

LUNCH



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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



lunch à la carte

SET LUNCH OPTION

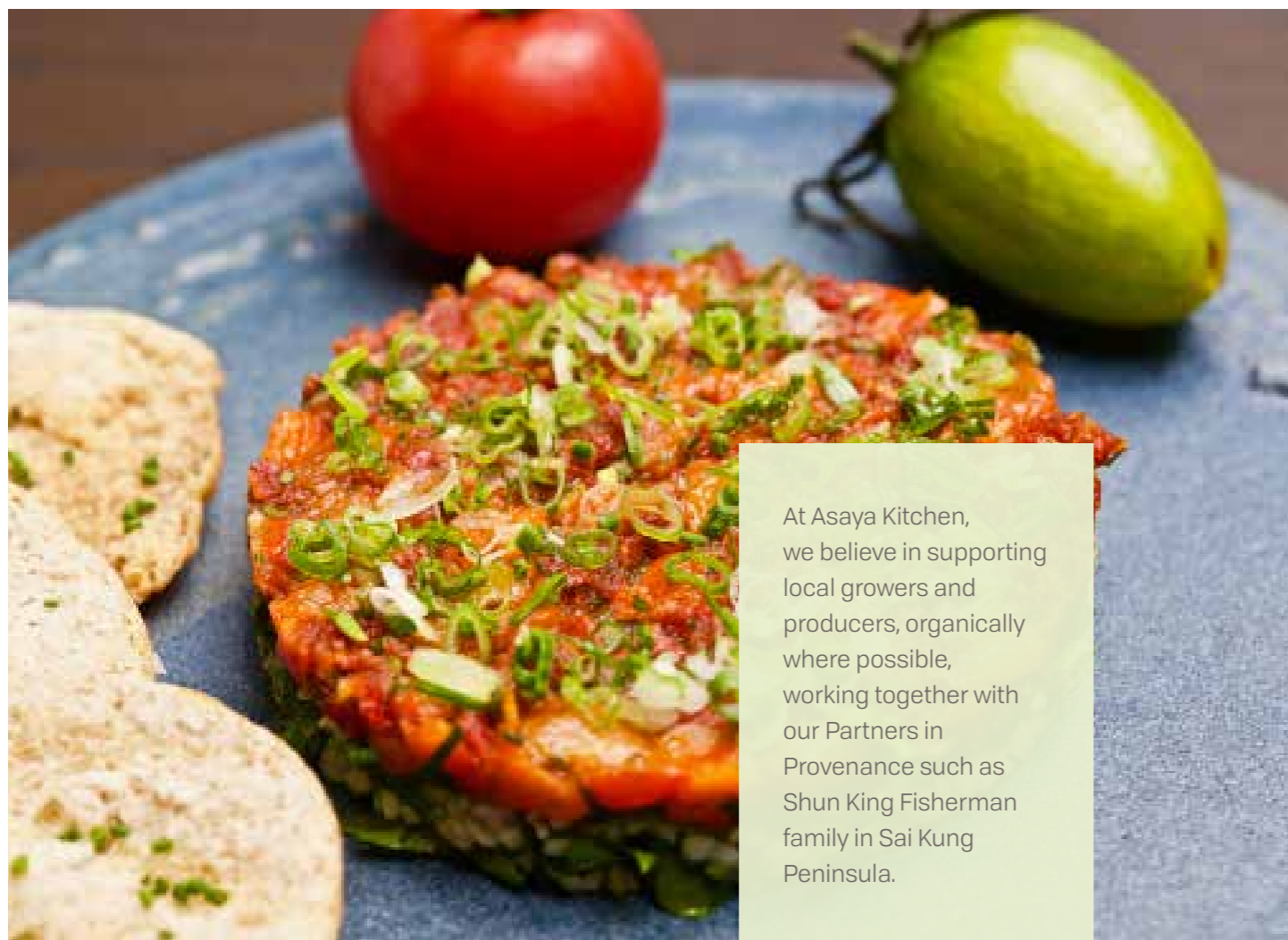
Choose any dishes from the menu

\$ 185 (2 Courses)

