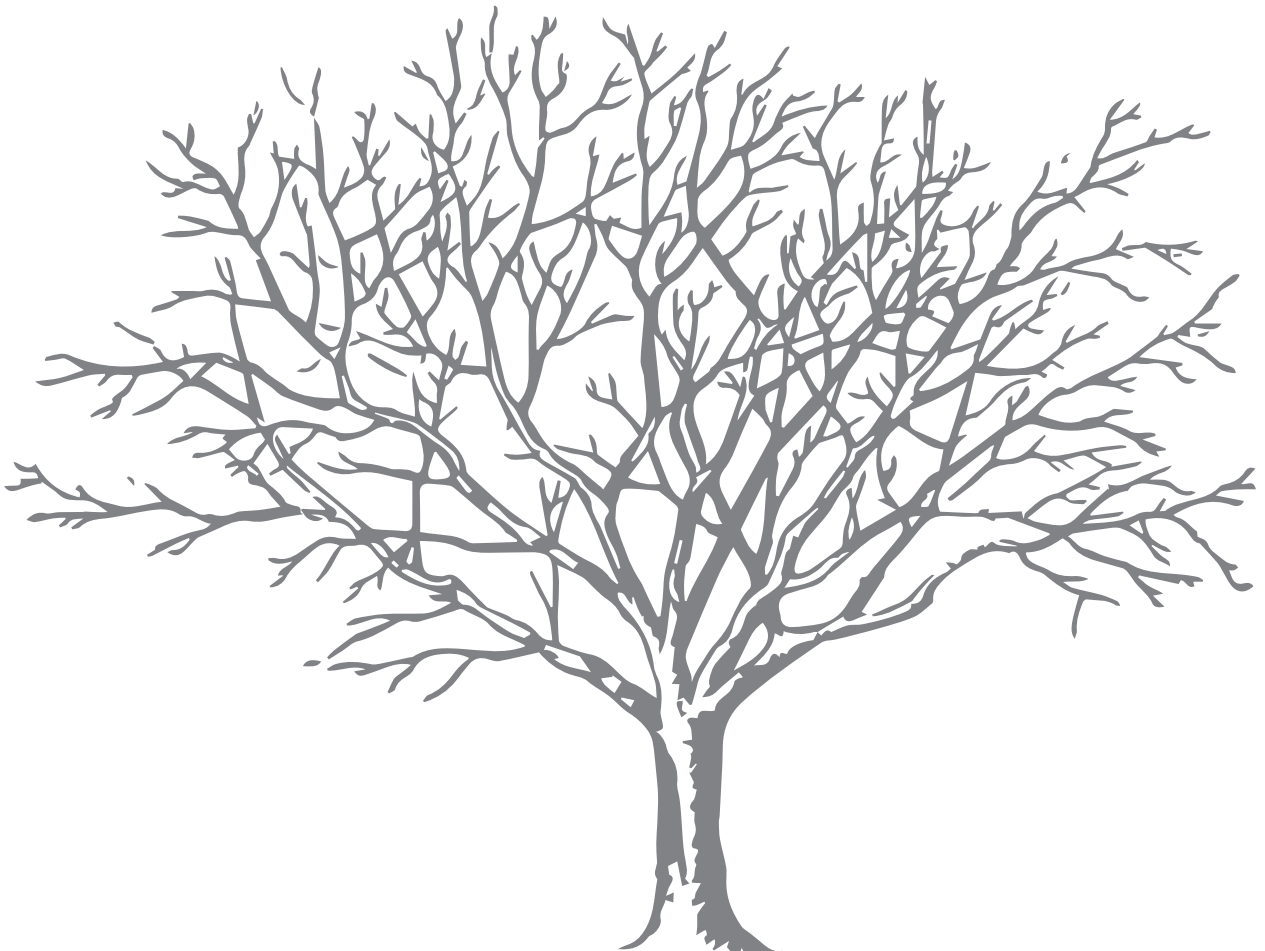


# *The Garden*

Conscious Dining



**SALAD CONSTRUCTION**  

21

Selection of any 8 items with your preferred dressing

**Salad Greens**

Mesclun	Arugula	Baby Spinach
Romaine Lettuce		

**Types of Cheese**

Goat Cheese	Buffalo Cheese	Blue Cheese
Low-fat Feta		

**Vegetables and Sprouts**

Shredded Carrot	Japanese Cucumber	Roasted Onions
Cherry Tomatoes	Kalamata Olives	Alfalfa Sprouts

**Grains and Seeds**

Barley

**Fruits and Nuts**

Blueberries	Dried Apricots	Pomegranate
Sunflower Seeds	Pumpkin Seeds	Pine Nuts
Walnuts		

**Preferred Dressings**

Lemon and Olive Oil Dressing  
Sesame Vinaigrette  
Mango & Lime Dressing

**Add on to your Salad**

Grilled Chicken Breast	9
Smoked Salmon	11
Grilled Herbs Marinated Portobello Mushroom	8

No pork and lard.

