

24 JUNE 2022
FOOD IS MEDICINE
EATING HEALTHIER
NO OIL, LESS SALT, MORE FIBRE, MORE FRUITS

APPETIZER

TOMATO TARTARE
MIXED PULSES, EDIBLE FLOWERS AND BASIL OIL
OR
BANANA HEART SALAD
LIME AND ZUCCHINI FRITTERS
OR
GRILLED WATERMELON, BEANS SPROUT SALAD
BABY SPINACH AND FETA CHEESE

SOUP

CHILLED MUSHROOM SOUP

MAIN COURSE

POACHED CHICKEN SUPREME
MORELS, ASPARAGUS, LEMON AND MULTIGRAIN RICE
OR
POACHED COD MEDALLION IN ASIAN BROTH
WATER CHESTNUTS, CORIANDER AND TURMERIC CRISP
OR
PRAWN AND PAPAYA CURRY
LIME, CORIANDER AND AVOCADO

DESSERT

MANGO AND TAMARILLO TART
ALMOND ICE CREAM
OR
MIXED FRUIT POTPOURRI

FRESH FOOD MENU

PETIT FOURS

HERBAL TEA, COFFEE
\$278 PER PERSON