

# DINNER



## IN THIS ISSUE

**1** **NOTE FROM THE CHEF**  
Chef Renaud Marin on  
how he is creating a  
sense of community at  
Asaya Kitchen

**2** **ON THE MENU**  
Set Menus, À La Carte

**3** **BENEFITS OF GARLIC**  
One of the most tasteful  
and powerful ingredients

**4** **BEVERAGES**  
Wine, Refreshers,  
Blended Juices



## NOTE FROM THE CHEF

Wellness today equates to feeling physically, mentally, emotionally and spiritually energised. It connects us to the earth and links us to a higher purpose. At Asaya Kitchen, we create a relationship with food that is cultivated from a sense of discovery and self-awareness.

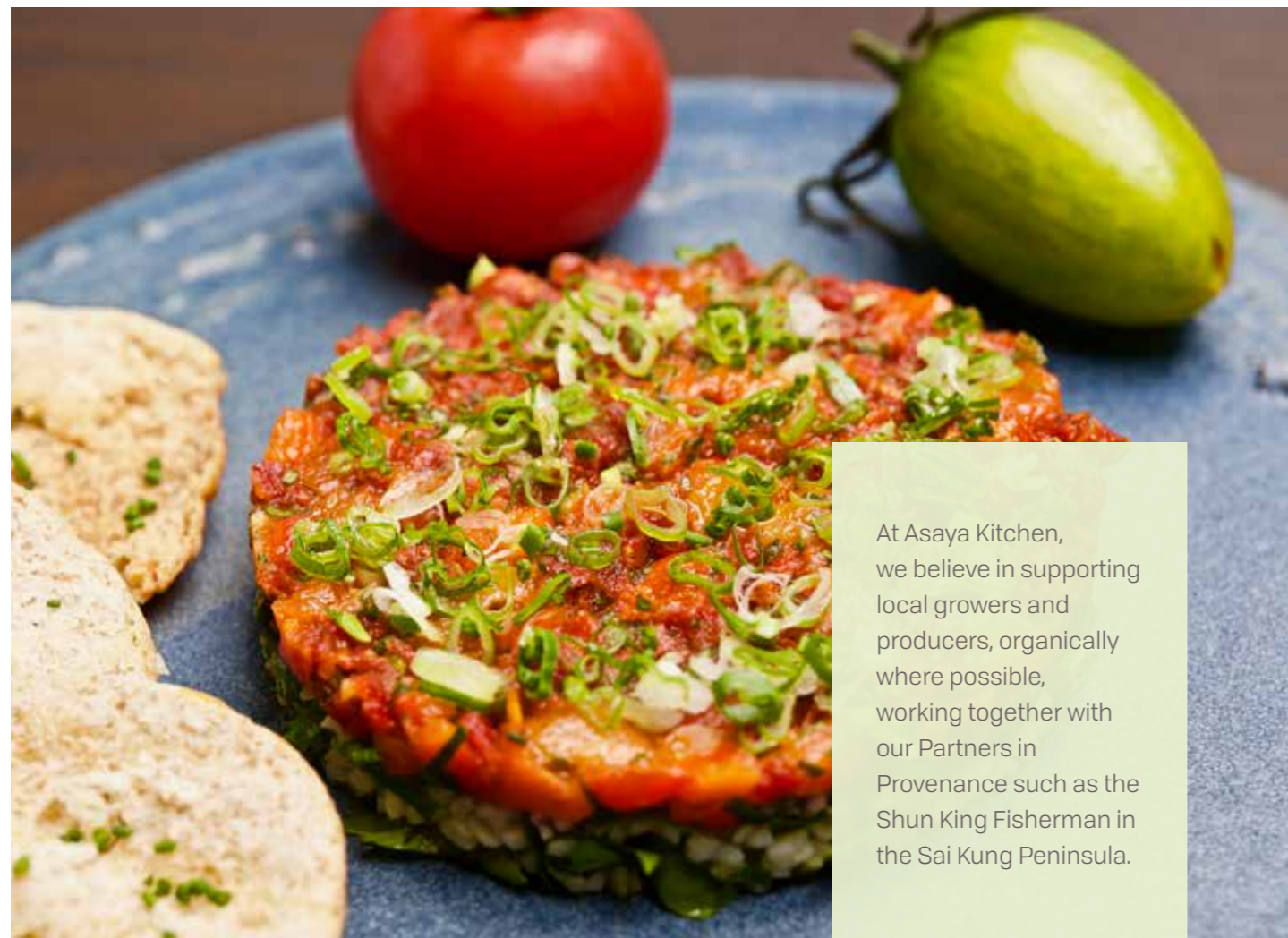
Our menu focuses on nutrient rich, flavourful, natural food prepared with passion and delicate complexity, and a nod to Mediterranean influences. Health-conscious and sustainable dishes promote local food borne out of cultivating the soil and responsibly sourcing from the sea. The goal? To create mindful balance in life and a sense of joy and community at the table.

