

WELLNESS ON THE TABLE

MONDAY
THURSDAY
SUNDAY



COLD SELECTION

Organic pumpkin salad, feta cheese, kale, pumpkin seeds, lemon vinaigrette

Selection of cured meats, pickled vegetables, mustard

Thai chicken, pomelo, crispy shallots, fish sauce, palm sugar dressing

SOUP

Chicken velouté
Organic root vegetables, shredded chicken, parsley

HOT SELECTION

Steamed sustainable market fish, leek, superior soy sauce

Braised Australian beef meatballs, spicy tomato sauce

Braised lamb rogan josh

Roasted organic vegetables, garlic, parsley, olive oil

Roasted cauliflower, mornay sauce, garlic crumble, lemon zest

DESSERT

Tropical fresh fruits

Soybean panna cotta, gula melaka, pandan noodles

Tiramisu

Coffee / Tea

Vegetarian Gluten Nuts Dairy Shellfish Alcohol

Images are for illustration purposes only.

TUESDAY
FRIDAY



COLD SELECTION

Caprese salad, mozzarella, vine-ripened tomato, basil pesto, balsamic glaze

Caesar salad, romaine, lettuce, turkey bacon, egg, parmesan cheese, smoked chicken breast

Seared tuna tataki, sesame crust, shredded daikon, ponzu dressing

SOUP

Double boiled herbal chicken soup, mushrooms

HOT SELECTION

Pan-seared sustainable market fish, peri-peri sauce

Szechuan wok-fried tiger prawns, onions, bell peppers, dried chilli

Butter chicken

Wok-fried organic vegetables

Vegetable lasagna, mozzarella, parmesan cheese

DESSERT

Tropical fresh fruits

Dark chocolate protein mousse, hazelnut, berries

Low sugar vanilla basque cheesecake

Coffee / Tea

Vegetarian Gluten Nuts Dairy Shellfish Alcohol

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WEDNESDAY
SATURDAY



COLD SELECTION

Salt-baked beetroot avocado salad, citrus mascarpone, orange supreme, quinoa

Serunding ayam sayur, shredded chicken, coconut, vegetables

Seafood salad, lemon, parsley, garlic, roasted peppers

SOUP

Silken tofu miso soup

HOT SELECTION

Seared salmon, teriyaki glaze

Chicken cacciatore, olives, paprika, parsley

Udang goreng, lada hitam
Fried ASC tiger prawns, black pepper

Wok-fried organic vegetables, vegetarian oyster sauce

Herbed frittata, bell peppers, swiss cheese, parmesan cheese

DESSERT

Tropical fresh fruits

Greek yogurt mousse, passionfruit

Dark chocolate peanut protein balls

Coffee / Tea

Vegetarian Gluten Nuts Dairy Shellfish Alcohol

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AM BREAK

DAILY

Protein Ball
1 tray

Snacks
Muesli bars

Fresh local fruit
1 type

Trail mix
1 jar (mixed nuts and seeds)

Premium coffee:
Americano, latte, cappuccino, espresso

Premium teas:
Herbal, floral, green, earl grey

MONDAY & FRIDAY

Savoury

Smoked chicken and cheese sandwich, basil pesto

Mushroom quiche

Sweet

Greek yoghurt, selection of mixed nuts

TUESDAY & SATURDAY

Savoury

Sustainable fish cake, remoulade sauce

Egg mayonnaise open faced sandwich, arugula

Sweet

Avocado coconut mousse

WEDNESDAY & SUNDAY

Savoury

Herb falafel, mint yoghurt sauce

Prawn sriracha roll

Sweet

Pecan pie

THURSDAY

Savoury

Chicken shao mai, chilli sauce

Turkey ham and cheese sandwich

Sweet

Dark chocolate soybean mousse

Vegetarian Gluten Nuts Dairy Shellfish Alcohol

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AFTERNOON BREAK

DAILY

Protein Ball
1 tray

Snacks
Muesli bars

Fresh local fruit
1 type

Trail mix
1 jar (mixed nuts and seeds)

Premium coffee:
Americano, latte, cappuccino, espresso

Premium teas:
Herbal, floral, green, earl grey

MONDAY & FRIDAY

Savoury

Smoked duck sandwich

Battered sustainable fish, aioli

Sweet

Protein vanilla cheesecake

TUESDAY & SATURDAY

Savoury

Chicken spring roll

Tuna mayonnaise sandwich

Sweet

Fairtrade chocolate protein brownies

WEDNESDAY & SUNDAY

Savoury

Teriyaki chicken meatball, spring onion, bonito flakes

Edamame tartlet

Sweet

Low sugar summer berry trifle, vanilla sauce

THURSDAY

Savoury

ASC certified smoked Atlantic salmon sandwich

Truffle croquetas, crumbled cottage cheese

Sweet

Orange semolina protein cake

Vegetarian Gluten Nuts Dairy Shellfish Alcohol

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