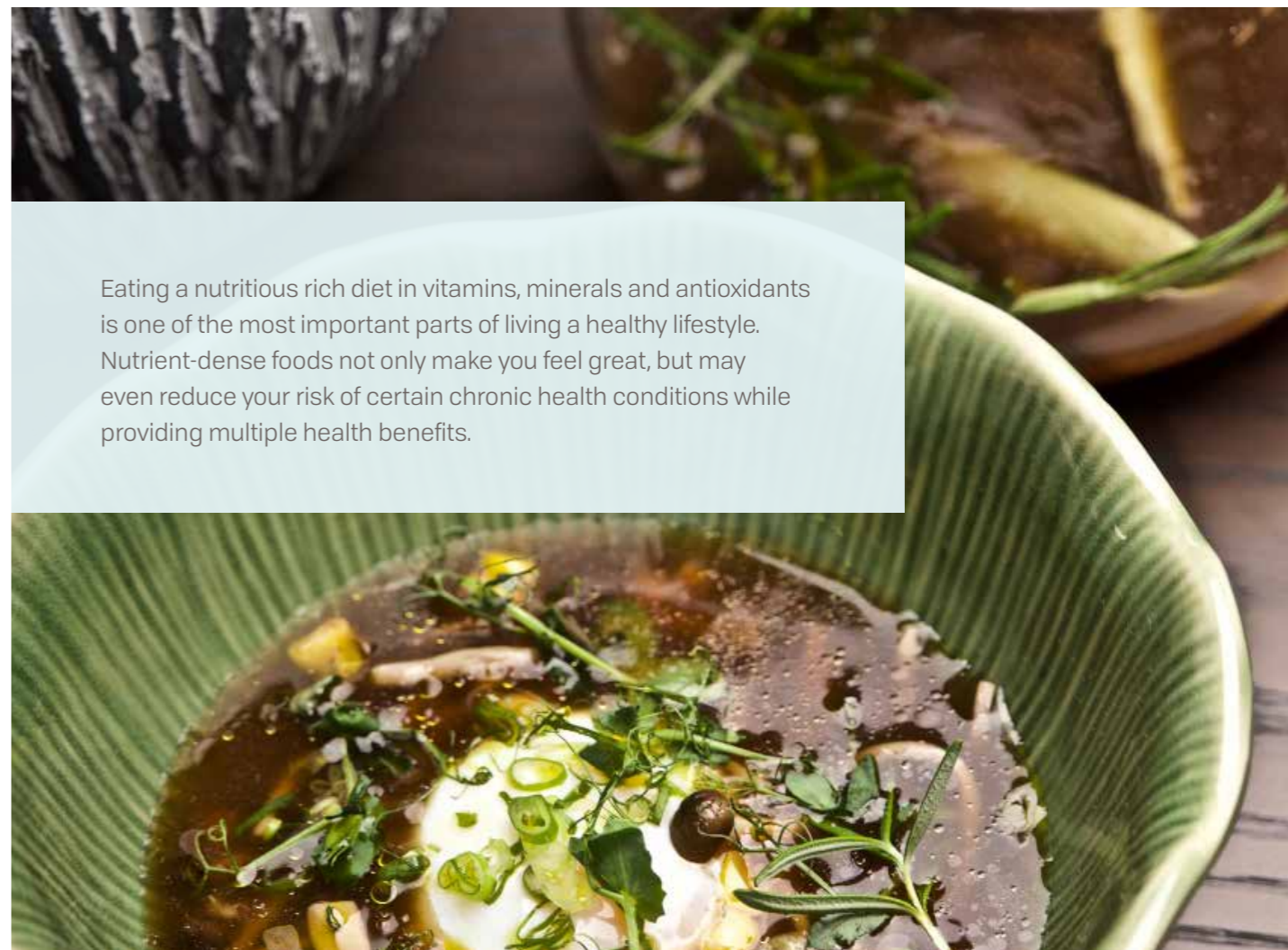
\$ 275 (3 Courses)

garden

- SEMI-DRIED TOMATO TARTARE** 140
Bulgur Wheat Salad, Crispy Pitta Bread
- GRILLED KAI LAN** 135
Ricotta, Hazelnut, Dukkah
- GREEN ASPARAGUS SALAD** 160
Avocado, Tofu, Almond Dressing, Lime, Lemongrass