All prices are in SGD and subject to 10% service charge and 7% GST


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## SOUPS

**Heirloom Tomato Soup**  **13**  
Sundried Tomato, Croutons

**Broccoli and Spinach Soup**  **13**  
Olive Crouton

## STARTERS

**Grilled Hokkaido Scallops**  **24**  
Pumpkin Puree

**Grilled Tiger Prawns**  **24**  
Cajun Spiced, Guacamole, Cocktail Sauce

## SANDWICHES & WRAPS

**Spa Pizza** **23**  
Spiced Chicken, Buffalo Cheese, Tomato Coulis, Capsicum, Onion

**Smoke Salmon**  **18**  
Multigrain Bread, Avocado, Asparagus, Poached Egg, Hollandaise Sauce,  
Mix Greens

**Grilled Chicken Tortilla Wrap** **18**  
Sous Vide and Sliced Chicken, Wrapped in Spinach Tortilla, Confit Capsicum,  
Shredded Lettuce, Tomato, Cucumber, Onion, Honey Mustard Dressing

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## MAINS

**Thai Style Capellini**   **28**  
Tom Yam Paste, Extra Virgin Olive Oil, Semi-dried Tomato, Zucchini and Grilled Tiger Prawns

**Risotto**   **20**  
Arborio Rice, Zucchini, Mushroom, Tomato Sauce, Parmesan Crisps

**Glazed Chilean Sea Bass**   **40**  
Carrot, Mushroom, Spinach, Japanese Lemon, Shoyu Broth

**Beef Fillet Mignon**  **39**  
Parsnip Puree, Baby Carrot, Beef Jus Reduction

**Slow-Cooked Chicken Breast**  **23**  
Cajun Spiced Chicken, Baby Vegetable, Brown Sauce

**Ratatouille**   **20**  
Eggplant, Capsicum, Zucchini, Tomato, Onion, Basil

**Grilled Portobello Mushroom**   **20**  
Layered with Roasted Vegetable, Broccoli Crown Florets, Carrot Coulis

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## SWEETS

<b>Crunchy Hazelnut Feullifin</b>	<b>15</b>
<b>New York Cheese Cake</b>	<b>16</b>
<b>Mousse Coconut Lime</b>	<b>18</b>
<b>La Opera</b>	<b>18</b>
<b>Fresh Fruits Plate</b>	<b>12</b>
Seasonal Fruits and Mixed Berries	

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## COLD BEVERAGE

### Still Mineral Water

Acqua Panna	250ml	6
Acqua Panna	1000ml	12

### Sparkling Mineral Water

San Pellegrino	250ml	6
San Pellegrino	1000ml	12

### Soft Drinks

Coke, Diet Coke, Ginger Ale, Tonic Water, Soda Water, Sprite 7

### Freshly Squeezed Juices

Carrot, Green Apple, Orange, Watermelon 10

## SIGNATURE BLENDS

14

### Tropical Earl Grey Sour

French Earl Grey Syrup, Fresh Lemon Juice, Pineapple Juice

### Chillout by the Beach

Peach Pulp, Peach Syrup, Orange Juice, Cranberry Juice

### Gingerito

Mint Leaves, Fresh Lime, Simple Syrup, Muddle Ginger

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## SIGNATURE BLENDS

14

### **Detox Sour**

Green Apple, Celery, Fresh Lime, Simple Syrup

### **Coco Cranberry**

Cranberry Juice, Pineapple Juice, Milk, Coconut Syrup

### **Garden Spritzers**

Cucumber, Mint Leaves, Fresh Lime, Simple Syrup, Club Soda

### **Cleansing**

Cucumber, Carrot, Apple, Young Ginger

### **Complexion**

Pineapple, Cucumber, Green Apple

### **Immunity**

Grapefruit, Pineapple, Strawberry, Carrot, Apple

### **Detox**

Apple, Celery, Grapefruit, Lemon

No pork and lard.

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## HOT BEVERAGE

Hot Chocolate	8
Coffee	8
Caffe Latte	10
Cappuccino	8
Espresso	8
Double Espresso	10

No pork and lard.

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## TEA SELECTION

9

### **French Earl Grey**

A fragrant variation of the great classic, this TWG Tea black tea has been delicately infused with citrus fruits and French blue cornflowers.

### **Singapore Breakfast Tea**

A tantalising elixir to inspire new beginnings, this noble TWG breakfast blend is evocative of the sophisticated harmony of Singapore. Boasting a natural blend of green tea, black tea, rich vanilla and rare spices, this tea yields a complex flavour with a sweet and lingering aftertaste.

### **Grand Wedding Tea**

A festive TWG tea to celebrate life's momentous occasions, this black tea is blended with sunflowers and breath-taking exotic fruits.

### **Paris-Singapore Tea**

A distinguished TWG Tea green tea enhanced with fragrant cherry blossoms and red fruits. A sensual and sweet tea of reminiscence.

### **Crème Brûlée Tea**

Welcome to the world of sweet French savoir-faire. TWG Tea created this special green tea by blending subtle bouquets of red fruits and strawberries, evoking the taste of crème brûlée. Absolute harmony.

### **Holiday in Paris Tea**

Rare Yin Zhen and sweet vanilla have been blended as an ode to a leisurely promenade along the cobblestone streets of Paris. Nard and wildflowers decorate this cup with their crisp, floral savour and leave a heady, perfumed aftertaste.

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