

LUNCH



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how he is creating a
sense of community at
Asaya Kitchen

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One of the most tasteful
and powerful ingredients

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NOTE FROM THE CHEF

Asaya Kitchen has written the book on tasty Mediterranean food. Helmed by Chef de Cuisine Renaud Marin, the menu showcases sustainably sourced seafood and choice local produce which come together to create a range of nourishing and compelling dishes.



lunch à la carte

SET LUNCH OPTION

Choose any dishes
from the menu

\$ 205 (2 Courses)

\$ 295 (3 Courses)

garden

SMOKED EGGPLANT & BURRATA SALAD

White Balsamic Dressing, Shallots, Garden herbs

185

GRILLED KAI LAN AVOCADO SALAD

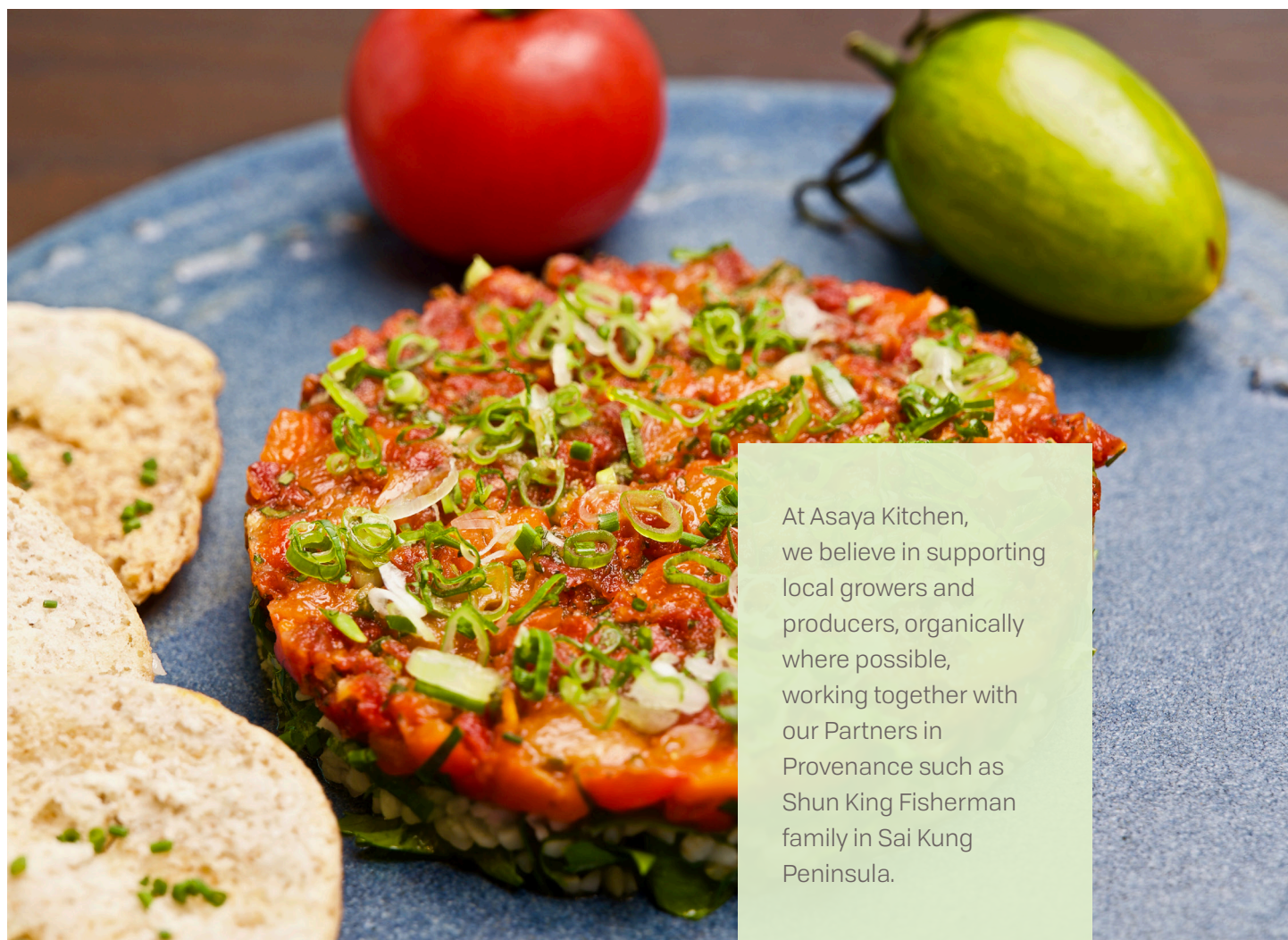
Ricotta, Citrus Dressing, Dukkah

165

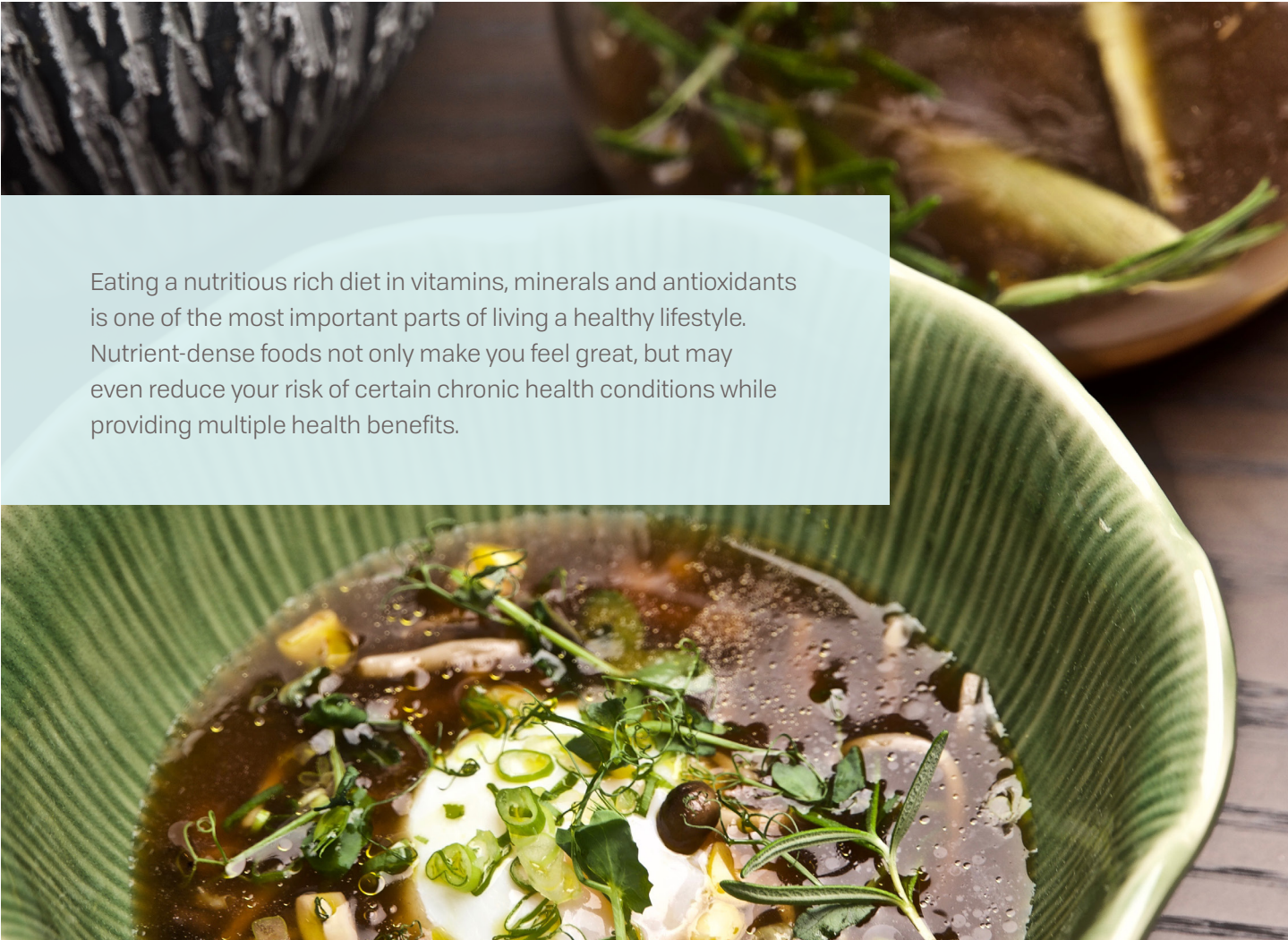
MINESTRONE

Garden Vegetables, Mushrooms, Chickpeas, Basil

105



At Asaya Kitchen,
we believe in supporting
local growers and
producers, organically
where possible,
working together with
our Partners in
Provenance such as
Shun King Fisherman
family in Sai Kung
Peninsula.