RENAUD MARIN



garden

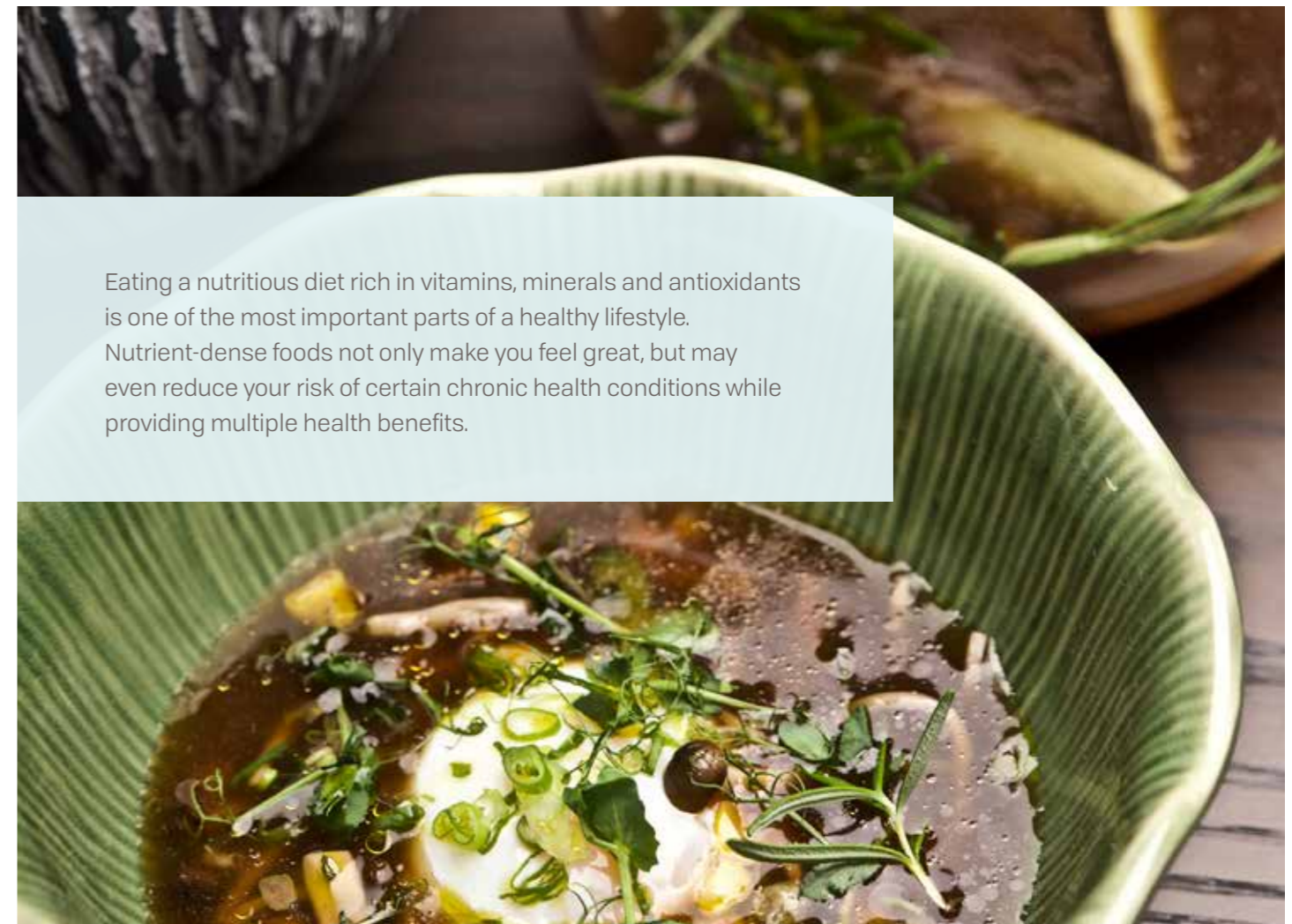
<b>SEMI-DRIED TOMATO TARTARE</b> Bulgur Wheat Salad, Crispy Pitta Bread	140
<b>GRILLED KAI LAN</b> Ricotta, Hazelnut, Seasonal Truffle	MP
<b>WARM PETITS FARCIS</b> Horseradish, Tomato Emulsion Smoked Eggplant Caviar	185
<b>AUTUMN GARDEN</b> Beetroot Hummus, Garden Vegetable Selection	195
<b>GREEN ASPARAGUS SALAD</b> Avocado, Tofu, Almond Dressing, Lime Lemongrass, Gem Lettuce	160