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

CUTTLEFISH SALAD 145
Quinoa
Avocado
Citrus Dressing

BEETROOT SALAD 150
Shaved Kohlrabi
Crumbled Goat Cheese
Oregano

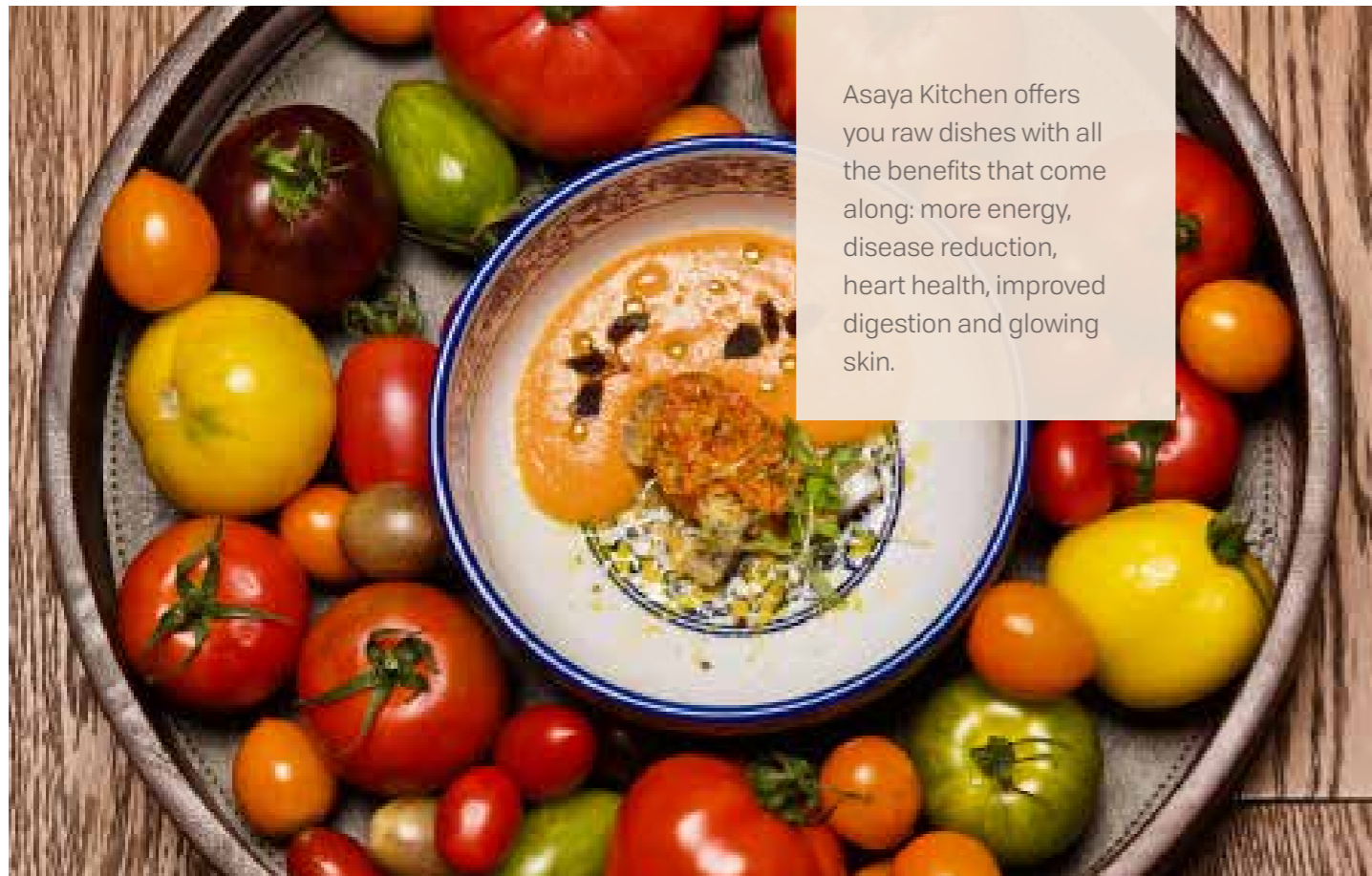
TUNA HAM NICOISE SALAD 175
Egg Dressing
French Beans
Potato, Tomato
Black Olive, Anchovies