Eating a nutritious rich diet in vitamins, minerals and antioxidants is one of the most important parts of living a healthy lifestyle. Nutrient-dense foods not only make you feel great, but may even reduce your risk of certain chronic health conditions while providing multiple health benefits.

nutrient
rich

COLD

TUNA NIÇOISE SALAD 195

Egg Dressing
French Beans
Potato, Black Olive
Anchovy

CUTTLEFISH SALAD 165

Quinoa, Avocado
Citrus Dressing

HOT

ROASTED BLACK BASS 195

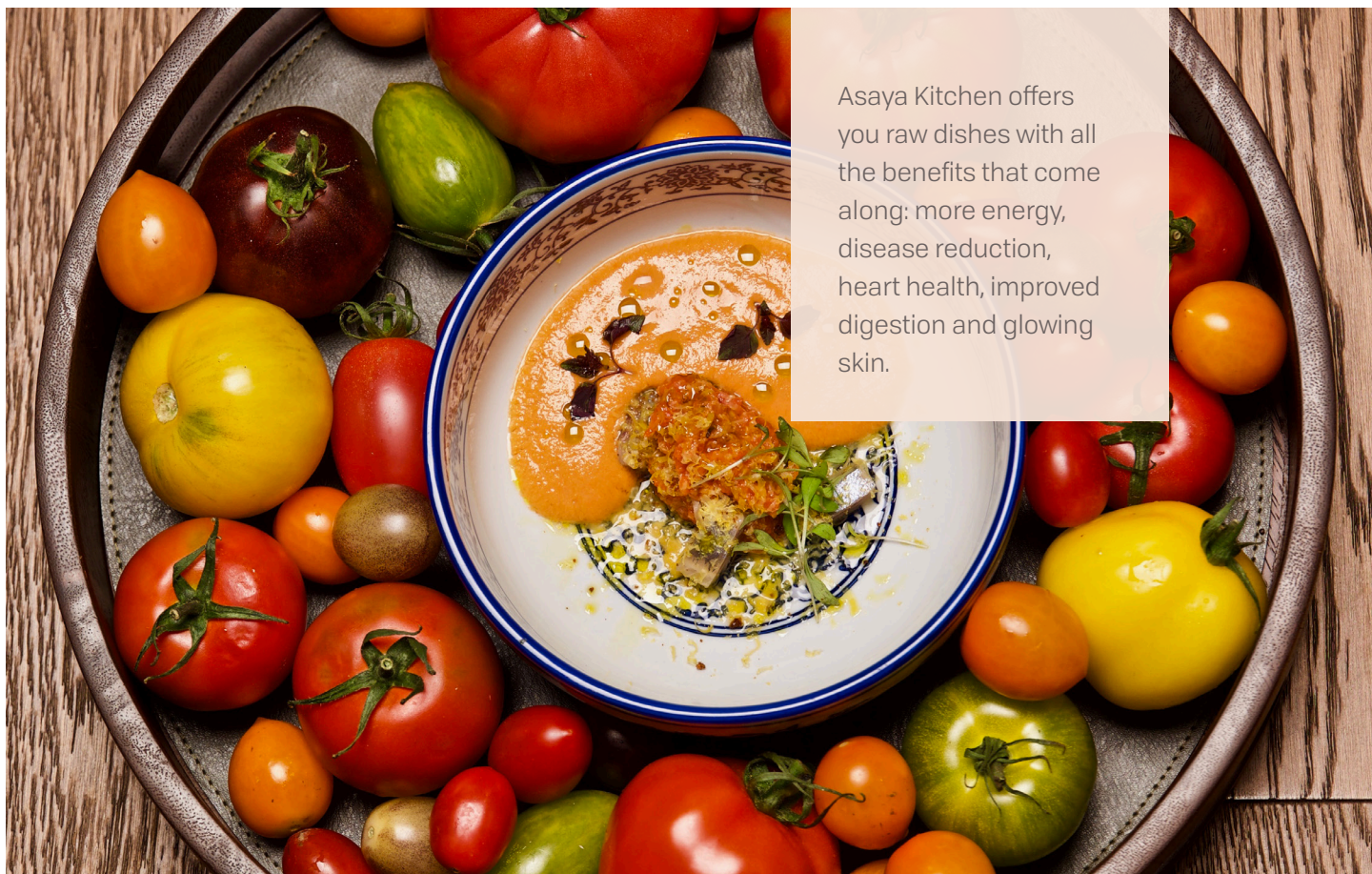
Piperade
Cuttlefish Lardo
Fresh Herbs

GRILLED OCTOPUS 195

Crushed Potato
Spring Onion, Lemon
Paprika Emulsion

TOOTH FISH 215

Garlic Mash, Vadouvan,
Gremolata, Clams



Asaya Kitchen offers you raw dishes with all the benefits that come along: more energy, disease reduction, heart health, improved digestion and glowing skin.