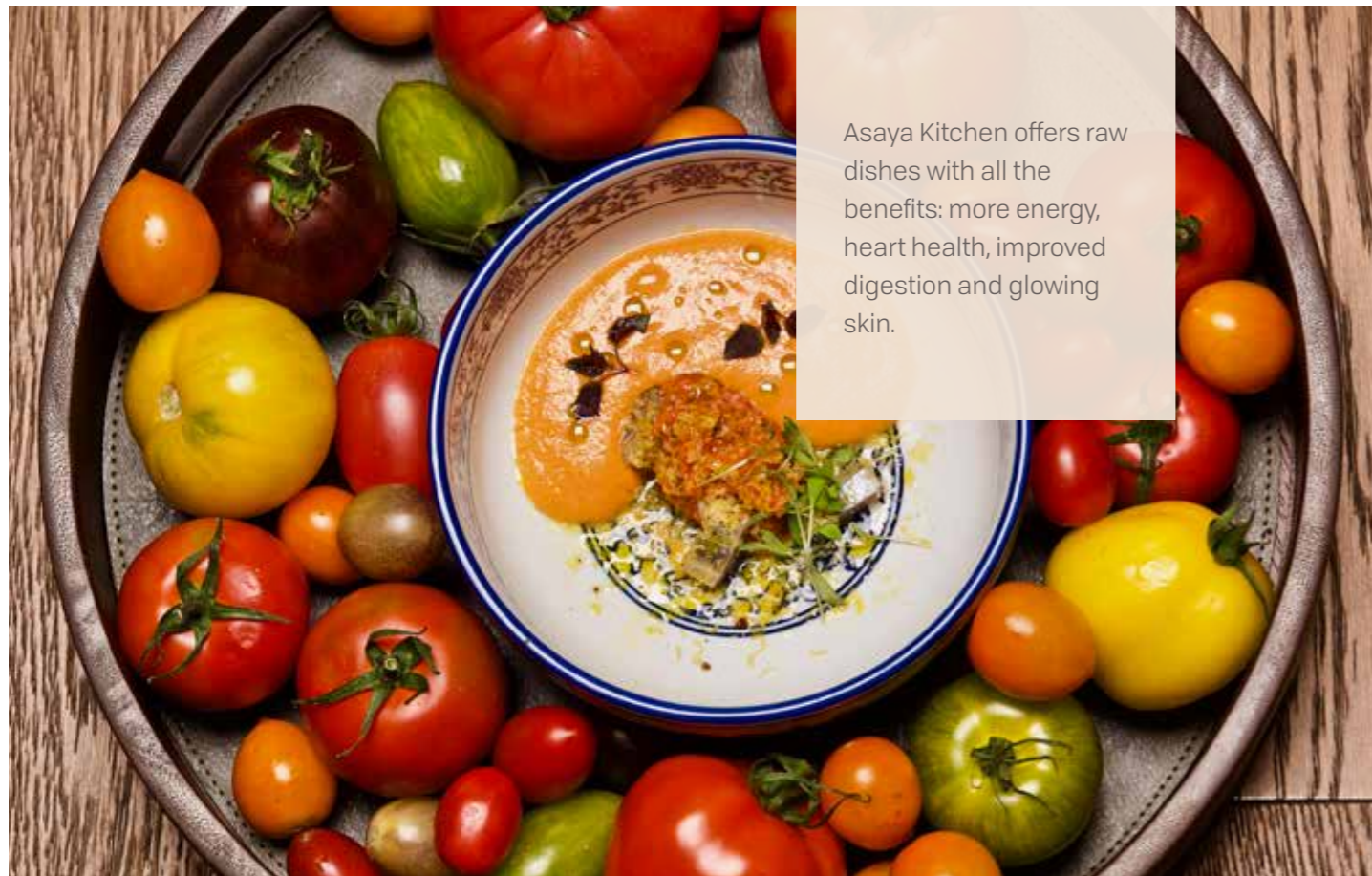
At Asaya Kitchen, we believe in supporting local growers and producers, organically where possible, working together with our Partners in Provenance such as the Shun King Fisherman in the Sai Kung Peninsula.