HOT

GRILLED RED SNAPPER 175
Marinated Red Bell Peppers
Anchovy Gremolata
Herb Salad

GRILLED OCTOPUS 160
Vegetable Tian
Smoked Eggplant Caviar
Tomato Emulsion

PAN-FRIED SEA BREAM 175
Crushed Courgette
Marinated Vegetables
Black Olives



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

ROOT VEGETABLES SALAD 140
 Turmeric Dressing
 Quinoa, Goji Berry
 Hazelnut, Aromatic Herbs

TOMATO GAZPACHO 150
 Smoked Sardines
 Pickled Egg Yolk

SEA BREAM CARPACCIO 165
 Citrus Dressing
 Pickled Carrot
 Gem Lettuce
 Gomasio

crust

GRILLED PRAWN TARTINE 165
 Crushed Avocado
 Dukkah, Lemon Emulsion

ROASTED VEGETABLES TARTINE 145
 Courgette, Aubergine
 Fennel, Onion
 Tomato Emulsion
 Roquette

ZA'ATAR FLAT BREAD 145
 Hummus
 Semi-Dried Tomato
 Fresh Herbs

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.



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 deRosé - 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
SWITZERLAND			
Valais - Fendant - La Liaudisaz - MARIE-THÉRÈSE CHAPPAZ	2018		880
NEW ZEALAND			
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
ITALY			
Piedmont - Roero - MATTEO CORREGGIA	2016	148	740
Sicily - Terre Siciliane - Il Frappato - ARIANNA OCCHIPINTI	2016		990
Piedmont - Boca - LE PIANE	2012		1,450
NEW ZEALAND			
Marlborough - Pinot Noir - MAHI	2017	138	690
Central Otago - Pinot Noir - Tinker's Field - RIPPON	2015		1,450



A healthy outside starts
from the inside.

ROBERT ULRICH

refreshers

ICED TEAS	75	CHIA DRINK	70
Lemon		Blackcurrant	
Jasmine Lemon Green		Feijoa & Pink Guava	
Wild Berry			
FRESH COCONUT	80	AREPA BRAIN DRINK	90
SOFT DRINKS	65	KREOL PREBIOTIC SPARKLING DRINK	100
		Mango, Lime & Turmeric	
		Lemon, Ginger & Honey	
KOMBUCHA	100		
Lychee Rose Black Tea			



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

juices

FRESH JUICES Seasonal Fruits or Vegetables	75
SMOOTHIE	90
BLENDED JUICES	90
SUNNY IMMUNITY BOOSTER & ANTI-INFLAMMATORY Carrot, Turmeric, Pineapple, Lemon	
EARTHY REPLENISH RED BLOOD CELLS Beetroot, Carrot, Apple, Lemon	
GREEN IMPROVE BLOOD PRESSURE Apple, Lime, Ginger, Spinach, Celery, Cucumber	
CITRUS SKIN REVITALISE Grapefruit, Orange, Lemon, Ginger, Cayenne Pepper	
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