raw

TZATZIKI

135

Bulgur Wheat
Chive
Crispy Pita

MUSHROOM SALAD

125

Labneh
Poppy Seeds
Fresh Herb

MARINATED HAMACHI

195

Butter gem
Citrus
Sarawak Pepper
Gomasio

crust

GRILLED PRAWN TARTINE

185

Avocado
Dukkha Coriander

HUMMUS FLAT BREAD

195

Semi Dried Tomatoes
Chickpeas Fresh Herbs

VEGETABLE 'BAYALDI'

155

Smoked Eggplant
Tomato Emulsion

TOMATO FLAT BREAD

205

'Fior di Latte', Basil

benefits of garlic

NATURE'S ANTIBIOTIC GARLIC HAS an unmistakable flavour and aroma that comes from its health-giving sulphur compounds. When chewed, sliced or crushed, it releases a compound called allicin, a major sulphur compound thought to be responsible for many of garlic's powerful health benefits.


Excellent antioxidant benefits in garlic support the activity of glutathione - a powerful antioxidant used by every cell and tissue in the body. Anti-carcinogenic and anti-viral, garlic is one of nature's most powerful antibiotics.



seeds
and
more

SPROUTED SEEDS CONTAIN THE STARTING MATERIALS TO DEVELOP INTO COMPLEX PLANTS, because of this, they are extremely nutritious.

Seeds are great sources of fibre. They also contain healthy mono-unsaturated fats, polyunsaturated fats and many important vitamins, minerals and antioxidants. When consumed as part of a healthy diet, seeds can help reduce blood sugar, cholesterol and blood pressure.

A close-up photograph of a glass filled with red wine. A bunch of dark purple grapes with some green leaves is perched on the rim of the glass. The background is dark and out of focus, showing more grapes and a green leaf. The lighting is soft, highlighting the texture of the grapes and the color of the wine.

While most conventional wine is made with commercial yeast strains, natural wine goes through “spontaneous fermentation,” much like kombucha, kimchi and sourdough bread, and has similar probiotic effects.

A bottle of natural wine - whether biodynamic or organic - contains a multitude of wild yeasts and gut-healthy bacteria as well as polyphenols - a group of antioxidants proven to improve the beneficial flora populations in our guts leading to health and longevity.

More and more renowned wine makers and growers are using these methods to get closer to the benefits of what nature has to offer without sacrificing quality.

**A BETTER
BOTTLE**

sparkling wine

CHAMPAGNE

		BTG	BTL
Merveille - ZOÉMIE DE SOUZA	NV	198	990
Latitude - LARMANDIER BERNIER	NV		1,180
Blanc de Blancs - Grand Cru - Mycorhize - ERICK DE SOUSA	NV		1,780
Bulle de Rosé - FRÉDÉRIC SAVART	NV		1,280

NORMANDY

Normandy - Poiré Granit - ÉRIC BORDELET	2017	118	580
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rosé wine

FRANCE

		BTG	BTL
Pays d'Hérault IGP - Guilhem - MOULIN DE GASSAC	2018	108	540
Côtes de Provence - Cuvée Symphonie - SAINTÉ MARGUERITE	2018		690
Provence - Palette - CHÂTEAU SIMONE	2016		1,180

sweet wine

FRANCE

		BTG	BTL
Muscat Beaume de Venise - DOMAINE DU FENOUILLET	2016	108	550
Jurançon - Domaine de Souch - YVONNE & JEAN-RENÉ HÉGOBURU	2016		1,350

white wine

FRANCE

		BTG	BTL
Alsace - Riesling - Le Kottabe - JOSMEYER	2018	148	750
Burgundy - Mâcon-Chaintré - Vieilles Vignes - VALETTE	2015		880
Burgundy - Petit Chablis - JEAN MARC BROCARD	2018	128	640
Corsica - Figari - CLOS CANARELLI	2016		1,250
South West - Chenin Blanc - Orange Voilée Orange Voilée - MAS DEL PÉRIÉ	2016		870
Sancerre - VACHERON	2018		690
Loire Valley - Le Haut Des Clous - DOMAINE SAINT-NICOLAS	2018	188	950
Muscadet-Sèvre et Maine - Haute Tradition - JO LANDRON	2015		590