nutrient  
rich

<b>LENTIL SOUP</b> Smoked Coconut Milk, Red Onion Compote Galangal, Puffed Black Rice	125
<b>POACHED ORGANIC EGG</b> Pearl Barley Risotto, Red Bell Pepper Emulsion Melba Toast	115
<b>MUSHROOM TEA</b> Confit Organic Egg Yolk, Soba Noodles Sweet Corn, Peas	125
<b>GRILLED OCTOPUS</b> Parsley, Bulgur, Gem Lettuce, Lemon Almond, Paprika	185
<b>PAN FRIED SEA BREAM</b> Crushed Courgette, Marinated Vegetables, Black Olives	185
<b>BASIL POTATO GNOCCHI</b> Pesto Genovese	145



Eating a nutritious diet rich in vitamins, minerals and antioxidants is one of the most important parts of 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.



Asaya Kitchen offers raw dishes with all the benefits: more energy, heart health, improved digestion and glowing skin.

to share

**CAULIFLOWER  
COCOTTE** 190  
Cumin, Walnut, Herbs  
Egg Dressing

**SEASONAL GRILLED  
VEGETABLES** 165  
Roquette, Black Olives

**ROASTED WHOLE FISH  
FROM THE SHUN KING  
FISHERMAN**  
Vegetable Black Rice  
Green Salad, Herb Gremolata  
**MARKET PRICE**

raw

**MUSHROOM  
CARPACCIO** 125  
Citrus Dressing, Argan Oil  
Poppy Seeds, Dukkah

**ROOT VEGETABLES  
SALAD** 120  
Turmeric Dressing  
Quinoa, Goji Berry  
Hazelnut, Aromatic Herbs

**TOMATO GAZPACHO** 165  
Smoked Sardines  
Pickled Egg Yolk

**SEA BREAM  
CARPACCIO** 165  
Citrus Dressing  
Pickled Carrot  
Gem Lettuce  
Toasted Seeds

## 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. Anticarcinogenic 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.



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
Latitude - LARMANDIER BERNIER	NV 178	880
Bulle de Rosé - FRÉDÉRIC SAVART	NV 198	990
Blanc de Blancs - Grand Cru - Mycorhize - ERICK DE SOUSA	NV	1,550
Blanc de Blancs - Chemin de Reims - CHARTOGNE-TAILLET	2011	1,550

### NORMANDY

Normandy - Poiré Granit - ÉRIC BORDELET	2017 118	580
Normandy - Sydre Argelette - ÉRIC BORDELET	2017	490

## rosé wine

	BTG	BTL
Côtes de Provence - Cuvée Symphonie - SAINTE MARGUERITE	2018 118	590
Provence - Palette - CHÂTEAU SIMONE	2018	1,180
Baux de Provence - DALMERAN	2016	650

## sweet wine

### FRANCE

	BTG	BTL
Jurançon - Domaine de Souch - YVONNE & JEAN-RENÉ HÉGOBURU	2016	1,350
Côtes du Jura - La Paille Perdue - JULIEN LABET Half Bottle	2009	1,180

