 g fat



RED MULLET ESCABECHE 55

Quinoa-Fennel Salad | Caviar | Escabeche Sauce
100 Kcal | 16 g carbs | 7 g protein | 1.5 g fat



ENTRÉE



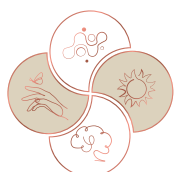
MEDITERRANEAN COD FISH 71

Moringa & Pistachio Crust | Fennel & Baby Potato | Cumin Broth
340 Kcal | 14 g carbs | 25 g protein | 20 g fat



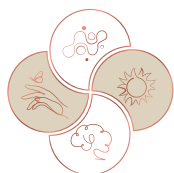
TUNA "A LA PLANCHA" 44

Black & White Sesame | Rainbow Salad | Burnt Lemon
160 Kcal | 5 g carbs | 26 g protein | 3.5 g fat



DUCK "A LA PLANCHA" 61

Quinoa & Green Pea | Caramelised Onion Jam | Glazed Courgetti
270 Kcal | 13 g carbs | 31 g protein | 10 g fat



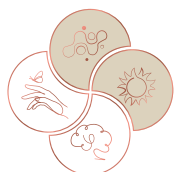
SPICED LAMB RACK 77

Roasted Carrot Puree | Baby Broccolini | Potato Fondant
420 Kcal | 6 g carbs | 34 g protein | 29 g fat



FREE RANGE CHICKEN 40

Banana & Pistachio Crust | Spiced Squash Puree
410 Kcal | 17 g carbs | 47 g protein | 18 g fat



BLACK ANGUS BEEF SHORT RIBS 84

Parsnip & Parsley Puree | Shallots | Mushrooms | Truffle Jus
410 Kcal | 5 g carbs | 35 g protein | 27 g fat



FINALE



TROPICAL FRUIT CEVICHE

25

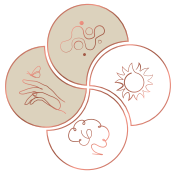
Mango & Lemongrass Sauce | Coconut Flakes | Herbs Sorbet
130 Kcal | 19 g carbs | 2 g protein | 6 g fat



CHOCOLATE CREMA CATALANA

25

Chocolate Cream | Caramelised Sugar | Berries
260 Kcal | 20 g carbs | 3 g protein | 19 g fat



PINEAPPLE CARPACCIO

25

Pineapple Compote | Fermented Raisins | Mango Sorbet
130 Kcal | 19 g carbs | 2 g protein | 6 g fat



VEGAN DATES CAKE

25

Pandan Coconut Sauce | Candied Walnuts | Stuffed Dates
380 Kcal | 46 g carbs | 16 g protein | 15 g fat

TROPICAL MIX FRUIT PLATTER

23