ITALY

		BTG	BTL
Sardinia - Vermentino di Gallura Superiore - JANKARA	2019	128	650

SWITZERLAND

			BTL
Valais - Fendant - La Liaudisaz - MARIE-THÉRÈSE CHAPPAZ	2018		880

NEW ZEALAND

		BTG	BTL
Marlborough - Sauvignon Blanc - CHURTON	2017	118	590
Central Otago - Riesling - RIPPON	2017		640



FRANCE		BTG	BTL
Alsace - La cerise sur la Pompon - JOSMEYER	2018		980
Burgundy - Savigny-Lès-Beaune 1er Cru Aux Clous - LOUIS CHENU	2015		1,450
Burgundy - Morey-Saint-Denis 1er Cru Millandes - MICHEL MAGNIEN	2014		1,680
Burgundy - Côte de Nuits - MARCHAND & TAWSE	2016		820
Beaujolais - Morgon - Cuvée Tradition - MARCEL LAPIERRE	2018		740
Beaujolais - Fleurie - JEAN FOILLARD	2018		880
Côtes du Rhône - La Sagesse - GRAMENON	2016	148	740
Rhône Valley - Cornas - Brise Cailloux - MATTHIEU BARRET	2016		1,050
Rhône Valley - Saint-Joseph - Les Cessieux - HERVÉ SOUHAUT	2016		980
Corbières - Rozeta - MAXIME MAGNON	2018	178	850
Corsica - Patrimonio - Grotte di Sole - JEAN-BAPTISTE ARENA	2015		780
South West - Cahors - Malbec - Amphore - MAS DEL PÉRIÉ	2017		890
Bordeaux - Saint-Émilion - CHÂTEAU LE PUY	2016	218	1,090
Loire Valley - Chinon - Dessus Narçay - PITHON-PAILLÉ	2012		750
Loire Valley - Bourgueil - Les Perrières - CATHERINE & PIERRE BRETON	2014		970
ITALY		BTG	BTL
Piedmont - Roero - MATTEO CORREGGIA	2016	148	750
Piedmont - Boca - LE PIANE	2012		1,680
Sicily - Frappato - COS	2019		650
AUSTRALIA			BTL
Adelaide Hills - Pinot Noir - Sang de Pigeon - MICHAEL HALL	2018		840
Gippsland - Pinot Noir - WILLIAM DOWNIE	2018		1,440
NEW ZEALAND		BTG	BTL
Hawke's Bay - Merlot - Gimblett gravels - CRAGGY RANGE	2015	158	790
Central Otago - Pinot Noir - Tinker's Field - RIPPON	2015		1,680

A healthy outside starts
from the inside.

ROBERT ULRICH

refreshers

SOFT DRINKS 70

ICED TEA 80

KOMBUCHA 110

FRESH COCONUT 110

SLUSHY KINGSTON 110

Ginger Juice, Spice Syrup
Lime Acid, Kaffir Water

SPRITZED CELERY 110

Lower Cholesterol,
Anti-Oxidant, Fresh Celery
Kombucha



mineral water

STILL

Aqua Panna 500ml 60
Aqua Panna 750ml 70

SPARKLING

San Pellegrino 500ml 60
San Pellegrino 750ml 70

FRESH JUICES

100

Seasonal Fruits or Vegetables

SMOOTHIE

115

BLENDED JUICES

115

Seasonal Fruits or Vegetables

SUNNY

IMMUNITY BOOSTER & ANTI-INFLAMMATORY

Carrot, Ginger, Pineapple, Lemon

EARTHY

REPLENISH RED BLOOD CELLS

Beetroot, Carrot, Apple, Lemon

GREEN

IMPROVE BLOOD PRESSURE

Apple, Lime, Ginger, Spinach, Celery, Cucumber

TROPICAL

ANTIOXIDANT RICH

Coconut Water, Pineapple, Blueberry

Emotions are a powerful tool.
Controlled and directed they
can manifest amazing things.
Uncontrolled they can wreak
havoc on your life.

DR. DHANDAPANI

There is no sincerer love
than the love of food.

GEORGE BERNARD SHAW

asaya kitchen