white  
wine

FRANCE		BTG	BTL
Alsace - Riesling - Le Kottabe - JOSMEYER	2018	138	690
Burgundy - Chablis - SÉBASTIEN CHRISTOPHE	2017	138	690
Burgundy - Mâcon-Chaintré - Vieilles Vignes - VALETTE	2015		780
Chardonnay - Côtes du Jura - Les Varrons - JULIEN LABET	2006		1,100
Savoie - Vin des Allobroges - Argile - DOMAINE DES ARDOISIÈRES	2016		790
Rhône Valley - Vin de Pays - Petit ours Blanc - MATTHIEU BARRET	2017	118	580
Corsica - Figari - CLOS CANARELLI	2016		1,080
South West - Chenin Blanc - Orange Voilée - MAS DEL PÉRIÉ	2016		870
Sancerre - VACHERON	2017		690
Loire Valley - Le Haut des Clous - DOMAINE SAINT-NICOLAS	2011	158	790
Muscadet-Sèvre et Maine - Haute Tradition - JO LANDRON	2015		520
<b>SWITZERLAND</b>			
Valais - Fendant - La Liaudisaz - MARIE-THÉRÈSE CHAPPAZ	2018		880
<b>NEW ZEALAND</b>			
Marlborough - Sauvignon Blanc - CHURTON	2017	108	550
Central Otago - Riesling - RIPPON	2017		620

red  
wine

FRANCE		BTG	BTL
Alsace - La Cerise sur la Pompon - JOSMEYER	2018		880
Savoie - Vin des Allobroges - Argile - DOMAINE DES ARDOISIÈRES	2016		790-
Burgundy - Savigny-Lès-Beaune 1er Cru Aux Clous - LOUIS CHENU	2015		1,200
Burgundy - Morey-Saint-Denis 1er Cru Millandes - MICHEL MAGNIEN	2012		1,680
Beaujolais - Chénas - ANTHONY THEVENET	2017	158	790
Beaujolais - Morgon - Cuvée Tradition - MARCEL LAPIERRE	2017		740
Beaujolais - Fleurie - JEAN FOILLARD	2015		880
Côtes du Rhône - La Sagesse - GRAMENON	2016	138	680
Rhône Valley - Cornas - Brise Cailloux - MATTHIEU BARRET	2016		1,050
Rhône Valley - Saint-Joseph - Les Cessieux - HERVÉ SOUHAUT	2016		980
Corsica - Patrimonio - Grotte di Sole - JEAN-BAPTISTE ARENA	2015		780
South West - Cahors - Malbec - Amphore - MAS DEL PÉRIÉ	2017		890
Bordeaux - Saint-Émilion - CHÂTEAU PONTET-FUMET	2004	198	980
Loire Valley - Sancerre - VINCENT PINARD	2017		880
Loire Valley - Bourgueil - Les Perrières - CATHERINE & PIERRE BRETON	2014		970
Loire Valley - Chinon - Dessus Narçay - PITHON-PAILLÉ	2012		590
<b>ITALY</b>			
Piedmont - Roero - MATTEO CORREGGIA	2016	148	740
Sicily - Terre Siciliane - Il Frappato - ARIANNA OCCHIPINTI	2016		990
Piedmont - Boca - LE PIANE	2012		1,450
<b>NEW ZEALAND</b>			
Marlborough - Pinot Noir - MAHI	2017	138	690
Central Otago - Pinot Noir - Tinker's Field - RIPPON	2015		1,450






---

## beer

### DRAFT BEER

Young Master Pilsner	80
Damm Lemon	80

### BEER

Daura Damm Gluten Free	68
St. Peter's Organic Ale	100

---

## refreshers

### ICED TEAS

Lemon	75
Jasmine Lemon Green	
Wild Berry	

### FRESH COCONUT

80

### SOFT DRINKS

65

### FRESH JUICES

Seasonal Fruit	75
Or Vegetable	

### KOMBUCHA

Lychee Rose Black Tea	100
-----------------------	-----

### CHIA DRINK

Blackcurrant	70
Feijoa & Pink Guava	

### AREPA BRAIN DRINK

90

### KREOL PREBIOTIC

<b>SPARKLING DRINK</b>	100
Mango, Lime & Turmeric	
Lemon, Ginger & Honey	

## mineral water

### STILL

Llanllyr Source 330 ml	50
Llanllyr Source 750ml	70
Aqua Panna 500ml	60
Aqua Panna 750ml	70
TreeVitalise Birch Water	60

### SPARKLING

Llanllyr Source 330ml	50
Llanllyr Source 750ml	70
San Pellegrino 500ml	60
San Pellegrino 750ml	70
Perrier 330ml	50

---